

BASKETBALL LEAGUE (IM BOYS, GIRLS)



Intramural Sports (IMs) are open to all Stevenson students to provide everyone the opportunity to be part of a competitive extracurricular activity. Intramural sports have the potential to positively affect a person physically, socially, and mentally. IMs also provides the opportunity to make new friends, share common interests, relieve some stress and have fun playing a game you love! Form a team, join IM Basketball then compete in scheduled weekly games with official refs.

MEETS

Sundays and some Mondays in the Field House, January-February.

REGISTRATION

Registration starts in late November.

ELIGIBILITY REQUIREMENTS

Students must be on a team roster to participate. 10-12 players per team.

Players must bring their current SHS ID to each game to be eligible to play.

JOIN

Students form teams and designate one team captain. Each player must individually register and pay online: at <http://im-web.d125.org>. Each player should turn in their paid receipt to their designated team captain. Captains must turn in their team packet with the required completed form and all players' paid receipts by the deadline (TBA).

SPONSOR



Aaron Wellington
awellington@d125.org

LEARN MORE

IM website: www.d125.org/im or stop by Student Activities.

DODGEBALL LEAGUE (IM CO-ED)



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MEETS

Saturdays and Sundays in the Field House, throughout April.

REGISTRATION AND TEAM PACKETS

Available in March.

ELIGIBILITY REQUIREMENTS

Students must be on a team roster to participate. 10-12 players per team with equal number of boys and girls. **Players must bring their current SHS ID to each game to be eligible to play.**

JOIN

Students form teams and designate one team captain. Each player must individually register and pay online: at <http://im-web.d125.org>. Each player should turn in their paid receipt to their designated team captain. Captains must turn in their team packet with the required completed form and all players' paid receipts by the deadline (TBA).

SPONSOR



Aaron Wellington
awellington@d125.org

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FENCING CLUB (IM CO-ED)



AFTERNOON

EAST
COMMONS



Open Fencing gives all current SHS students an opportunity to try the sport of fencing. Beginners as well as advanced fencers will be part of this Stevenson team. No experience or equipment required.

MEETS

Wednesdays after school in the East Commons, September-October.

ELIGIBILITY REQUIREMENTS

Players must bring their current SHS ID to be eligible to participate.

JOIN

Open to all students interested. We meet Wednesdays after school in the East Commons. Contact the sponsor for more information.

SPONSOR



Fernando Delgado
fdelgado@d125.org

LEARN MORE

IM website: www.d125.org/im or stop by Student Activities.

FLAG FOOTBALL LEAGUE (IM BOYS, GIRLS)



WEEKLY SCHEDULE TBD

VARSITY
FIELD



Intramural Sports (IMs) are open to all Stevenson students to provide everyone the opportunity to be part of a competitive extracurricular activity. Intramural sports have the potential to positively affect a person physically, socially, and mentally. IMs also provides the opportunity to make new friends, share common interests, relieve some stress and have fun playing a game you love! Form a team, join IM Flag Football then compete in scheduled weekly games complete with refs.

MEETS

Sundays on the athletic fields, September-November.

REGISTRATION AND TEAM PACKETS

Registration starts in late August.

ELIGIBILITY REQUIREMENTS

Students must be on a team roster to participate. 11-15 players per team.

Players must bring their current SHS ID to each game to be eligible to play.

JOIN

Students form teams and designate one team captain. Each player must individually register and pay online: at <http://im-web.d125.org>. Each player should turn in their paid receipt to their designated team captain. Captains must turn in their team packet with the required completed form and all players' paid receipts by the deadline (TBA).

SPONSOR



Aaron Wellington
awellington@d125.org

LEARN MORE

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GOLF CLUB (IM CO-ED)



AFTERNOON

OFF
CAMPUS



Come hit the links with us! Join the Stevenson Golf Club and travel to the Vernon Hills Golf Course each week to have fun, practice, and refine your golf skills. All levels welcome.

MEETS

Tuesdays after school at Vernon Hills Golf Course. Transportation to/from SHS is provided.

MEETS

Tuesdays after school, August-October.

ELIGIBILITY REQUIREMENTS

Students must pay an annual membership fee and register/pay for golf each week they choose to play.

Players must bring their current SHS ID each week.

JOIN

Stop by the Student Activities Office to register and pay the \$25 membership fee. Then, sign up in Student Activities and pay \$10 for weekly golf trips by the day before the trip.

SPONSOR



Dan Argentar
dargentar@d125.org



Brian Wise
bwise@d125.org

LEARN MORE

IM website: www.d125.org/im or stop by Student Activities.

POLAR BEAR RUNNING CLUB (IM CO-ED)



AFTERNOON

CARDIO
CENTER



Polar Bear is a winter conditioning club that offers students a way to get into shape and have some friends to do it with. We do long distance training through all conditions including: rain, sleet and snow. If it gets too cold or icy we will work out inside the Cardio Fitness Center. We welcome all athletes, from beginners to experienced runners. We also take advantage of the Weight Room and Cardio Fitness Center for strength training exercises.

MEETS

December-February. We meet at the benches outside of the Cardio Fitness Center/Multipurpose Room .

ELIGIBILITY REQUIREMENTS

Students must bring their current SHS ID with them each week to participate.

JOIN

Join us Mondays and Wednesdays from November-February outside of the Cardio Fitness Center (5044).

SPONSORS



Maureen Levanti
mlevanti@d125.org



Scott Sommers
scsommers@d125.org

LEARN MORE

IM website: www.d125.org/im or stop by Student Activities.

SKI & SNOWBOARD CLUB (IM CO-ED)



The Ski & Snowboard Club takes trips to resorts such as Cascade Mountain, Devil's Head, and Chestnut Mountain. Transportation is provided on coach buses. Bring your own equipment or rent from each location. This is a great way to spend the day with your friends. Beginners always welcome.

MEETS

Trips are Saturdays, December-February. Buses depart from and return to parking lot B.

COMMITMENT

Members may attend any or all of the scheduled ski trips to local ski areas each season.

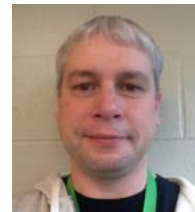
JOIN

Students may join by attending the membership meeting in December. A separate parent's meeting is also held in December. Students must have a current Intramural Registration form, Indemnity form and Medical form on file. A \$50 membership fee is required to join. There are additional lift ticket/transportation and optional rental fees for each weekly trip attended.

MEMBERSHIP

Unlimited.

SPONSOR



Jeff Johannsen
jjohannsen@d125.org

LEARN MORE

Website: www.d125.org/students/shs-intramurals/ski-and-snowboard-club or stop by Student Activities.

VOLLEYBALL LEAGUE (IM CO-ED)



Intramural Sports (IMs) are open to all Stevenson students to provide everyone the opportunity to be part of a competitive extracurricular activity. Intramural sports have the potential to positively affect a person physically, socially, and mentally. IMs also provides the opportunity to make new friends, share common interests, relieve some stress and have fun playing a game you love! Form a co-ed team, join IM Volleyball then compete in scheduled weekly games with official refs.

MEETS

Weekends, mostly Sundays, in the Field House, January-February.

REGISTRATION AND TEAM PACKETS

Available in late November.

ELIGIBILITY REQUIREMENTS

Students must be on a team roster to participate. 8-12 players per team with equal number of boys and girls.

Players must bring their current SHS ID to each game to be eligible to play.

JOIN

Students form teams and designate one team captain. Each player must individually register and pay online: at <http://im-web.d125.org>. Each player should turn their paid receipt in to their designated team captain. Captains must turn in their team packet with the

required completed form and all players' paid receipts by the deadline (TBA).

SPONSOR



Aaron Wellington
awellington@d125.org

LEARN MORE

IM website: www.d125.org/im or stop by Student Activities.

OPEN GYM



Stevenson High School provides students with open gym opportunities to improve their skills in a relaxed environment on campus. **All Stevenson students are eligible, and must bring a current school ID each day to participate.**

We offer Open Gym for the following activities:

BADMINTON

TBD

BASEBALL OPEN HITTING

September-October on the Varsity Baseball Field.

January-February in the Field House

BASKETBALL

September-October in the Field House.

FENCING

September-October in the East Commons.

LACROSSE

September-October at the JV Softball Field.

SOFTBALL OPEN HITTING

September-October at Varsity Softball Field.

VOLLEYBALL

January-February in the Sports Center.

WATER POLO

Time TBD in the Aquatics Center.

OPEN MAT WRESTLING

October-November in the Wrestling Room.

LEARN MORE

Website: <http://www.d125.org/students/shs-intramurals/open-gym> or stop by Student Activities.

STEVENSON STRENGTH + CONDITIONING (SSC) (CO-ED)



Stevenson athletes are encouraged to attend Stevenson Strength & Conditioning (SSC) morning work-outs to enhance their athletic performance. Stevenson coaches are on hand to run this dynamic speed, strength, and agility program. Check with your coach to see if SSC is encouraged or required for your sport.

MEETS

Tuesdays and Thursdays 6-7 a.m. in the Sports Center, winter and spring seasons.

ELIGIBILITY REQUIREMENTS

Participants must register online and bring their current SHS ID to each work out to be eligible to participate.

SPONSOR



Brian Burja
bburja@d125.org

LEARN MORE

IM website: www.d125.org/im or stop by Student Activities.

WEIGHT ROOM • CARDIO FITNESS CENTER



Stevenson students: Exercise using Stevenson's **free**, state-of-the-art Weight Room and Cardio Fitness Center. These facilities are exclusively for Stevenson students use. Get fit to help boost your confidence, relieve stress, fight illness, and increase energy. Grab a friend and make the commitment to get healthy!

WEIGHT ROOM (CO-ED)

The Weight Room (room 1120) is open Monday-Friday from 6-7 a.m. and 3:30-5:45 p.m. Closed on final exam days and non-school days.

CARDIO FITNESS CENTER (CO-ED)

The Cardio Fitness Center (room 5042) is open Monday-Friday, 3:45-5:45 p.m. Closed on final exam days and non-school days.

ELIGIBILITY REQUIREMENTS:

Players must bring their current SHS ID and sign in with the room supervisor each day to work out. The Weight Room and Cardio Fitness Center is for Stevenson students only.

SPONSORS

These facilities are supervised by various Stevenson Athletics Coaches.

LEARN MORE

IM website: www.d125.org/im or stop by Student Activities.