

Lebanon High School

Guide to Sports and Clubs

2017 - 2018





LHS Sports
2017 - 2018

Fall

Varsity/JV Football..... Coach Yonchiuk
9th Grade FootballCoach Hower
Girls' Volleyball.....Coach Albright
Girls' Soccer Coach Zerbe
Boys' Soccer..... Coach Dornes
Field Hockey..... Coach Johnston
Girls' Tennis..... Coach Uzar
Cross Country.....Coach Pearson
Golf.....Coach Brewer
Cheerleading Coach Roth

Winter

Cheerleading Coach Roth
Wrestling Coach Black
Varsity/JV Girls' BasketballCoach Walborn
Varsity/JV Boys' Basketball.....Coach T. Speraw
Bowling.....Coach Stellar

Spring

Track & Field..... Coach Watt
Boys' Tennis Coach Uzar
Boys' VolleyballCoach Albright
Varsity/JV Softball..... Coach Norman
Varsity/JV Baseball.....



LHS Clubs
2017 - 2018

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Class of 2019.....	Mrs. Brown-Koehler
Class of 2020.....	Mrs. Sherk
Class of 2021.....	Mrs. Uzar

LHS Sports Teams



Varsity/JV Football

Coach Yonchiuk

The Football Program is for boys in grades 9 - 12. Depending on your grade and ability, you could play on any one of the Freshmen, Junior Varsity, or Varsity teams. There are high expectations in and out of the classroom, as well as on the field. We have open work-out sessions throughout the off-season.

Girls' Volleyball

Coach Albright

The Girls' Volleyball program is for girls in grades 9-12. We play in the fall, usually starting a couple weeks before school actually starts. We compete from mid-August to mid-October. We currently play in Section III of the Lancaster-Lebanon League. The sport is fast paced and competitive. You'd have lots of fun playing this sport with other athletes at Lebanon. We hold open gyms in the spring and over the summer to get you ready for the season.

Girls' Soccer

Coach Zerbe

The HS Girls Soccer program is for all girls in grades 9 - 12. The season is played in the fall from mid-August into October. Starting in 2018, we will be playing in Section IV of the Lancaster-Lebanon League. We welcome any girls who are hard-working and dedicated to come tryout for the team in August. We begin our voluntary practices in May for anyone interested in improving their skills.

Boys' Soccer

Coach Dornes

We play soccer, otherwise known as football or futbol. The object is to put the ball in the other team's net while stopping them from putting the ball in yours. The team who puts the ball in the net more times wins (yes, there are ties). If you'd like to learn more about the beautiful game please contact Mr. Dornes!

Field Hockey

Coach Johnston

Field hockey is a fall sport for girls in grades 7-12. It is a fast-paced game and we are always looking for girls that are interested in being part of a group that operates like a family both in-season and out. If you are looking to get involved in a sport, consider joining the hockey family!! See Mrs. Johnston for information!

Girls' Tennis**Coach Uzar**

The Girls tennis team is a Varsity sport for all girls in grades 9-12. The girls' tennis season begins in August and ends at the end of September. Tennis is a great sport to enhance your speed, agility, footwork and overall fitness level. We hold open courts all summer long and the girls are encouraged to play with the boys throughout their spring season. All interested girls should see Mrs. Uzar or Mrs. Haitos for more information.

Cross Country**Coach Pearson**

The Varsity Cross Country program is for any male or female student in grades 9 through 12. Our season is from August to the end of October. Cross country is a great individual and team sport that teaches you dedication, hard work, and overcoming adversity. We welcome any individual that wants to show up and work hard to contribute to the team. Go Cedars!

Golf**Coach Brewer**

The Cedar Golf Team is for boys and girls in grades 9 - 12. We play in the Fall of the school year...mid-August through the end of September. Practices are held at the nearby Lebanon Country Club and players get to compete at various golf courses through the mid-state.

Cheerleading**Coach Roth**

High School cheerleading is open to all girls/boys in 9th through 12th grade. We usually have two squads - JV and Varsity. It is a fun and exciting sport. We cheer at the football and basketball games and wrestling matches. We usually hold tryouts twice a year - once in May for the upcoming school year and then again in November for the basketball season. Keep on the lookout for more information about tryouts in November for basketball season

Wrestling**Coach Black**

Wrestling is a sport designed for boys and girls in 9th-12th grade. This wrestling program focuses on folk style wrestling. Wrestling is a sport that will help develop agility, coordination, flexibility, balance, self-esteem, self-discipline, and a strong work ethic. All wrestlers will face opponents who are similar size as they are. The weight classes are 106 lbs., 113 lbs., 120 lbs., 126 lbs., 132lbs., 138lbs., 145 lbs., 152 lbs., 160 lbs., 170 lbs., 182 lbs., 195 lbs., 220 lbs., 285 lbs.

Varsity/JV Girls' Basketball**Coach Walborn**

The girls high school basketball program is for all girls in grades 9-12. Basketball open gym will begin in October for anyone who may be interested in playing. Open gyms are also a great way to get to know the coaching staff and improve your skills for the upcoming season. The first official day of the season begins mid-November.

Varsity/JV Boys' Basketball**Coach T. Speraw**

The Boys Basketball Program is for boys in grades 9 - 12. Depending on your grade and ability, you could play on any one of the Freshmen, Junior Varsity, or Varsity teams. We are one of the most successful programs in the school and have a very strong tradition. There are high expectations in and out of the classroom, as well as on the court. If you want to be a part of a special program and strong tradition, consider trying out for the Boys Basketball Program. We periodically run open gyms in the fall, spring, and summer. Please check Schoology for open gym and sign-up information.

Bowling**Coach Stellar & Coach Brewer**

The Cedar Bowling Team is for boys and girls in grades 9 - 12. We play in the Winter of the school year...November through February, with practices taking place at Palmyra Bowling Center. Keep an eye/ear open for announcement about Open Lanes, this fall.

Track & Field**Coach Watt**

Boys' and girls' varsity track and field is a fantastic way to enjoy the Spring and be a part of something excellent. Over the last 8 years Lebanon High School Track and field has grown into one of the most respected teams in section II with the boys finishing top 3 in the section for the last three seasons straight. Both our boys and girls have also shattered school records during that time, while amassing numerous league, district and state medals including top five PIAA Championship finishes for Jeronimo Rodriguez (2nd 400m), Erin Winters (4th pole vault), and Derin Klick (4th 800m) in their respective events. We have voluntary training year-round; coaches and athletes alike can be found after school in the weight room at any time during the year. Winter track workouts will begin as soon as fall season ends.

Boys' Tennis**Coach Uzar**

The Boys tennis team is a Varsity sport for all boys in grades 9-12. The boys' tennis season begins in March and ends at the end of April. Tennis is a great sport to enhance your speed, agility, footwork and overall fitness level. We hold open courts all summer long and the boys are encouraged to play with the girls throughout their fall season. All interested boys should see Mrs. Uzar for more information.

Boys' Volleyball**Coach Albright**

The Boys' Volleyball program is for boys in grades 9-12. We play in the spring beginning in March and ending in May. We currently play in Section II of the Lancaster-Lebanon League. The sport is fast paced and competitive. You'd be included in a unique brotherhood by playing volleyball with other boys from Lebanon. We hold open gyms in January and February to get you ready for the season.

Varsity/JV Softball**Coach Norman**

The Varsity Softball program is for all girls in grades 9 - 12. We play in the spring of the school year beginning in March and ending in May. We play in Section II of the Lancaster-Lebanon League. The team has both a Varsity and a JV squads. It is a fun and fast sport to play. We begin open gyms in January for any girl interested in improving your skills.

Varsity/JV Baseball

The Baseball program is for all boys in grades 9 - 12. We play in the spring of the school year beginning in March and ending in May. The team has both a Varsity and a JV squads. It is a fun and fast sport to play.

LHS Clubs



Artist Guild

Mr. Topping

The Artist Guild is a group of students at Lebanon High School that is devoted to developing each member's individual skills in the creative arts. Whether you are a painter, writer, anime-artist, dancer, stop-motion animator, photographer, drawer, filmmaker, or any other type of artist, you are welcome to join our guild. As a member of the guild, you will present your art to group critique during meetings that happen during 6th period. The aim of these group critiques is both to help you improve your technique and also to help you prepare your art for the annual Artists' Guild show. If you are an artist who wants to get better at your craft, and who wants to meet and work with other artists in this school, then the Artists' Guild is meant for you! See Mr. Topping in G255 with any questions.

Chess Club

Mr. Montijo

The Chess Club is open to students of every level. Students will play each other or have the option to learn "advanced battle tactics." Also, every chess player should know what "en passant" means (make sure you research this before coming out!) Chess Tip: One of the mistakes that is common in chess is that people send in a "solo" combatant. If you hope to be a top chess player, learn how to send in a team to lead the charge!

Chinese Club

Miss Fan

The Chinese club is for all students in LHS, we will share the Chinese cultures during the club, such as traveling and eating in china, the Chinese music and movies, the Tai Chi and Calligraphy lessons. The Chinese Club will be good place to relax and enjoy the various of culture.

Fall Play

Miss Norman

Open to any student interested in performance, the LHS Fall Play rehearses September and October, culminating in two performances in November. The play is a great opportunity to make friends, learn basic theatrical skills and, of course, bask in the limelight. Not an actor? Not a problem! Students interested in helping with costumes, sets and stage crew are encouraged to join the cast! See Miss Norman in L211 for more information!

Future Business Leaders of America (FBLA)

Mrs. Haitos

FBLA is a student-run organization that focuses on leadership development through in-school business-related activities (school store operations, club leadership, volunteer activities, school-wide events, Lebanon Federal Credit Union school-branch office) and through Fall and Spring leadership conference attendance.

FBLA is for any student preparing for a career in business or who is simply interested in learning more about how the American free enterprise system works. FBLA members learn how to engage in business activities, how to work with and manage other students, and how to compete honorably in competitive events. FBLA prepares you to be better students, employees and citizens!

Instrumental Music

Mr. McGrory

In addition to symphonic band class, students involved in band have the opportunity to participate in Marching Band, Jazz Band, Percussion Ensemble, and other musical ensembles. Students are able to participate in band in addition to other musical activities, such as choir and orchestra. These are great opportunities to make great music, and have a lot of fun. Please see Mr. McGrory with any questions!

Interact Club

Mr. Seyfert

Interact is Rotary International's service club for young people ages 12 to 18.

Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting. Interact Club is open to all Lebanon High School Students that are interested in developing leadership skills while discovering the power of Service Above Self. All the while finding out how serious leadership can be seriously fun.

What does Lebanon's Interact Club Do?

1. The Lebanon Interact Club supports the Lebanon Rotary Club in maintaining the North 6th Street Playground by completing clean-ups and community outreach events.
2. Assisting in Lebanon County community outreach with the YMCA, Drug and Alcohol Commission and other organizations.
3. Participating in a semi-annual service project with the Lebanon Rotary Club.

Just Say No / SADD

Mr. Seyfert

Just Say No/ SADD is a club that focuses on drug and alcohol prevention programs for the Lebanon High School and local community. The club is a part of the Lebanon High School Student Council and membership is through joining Lebanon High School Student Council

Key Club**Mrs. Johnston**

Key Club is a service organization that supports both the school community as well as the local community. Our students volunteer to help with many school activities, like ushering for the musical and graduation, reading to elementary students, as well activities outside of school, like ringing bells at Christmas for the Salvation Army, and helping with Toys4Tots. Our major event is to sponsor a prom for the Life Skills students in Lebanon County. We plan, create, decorate and fund raise to put on a memorable dinner dance for these students who might not otherwise be able to go to a prom. See Mrs. Johnston if this sounds like something you would enjoy!!

Mini-THON**Mr. Seyfert**

Lebanon High is a part of the Lebanon School District Mini-Thon team. Four Diamonds Mini-THONs are interactive events for students of all ages that inspire teamwork, leadership and creativity, while empowering youth and young adults through philanthropy and community service in the fight to conquer childhood cancer. Mini-THONs are modeled after the Penn State IFC/Panhellenic Dance Marathon (THON) and have been making a difference in the lives of childhood cancer patients and their families since 1993. LHS Students can join Mini-THON Committee by joining Student Council or they can participate in Mini-THON during the Mini-THON events during the school year.

Multicultural Club**Mrs. Brown-Koehler**

The goal of the multicultural club is to promote cultural awareness and understanding as well as to increase opportunities for education about cultures of the United States and other countries. This club is open to anyone interested in celebrating diversity and promoting acceptance and tolerance of all who make up our Lebanon Community.

National Honor Society (NHS)**Mrs. Heefner & Mr. Musser**

National Honor Society is a club available by application. Students must be a sophomore and possess at least a 3.5 GPA in order to qualify to apply for this prestigious organization. Upon applying, student names are sent to a teacher committee in order to be voted into the group. Once selected, members participate in various events for the school and community including induction and organizing Mini-THON. Student members must maintain their high academic standing and continue to demonstrate the main tenets of NHS-character, leadership, and service.

Orchestra**Miss Mitchell**

Orchestra is comprised of spring players, grades 9 - 12. The orchestra works on many of the fundamental playing skills; including bowing techniques, vibrato, and shifting as it performs both string and full orchestra repertoire. Students will gain a greater understanding and appreciation of the role music and the arts play in our society.

Project Aware**Mr. Seyfert**

Project Aware is a school wide program that is run by LHS Student Council. Project Aware is open to any LHS Student that is interested in making the school better through pledging to make Lebanon High a place of resources and experiences that could make a positive change in the lives of their peers and classmates. The focus is on a Spectrum of Knowledge - Choices -Acceptance - Character - Accountability - Achievement. Students can join Project Aware by becoming a member of any school wide activity and pledging during the pledge drives.

Quiz Bowl**Miss Graban**

Quiz Bowl is an academic competition club. We compete against other schools in Lebanon and Lancaster counties in a Jeopardy-like game. You don't have to be super smart to join us. Quiz Bowl questions can be about anything and everything! (Seriously, we had a question about Harambe once.) Quiz Bowl runs from September through February.

SAFE / GSA**Mr. Seyfert**

SAFE/GSA is a club that focuses on inclusiveness for all students including students who identify as LGBT or are allies of the LGBT community. The club is a part of the Lebanon High School Student Council and membership is through joining Lebanon High School Student Council.

Ski Club**Miss Norman**

Do you ski or snowboard? Have you ever wanted to learn? All students are welcome to join the club as we enjoy the winter slopes. The LHS Ski Club holds fundraisers throughout the year to help pay for lessons, rentals and lift tickets. Any interested student should see Miss Norman in L211.

Spanish Club**Mrs. Prados**

The Spanish club is meant to bring together students who are interested in the Spanish language and culture. It is open to students in grades 9 - 12. The Spanish Club will be good place to relax and enjoy the various of culture.

Spring Musical**Mr. Naimoli**

The Spring Musical is open to all students of Lebanon High School. Sign-ups and auditions will be in September, and rehearsals will begin in November and run through the performances of the show from March 15-18, 2018. You do not need any prior experience in theater, and you do not need to be involved in the school's music program to join the musical. We are looking for dancers, singers, actors, stage help, and lighting/sound help. If you would like to join this dedicated team of hard-working students, contact Mr. Naimoli in room A128.

STEM Club**Mr. Caci**

The STEM club is open to students of all grades. Students will meet regularly in an informal environment to work on activity-based Science, Technology, Engineering and Math (STEM) related activities. Topics include: Electronics, Robotics, Environmental problems, Mechanical activities, Inventions, and general engineering experiments. We are open to exploring your interests.

Student Council**Mr. Seyfert**

The Student Advisory Council is the student governor body of the school. It is a member *of* the Pennsylvania Association of Student Councils and the National Association *of* Student Councils. It is a democratic organization formed from the entire student body for the fostering of school spirit, development of school interests, and the management of various school activities. The main purpose of the Student Advisory /Council is to represent the student body in matters of school policy, activities, discipline and curriculum improvement. Each prospective applicant for admission to the Student Advisory Council will be required to submit a statement of their purpose for wanting to be on the Council.

The purpose of Student Council

1. To develop responsibility and to guide the affairs of Lebanon High School students.
2. To promote closer cooperation and better understanding between the students, faculty and administration.
3. To promote closer school and community relations.
4. To promote interschool relations.
5. To promote the best interests of Lebanon High School.
6. To hear out and take appropriate action concerning student complaints.

Table Tennis Club**Mr. Montijo**

The Table Tennis Club is open to all students who would like to play. Students that progress in their skills have the option to use various rackets (paddles). Equipment ranges from basic rackets, recreational rackets, advanced rackets, and professional rackets. Each racket differs in the amount of spin and force it can produce, as well as its weight. Games are up to 11, win by 2. Players rotate serves every 2 serves and all players must serve "the professional way".

Tri-Hi-Y**Mrs. Sherk & Mrs. Clark**

The Tri Hi Y program is a leadership development program open to high school students. Participants register and a slate of officers is selected. In addition to having tons of fun, with guidance from High School staff & volunteers, participants get involved with leadership development activities such as community service projects, fund-raising events, sports events and socials. Participants gain more than just fond memories; they learn skills that will be useful well into adulthood. They gain confidence & self-esteem; learn respect for others, the environment and the community.

The Tri-Hi-Y club is to CREATE, MAINTAIN and EXTEND to the fullest capacity of one's ability, throughout the home, school and community, HIGH STANDARDS OF MORAL CHARACTER through improvement, brother/sisterhood, equality, and service in High School

Vocal Music**Mr. Naimoli**

The vocal music program features the Concert Choir and Chamber Singers which meet as a class during period 3, and the Jazz Choir and Show Choir which meet before and after school. All four ensembles meet for the entire school year. Concert Choir is open to all students, and Chamber Singers, Jazz Choir, and Show Choir are by audition only. If you are interested in any or all of these ensembles, please contact Mr. Naimoli in A128 for more information.

Yearbook**Mr. Hower**

Yearbook is an elective, open to 10th-12th graders, that gives students marketable experience in print media publishing. Students will write and publish Lebanon High School's yearbook, *Lodestone*. Students interview, report, write, photograph, market, design, and edit all elements of a yearbook. This includes digital photography and graphic art, as well as text layout. Students work on clerical operations and must cooperatively work with others, be industrious, and creative. Students will "shoot" digital photos, report on school activities and events, and interview those involved.

Youth & Government (YAGE)**Mr. Seyfert**

Youth and Government™ is a club that focuses on federal, state and local government through civic engagement and to, quite literally, practice democracy. The club is a part of the Lebanon High School Student Council and membership is through joining Lebanon High School Student Council.

Class of 2018

Mrs. Johnston

Class of 2019

Mrs. Brown-Koehler

Class of 2020

Mrs. Sherk

Class of 2021

Mrs. Uzar

Class Officers develop and execute programs and events for their class. Most programs fall into the category of building class spirit, community service, or fundraising for senior year activities. While building class spirit and cohesiveness is the primary goal, raising funds from programs and events to help defray costs of senior year activities is also important.

Class officers use ideas and feedback from their classmates (from surveys and class assemblies) to identify possible programs, then coordinate with their advisor, parent representatives and LHS School Administrators to plan, promote, and carry out the events. Class officers meet regularly with their advisor to facilitate planning and execution of programs. Class officers may choose to develop a "class committee", a group of students who volunteer to help with class events, taking directions from the class officers and advisors. This may be a standing committee, or may change with each event.

Class officers are responsible for working with the LHS bookkeeper to both deposit funds into the class account, and to submit bills and receipts for reimbursement. The treasurer should develop a written report for the class officers and advisors at the end of the school year detailing the balance of funds earned by the class for that year.