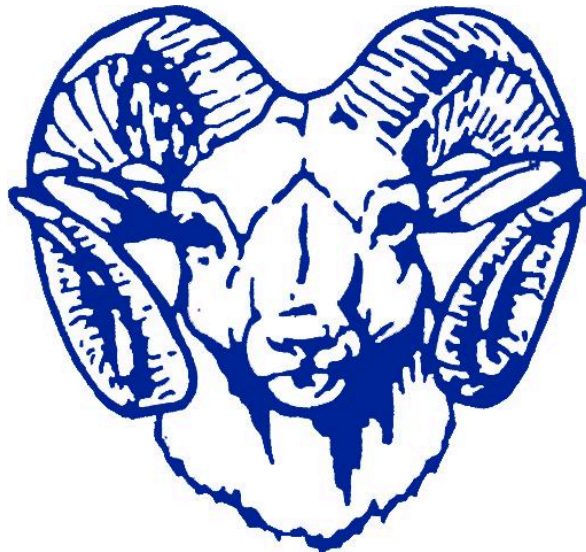


RANDOM *R* LAKE HIGH SCHOOL

ATHLETIC & ACTIVITY GUIDE



**DISTRIBUTED BY
THE RANDOM LAKE SCHOOL DISTRICT ACTIVITIES DEPARTMENT
605 RANDOM LAKE ROAD
RANDOM LAKE, WI 53075**

www.rladvantage.org



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RAND M LAKE PRIDE

Athletic & Activities Registration & Participation Requirements

Random Lake athletics and activities **registration is done ONLINE** for all 9th-12th grade students. The registration link and instructions can be found on the school website

Athletic Registrations are due the WEDNESDAY before the first day of practice. If your student does not register by this deadline, there is no guarantee that they will be cleared for the first day of practice.

- For the 2024-25 school year, all student-athletes will need to have a **PHYSICAL** with a **Physician's Signature** if their last full physical was prior to APRIL 1, 2023.

Athletic registration and participation requirements

- WIAA Physical/Alternate Year Form
 - Before a student can participate in interscholastic athletics, the WIAA and RLHS requires written proof of current physical fitness as determined by a Licensed Physician or Advance Practice Nurse Practitioner. A student-athlete will need on file a WIAA Physical form. Physical forms that are dated April 1 and after will be good for two school years. The completed and signed WIAA Physical Form must be turned in to the office.
 - The physical/alternate year options are documented on the **RLSD Athletic/Physical Card** as a step in the online registration.
- Complete the AURORA Authorization Forms
 - There are two AURORA forms that are completed once during a RLHS student's high school athletic participation - the **Sports Medicine Authorization** and the **Sports Medicine Emergency Information and Consent**. These forms are completed during online registration.
- Activities Code, WIAA Eligibility Form, Concussion Form
 - Each of the above noted forms must be signed by both the student and parent each year. These forms have been combined for parent/guardian and student-athlete convenience into one (1) form, the **RLHS Activities Sign-Off**, that is completed during online registration.
- Agreeing to the Activities Code of Conduct
 - This handbook is available on the RLHS Website.
- Payment of the fee schedule
 - There is a \$40 fee for each sport participated in (family maximum of \$200). Fees will be added to the student fees in Infinite Campus and should be paid online or in the RLHS Office.

Activities registration and participation requirements:

- Agreeing to the Activities Code of Conduct
- Payment of the fee schedule
Fee Schedule to participate:
 - ➔ Activity fees are indicated in the summary.
 - ➔ A family is capped at \$200 (cap combines athletics & activities).

RANDOM LAKE ATHLETICS

2024 - 25 SCHOOL YEAR

FALL SPORT	Coach	Contact	Practice Begins
Football (Co-Op)	COLE LARGE	clarge@nosd.edu	Tuesday, August 6
Cross Country (Boys & Girls)	NATALIE WEEKS	nweeks@rladvantage.org	Monday, August 19
Soccer (Boys - Co-Op)	JOSH WOOD/MATT WILSON	mwilson@rladvantage.org	Monday, August 19
Volleyball (Girls)	ELIZABETH WALTERS	ecolden@rladvantage.org	Monday, August 19

WINTER SPORT	Coach	Contact	Practice Begins
Basketball (Girls)	AARON RATHKE	arathke@rladvantage.org	Monday, November 11
Basketball (Boys)	DERRICK WIELEPSKI	dwielepski@rladvantage.org	Monday, November 18
Wrestling	JUSTIN MUDLAFF	jmudlaff@rladvantage.org	Monday, November 18

SPRING SPORT	Coach	Contact	Practice Begins
Track & Field (Boys & Girls)	JASON LAST	jlast@rladvantage.org	Monday, March 10
Softball	MIKE LAFEVER	mlafever@rladvantage.org	Monday, March 11
Baseball	MIKE DONAHUE	mdonahue@rladvantage.org	Monday, March 21
Soccer (Girls - Co-Op)	TBA		Monday, March 21
Golf (Boys - Co-Op)	TBA		Monday, March 28



Random Lake competes in the Big East Conference. The following high schools make up the conference.

Cedar Grove-Belgium Rockets
 Elkhart Lake-Glenbeulah Resorters
 Hilbert Wolves
 Howards Grove Tigers
 Kohler Blue Bombers

Manitowoc Lutheran Lancers
 Mishicot Indians
 Oostburg Flying Dutchmen
 Ozaukee Warriors
 Sheboygan Area Lutheran Crusaders

RANDOM LAKE RAMS
 Reedsville Panthers
 Sheboygan Christian Eagles
 St. Mary Catholic Zephyrs

FALL ATHLETIC SEASON SUMMARIES

CROSS COUNTRY - BOYS & GIRLS

Cross country is a chance to participate on the off-beaten path. Join us as we compete at a variety of venues including wooded trails, golf courses, paths, and much more.

Head Coach: **Natalie Weeks** nweeks@rladvantage.org
Commitment: Mid August through October
Practices: Monday thru Friday after school unless there is an invite.
Invites: 11, Invitationals are during the week and several Saturdays.
Conference: Big East

FOOTBALL

Football generally has two teams: Varsity and JV. Football is a demanding yet very rewarding game, which will prepare you for many of life's experiences. This is a Co-Op program with Northern Ozaukee School District.

Head Coach: **Cole Large** clarge@nosd.edu
Commitment: Early August through November
Practice: After school, Monday thru Saturday, unless a game is scheduled. Practices are held at Northern Ozaukee and Random Lake High Schools
Games: Varsity: 9 plus potential playoff games & played on Thursday or Friday nights
JV: 7-9 & played on Monday nights
Conference: Big East

BOYS SOCCER

Soccer is the opportunity for all boys to participate. Teams are offered at the Varsity and Junior Varsity depending on numbers. Any boy is encouraged to play no matter what experience they have had playing soccer. This is a Co-Op program with Northern Ozaukee School District.

Head Coach: **Josh Wood/Matt Wilson**
Commitment: Early August through early November
Practices: Monday thru Friday at Random Lake High School, unless there is a game scheduled.
Games: Varies based on numbers. There will also be a few Saturday tournaments.
Conference: Big East

VOLLEYBALL

Random Lake offers Varsity, JV and JV2 teams. Most often JV & JV2 matches are played prior to the Varsity match. All squads will have opportunities to compete in invitationals throughout the season.

Head Coach: **Elizabeth Walters** ecolden@rladvantage.org
Commitment: Mid-August through October
Practices: Monday thru Friday.
Games: 16+ generally played on Tuesdays and Thursdays with some Saturday tournaments.
Conference: Big East

WINTER ATHLETIC SEASON SUMMARIES

GIRLS BASKETBALL

Girls basketball usually has the numbers to support two levels, Varsity and JV. Each team has 10-15 players.

Head Coach: **Aaron Rathke** arathke@rladvantage.org
Commitment: Varsity - November through mid-March, JV - November thru February
Practices: Afternoon or evening Monday thru Friday. There may be practices held on Saturday and when school is not in session.
Games: Varsity: 24 JV : 24
Conference: Big East

BOYS BASKETBALL

Boys basketball usually has the numbers to support three levels, Varsity and JV. Each team has 10-15 players.

Head Coach:	Derrick Wielepski	dwielepski@rladvantage.org
Commitment:	Varsity: November through mid-March, JV November thru February	
Practices:	Afternoon or evening Monday thru Friday. There may be practices held on Saturday and when school is not in session.	
Games:	Varsity: 24	JV: 24
Conference:	Big East	

WRESTLING

Wrestling has supported two levels, Varsity and JV.

Head Coach:	Justin Mudlaff	jmudlaff@rladvantage.org
Commitment:	November through the beginning of March	
Practices:	Afternoon or evening Monday thru Friday. There may be practices held on Saturday and when school is not in session.	
Matches:	Varsity: 14	JV: 10-14
Conference:	Big East	

SPRING ATHLETIC SEASON SUMMARIES

BASEBALL

All boys interested in being part of a championship level program are invited to join Baseball where we support a Varsity and a JV team. The Baseball program has earned 23 Conference Championships and counting.

Head Coach:	Mike Donahue	mdonahue@rladvantage.org
Commitment:	Mid-March thru first week of June	
Practices:	Monday thru Friday unless a game is scheduled. There may also be a few Saturday games.	
Games:	Varsity: 26+	JV: 15+
Conference:	Big East	

GOLF

Golf is a great opportunity to perfect your skills against top-flight competition. We welcome both the beginner as well as the experienced players. The program supports two squads: Varsity and JV with each squad having around 5-8 players. This is a Co-Op program with Northern Ozaukee School District.

Head Coach:	TBA
Commitment:	Late March thru early June
Matches:	12+
Conference:	Big East

GIRLS SOCCER

Soccer is the opportunity for all girls to participate. Teams are offered at the Varsity and Junior Varsity depending on numbers. Any girl is encouraged to play no matter what experience they have had playing soccer. This is a Co-Op program with Northern Ozaukee School District.

Head Coach:	TBA
Commitment:	Mid-March thru May
Practices:	Monday thru Friday, unless there is a game scheduled.
Games:	24+ but varies based on numbers. There will be a few Saturday tournaments.
Conference:	Big East

SOFTBALL

Softball usually has the numbers to support two teams, Varsity and JV. Each team has approximately 10-12 players.

Head Coach:	Mike LaFever	mlafever@rladvantage.org
Commitment:	Mid-March thru May	
Practices:	Monday thru Friday unless a game is scheduled. There may also be a few Saturday games. Practices & games are held at Kampmann Field at Bertram Park.	
Conference:	Big East	

TRACK & FIELD - BOYS & GIRLS

Track & Field offers the opportunity to participate in a unique sport, which encompasses both team and individual competition. Work with expert coaches and be part of a fun and successful team.

Coach:	Jason Last	jlaster@rladvantage.org
Commitment:	March through early June	
Meets:	1 to 2 meets per week	
Conference:	Big East	

ACTIVITY SUMMARIES

→ [ACADEMIC](#)

FORENSICS

Act with your voice, your words, and your actions. Enthrall an audience with your voice, the power of your presence, and the force of your eyes. Forensics offers multiple means to hone your creative communication abilities. There are a total of 16 forensic categories, each one catering to a different skill, interest, or personality. Whether you want to perform for laughs, tears, understanding, or to share knowledge - forensics will improve your technique so that you may accomplish just that. In forensics, you will have the opportunity to perform and excel both on an individual and team level. Competitions begin in late January or early February and end with the state competition in April.

Advisor:	Travis Olson	tolson@rladvantage.org
Prerequisite:	Any student who wants to hone their creative communication abilities	
Commitment:	Late November thru mid-April	
Practice:	Team members are expected to meet with the advisor to discuss their piece and to arrange practice with the advisor as needed.	
Fee:	\$35	

→ [CLUBS](#)

ART CLUB

Random Lake High School offers opportunities for students interested in art. This club is designed to help bring awareness of the arts to Random Lake High School.

Advisor:	Sally Ambrose	sambrose@rladvantage.org
Prerequisite:	TBA	
Commitment:	TBA	
Fee:	\$TBA	

ESPORTS

Random Lake offers both Varsity and JV Esports teams that participate in the Wisconsin High School eSports Association against other high schools within the state. Through competition we concentrate on fostering leadership, teamwork, communication and school spirit. We also work to help students find collegiate eSports opportunities after high school.

Advisor:	Lee Itson	litson@rladvantage.org
Prerequisite:	None	
Commitment:	Our seasons run from October through May. Practices are Monday through Thursday starting in late September.	
Fee:	\$40	

FUTURE BUSINESS LEADERS OF AMERICA

Future Business Leaders of America is the largest business Career and Technical Student Organization in the world. Each year, FBLA helps over 230,000 members prepare for careers in business. FBLA inspires and prepares students to become community-minded business leaders in a global society through relevant career preparation and leadership experiences.

Advisor:	Steve Wills	swills@rladvantage.org
Prerequisite:	None	
Commitment:	Attend Monthly Meetings	
Fee:	\$20 (Field Trips are extra cost)	

HATCHET CLUB

Hatchet Club inspires students to enjoy the outdoors during all seasons. Students will have field trip opportunities to encourage time spent exploring nature. A goal of Hatchet Club is to promote mindfulness and reduce stress by participating in activities in nature. Hatchet Club encourages an appreciation for nature as well as supporting the community.

Advisor:	Natalie Weeks	nweeks@rladvantage.org
Prerequisite:	None	
Commitment:	One activity after school or on a weekend per month. Attendance at the yearly Conservation Fair highly encouraged	
Fee:	\$30 (there may be an additional fee paid to attend a camping trip at the end of the year)	

National FFA Organization

FFA is a dynamic youth organization that changes lives and prepares members for *premier leadership, personal growth and career success* through agricultural education. FFA develops members' potential and helps them discover their talent through hands-on experiences, which give members the tools to achieve real-world success. Members are future chemists, veterinarians, government officials, entrepreneurs, bankers, international business leaders, teachers and premier professionals in many career fields. FFA is an intracurricular student organization for those interested in agriculture and leadership. It is one of the three components of agricultural education. The official name of the organization is the **National FFA Organization**. The letters "FFA" stand for Future Farmers of America. These letters are a part of our history and our heritage that will never change.

Advisor:	Whitney Rathke	wrathe@rladvantage.org
Prerequisite:	Enrolled in an agriculture course or working on their Supervised Agriculture Experience if a course does not fit in their schedule	
Fee:	\$20 Dues = State and National dues, New Horizons magazine subscription and chapter t-shirt	

→ FINE ARTS

JAZZ BAND

Open to all band students in grades 9-12, this group performs music of all styles. Foundations in jazz style and basic improvisation will be taught. The ensemble performs at the Fall Band Concert and the Spring Band Concert. Jazz Ensemble Band may also participate in selected Jazz Festivals and the WSMA District/State Solo and Ensemble Festival.

Advisor:	Branden Mueller	bmueller@rladvantage.org
Fee:	Student must provide or rent their instrument from the school	

MUSICAL

Musicals are open to all students. Opportunities include acting, singing and dancing. Students are welcome to audition for roles on stage. Non-acting students are also encouraged to participate as musicians, stage managers, stage crew, set construction, costumes, make-up, lighting and audio operators.

Director:	Nikki Anderson	nanderson@rladvantage.org
Prerequisite:	None	
Commitment:	Rehearsals are on Monday and Wednesday nights with occasional Tuesdays or Saturdays as the schedule allows. The show dates are typically the first full weekend in November, but that is dependent on the school calendar.	
Fee:	\$35 - Acting & Singing \$0 - Non Acting	

PEP BAND

The Pep Band is open to all enthusiastic band students in grades 9-12 and is an extension of the band program. Pep Band performs music of the rock and modern pop idiom. Performances are scheduled during athletic contests, pep rallies and other special occasions.

Advisor:	Branden Mueller	bmueller@rladvantage.org
Prerequisite:	Student is currently enrolled in band at the high school level	
Commitment:	Students participate in several required performances outside of the school day for class	
Fee:	Student must provide or rent their instrument from the school	

PLAY

Advisor:	TBA
Prerequisite:	TBD
Commitment:	TBD
Fee:	\$35

SOLO & ENSEMBLE - INSTRUMENTAL

Advisor:	Branden Mueller bmueller@rladvantage.org
Prerequisite:	Students in band will participate in Solo/Ensemble as part of the curriculum for class.
Commitment:	Students will rehearse during scheduled rehearsals and perform at District ensemble in March.
Fee:	No Fee for students that are enrolled in class

SOLO & ENSEMBLE - VOCAL

Solo Ensemble festival is an optional event for students to prepare and perform a piece for critique. Students participate in a district level performance first. Those receiving a high enough rating on Class A pieces have the opportunity to perform at the state level.

Advisor:	Nikki Anderson nanderson@rladvantage.org
Prerequisite:	Must be enrolled in a choir.
Commitment:	District Festival is in early March; State Festival is the last weekend of April
Fee:	No fee for students enrolled in class.

→ ORGANIZATIONS

NATIONAL HONOR SOCIETY

Membership is a mark of achievement and is the highest honor that can be awarded to a Random Lake High School student. It is an honor bestowed upon a select group of students by the Random Lake School Faculty Council on behalf of the entire RLHS Faculty. It signifies a high standard of scholarship, service, leadership and character.

Advisor:	Nicki Donahue ndonahue@rladvantage.org
Prerequisite:	Members demonstrate characteristics from all four criteria. Scholarship includes work habits, classroom contributions, and the desire to meet more than the minimum requirements. Leadership includes positions such as a class officer, committee chairperson, and team captain, as well as the ability to take charge of a variety of functions and achieve cooperation from fellow students. Character includes qualities of honesty, sincerity, dependability, and cooperation. Service includes participation in school and community organizations and activities, plus a willingness to sacrifice time and effort for the welfare of others. To be eligible for consideration a student must be a junior or a senior, have completed at least one semester of courses at RLHS, have very good grades, and have applied.
Commitment:	Life Long
Fee:	\$0
