

Co-Curricular Activities

Athletic

Athletic Objectives

Athletics offer us a great opportunity for individual growth through Christian fellowship. The development of team spirit and team play, the respect that we develop for each other as fellow Christian athletes, (regardless of ability), the joy that we experience from winning and the growth that comes from losing, helps each one of us to mature into contributing members of the body of believers.

SEASONAL SPORTS

Girls Fall Sports:

Volleyball - Freshman, Junior Varsity and Varsity
Cross Country - Junior Varsity and Varsity
Pommers
Cheerleading - Junior Varsity and Varsity
Softball
Golf
Tennis

Boys Fall Sports:

Soccer - Varsity
Football - Freshmen, Junior Varsity and Varsity
Cross Country - Junior Varsity and Varsity

Girls Winter Sports:

Basketball - Freshmen, Junior Varsity and Varsity
Pommers
Cheerleading - Junior Varsity and Varsity

Boys Winter Sports:

Basketball - Freshmen, Junior Varsity and Varsity
Wrestling - Junior Varsity and Varsity

Girls Spring Sports:

Soccer - Junior Varsity and Varsity
Track and Field - Junior Varsity and Varsity

Boys Spring Sports:

Baseball - Junior Varsity and Varsity
Track and Field - Junior Varsity and Varsity
Golf
Tennis

AAA Conference

LHS is a member of the Archdiocese Athletic Association (AAA). Other members of the conference include: Cardinal Ritter, Bishop DuBourg, John F. Kennedy, St. Dominic, Trinity Catholic, St. Mary's (all boys) and Rosati Kain.

Music

Academic Classes:

Mixed Chorus
Concert Choir
Concert Band

Extra Music Groups:

One Voice (audition group) String Ensemble
Pep Band
Tri-M Music Honor Society

In addition, the music department several major concerts each and both choir and band go on tour throughout the Midwest. Both individuals and groups compete in district and state music competitions.

Other Co-Curricular Groups and Clubs

Future Business Leaders of America: Provides opportunities for students in business education to develop vocational and career competencies and promotes civic and personal responsibilities through service projects and leadership opportunities

Student Council: Composed of class officers and other student elected leaders responsible for school social activities

National Honor Society: Sophomores, Juniors and Seniors demonstrating academic, service, character and leadership skills

Kingdom Workers: Students with potential interest in professional church work

Drama Club: Students involved in drama productions at LHS

Thespians: International honorary organization for students who excel in various aspects of theater. Activities include group gatherings, attending the Missouri State Thespian Conference, and seeing local theatrical productions

Teens for Life: Students taking a pro-life stance concerning abortion and valuing the sanctity of all life

Sister Cities Program: Students from German classes who host a German student and then spend two weeks with them in Germany over the summer

Fellowship of Christian Athletes: Students/athletes gather in *Huddles* for Fellowship (providing positive interactions), Growth (through Bible Study and Discussions), Outreach (sharing Christian faith with others) and Service (serving others through community projects and church involvement)

Book Club: This group selects and reads one book a month which they then discuss

Photography Club: Works all types of photography with emphasis on digital. Activities include: in-house theme shot contests, visiting photo exhibits, group shooting challenges, guest speakers, and computer enhancement of photography

Teens Against Tobacco Use: Selected students are trained through the American Lung Association to present interactive lessons to elementary students to educate and advocate against the use of tobacco products

Youth Leadership: Six juniors selected annually join with other high school students in the St. Louis Region and are given opportunities to grow in the area of leadership

Champions - Going the Distance: A workshop for selected student athletes which encourages them to positively impact their teams and school community

Student Ambassadors: Selected returning students are involved in activities to help assimilate new freshmen students and transfers into the LHS student body

Art Club: Promotes creativity, appreciation, and the advancement of artistic skills through a variety of activities

Creative Writing: A student led club that meets to share, discuss, and critique each other's creative writing learning from one another in a comfortable and friendly atmosphere