

Welcome Back to Activities and Athletics 2024-2025

The 2024-2025 school year is here and I wanted to communicate information about student participation in activities and athletics at Burlington Notre Dame.

Students are encouraged to participate in the wide variety of extra and co-curricular activities available through the school. Below find information about participation in these activities. This is broken into two segments; the first related specifically to athletics and the 2nd related to other activities.

ATHLETICS

If your student is interested in any athletic activities through Notre Dame or West Burlington. They must be registered through Bound ([Bound | Burlington Notre Dame Nikes High School Athletics \(gobound.com\)](https://bound.burlingtonnd.com/)). For directions on how to register your student in bound use the link below.

 Activities Registration 2024-25

Forms Necessary to be Completed Prior to Participation

All students participating in sports will need a signed Concussion Waiver, Medical Consent Release, and Eligibility Acknowledgement. These forms are on the Bound website and must be signed prior to the first practice.

An up to date physical is also required prior to the first practice:

<https://www.iahsaa.org/wp-content/uploads/2023/03/2022-PPE-Form-Cover-3.13.23.pdf> Printed copies can be picked up in the high school office.

Athletic Fees

Remember if your student plans to participate in any athletics, there are athletic fees. The fee is based on what grade your student is in. If you have two students, the oldest athlete is the fee needed to be paid.

6-8 Athletics : \$75

9-12 Athletics: \$100

Current Athletic Schedules

Our most current athletic schedules for the 2024-2025 school year can be found under the district calendar at [Notre Dame \(seisconference.org\)](https://seisconference.org/) and [Bound | Burlington Notre Dame Nikes High School Athletics \(gobound.com\)](https://bound.burlingtonnd.com/). If there are any changes, cancellations, or postponements they will be updated on this calendar and you can receive alerts by selecting the "Notify Me" option on this page.

Volunteer Positions

Our sports programs could not survive without our amazing volunteers! Volunteering at games allows for free admittance to home events. The following opportunities are:

- volleyball line judging,
- Scorekeeping- all sports
- scoreboard operators- all sports
- Announcing- all sports
- concessions workers- all sports

Please contact the coach or ashley.iehl@bnotredame.org if you are interested in any of these opportunities.

Booster Club

Our athletic booster club meets the second Wednesday of each month in the high school library at 7:00 PM. There is no cost to join or attend meetings and it's a great way to meet others and give back to the programs. If you haven't gotten the chance, please check out the Nike Athletic Facebook page ([Facebook](#)) or Instagram [ND Nike Performance \(@nikesperformance\)](#).

Concessions & Gate

Each sport is asked to cover workers for their own home dates for the season. There will be sign-ups during every coaches meeting at the beginning of the season. We ask that all families sign up to help not only their students' sports season but also other sports seasons in covering concession stands and gates for athletic events throughout the year.

Athletic Trainer

Southeast Iowa Regional Medical Center provides a trainer to our district. If your child is injured in a sport you may contact them. In the case of concussions, it is now a law that the "Return to Play" protocol is administered and followed. The on-call trainer number 319-768-4152 if you need immediate assistance/guidance.

1st Day of Practices (Fall Sports)

HS Volleyball, Cross Country, Football (WB), Girls Swimming (BHS) - August 12th
Junior High Volleyball, Cross Country, Football (WB) - August 21

(Winter Sports)

JH Girls Basketball, Boys Wrestling- October 21st
HS Girls Wrestling- November 4th
HS Girls Basketball, Bowling (WB), Boys Swimming(BHS) - November 11th
HS Wrestling, Boys Basketball- November 18th
JH Boys Basketball- January 6th

(Spring '25 Sports)

HS Track & Field- February 24th

HS Golf, Tennis, Soccer- March 17th

(Summer '25 Sports)

HS Softball, Baseball, JH Baseball- May 5th

Current Contact Information:

Fall Sports

- HS Football-Coach Bowman joe.bowman@wbschools.us
- HS Volleyball-Coach Reid susanreid00@gmail.com
- HS/JH Cross Country-Coach Ritter ryritt2@yahoo.com
- HS Girls Swimming-Coach Emily Hill ERWELBORN@gmail.com
- JH Football-Coach Boelens Troy.Boelens@wbschools.us
- JH Volleyball- Coach West amymwest3@gmail.com
- HS Football Cheerleading-Coach Zang liliyanzang@gmail.com
- JH Football Cheerleading-Coach Zang liliyanzang@gmail.com

Winter Sports

- HS Boys Basketball-Coach Kies dan.kies@grellc.net
- HS Girls Basketball- Coach Stephens cstep911@gmail.com
- HS Wrestling-Coach Plein bill.plein@bnotredame.org
- JH Wrestling-Coach Hoskins harvey.hoskins@wbschools.us
- HS Girls Wrestling- OPEN
- JH Girls Basketball- OPEN
- JH Boys Basketball-Coach Reid kyle@reidslandscapes.com
- HS Boys Swimming-Coach Kristensen jeff.kristensen@bcsds.org
- HS Bowling Coach- Coach Braun braunyz28@yahoo.com
- HS/JH Basketball Cheer-Coach O'Donnell shan41777@yahoo.com

Spring Sports

- HS Boys Track-Coach Lamm corey.lamm@bnotredame.org
- HS Girls Track-Coach Gurius michael.gurius@wbschools.us
- JH Track- Coach Bowman joe.bowman@wbschools.us
- HS Boys Soccer- OPEN
- HS Girls Soccer-Coach Ackermann tackerman@tworiversins.com
- JH Soccer- Coach Jeffries nickjeffr96@gmail.com
- HS Girls Golf- OPEN
- HS Boys Golf- OPEN
- HS Tennis-Coach Iehl ashley.iehl@bnotredame.org

Summer Sports

- HS Baseball-Coach Chiprez chiprezc@westburlington.org
- HS Softball-Coach Oleson wbnd.softball@gmail.com
- JH Baseball- Coach O'Donnell ryancod76@gmail.com

ACTIVITIES

Below find the list of current directors and sponsors for the various activities. Please feel free to contact these individuals about participation in these organizations.

Burlington Notre Dame Clubs/Activities and Sponsors

A Cappella/Jazz Choir: Isaac McNutt isaac.mcnutt@bnotredame.org

WBND Dance Team: Ashley Lohmann ashley.lohmann10@gmail.com

Drama – Play/Musical: Carman Lachnitt carmen.lachnitt@bnotredame.org

FCA: Ashley Iehl ashley.iehl@bnotredame.org

Individual Contest Speech: Mary Jo Miller maryjomiller@bnotredame.org

Large Group Speech: Mary Jo Miller maryjomiller@bnotredame.org

Marching/Jazz Band: Carman Lochnett carmen.lachnitt@bnotredame.org

National Honor Society: Mary Jo Miller maryjomiller@bnotredame.org

LEO Club and/or Silver Cord: Michelle Willson michelle.willson@bnotredame.org

Student Council: Anna Steinoff anna.steinoff@bnotredame.org

We are looking forward to another great year with Notre Dame Athletics and Activities!

Thank You,

Ashley Iehl-Brown

Burlington Notre Dame Activities Director