

WEST HOLLOW MIDDLE SCHOOL EXTRACURRICULAR CLUB & ACTIVITY BOOK



HOME OF THE WOLVERINES



Welcome to the West Hollow Middle School Extracurricular Club and Activity Book. Leading the busy life that many of you lead with so many responsibilities and expectations, one may ask . . . why add more? Current research has discovered a great deal of benefits associated with participation in extracurricular clubs and activities.

So what's in it for you?

You have the opportunity to explore your physical, creative, social, political, and career interests with like-minded people.

You'll make new friends: Trying something different may bring you in contact with people you didn't know share your interests and curiosity.

At West Hollow, we're constantly encouraging students to step outside his or her comfort zone and meet new people. A club can

be a great way to meet people who you may not ordinarily meet.

As our students continue through secondary school, participating in extracurricular activities may help them in other ways too. It looks good on college and job applications and shows admission officers and employers you're well-rounded and responsible.

The most basic reason for joining a club or activity is that it provides our students with stimulating and interesting experiences. In addition, studies show students who are engaged in extracurricular clubs and activities are less likely to engage in more risky behaviors.

So, whether looking to extend your social network and meet new friends or delving deeper and exploring personal interests, extracurricular activities is a great way to have fun, challenge yourself and become more involved in your school community.



SPORTS AND ACTIVITIES TABLE OF CONTENTS AND CLUB ADVISORS

CHEERLEADING

Advised by Jacquie Sokolsky

Page 3

COMPUTER CLUB

Advised by Rick Abarno

Page 3

CREATIVE ARTS & WRITING CLUB

Advised by Elisa Brosnan & Kim Sarrosick

Page 3

JAZZ BAND

Advised by Anthony Graziosi

Page 4

KICKLINE

Advised by Jillian Pennisi and Kerri Angst

Page 4

FALL MUSICAL

Directed by Matt Petrucci

Page 4

LEADERS CLUB

Advised by Gayle Famiglietti

Page 5

MATH OLYMPIADS

Advised by Leona Handelman

Page 5

NATIONAL JUNIOR HONOR SOCIETY

Advised by Colleen Donovan & Phil Iconis

Page 5

SCIENCE OLYMPIAD

Advised by Joseph Polley

Page 6

STUDENT GOVERNMENT

Jackie Tannazzo, Keli Roberts & Matt Petrucci

Page 6

YEARBOOK CLUB

Advised by Jackie Tannazzo & Liz Nally

Page 6

INTRAMURALS

Page 7

INTERSCHOLASTIC ATHLETICS

Page 7 & 8

CHEERLEADING



Activity/Activities: Cheerleading

Purpose and Overview: Cheerleaders perform during the basketball and football season as well as spirit week to encourage enthusiasm and school spirit. We also develop individual character through commitment and teamwork.

Meeting Time: Practices are usually one hour per week. Specific meeting times will be determined. Changes to the practice schedule do occur to accommodate game schedules. Cheerleaders will be notified.

Membership: Tryouts take place at the beginning of the school year. Participation is open to 7th and 8th graders.

COMPUTER CLUB

Activity/Activities: Members will develop computer skills for academic and recreational pursuits.

Purpose and Overview: Students learn how to use the internet to do research for school projects as well as play games with other members in the club. They will develop facility with software for multimedia, digital cameras and scanners and internet applications.



Meeting Time: The Computer Club meets once each week for an hour. Specific meeting times will be determined based on club membership to maximize student participation.

Membership: Open to all students ranging in ability from beginner to computer expert.

CREATIVE ARTS & WRITING CLUB

Activity/Activities: Students develop their creative writing and artistic abilities by designing an online anthology for the school community.

Purpose and Overview: The club provides students with a forum to engage in creative writing and art (photography, drawing, graphic design) beyond the parameters of class-based projects. It supports and engenders an appreciation for writing and art in various forms.

Meeting Time: The Creative Writing Club meets Fridays at 7:15 am and occasionally after school. Specific meeting times will be determined based on club membership to maximize student participation.

Membership: All students in grades 6, 7 and 8 are encouraged to participate.



JAZZ BAND

Activity/Activities: Jazz Band performs different styles of music written since the 1940's. Contemporary sounds are also played.



Purpose and Overview: Jazz Band exposes students to different genres of music. It helps students recognize jazz as a truly American art form and valid musical expression. Students also develop their musicianship skills such as rhythm and improvisation as well as an understanding of musical forms and styles.

Meeting Time: Jazz Band meets once each week on Tuesdays at 2:45 PM after school for 1 hour in the band room. Specific meeting times will be determined based on club membership to maximize student participation.

Membership: All students in grades 6, 7, & 8 are welcome to AUDITION at the beginning of each school year. Students must demonstrate intermediate to advanced musical skills on these instruments: trumpet, alto sax, tenor sax, baritone sax, trombone, drum set, piano, guitar and electric bass. These are the only instruments performing in Jazz Band.

KICKLINE

Activity/Activities: Practices and performs at football and basketball games during season. Additional performances are presented at the West Hollow Holiday Show and during Spirit Week.

Purpose and Overview: Kickline fosters physical conditioning and coordination, poise and self-confidence. We promote school spirit and work as a team which encourages responsibility and commitment.



Meeting Time: Kickline meets for two hours of practice weekly (usually two one hour sessions) from September through February and for scheduled performances at games and events. Specific meeting times will be determined based on club membership to maximize student participation.

Membership: Twenty girls in grades 7 & 8 are welcome to participate. Members are selected by audition.

FALL MUSICAL

Purpose and Overview: The Fall musical promotes creativity, expression, and helps develop skills in the visual and performing arts. Students continue to build upon their character through problem solving and working in cooperative groups. We have a large company of students, teachers and families working collaboratively to produce a musical. We also participate in numerous fundraisers and community service venues throughout the season.



Meeting Time: The cast and crew generally meet daily after-school until 4:45pm. CETech week, has rehearsals that run later in the night, time is to be determined.

Membership: Membership is open to all students in each grade level.

LEADERS CLUB



Activity/Activities: Students work cooperatively to develop and implement selected fundraising activities. They also develop and implement outreach and service programs in our community as well as within our school.

Purpose and Overview: Leaders Club promotes leadership and character development in students. It helps to develop personal and interpersonal skills while engaging students in activities that focus on citizenship and a sense of community responsibility. The Leaders Club strives to build confidence and self-esteem through student achievement. Students are recognized for their contributions to worthy causes and each other.

Meeting Time: Leaders Club usually meets one hour each week though special projects alter that schedule from time to time. Specific times will be determined based on club membership and selected projects to maximize student participation.

Membership: All students in grades 6, 7 and 8 are encouraged to participate.

MATH OLYMPIADS

Activity/Activities: Students use mathematics to foster creative problem solving skills.

Purpose and Overview: Math Olympiads is an interschool competition which is held five times during the school year beginning in November and concluding by March. More than 100,000 students participate annually in the Olympiads. Students represent 4,000 teams in the USA and 25 other countries. Through participation in weekly practice sessions, students are exposed to challenging problems and work cooperatively to develop new problem solving strategies.

Meeting Time: Math Olympiads meet for practice once a week every Wednesday morning at 7:10 a.m. in room 230 from November to March. Specific meeting times are available on Math Olympiads' eBoard.

Membership: All students in grades 6, 7, & 8 are welcome as members.

NATIONAL JUNIOR HONOR SOCIETY

Activity/Activities: A service club for honor students. Students provide tutoring services as well as community and school service.

Purpose and Overview: To recognize students' academic achievement as well as community and school service. To foster the development of scholarship, leadership, character, service and integrity.

Meeting Time: The National Junior Honor Society meets once each month for an hour. In addition, officers meet with their club advisor once each week for ½ hour usually in the morning before school. Additional participation at school functions such as concerts, orientations and parent-teacher nights will be determined based on club membership to maximize student participation.

Membership: 7th and 8th students are admitted based on established NJHS criteria.

SCIENCE OLYMPIAD

Activity/Activities: Science Olympiad consists of various science and technology contests that may include: A is for Anatomy, Awesome Aquifers, Bottle Rocket, Crime Busters, Experimental Design, Forestry, Food Science, Mission Possible, and Microbe Mission. Buoy Oh Buoy, Helicopter Egg Drop, Tower, Dynamic Planet, Disease Detectives, Compute This, Meteorology, Road Scholar, Solar System and Write it/Do it. Events vary from regional and state competitions as well as from year to year.

Purpose and Overview: The Science Olympiad is a national competition which challenges students to develop and utilize their knowledge of scientific concepts and processing skills along with science application in technology in order to solve problems. For the last few years our team has placed in the top levels at Suffolk County competitions which enabled us to compete successfully at the state level. Students expand their Math-Science-Technology skills and develop strong self esteem based on collaborative and individual accomplishments.

Meeting Time: The Science Olympiad Club will meet Thursday, with the potential for additional time as the year goes on. The additional time is scheduled as needed to support students in their pursuit of success in this state wide competition. Specific meeting times will be determined based on club membership to maximize student participation.



Membership: All students in grades 6, 7, & 8 are welcome to participate. Each member must choose at least two events to prepare for.

STUDENT GOVERNMENT

Activity/Activities: Seasonal dances, Spirit Week organization, Winter Food & Toy Drive to support charitable initiatives, and contributions to numerous fundraisers annually.

Purpose and Overview: Student Government promotes school spirit through various activities; community service through numerous school networks and to provide a means of expression of student opinions on social matters.

Meeting Time: Student Government generally meets bi-weekly at 7:15 am with more frequent meetings when special activities are being planned. Specific meeting times will be determined to maximize student participation.



Membership: Membership consists of four officers who are elected in June to serve the following school year as well as representatives from each grade level.

YEARBOOK CLUB

Activity/Activities: Create and distribute the annual West Hollow Yearbook.

Purpose and Overview: Students collaboratively design, publish and sell our annual West Hollow Yearbook under the direction of their club advisor. Students become familiar with advertising, different sales and deadlines and creating pages to go in the yearbook.



Meeting Time: Teams meet as follows: Monday 7:15 - 7:45am.

Membership: All students in grades 6, 7, & 8 are welcome to participate.

WEST HOLLOW MIDDLE SCHOOL INTRAMURAL PROGRAM



The intramural program at West Hollow is an outgrowth of our physical education program. Students are invited to attend on a voluntary basis regardless of their sport skill level. Participation, rather than competition, is emphasized. Activities offered vary by season. Students should listen to the morning announcements for the most up-to-date information. Activities are led by staff members.

WEST HOLLOW MIDDLE SCHOOL ATHLETIC PROGRAM

Interscholastic athletics are a vital part of the West Hollow Middle School educational program. They provide a unique opportunity for students to achieve their full potential as athletes and as people in a setting which can be both demanding and rewarding. Our program strives to meet the needs and interests of the athletically talented individual.

Program objectives are embodied by the following:

- To provide an interscholastic athletic experience to a maximum number of students.
- To emphasize that making the effort to win is more important than winning.
- To acknowledge to the students that the real value of sports is in the enjoyment derived from the activity itself and from the associations developed among coaches and players in practice as well as in games.
- To encourage fellowship, leadership and a cooperative atmosphere.
- To inspire a commitment to excellence-in study, work and play.

Students who commit to team membership are expected to attend every practice and contest unless excused by their coach.



ATHLETIC PHYSICAL EXAMINATIONS

The school physician has the full authority in determining the physical capability of a pupil to participate in a sport.

The school nurse will arrange for physical examinations to be given by the school doctor approximately two weeks prior to each sport's season (except in June for fall sports) and notify students of the date, time and place. If possible, a make-up date will also be provided to accommodate students who, for good reason, are unable to be present on the scheduled date.



Each coach is responsible for informing candidates of dates, times and places for pre-season physical exams. Building Assistants, Administrators and School Nurses will assist by ensuring that public address announcements are made regarding the dates of the physical examinations and the sports offerings for the following season.

Coaches are encouraged to call pre-season meetings to organize those who wish to try out for teams. Coaches may assist the nurse by handing out yellow pre-examination forms and/or green consent forms.

ATHLETIC TEAMS**SEPTEMBER - OCTOBER****Fall Season Teams:**

Cross Country (coed, 7th & 8th grades)
 Field Hockey (girls, 7th & 8th grades)
 Football (boys, 7th & 8th grades)
 Soccer (boys, 7th grade)
 Soccer (boys, 8th grade)
 Soccer (girls, 7th grade)
 Soccer (girls, 8th grade)

NOVEMBER - JANUARY**Winter I Season Teams:**

Basketball (boys, 7th grade)
 Basketball (boys, 8th grade)
 Volleyball (girls, 7th grade)
 Volleyball (girls, 8th grade)

FEBRUARY - MARCH**Winter II Season Teams:**

Basketball (girls, 7th grade)
 Basketball (girls, 8th grade)
 Volleyball (boys, 7th & 8th grades)
 Wrestling (boys, 7th & 8th grades)

APRIL - JUNE**Spring Season Teams:**

Baseball (boys, 7th grade)
 Baseball (boys, 8th grade)
 Lacrosse (boys, 7th & 8th grades)
 Lacrosse (girls, 7th & 8th grades)
 Softball (girls, 7th grade)
 Softball (girls, 8th grade)
 Track & Field (boys, 7th & 8th grades)
 Track & Field (girls, 7th & 8th grades)
 Modified Swimming (boys, 7th & 8th grades)
 Modified Swimming (girls, 7th & 8th grades)

Important Dates

Fall Tryouts Begin
 September 9th, 2013

Winter I Tryouts Begin
 November 12th, 2013

Winter II Tryouts Begin
 January 21st, 2014

Spring Tryouts Begin
 April 7th, 2014

Eligibility Regulations

No student may participate in an interschool practice game or contest on a day when the student was absent or late to school unless special permission for the absence was granted by the school administration.

No student excused for medical reasons from a physical education class may participate in an interschool practice, game or contest on that same day.

Administrative Responsibility and Procedures

The rules and regulations of our interscholastic program are governed by New York Educational Law, the Commissioner's Regulations, the New York State Public High School Athletic Association, the Suffolk County Athletic Council (section XI), and the Half Hollow Hills Central School District.

