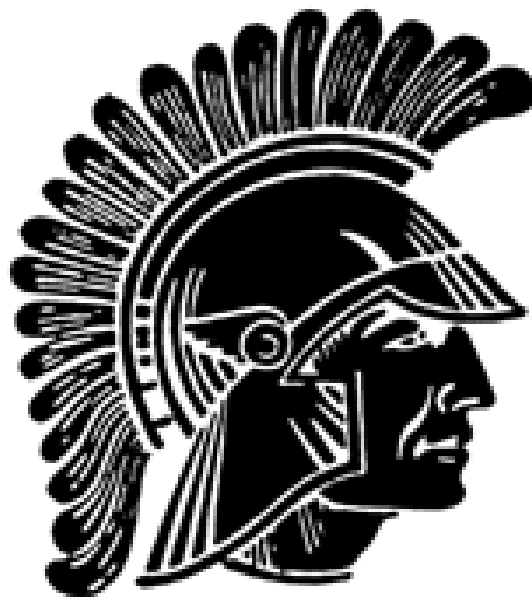


*McFarland High  
School*

*Activity Handbook*

*2011-2012*





# *The Critical Value of Co-Curricular Participation*

A 2001 survey of more than 50,000 high school students in Minnesota published in the March 2003 issue of the *Journal of School Health* found that those who participated in extracurricular activities had higher levels of social, emotional, and healthy behavior than students who did not participate.

Studies show that children who participate in one or more after-school activities are less prone to negative peer pressure and have higher levels of self-esteem than children who do not participate. Studies have also shown that extracurricular activities can boost a child's academic performance and provide students with a way to feel proud of themselves and their capabilities. They can help a child release pent-up frustration and energy, develop social skills, and discover talents, abilities, and interests.

Many extracurricular activities, such as the school newspaper, photography, and drama, can lead to careers. Extracurricular activities also help to form the student's profile for consideration in college admissions. A student's academic record and scores on standardized tests form the core of his or her college application profile. However, admissions officers consider other factors, such as a demonstrated talent in athletics or the arts or leadership in school or extracurricular activities. After-school activities can also include scouting and volunteering, such as working with the Red Cross, a local animal shelter, a homeless shelter, or in a political campaign. Through these diverse activities, students can have fun, build a resume for college, increase creativity, improve organizational skills, learn time management, and develop people skills.

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## **Academic Decathlon**

**Advisor:** TBA

**Advisor Telephone:**

**Meeting Times and Places:** Varies during season – lunch and after school.

**Length and Timing of Season:** TBA

**Cost:** Varies

**Equipment Required:** None

**General Description:** A ten-event competition in music, art, anatomic sciences, literature, history and math, prepared and impromptu speech and interview. The theme this year is Great Depression. Students need “3.75” GPA, “3.25-3.75” GPA and “3.25 and lower” GPA levels. Participants should have a love of learning.

## **Ambassadors**

**Advisor:** Sandra Radney and Lisa Barleen

**Advisor Telephone:** 838-4527 or 838-4500 ext. 4752

**Meeting Times and Places:** Ambassadors will meet at 7:30 am in room #164 on Sept. 7, Nov. 9th, Feb. 8 and April 11.

**Length and Timing of Season:** All year

**Cost:** None

**Equipment Required:** T-shirts are available in the school store for \$10.00 but are not required.

**General Description:** High school students who volunteer to make a positive impact on their school and community. Students feel gratitude for helping others, make new friendships and build service hours that will help them get into college and receive scholarships. Students can earn a Presidential Service Award after 100 service hours, Silver Award for 175 hours and a Gold Award for 250 hours or more.

## **Art Studio**

**Advisor Name:** Danica Smith

**Advisor Telephone:** 838-4500 ext. 4406

**Meeting Times and Places:** TBA

**Length and Timing of Season:** All year

**Cost:** No set fee, but possible miscellaneous expenses.

**Equipment Required:** None

**General Description:** Open to all students interested in Art. Students will participate in a variety of activities including individual and group projects and fieldtrips. Students can compete at Art Regionals/State and work on murals through this organization.

## **Baseball**

**Coach Name:** John Feldner

**Coach Telephone:** 838-4532

**Meeting Times and Places:** 3:30 p.m. – 6:00 p.m. Early season practice in gym. After competition starts, practice is on baseball field.

**Length and Timing of Season:** Mid-March through May

**Cost:** \$84

**Equipment Required:** Baseball glove and spikes

**General Description:** The Baseball program has three levels of competition – Freshmen, J.V., Varsity.

## **Basketball (Boys)**

**Coach Name:** Jeff Meinholdt

**Coach Telephone:** 838-4500 ext. 4431

**Meeting Times and Places:** 3:30 p.m. or 5:30 p.m. in the High School gym(s)

**Length and Timing of Season:** Mid-November to Mid-March

**Cost:** \$84

**Equipment Required:** Basketball shoes and practice gear

**General Description:** Freshmen, J.V. and Varsity. A Freshmen “B” team is possible depending on the number of athletes.

## **Basketball (Girls)**

**Coach Name:** Matt Kuehl

**Coach Telephone:** 838-4533

**Meeting Times and Places:** After school and evenings in gym

**Length and Timing of Season:** November to March

**Cost:** \$84

**Equipment Required:** Athletic wear

**General Description:** 3 levels: Freshmen, J.V. and Varsity. A second freshmen team and/or a varsity reserve team are possible depending on the number of athletes.

## **Chess Club**

**Advisor:** TBD

**Advisor Telephone:** 838-4500

**Meeting Times and Places:** Mondays after school, meetings 1-2 times per week

**Length and timing of Season:** All year

**Cost:** \$5

**Equipment Required:** None

**General Description:** A fun way to learn about the game of chess, including tips and strategies to improve play. Tournaments will also be held. All students are welcome to join!

## **Cross Country**

**Coach Name:** Bruce Fischer

**Coach Telephone:** 838-4500 ext. 4748 or 838-6116

**Meeting Times and Places:** 3:30—5:30 p.m.

**Length and Timing of Season:** Fall Season: Mid-August to end of October

**Cost:** \$84

**Equipment Required:** Good running shoes, preferably two pairs. Spikes for Varsity Athletes.

**General Description:** Cross Country offers athletes a chance to become fit and train with friends. The team is like a family. Our goal is for the athlete to compete at a high level while having fun.

## **DECA - Distributive Education Clubs of America**

### **An association of Marketing students**

**Advisor:** Ginger Verhulst

**Advisor Telephone:** 838-4569

**Meeting Times and Places:** TBD

**Length and Timing of Season:** All year, competitions start in January

**Cost:** \$15.00 (Local, State, National dues)

**Equipment Required:** Presentation materials for competition

**General Description:** DECA (Distributive Education Clubs of America) is an organization of marketing/business students which provides students with skills and knowledge to succeed in this global economy. It is a local, state, and national organization or goal-oriented youth with careers in marketing, fashion, accounting/management and entrepreneurship. Students attend leadership conferences, compete in the District and State DECA conferences and take field trips to Milwaukee, Chicago, Minneapolis, New York, and Los Angeles.

## **Drama – Spring Play**

**Advisor:** Eric Brehm

**Advisor Telephone:** 838-4542

**Meeting Times and Places:** Monday through Thursday in Auditorium. Weekends possible as performance date approaches.

**Length and Timing of Season:** About six weeks

**Cost:**\$35.00

**Equipment Required:**None

**General Description:** A non-musical theatrical production, rehearsed for approximately six weeks, with emphasis on dramatic instruction in pursuit of a polished finished production. Auditions will be held in December, with rehearsals to begin after winter break. Always looking for aspiring actors and technicians – any and all are encouraged to audition.

## **Driftwood Literary & Arts Anthology**

**Advisor:** Jeff Kunkle and Debbie Gadian

**Advisor Telephone:** 838-4500 ext 4734 or ext. 4436

**Meeting Times and Places:** High School

**Length and Timing of Season:** School year

**Cost:** None

**Equipment Required:** None

**General Description:** 9-12 students who have an interest in art and/or writing are encouraged to be part of the Driftwood staff. Activities include promoting the anthology, fundraising, selecting the work to appear with the anthology, layout, and hosting/participating in the release party.

## **Football**

**Coach:** Paul Ackley

**Coach Telephone:** 838-4538

**Meeting Times and Places:** After school 3:30-6:30 p.m. on practice fields

**Length and Timing of Season:** August 9 to November

**Cost:** \$84

**Equipment Required:** Helmet, shoulder pads, mouth guards, pants, thigh and knee pads, football shoes and miscellaneous protective pads, etc.

**General Description:** Freshmen, J.V. and Varsity teams. Students play at the level of their ability and experience.

## **Gay/Straight Alliance**

**Advisor:** Spencer Pforich, Jeff Kunkle and Scott Marrese-Wheeler

**Advisors Telephone:** 838-4500 ext. 4412 or Ext. 4737

**Meeting Times and Places:** TBA

**Length and Timing of Season:** All year

**Cost:** None for membership or meeting attendance. TBA for specific activities/outings

**Equipment Required:** None

**General Description:** The GSA of McFarland High School aims to bring ALL students together in a friendly, safe and respectful environments. We provide a place of tolerance and acceptance. We laugh, eat, and have together while striving to raise awareness and eliminate homophobia and unjustified judgments. Throughout all of the activities we plan, events we attend, and discussions we share, confidentiality is respected and maintained .

## **Golf (Boys)**

**Coach:** Bill Kaether and Eric Hansen

**Coach Telephone:** 838-3166

**Meeting Times and Places:** Spring – meets at Yahara Hills Golf Course

**Length and Timing of Season:** Late- March, April, May

**Cost:** \$84

**Equipment Required:** Golf clubs

**General Description:**McFarland Schools offer interscholastic competition for golf at the J.V. and Varsity levels. The season is in the spring of the year and golf matches are during the week and on Saturday mornings.

## **Golf (Girls)**

**Coach Name:** Mike Eversoll

**Coach Telephone:** 838-4548

**Meeting Times and Places:** After school at Yahara Golf Course

**Length and Timing of Season:** Begins August 11

**Cost:** \$84

**Equipment Required:** Golf clubs and appropriate shoes

**General Description:** McFarland Schools offer interscholastic competition for golf at the J.V. and Varsity levels. The season is in the fall of the year and golf matches are during the week and on Saturday mornings.

## **Green Team - An Environmental Awareness Club**

**Advisors:** Raquel Knops and Janet Moore

**Advisors Telephone:** 838-4500 ext. 4450 or 838-4561

**Meeting Times and Places:** Wednesdays at 7:15 am (every other Wednesday)

**Length and Timing of Season:** All year

**Cost:** None

**Equipment Required:** None

**General Description:** Plan activities and projects to make MHS more environmentally friendly

## **Hockey**

**Coach Name:** Jared Redders

**Coach Telephone:** 838-4500 ext. 4847

**Meeting Times and Places:** 3:45p.m. daily (except game days) at the McFarland Ice Arena.

**Length and Timing of Season:** November through February

**Cost:** \$750.00 + school athletic fee (\$84) – Cost can be reduced through fund raisers.

**Equipment Required:** Protective hockey equipment

**General Description:** Hockey competes at the Varsity and JV level.

## **HOSA-Health Occupations Students of America**

**Advisor Name:** Arlene Welcher

**Advisor Telephone:** 838-4535 or after hours 608-333-6412

**Meeting Times and Places:** Rm 135, Foods Lab, Meetings as needed.

**Length and Timing of Season:** All year

**Cost:** \$30 Membership Fee. Event and competition fees extra.

**Equipment Required:** None

**General Description:** This club is for students with a serious interest in the medical field. There are opportunities to meet and work with students from around the state and nation through service projects and competitions. A partnership with the McFarland EMS will open doors for experiences in disaster preparedness training and emergency response situations. If you are interested in developing into a professional through leadership, educational and volunteer opportunities this club is for you.

## **Intramurals**

**Coach Name:** John Koepsel

**Coach's Telephone:** 838-3166

**Meeting Times and Places:** Evenings in the A and B gyms

**Length and Timing of Season:** TBA

**Cost:** None

**Equipment Required:** None

**General Description:** Winter basketball for those students not competing in H.S. Basketball

## **Math Tutoring Program**

**Advisor Name:** Darien Riggins

**Advisor Telephone:** 838-4500 ext. 4435

**Meeting Times and Places:** We are seeking out math students willing/able to tutor their peers in mathematics before school, during study hall, after school, in the evenings and on weekends. Some students are able to schedule a specific time or times each week when they are able to provide tutoring services. Tutoring is typically done at the High School; however, students may line up a tutor outside of school at an agreed upon location.

**Length and Timing of Season:** Year- long program. New tutors are recruited each term.

**Cost:** None – Students can earn volunteer hours for their time.

**Equipment Required:** The ability to explain math concepts.

**General Description:** High school students can volunteer to be math tutors and/or math teaching assistants/helpers in the math classroom. We need tutors for Basic Math, Algebra 1, Geometry, Algebra 2, Advanced Math 1, Advanced Math 2, and Calculus. Students currently in a math class can be a tutor for their current math course or any other previous math course. The tutoring schedule is flexible and is based upon the time each math tutor is available to volunteer. Math tutors and/or teacher helpers can earn volunteer hours for their time. This is a great resume builder!

## **Mathletes**

**Advisor Name:** Melissa Pfohl

**Advisor Telephone:** 838-4500 ext. 4749

**Meeting Times and Places:** Meeting times and places will be announced in math classes, in the morning announcements and in posters around school.

**Length and Timing of Season:** October through April

**Cost:** \$0 for most events, some may have a small fee

**Equipment Required:** Calculator, pencil, and a desire to do math

**General Description:** Students with an interest in doing challenging mathematics problems work individually and in teams to compete in meets around the state. A strong emphasis is placed on having fun while doing mathematics and all small successes are celebrated.

## **Model UN Club**

**Advisor Name:** Audrey Damon-Wynne

**Advisor Telephone:** 838-4500 ext. 4437

**Meeting Times and Places:** Room 218 – Meeting time varies

**Length and Timing of Season:** Club meets year round for conference prep and fundraising. Three annual conferences: usually one fall, one winter, one spring.

**Cost:** Varies

**General Description:** Teams represent a nation and participate in a United Nations simulation. Conferences provide a unique opportunity for students in grades 9-12 to gain an understanding about the functions of the United Nations and the importance of diplomacy, debate, negotiation and parliamentary procedures. One conference each year involves a trip out-of-state to a national conference.

## **Musical**

**Advisor:** Anne Nichols/Eric Brehm

**Advisor Telephone:** 838-4516/838-4542

**Meeting Times and Places:** Auditorium and HS Choir Room, Monday through Thursday evenings (some Wednesdays) 6:00-9:00 p.m. Some weekends closer to show dates.

**Length and Timing of Season:** September through Mid-November

**Cost:** \$40.00 (cast meal, supplies and a T-shirt)

**General Description:** Full production of major musicals that require various levels of acting, singing and dancing. Technical aspects include: Sound Crew, Lighting Crew, Set Building, Props and Costumes. All are welcome to audition or join the Stage Crew.

## **National Honor Society**

**Advisor:** Ben Peterson

**Advisor Telephone:** 838-4517

**Meeting Times and Places:** Fridays, Choir/Band Room all year

**General Description:** Membership in National Honor Society is based upon Scholarship, Service, Character and Leadership. A faculty committee bestows this honor during a student's junior or senior year. The committee reviews students' commitments to school in conjunction with community activities and evaluates them in areas of leadership, character and service. To be scholastically eligible, a student must have at least a 3.5 grade point average. NHS members complete a number of community service projects during the school year.

## **Newspaper/Spartan Spotlight**

**Advisor:** Rachel Chancellor

**Advisor Telephone:** 838-4500, ext. 4456

**Meeting Times and Places:** McFarland High School, Publication Room

**Length and Timing of Season:** All school year

**Cost:** None

**Equipment Required:** None

**General Description:** Extracurricular activity for Grades 9-12. Any students (writers, artists, photographers, etc.) interested in the newspaper/journalism field are welcome.

## **Pom & Dance Team**

**Coach Name:** Amanda LoCascio

**Coach Telephone:** 695-4495

**Meeting Times and Places:** Monday through Thursday, 3:30-5:30 (or 6)p.m. in the food court.

**Length and Timing of Season:** All Team: Fall Season: August-October. Winter season: October-February. Competition Season: October-February

**Cost:** \$84 per season

**Equipment Required:** Shoes, poms, and other accessories

**General Description:** The Dance Team promotes school spirit and performs primarily at varsity football/basketball games. There are also 4-5 competitions per year.

## **Russian Club**

**Advisor:** Elsa Banks

**Advisor Telephone:** 838-4500 ext. 4742

**Meeting Time and Places:** As Announced

**Length and Timing of Season:** All school year

**Cost:** None

**Equipment Required:** None

**General Description:** Introduction to Russian language and culture. Lectures and discussions.

## **Science Olympiad/Science Club**

**Advisor:** TBD

**Advisor Telephone:** 838-3166

**Meeting Times and Places:** Meeting times and place TBD

**Length and Timing of Season:** All school year, Science Olympiad competition is September—April

**Cost:** Generally no cost to students, some incidental cost for build events.

**Equipment Required:** None

**General Description:** Science Club is designed to help students explore their scientific interests outside of the classroom. Activities include large and small-scale experiments, demonstrations and guest speakers. \*Science Olympiad competitions are optional for club member, but highly encouraged.

## **Soccer (Boys)**

**Coach:** Gaelan Fraboni

**Coach Telephone:** 239-7545

**Meeting Times and Places:** Practice at Wm. McFarland Park. Games at Lloyd Schneider Stadium-MHS.

**Length and Timing of Season:** August 10 through state tournament in late October/early November.

**Cost:** \$84

**Equipment Required:** Soccer ball, soccer shoes, and shin guards.

**General Description:** Freshmen, J.V. and Varsity teams.

## **Soccer (Girls)**

**Coach Name:** TJ DiPrizio

**Coach Telephone:** 838-3166

**Meeting Times and Places:** 3:45 p.m. Practice at Marsh Road Soccer Fields; games at McFarland High School.

**Length and Timing of Season:** March through June 15

**Cost:**\$84

**Equipment Required:**Shin guards, soccer ball, practice wear.

**General Description:**Freshmen, J.V., and Varsity levels.

## **Social Studies in Action**

**Advisor Name:** Audrey Damon-Wynne

**Advisor Telephone:** 838-4500 ext. 4437

**Meeting Times and Places:** Varies

**Length and Timing of Season:** Varies

**Cost:** Varies

**Equipment Required:** None

**General Description:** Various opportunities that involve students in local, state and national activities that allow students to experience hands-on application of Social Studies concepts, provide opportunities for leadership and prepare students to be active participants in our democracy. Examples include National High School Mock Election, Badger Boys/Girls, World Affairs Seminar, The Kennan Academy and Forum, and Service learning projects.

## **Softball**

**Coach Name:** Dave Halverson

**Coach Telephone:** 838-3166

**Meeting Times and Places:** After school

**Length and Timing of Season:** March through end of school year

**Cost:** \$84

**Equipment Required:** Glove, cleats, practice clothing (indoor & outdoor) bat (optional).

**General Description:** The softball program has two levels: J.V. and Varsity. The first week of practice determines these teams

## **Student Council**

**Advisor Name:** Matt Levin

**Advisor Telephone:** 838-4531

**Meeting Times and Places:** Varies – 7:15 - Library

**Length and Timing of Season:** 30-40 minute meetings weekly throughout school year. Committee meetings and help with events as needed.

**Cost:** None

**General Description:** Student Council members develop leadership skills while planning activities to promote a positive learning environment. \*Class officers must serve on Student Council

## **Swimming (Boys)**

**Coach Name:** Nick Weiss

**Coach Telephone:** 838-3166

**Meeting Times and Places:** High School swimming pool from 4:00 pm - 7:00 pm. Morning practice can be optional, but is required for some swimmers (2-4 per week)

**Length and Timing of Season:** November 12 through Mid-February

**Cost:** \$84

**Equipment Required:** Suit and goggles

**General Description:** Varsity and JV

## **Swimming (Girls)**

**Coach Name:** Nick Weiss

**Coach Telephone:** 838-3168

**Meeting Times and Places:** McFarland Pool – 5:00p.m. - 7:00 p.m.

**Length and Timing of Season:** August 12 to November 14

**Cost:** \$84

**Equipment Required:** Swim suit, cap, and goggles

**General Description:** Varsity and JV

## **T.A.D.A. (Tolerance and Diversity Awareness)**

**Advisor Name:** Lisa Barleen

**Coach Telephone:** 838-4500 ext. 4752

**Meeting Times and Places:** Twice a month in the evenings at McFarland High School

**Length and Timing of Season:** All year

**Cost:**None

**Equipment Required:** None

**General Description:** Primary objective is to build tolerance, promote healthy choices and enhance school climate through improvisational skits, trainings, and youth diversity activities and events. Open to all students, no acting experience required.

## **Tennis (Boys)**

**Coach Name:** Tod Lacey

**Coach Telephone:** 838-4500 ext. 4737

**Meeting Times and Places:** Practice: 3:00-5:30 p.m. at Conrad Elvehjem Courts.  
Meets: 3:30-8:00 p.m.

**Length and Timing of Season:** End of March through middle of June

**Cost:** \$84

**Equipment Required:** Shoes, racquet, and practice uniforms.

**General Description:** McFarland High School offers interscholastic matches at the J.V. and Varsity levels. Students compete at the levels of their ability and experience.

## **Tennis – (Girls)**

**Coach Name:** Julie Gaffney

**Coach Telephone:** 838-4500 ext. 4778

**Meeting Times and Places:** Practice: 3:00-5:30 p.m. at Conrad Elvehjem Courts.  
Meets: 3:00-8:00 p.m.

**Length and Timing of Season:** August 7 through Mid-October.

**Cost:** \$84

**Equipment Required:** Shoes, racquet, and practice uniforms.

**General Description:** J.V. and Varsity matches are offered.

## **Track & Field**

**Coach Name:** Dan Rottinger

**Coach Telephone:** 838-4500 ext. 4740

**Meeting Times and Places:** 3:30-5:30 p.m.

**Length and Timing of Season:** Spring Season: Early March-Beginning of June

**Cost:** \$84

**Equipment Required:** Good running shoes, (preferably two pairs) for all athletes, throwing shoes, spikes for serious athletes.

**General Description:** Track and Field offers athletes a chance to excel in an individual event while partaking in a team sport. Our goal is for the athlete to compete at their highest level while still having fun!

## **Tutoring Program**

**Advisor Name:** Lisa Barleen

**Advisor Telephone:** 838-4500 ext. 4752

**Meeting Times and Places:** 2-3 times a week, during a Study Hall or after school. Meetings are at MPS, CEELC, IMMS or WIS schools.

**Length and Timing of Season:** Year- long program. New tutors are recruited each term.

**Cost:** None

**Equipment Required:** May be required to transport themselves to/from tutoring assignment.

**General Description:** High School students can volunteer to be tutors and mentors to younger students in the district. The tutoring schedule is flexible around the high school student's needs.

## **Volleyball**

**Coach Name:** Trish Fortune

**Coach Telephone:** 838-4500 ext. 4726

**Meeting Times and Places:** 3:30-6:00 p.m. in the gymnasium

**Length and Timing of Season:** Begins August 18 and continues through October.

**Cost:** \$84

**Equipment Required:** Knee pads; Recommended: Ankle braces

**General Description:** We have two Freshmen teams, a J.V. and a Varsity squad. Cuts may be necessary in 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grades

## **Yearbook**

**Advisor Name:** Spencer Pforsich

**Advisor Telephone:** 838-4500 ext. 4412

**Meeting Times and Places:** Before and after school, study halls, evenings and weekend work days in Room 206

**Length and Timing of Season:** All year

**Cost:** \$0 to be on staff, \$50 to purchase a yearbook

**Equipment Required:** None

**General Description:** Students participate in a variety of activities including contacting advertisers, taking and cropping pictures, working with Indesign CS2, communicating with teachers, coaches and students. We are looking for good writers and artists with computer experience who are willing to make a commitment to yearbook journalism!

*The McFarland School District does not discriminate against pupils on the basis of sex, race, national origin, ancestry, creed, pregnancy, religion, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability or handicap in its education programs or activities. Federal law prohibits discrimination in employment on the basis of age, race, color, national origin, sex, religion or handicap. The Wisconsin Fair Employment Law also prohibits discrimination in employment on the basis of creed, marital status, ancestry, arrest record or conviction record, or sexual orientation.*

