

# **Extra-Curricular Activities**



## **Suring High School 2017-2018**

Adopted August 2016

## Introduction

Involvement in extra-curricular activities is a very important part of the education experience available at Suring High School. Through involvement in extra-curricular activities students can develop personal qualities such as organization, planning, leadership, and social skills. In addition, the activities are fun and will provide the student with significant memories of their high school days. Each activity available in Suring High School offers the student a range of rich and rewarding experiences that will allow for the enhancement of essential skills necessary for meeting personal challenges in the future.

Each of the activities at Suring High School is under the direction and guidance of a qualified adult. Practices, meetings, and rehearsal times are arranged well in advance. With the exception of athletic competition, most activities end before 9:00 p.m. recognizing the importance of family. All activities have certain rules and standards and parents and students are encouraged to discuss them together.

In the pages that follow you will find general information about each of the activities available at Suring High School. If you would like more information about an activity please contact the advisor or Principal.

Suring High School: (920) 842-2182

“Together We Make a Difference”



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# **SURING HIGH SCHOOL EXTRA-CURRICULAR ACTIVITIES**

## **Athletic** (Pages 2 - 4)

Football  
Volleyball  
Boys Basketball  
Girls Basketball  
Wrestling  
Baseball  
Softball  
Track  
Golf (Club)

S-Club

## **Head Coach**

Mitch Taylor  
Tonia Kruschke  
James Keeffe  
Shaun Wagner

Heidi Gerndt

Heidi Gerndt/Shawn Wagner

## **Recreational** (Page 4)

## **Advisor**

## **Service** (Page 5)

Student Council  
National Honor Society  
F.F.A.

## **Advisor**

Joe Lojpersberger and Mitch Szwet

Mary Smith

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Yearbook

## **Advisor**

Tonia Kruschke  
Becky Dickson

## **Academic and Civic Awards** (Pages 7 - 8)

## **Academic** (Pages 8-9)

Hi-Q  
Academic Bowl  
FBLA

## **Advisor**

Kristen Trader  
Kristen Trader  
Becky Dickson

# Athletics

*A few benefits of being involved in athletics are learning to work with others towards a common goal, striving to develop individual skills, developing self-discipline, gaining the opportunity to work closely with others of common interests, having fun developing lasting memories and cultivating interests, and the development of interests that can be lifelong.*

## Fall Athletics



### FOOTBALL

**Description:** Participating in Football at the high school level gives athletes the opportunity to compete against other schools in the Marinette-Oconto Conference in a contact sport. Two non-conference games start off the season followed by seven conference games. These games determine if the team makes it to the post season playoffs. The team participates in a five team scrimmage in the western part of the state that includes teams that are high level competition. The coaching staff promotes good sportsmanship, hard work, community involvement and family atmosphere.

**Eligibility:** The student must be attending high school full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** Preparation begins the first week of August with practice schedules usually running from 3:30 - 7:00 p.m. During the second week of pre-season practice the team goes to Lake Holcombe. The team spends three days at camp doing team bonding activities along with a very competitive scrimmage. When school starts, practice runs from 3:30 - 6:00p.m. on Mondays, Tuesdays, Wednesdays, and Thursdays.

**Events:** Varsity games are generally played Friday evenings at 7:00 p.m. Junior Varsity games are generally played at 5:30 pm. In order to comply with W.I.A.A. and state playoffs, some exceptions have to be applied.



### VOLLEYBALL

**Description:** Volleyball is a team sport played with six people that doesn't involve one on one contact. This sport has a high ratio of people to the size of playing field. Volleyball is primarily a rebound sport with no possession by the players with the exception of serving. The players must learn to be in the proper position to be able to redirect the ball to a specified area.

**Eligibility:** Volleyball is primarily a female sport but is open to all Suring High School students in grades 9-12 who are attending full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** Practice begins in mid August with competition starting a week later.

Prior to school starting practices will be 9am to noon or 9am to 3pm. Once school starts practices are usually held right after school every day from 3:30 - 6:00 p.m. except for game nights. Practice times may vary. All participants are required to attend all scheduled practices and meetings.

**Events:** Volleyball games are scheduled on a conference and non-conference basis. There will also be additional Saturday tournaments. If successful, the team may advance from regional to sectional to state competition. State competition is usually the first week in November.

## Winter Athletics



### BOYS BASKETBALL

**Description:** Boys Basketball runs from early November until early March with practices every day after school. There is a 22 game schedule for both J.V. and Varsity teams. The varsity team also participates in the W.I.A.A. tournament series at the conclusion of the regular season.

**Eligibility:** The student must be attending high school full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** 2 hours for each practice (daily), 5 hours for away games, and about 3 hours for home games. Some games are scheduled on Saturday.

**Events:** There are eighteen conference games and four non-conference games. The Varsity team also participates in the W.I.A.A. tournament series at the conclusion of the regular season



## **GIRLS BASKETBALL**

**Description:** Girls Basketball runs from early November until early March with practices every day after school and some Sundays. There is a 22 game schedule for both J.V. and Varsity teams. The varsity team also participates in the W.I.A.A. tournament series at the conclusion of the regular season.

**Eligibility:** The student must be attending high school full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** 2 hours for each practice (daily), 5 hours for away games, and about 3 hours for home games. Some games are scheduled on Saturday.

**Events:** There are sixteen conference games and four non-conference games. The Varsity team also participates in the W.I.A.A. tournament series at the conclusion of the regular season.



## **WRESTLING**

**Description:** Wrestling is a sport that is individual and team orientated. There are 14 weight classes for which one can have the opportunity compete in. Wrestling is a sport that a student can excel at his/her own pace. Wrestling will build a lot of character, self-discipline, mental toughness, and sportsmanship.

**Eligibility:** The student must be attending high school full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** The season starts Mid November until early March. Practices are after school from 3:30 - 5:30 p.m. There are approximately five weekend tournaments, which are held on Saturdays.

**Events:** Competition is a combination of dual meets and tournaments during the regular season. After the regular season individuals as well as the team have the chance to advance through the W.I.A.A. tournament series which is highlighted by the State tournament.

# **Spring Athletics**



## **BASEBALL**

**Description:** Baseball is an extra-curricular sport for the months of April, May, and June.

**Eligibility:** The student must be attending high school full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** Practices begin in mid March. Games may start by the first week of April with most games being played during April and May. The season will conclude with the state tournament in June.



## **SOFTBALL**

**Description:** Softball is an extra-curricular sport for the months of April, May, and June.

**Eligibility:** The student must be attending high school full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** Practices begin in mid March. Games may start by the first week of April with most games being played during April and May. The season will conclude with the state tournament in June.



## TRACK

**Description:** Track involves a variety of events from running to field. Up until meets, most time is spent conditioning and perfecting technique. Once meets begin conditioning and skill training continue, but competition in dual or multi-team meets occurs up to twice a week.

**Eligibility:** The student must be attending high school full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** Track runs from early March until early June. Practices are from 3:30- 5:00 p.m. every weekday. The meets usually are held on Tuesdays, Thursdays and an occasional Friday.

**Events:** Each track meet has 18 different events for the participants. The season usually consists of about 12 meets and concludes with the W.I.A.A. state tournament.



## GOLF (Club)

**Description:** Golf is a spring sport for boys and girls in grades 9-12. The season begins in late March and runs through May. Sectional and State finals are usually held in early June. Beginners are not only welcome, but are encouraged. Team members and parents will be expected to help in our fund-raiser, which supports the program.

**Eligibility:** The student must be attending high school full time and academically maintaining at least a 1.6 grade point average. The student must abide by the W.I.A.A. rules, the high school Athletic Code, and the rules/expectations set forth by the coaching staff.

**Time Involvement:** Practice is from 3:30 to 6:30 p.m. and is held at the golf course. Practice and/or a match usually involve four nights during the week. The matches will be held at various courses throughout the conference and at other non-conference courses.

**Events:** There are 14 regular season matches plus regionals, sectionals, and state finals for those that qualify.



## S CLUB

**Description:** This club is open to any student who is in any high school sport.

**Eligibility:** Any student who is in a sport is eligible to join the S-Club.

**Time Involvement:** The student's time involved will vary greatly on the student's interest and the current activities of the club. Meetings are generally held during Homeroom.

# RECREATIONAL

*Our recreational clubs are designed to provide the students with an opportunity to have fun doing things with others of common interests. While all the clubs have educational benefits, social skills are the focus of our recreational clubs.*



## WEIGHTLIFTING

**Description:** The weight room is available Monday – Thursday from 3:30pm – 5:30pm for the purpose of working out. Help and instructions are available.

**Eligibility:** Any student who is an eligible athlete, but does not have to be out for athletics. Participants must also be in good standing in our Athlete Code, must maintain an overall “C” average, and not be on our restricted list (debt list, detentions, etc.)

# SERVICE

*Service organizations at Suring High School are involved in a wide variety of activities which provide many practical opportunities for students to contribute to their school and community. Participation in these activities help to build leadership, organizational, and social skills.*



## STUDENT COUNCIL

**Description:** The Student Council's purpose is to foster cooperation between students and school employees, promote the general welfare of the student body, and to establish and maintain high standards of character, leadership, scholarship, and school spirit.

**Eligibility:** The High School Student Council is an open council, and any member wishing to serve the school may join.

**Time Involvement:** The student council meets monthly during the school year with more frequent meetings prior to homecoming and Christmas break. All members are expected to help in the planning and implementing of Council's activities.

**Events:** The Council's two main events are Homecoming week activities and an all-day holiday party for the student body. Additionally, Student Council members are asked to be leaders in school and at school events by developing solutions for problems, promoting high standards of conduct, and stepping forward to model leadership, character and service.



## NATIONAL HONOR SOCIETY

**Description:** The National Honor Society purpose is to create enthusiasm for scholarship, to stimulate a desire to render service, to promote worthy and positive leadership, and to encourage development of character in the students of Suring High School.

**Eligibility:** To be eligible for membership, a student must be a sophomore, junior or senior and must have attended Suring School for at least one semester. The minimum standard is a cumulative grade point average of at least 3.2 on a 4.0 scale. All students meeting this minimum are invited to complete the membership process. Final selection is made by a Faculty Council and approved by the principal.

**Time Involvement:** All members must participate in a chapter service project and complete 15 hours of individual service.

**Events:** New members are inducted at a short ceremony in the fall. Students are required to participate in chapter service projects such as bell ringing or adopting a cause such as collecting money to purchase diapers, socks, underwear, food, or personal items for the Rainbow House or Veterans Home.



## FFA

**Description:** The F.F.A. is a local, state and national organization for students of agriculture education.

**Eligibility:** Students enrolled in at least one semester of an agriculture education class, otherwise by speaking to the Advisor. Students who have been a member previously, but don't have an agriculture class during a particular may join with the consent of the Advisor.

**Time Involvement:** Most F.F.A. activities are outside the actual school day. The time needed to be involved will depend on the level of interest of each student.

**Events:** The following is a list of possible activities: Public Speaking Contests - Creed Speaking - Parliamentary procedure – Prepared Speaking (job interview) - Leadership Workshops - Work activities, community service - Exhibit at County Fair, Jr. Livestock Show, State Fair, State and National Convention, Fundraising, Food for America, and judging contest.

# FINE ARTS

*Fine Arts activities are very important as they provide the students an opportunity to express who they are outside of the academic setting. Students have the opportunity to apply all their senses to make (or remake) their own world through the expression of their artistic talent. Inherent in the Fine Arts is the process of problem solving which is an essential element of the educational process.*



## FORENSICS

**Description:** Forensics involves the preparation and presentation of various speeches, plays, poems, etc. Students have numerous categories to select from and must prepare their pieces according to rules expressed under each category.

**Eligibility:** All Suring High School students in grades 9-12 are eligible for participation. A wide range of categories is available in an effort to involve students with varied interests and abilities.

**Time Involvement:** Forensics begins in early November. Practice sessions are held before, during, and after school. Forensics participants can sign up for practice times that correspond with their schedule.

**Events:** The first Forensics meet is the M & O meet. Later meets where specific scores must be obtained for advancement are: Subdistrict, District, and State. The Forensic activity usually concludes with a state competition at Madison.



## YEARBOOK

**Description:** The annual is produced in a yearlong course entitled Business Publications. Skills developed include computer layout and design, photography, news writing and communications skills. Students also organize and inventory all materials for school wide concessions.

**Eligibility:** Suring High School students in grades 9-12 may enroll in the course. A commitment to meeting deadlines and producing a quality publication to satisfy the majority of the student body is the most important requirement. Students can earn up to the full amount of their yearbook for completing work and activities outside of class time.

**Time Involvement:** Work outside of class involves ad sales to area businesses, photography of various school activities that occur outside the school day, selling Eagle apparel at athletic events and working the concession stand for school events.



# ACADEMIC AND CIVIC AWARDS

*Various academic honors, scholarships, and awards are available to students who meet certain standards. Such standards may include things like academic achievement, community service, leadership, civics, and participation in extra-curricular activities. Students should strive to accomplish these honors since employers and post-secondary educational institutions hold them in high regard. Furthermore, they are a source of pride for those who receive them.*

## **Valedictorian and Salutatorian Awards**

These are the highest scholastic honors a student can achieve at Suring High School and are based on cumulative grade point average for 7 semesters. The student with the highest grade point average in the class will be the Valedictorian and the second highest will be the Salutatorian.

The State of Wisconsin provides a 4-year scholarship to each Valedictorian who attends a university located within the state of Wisconsin.

## **Scholarships**

Local scholarships are available through funds provided by local business, organizations, memorials, and from post-secondary schools. Senior students will receive information and application materials for these scholarships from the guidance office. Recipients will be announced at end of the year recognition program and/or commencement exercises.

## **M & O Academic Awards Banquet**

The M & O Conference honors the top 10% of each senior class in the conference at a banquet in the spring of the year.

## **Badger Boys State**

A junior boy is selected to participate in a weeklong workshop held at an area College in June. The Suring American Legion sponsors the selected male student. The selection is made by the American Legion and is based on scholarship, leadership, character, service, extra-curricular participation, and citizenship.

## **Badger Girls State**

A junior girl is eligible to participate in a weeklong workshop held at a University of Wisconsin - campus in June. The Suring American Legion sponsors this program. The selection is made by the Legion Auxiliary and is based on scholarship, leadership, character, and an interest in government and citizenship.

## **Student of the Year**

Students are nominated by staff for exceptional achievement throughout the school year.

## **M & O Conference Achievers Award**

This award is presented to those students who successfully compete in conference-sponsored activities such as forensics, vocal and instrumental music, athletics, and academic bowl. A point value system is established for each activity with 9 points being necessary to receive the award. Deserving students will be recognized at the end of the year recognition program.

## **Senior Athletic Letter Plaque**

This program recognizes seniors who have participated in a particular sport all four years and who have not had any training rule violation during their high school athletic career. The awards are sponsored by the S-Club and are presented at the end of the year recognition program.

## Lamp S Program:

1. A student is eligible to receive the Lamp S Award if he/she:
  - A. Has an GPA average of 3.5 or better for three of the four quarters in one school year.
  - B. Has a minimum cumulative grade point average of 3.2.
2. First year recipient's receive the Lamp S letter.
3. Second and third year award recipients receive medals.
4. If a senior receives a four year award, the student receives an engraved clock.

## Scholar-Athletic Awards

Our school recognizes 2 senior boys and 2 senior girls who have distinguished accomplishment in both academics and athletics. The awards are sponsored by the W.I.A.A. and the U.S. Army Reserve. The selections are made by the high school staff and the awards are presented at the end of the year Recognition Program.

## Subject Area Awards

Many teachers' present subject area awards to deserving students at the end of the year recognition program. Awards for club and organizational activities are also presented at that time.

# ACADEMIC COMPETITION

*A Chance to display knowledge learned and to add to a student's storehouse of useable information are two primary benefits of academic competition. Students also derive all the personal pleasures of group activity and competition. Many of the things learned in preparation will serve the students for a lifetime.*



## HI-Q

**Description:** Hi-Q is an academic quiz competition based on a student's general scholastic knowledge. Each team is composed of eight students. Three schools compete in each contest. Fifteen area schools participate in this activity.

**Eligibility:** All students in grades 9-12 are eligible to participate in the testing process which is the measurement used for choosing a team.

**Time Involvement:** Testing begins in October and once a team is chosen, practice begins at the end of the month. The team practices will be held at mutually agreed upon times. It is understood that individual reading and study time is demanding on a student's time.

**Events:** Students participate in a fall workshop in Marinette and play three contests, one at Suring and the other two at competing schools. If the team is among the top three in the first round of games, a second series of three games is played.



## ACADEMIC BOWL

**Description:** The Academic Bowl involves students from each conference school competing against each other in four academic areas. Students compete in the areas of math, English, social studies, and science. Two students from each school take a two-part exam in one of the four areas. Scores are compiled for each time with honors given to students with the top score and team with the highest total points.

**Eligibility:** Students are invited to participate based on academic criteria and data. In areas which have more than 2 students wishing to compete, students are chosen by recommendations from the staff teaching that category. Eight students are allowed to participate from each school.

**Time Involvement:** The student can expect to spend between 4-5 hours at the competition. The competition takes place on the evening of a weekday, usually in March.



## **FBLA**

**Description:** Future Business Leaders of America is a national association of nearly a quarter million students interested in becoming more successful in the business world. Membership in FBLA helps students learn about business and gives each the opportunity to see the 'real world' through a variety of activities and interaction with peers, school administration, community members and business leaders within our school district, local and surrounding counties. Membership also helps to strengthen the confidence of students in themselves and their work, develop their character and leadership skills to prepare them for useful citizenship and foster patriotism.

**Eligibility:** Any current full-time Suring High School student. Students do not need to be planning a career in business to benefit from membership in this organization.

**Time Involvement:** Club meetings will begin in September and run throughout the school year. Members are required to attend all club meetings. Meetings are publicized during morning announcements and/or on morning sheet.

Members will also be expected to actively participate in community service projects, industry tours and fund raising efforts

**Competitive Events:** There are three competitive events (regional, state and national) that take place each year during the spring semester. Students meet with the FBLA Adviser to select and register for a business category and obtain study materials in preparation for the competition(s).

The **RLC** (Regional Leadership Conference) is held in February where FBLA students have the opportunity to compete against FBLA members from surrounding school districts in a variety of business categories, either as an individual, team or chapter, competing in a written, verbal or electronic format. Students who placed in 1<sup>st</sup> to 3<sup>rd</sup> place within their business category will advance to **SLC** (State Leadership Conference) held in April.

Students who place in the 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place, depending on the requirements of their business category, will earn the privilege of competing at **NLC** (National Leadership Conference) the end of June.

**Cost:** *Students interested in membership must attend the September recruitment meeting and pay a \$15.00 membership due which covers local, state and national organization membership fees.*