

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.

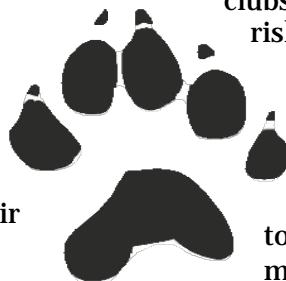
At West Hollow, we're constantly encouraging students to step outside their comfort zone and meet new people. A club can be a great way to meet people

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 that 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 risky behaviors.

So, whether you are 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.



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 an understanding of 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 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.



WEST HOLLOW MIDDLE SCHOOL SPORTS AND ACTIVITIES BOOK

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 & SPRING MUSICAL

Purpose and Overview: Our musical programs promote creativity, expression, and help develop skills in the visual and performing arts. Students have the opportunity to build upon their character through problem solving and working in cooperative groups with peers. 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. Tech 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.

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. 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.

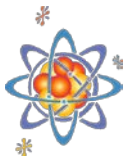
Membership: 7th and 8th students are admitted based on established NJHS criteria.

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.

West Hollow PROUD

Purpose and Overview: The goal of this club is to create a safe, welcoming and accepting place where all students can feel part of the West Hollow community. Each week we will discuss trending topics facing adolescents today. The PROUD Club will be a social outlet for students to voice their opinions without fear of judgement. We will focus on community service in and out of West Hollow; concentrating on tolerance, acceptance and human rights.

Meeting Time: Check websites for most accurate meeting times.

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

BREATHE

Purpose and Overview: Mindful Education is a cutting edge scientific-based method which is being used in public schools across the nation to effectively improve focus, concentration and academic success; increasing overall happiness in children. Through participation in this club, students will learn simple tools and techniques, forever at their disposal, to help them:

- Manage stress and anxiety
- Improve focus
- Build empathy and compassion
- Focus on gratitude and connectedness
- Increase resilience
- Develop self-awareness and self-esteem
- Improve emotional regulation
- Cultivate a overall sense of well-being



Students will reap the benefits of living a mindful life through instruction, discussion, and practice. Mindful breathing, visualizations, affirmations and mindful movement will be covered. Students will be taught that what each person thinks, feels, and does, matters. This empowerment facilitates positive cultural shifts in schools and communities.

Meeting Time: Check websites for most accurate meeting times.



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

Hack the Hollow (Coding Club)

Purpose and Overview: What is Coding you ask? At its core, Coding is the language of computers used to develop/write software, apps and websites. Without coding, we would have none of technological advances we have grown accustomed to using! This club will explore the introductory aspects of coding.

Meeting Time: Check websites for most accurate meeting times.

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

Environmental Club



Purpose and Overview: The mission of The West Hollow Environmental Club is to increase awareness and the eco-consciousness and social responsibility of our students. The West Hollow Environmental Club will support the next generation of adults who will have the knowledge, passion and skills to promote and work toward environmental sustainability.

Meeting Time: Check websites for most accurate meeting times.

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

Fantasy Football

Purpose and Overview: Although sixth grade students are not permitted to join interscholastic sports, statistics in sports will satisfy the greatest sports enthusiast with just as much fun and excitement. Given the boom of fantasy football in recent years, this club will form its own league in which students will create teams through a draft, set weekly lineups and review statistics week to week up to the championship. Students will engage in collaborative talks, analyze statistics and utilize computer skills.



Meeting Time: Check websites for most accurate meeting times.

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

Gaming

Purpose and Overview: Gaming is a club designed for students with interests in console and portable consoles (3DS, PS Vita, etc.). This does not include computer games or portable device games (iPad, iPhone, Android, etc.). Students will create tournaments with certain games, discuss gaming tips and secrets. The members will also learn and use retro game consoles. (Nintendo, Sega Master System, Super Nintendo, Gameboy, etc.). The members discuss minor repair and care for consoles by viewing videos of repairs and rebuilds. This club will create an appreciation of console gaming and retro gaming history.



Meeting Time: 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.

Robotics



Purpose and Overview: The middle school robotics club is an afterschool program for 6th, 7th, and 8th grade students. Student participants will learn to utilize the Lego Mindstorms EV3 sets to build, program and test solutions based on real-life robotics technology. Each of the sets contains familiar (and unfamiliar) Lego pieces, sensors, motors, and the EV3 Intelligent Brick. The “brick” is a powerful small computer that makes it possible to control motors and collect sensor feedback.

Meeting Time: The club meets cohorts of students from each grade level to participate in 8–10 week cycles. Teachers meet with a cohort of approximately 15 students once per week for 2- hour sessions. Check websites for most accurate meeting times.

Membership: All students in grades 6, 7 and 8 are encouraged to participate. Grade 8 will meet in the fall, followed by grade 7 in the winter and grade 6 in the spring

Long Island Math Fair

Purpose and Overview: The Al Kalfus Long Island Math Fair is an annual competition sponsored by the Nassau and Suffolk County Math Teachers’ Association as well as the New York Metropolitan Section of the Math Association of America. The Math Fair is significantly different from other math experiences, such as Math Olympiads which rely on speed and quick thinking. The Math Fair invites students in grades 7 and above to conduct independent research on a math topic that interests them. Students write research papers 5 to 10 typed pages in length and are encouraged to add new material that they

have developed through their own original work. The paper must follow the format of a research paper, including a works cited page and footnotes. If the paper is accepted by the review committee, the student will make a 10 to 15 minute presentation to the judges at the preliminary round. Students must be able to explain and answer questions about their work. Students who make successful presentations are invited to participate in the final round of competition at Hofstra University,



Meeting Time: Check websites for most accurate meeting times.

Membership: All students in grades 6, 7 and 8 are encourage

Broadcasting and Communications

Purpose and Overview: The middle school broadcasting club is an afterschool program for 6th, 7th, and 8th grade students. Student participants will develop their public speaking skills through participation in morning announcements and other local broadcasts.

Meeting Time: Check aboard foe specific meeting times.

Membership: All students in grades 6, 7 and 8 are encouraged 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 on the field of play.
- 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 6th, 2022

Winter I Tryouts Begin
November 7th, 2022

Winter II Tryouts Begin
January 17th, 2023

Spring Tryouts Begin
March 27th, 2023

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

