

McLean High School Student Activities

McLean High School is extremely proud of our Student Activities program. We offer numerous extra and co-curricular activities designed to meet the diverse needs and interest of our student body.

Several studies conducted recently have demonstrated the relationship between participation in extracurricular activities and later successes in college and occupational endeavors. One study indicated that 95% of all Fortune 500 executives had participated in high school sports. In a study done at the University of Minnesota, they found that students participating in student activities maintained higher GPA's than those who did not participate. Other studies have indicated that participation in high school activities is a better predictor of success in college than SAT scores or grade point averages.

*Student Activities provide the opportunity for students to challenge themselves, set goals, master specific skills, and have fun. As you enter McLean High School, please take advantage of these opportunities that are available to you in our Activities Program. You will find that you will make more friends, develop your potential more fully, and school will be more interesting if you simply become **more involved in "Things to Do After Two"**.*

This booklet is designed to give you an idea of the many activities available for you to experience. It contains information on where to meet, whom to see, what is required to belong, and other information you might need to know. I hope you find this booklet helpful and I wish you the best in your years here at the best school in Fairfax County, McLean High School!

Welcome Highlanders,

Tom Herman

*Tom Herman
Director of Student Activities*

McLEAN HIGH SCHOOL STUDENT ACTIVITIES 2009-2010

Welcome to McLean High School and its many student activities. We believe that participation in the student activities program enriches and expands the regular academic program. In addition, it provides a way to have fun and be with friends. From interscholastic sports to music, drama, and debate, activities enrich a student's high school experience. The many activities at McLean reflect the interests and talents of the student body and offer opportunities to the new and old student to make new friends, learn self-discipline, build students interested in a particular subject. self-confidence, and develop skills to handle competitive situations. All activities are sponsored by a faculty member dedicated to the program.

Some special points to remember:

Notices of club meetings are usually made on the morning news show or in the daily school bulletin, "Pipe Notes."

Activities of any organization must be approved by the Director of Student Activities.

Practices for all interscholastic sports begin after school and private transportation is required, in most cases.

The following list of student activities is presented as a guide to the extra-curricular program at McLean. It is as current as possible, but some clubs, organizations may be inactive or have different sponsors or meeting places. Please check with

Asst. Director of Student Activities John Jones if wish to start an organization or want more information about an existing one. The Student Activities office is located at B151 just around the corner from the multi-purpose room where the blue and red halls intersect.

Academic Teams – Generally, membership requires competitive try-outs or tests.

Academic Subject Clubs - Open to all

Co-curricular Clubs – Open to all students who are taking or have taken a particular subject or class.

Honor Societies – Open to students achieving a certain grade point average.

Interscholastic Sports -Generally requires competitive tryouts.

Publications - Open to all students.

Services Clubs – Open to all students.

Special Interest Clubs – Open to all students (Some clubs may require tryouts).

Student Government Organizations - Usually requires election or appointment.

Heather Award - Application

Community Service Award

Helpful Info

MHS Activities Web site www.mcleanactivities.org

Each athletic team has information on this site posted by the coaching staff. Please contact our office if you can not find the answers to your questions on the web site nor the hot line. Thank you.

Highlander Hotline.....703-749-8138

Kathleen Veoni Administrative Assistant 703-714-5861

John Jones Asst. Dir. of Student Activities 703-714-5864

Tom Herman Director of Student Activities 703-714-5860

STUDENT ACTIVITIES

HONOR SOCIETIES

Alkahest Amalgamated Chemistry Honor Society
Art Honor Society
German Honor Society
National French Honor Society
National Honor Society
National Math Honor Society
Omega Phi Epsilon (CS Honor Society)
Quill and Scroll
Spanish Honor Society
Thespian Honor Society

PUBLICATIONS

The Clan (Yearbook)
The Highlander (Newspaper)
Tartan Literary Magazine

CO-CURRICULAR ORGANIZATIONS

Band
DECA—Distributive Education Clubs of America/
Marketing
FBLA—Future Business Leaders of America
TSA - Technology Student Association

ACADEMIC TEAMS

It's Academic Quiz Team
Junior Math League
Varsity Math Team

ACADEMIC CLUBS

French Club
German Club
Latin Club
Spanish Club

SERVICE CLUB

Key Club

SPECIAL INTEREST CLUBS

American Sign Language Club
Book Club
Celtic Club
Chamber Music
College Partnership Program
Dance Team
Digital Media
Diplomacy Games Club
Environmental Club
Fairfax County Youth in Government
Family Community & Career Leaders of America
Fellowship of Christian Athletes
Forensics/Public Speaking
Gamers Club
Ice Hockey
Interact Club
International Cultures United Club
Jefferson & Madison Club
Latin
Latinas del Futuro
Maddness Step Team
Magic Club
McLeadership
McLean Crew
McLean Humane
Model UN Club
Special Olympics
Step Team
The Amateurs Club
Student Ambassador Program
Thespians/Drama Club
Winter Guard/Flag Corps
Young Democrats
Young Republicans

SPONSORS

Heather Stiegler
Joan McCarthy
John Daniel
Gretta Sandburg
Beverly Hunter
Cullen Massenberg
Swapna Elias
John Daniel
Jim Menderson
John McGinnis
Sara Finlayson
Peg O'Hara
Amy Poe
Lori Wagoner
Joel Kane
Amy Taylor
Dr. Ben-Barka
Dean Howarth
Jim Bigger
Susan Manley
Lori Wagoner
Barbara Ruff
Joan Shetterly
Chris Gordon
Ann Broyhill
Rob Plunkett
Thompson/Miles
Lori Wagoner
Jenica Hardy
Kashdan/Shea/W. Smith
Denise Perrino
Chris Weise
John McGinnis
TBA

INTERSCHOLASTICS SPORTS

ALL SPORTS REQUIRE A PHYSICAL EXAMINATION (VHSL FORM), AN EMERGENCY CARE CARD, AND SIGNED ALCOHOL/DRUG POLICY STATEMENT. AN ATHLETE MUST BE TAKING 5 SUBJECTS AND HAVE PASSED 5 SUBJECTS THE PREVIOUS SEMESTER.

FALL TRYOUTS BEGIN AUGUST 11th.

Football, Cross Country, Girls Volleyball, Cheerleading, Field Hockey, Golf

WINTER TRYOUTS BEGIN NOVEMBER 16th.

Basketball, Wrestling, Swim/Dive, Girls Gymnastics, Indoor Track, Cheerleading

SPRING TRYOUTS BEGIN FEBRUARY 22nd.

Soccer, Lacrosse, Baseball, Softball, Track and Field, Boys/Girls Tennis

CO-CURRICULAR CLUBS

Band

Chris Weise R149
Daily

Criteria: Successful audition for any level other than beginning
Purpose: Taught at three levels

DECA – Distributive Education Clubs of America (Marketing)

Deborah Fargo S126
Debra Scott S124
Monthly Meeting Dues - \$25

Criteria: Must be currently enrolled in a marketing class
Purpose: To promote a variety of marketing careers

FBLA – Future Business Leaders of America

Cara Lambert S125
Monthly-Wed/Thur.
Dues \$20

Criteria: Those who have taken or are taking a business course
Purpose: To facilitate and promote strong leaders.

HONOR SOCIETIES

Alkahest Amalgamated Chemistry Honor Society

Tom Pratuch Y222

Criteria: Recommendation from both Chemistry and a Math teacher or acceptance into AP chemistry.
Purpose: Tutoring pool for school.

Art Honor Society

Swapna Elias R193
Bi-Monthly/Wed
Dues \$8

Criteria: JR or SR, 2nd year of art, overall GPA B average
B+ average in visual arts
Purpose: To promote excellence in the visual arts

German Honor Society

Karen Wolpert G284
Monthly
Dues \$2

Criteria: A GPA of 3.0 and interest in German language and culture
Purpose: To meet fellow German students.

National French Honor Society

Michael Click G281
Jenica Hardy G288
Thursdays
Dues \$5 underclassmen/\$15 seniors

Criteria: By invitation, 3.00 GPA and have an A average or high B+ in French. Enrolled in French class (4, 5 or AP)
Purpose: Honor, Community Service, Promoting French Languages and Cultures

National Honor Society

Barrett Kashdan Guidance
Monthly
\$20 (For 2 years)

Criteria: Selection based on 3.5 GPA, Jr/Sr status, evidence of community service, Evidence of leadership character (3 essays read by faculty committee).
Purpose: Recognize academic excellence. Be a role model for student body. Tutor fellow students.

National Math Honor Society

Michael Farmar
Dues \$10

G258

Criteria: Selection by Math Dept.
based on academic criteria

Omega Phi Epsilon (CS Honor Society)

Jean Wright
(Computer Science)
Monthly/3rd Thursday

S128

Criteria: Outstanding knowledge and interest in CS. 3.5 GPA
in CS, Application process Must remain in good standing.

Purpose: To recognize academic excellence in computing and
Information Disciplines. To promote the Computing
Sciences and to encourage its contribution to the
enhancement of students' knowledge and
understanding of its real world applications.

Quill and Scroll

Meghan Percival
Dues \$12
teacher/sponsor

Criteria: Upper third of class, 2 years of significant contribution to a
publication, recommendation of

Purpose: Honor Society for High School Journalists

Sociedad Honoraria Hispanica (Spanish Honor Society)

Adam Stryker
Monthly meetings
Dues \$5

G282

Criteria: 3.5 GPA in 3 years of Spanish, 3.0 GPA overall,
commitment to the study of Spanish

Purpose: Recognize excellence in the study of Spanish and pursue
pursue a deeper knowledge of the language and its cultures

PUBLICATIONS**Clan (Yearbook)**

Meghan. Percival

Criteria: Enrollment in Photojournalism 1-3

Purpose: Inform and entertain its audience in a broad, fair,
and accurate manner on all subjects: student life,
academics, organizations, sports & community.

The Highlander

Ms. Poe

S111

Criteria: Enrollment in Journalism 2-4 or sign up to
become a freelance writer

Purpose: Publication of the school newspaper.

Tartan Literary Magazine

Joel Kane
Bi-Monthly

B152

Criteria: Interest and commitment; art, poetry, photography,
short story essays, and layout

Purpose: To produce a quality creative magazine reflective
of MHS's diverse talents and viewpoints..

Family Community & Career Leaders of America

Sara Ms. Finlayson

Criteria: Previously or currently enrolled in a FACS class.

Purpose: To develop leadership skills and
serve the school community.

Fellowship of Christian Athletes

Peg O'Hara

Criteria: Open to all students

Wednesdays

Purpose: To learn the FCA Vision

Ice Hockey Club

Joel Kane

Criteria: Interest/skill in ice hockey

During winter

Purpose: To play ice hockey

Interact Club

Amy Taylor

Criteria: Open to all Students

Purpose: Community volunteer outside of School

International Cultures United Club (ICU)

Alba Ben-Barka

Criteria: Open to all students -Interest in Humanity,
Friendship, and multiculturalism

Dues \$6

Third Thursdays (monthly)

Purpose: To increase the community's sensitivity,
understanding, and appreciation of other people's
language, values, traditions, and culture.

Jefferson & Madison Society

Dean Howarth

Criteria: Interest in the US Constitution

Monthly/Wednesday

especially the 1st AmendmentPurpose: Support appreciation of the under-
Standing of the 1st Amendment.

Magic Club

Barbara Ruff

Criteria: None

Monthly

Purpose: To teach and learn techniques to amaze people

McLeadership

Joan Shetterly

Criteria: Accepted freshmen are paired with senior mentors
to help them develop skills to become student leaders

Bi-Weekly Friday (lunch)

Silver days

Purpose: Mentoring, character development, Leadership

McLean Crew

Chris Gordon

Criteria: Open to all students

Seasonally/Spring Sport

Purpose: Compete with other teams in the area.

McLean Humane Society

Ms. Broyhill

Criteria: Interested in humane welfare of animals

Monthly

Purpose: Participate/ in activities on behalf of animals.

Model United Nations Club

Rob Plunkett
Bi-Weekly
\$5+conference fees

Criteria: Interest in international affairs and diplomacy
debate
Purpose: To increase international understanding

Special Olympics

Mark Thompson
Rachel Miles
Weekly Thurs (Dec-March)

Criteria: Open to all students in the Work Study program and
commit to attend all practices and games
Purpose: To develop athletic skills and compete in games

Student Ambassador Program

Barrett Kashdan
Wayne Smith & Charles Shea

Criteria: Open to all students.
Purpose: To help students new to Fairfax County

The Amateurs Club

Jenica Hardy
Weekly

Criteria: Open to all students
Purpose: Participate & learn a variety of activities

Thespians/Drama Club

Denise Perrino

Criteria: None for local Drama Club. Thespians requires
monthly points from work on school drama productions.
Dues: \$19
Purpose: International lifetime membership is \$19

Video Production

Carol Cuccia
Quarterly

Criteria: Must be trained; selected through try-outs and
2-week performance of duties, must agree
to guidelines for broadcast conduct
Purpose: To support morning news show

Winter Guard/Flag Corps

Chris Weise
Weekly
No Dues

Criteria: Successful audition
Purpose: To visually interpret the music the Marching band
plays and perform at indoor guard competitions

Young Democrats Club

John McGinnis

Criteria: Apply in Sept., complete 5 page
Questionnaire & 2 essays
Monthly-Thursdays
Purpose: Acquaint students on operation of their county gov't.

Young Republicans Club

TBA

Criteria: Interest: Grade 10-12
Purpose: To provide a forum for discussion of political issues

Student Government Organizations

STUDENT GOVERNMENT ORGANIZATIONS

Student Advisor Student Government Congress
Student Government Congress

Lori Wagoner/ Erin Truesdell
Lori Wagoner/ Erin Truesdell

Student Advisory Council

Lori Wagoner/ Erin Truesdell
Monthly

Criteria: SAC representatives (5) are elected during the school-wide elections held in the spring of each year. There are also 2 alternates chosen

Purpose: Acts as an advisory body to the School Board and represent McLean High School at county meetings, to communicate the results of county and area meetings and seek further action if necessary from the SGA, and to communicate students' opinions to the area and county level.

SGA Congress

Lori Wagoner/ Erin Truesdell
Thurs (3rd Thurs)

Criteria: Elected club presidents, team captains, 5th period representatives; SGA and SAC officers; pub. editors

Purpose: Representative assembly for student body

Student Government Officer

Edward Kim-President
Victor Cary
Alex Assaf
Bijan Peters
Aleigh Kemp

Senior Class Officers (2010)

Vanessa Bretas-President
Colin Cannon
Anna Castle
Maria Roa
Pablo Chovil

Student Advisory Council

George Pottanat-Chairman
Marissa Gitler
Katey Peck
Jake Shocket
Pablo Chovil - alt

Junior Class (2011)

Nuha Naqvi-President
Marielena Planas
Robby Koch
Zachary Pottanat
Hannah Mayberry

Sophomore Class (2012)

Mari Buttarazzi - President
Nadeem Bohsali
Omar Hamad
Philip Choi
Tariq Farah

AWARDS

Heather Award

Criteria: Candidates are nominated by teachers, administrators, or staff for their outstanding service to the school.

Purpose: To recognize students who give generously of their time and effort toward making McLean High School run in an efficient manner.

McLEAN HIGH SCHOOL COMMUNITY SERVICE PROGRAM

What is the Community Service Program?

CSP is McLean High School's recognition of student service which is of benefit to others and meaningful to the student. It is supervised work

- ❑ without compensation
- ❑ of benefit to the community at large
- ❑ approved in advance and verified
- ❑ co-curricular program

What are the objectives?

By participating in the CSP, students will have an opportunity to

- ❑ develop an appreciation for and a better understanding of the needs of others
- ❑ become familiar with the responsibilities required for successful citizenship
- ❑ gain knowledge as a responsible citizen which is of benefit to the community
- ❑ develop strategies and skills to create positive working relationships with other people

What is required?

Student participating in CSP is voluntary. Students can earn points for hours worked through the following:

- ❑ special service activities or projects
- ❑ community organizations

CSP requires three phases:

- ❑ **Application** – students must fill out an application, available in Guidance, identifying a school or community need and the action they plan to take to meet the need. A steering committee, consisting of student and parent volunteers and overseen by a faculty member, will read this application and approve it prior to any volunteer action.
- ❑ **Action** – the students will complete the activity to help fulfill the school or community need.
- ❑ **Reflection** - after completing an activity, student will briefly describe in writing the significance of their involvement in the chosen activity.

How do students participate?

Students maintain cumulative record of their community service activities in the career center. The portfolio contains applications, reflections and verification of work completed. The career center coordinator records each student's activities, but the student is responsible for the accuracy of his/her record. **All students must have their records completed by May 15 of each year.** The career center coordinator will not record hours submitted after this date without the prior approval of the steering committee.

What are the different types or places of involvement for students?

DIRECT – having personal contact with those people being served. Examples of such contact are:

- ❑ Nursing homes
- ❑ Hospitals
- ❑ Family shelters
- ❑ Soup kitchens
- ❑ Peer counseling
- ❑ Tutoring
- ❑ Special Olympics

ADVOCACY – working to eliminate the cause of a problem by informing the public about an issue. Examples of advocacy are:

- ❑ Walk-a-thons
- ❑ Fundraising
- ❑ Distributing materials
- ❑ Political campaigns
- ❑ Intern programs

Where can students find information regarding service opportunities?

The career center has information available regarding opportunities for community service. Students are responsible for finding opportunities.

What type of recognition will students receive?

Students who participate in CSP will receive a certificate, recognizing the number of hours in their records. The Guidance Department will send this certificate with the transcript to universities or colleges upon written student request.

Students who accumulate the following hours over their time at McLean High School will receive special recognition:

- ❑ 50 hours will receive a red seal
- ❑ 100 hours will receive a silver seal
- ❑ 150 hours will receive a gold seal

CLASS SPONSORS

2009-2010

SENIOR CLASS:

Rachel Siska/Farris Gale

JUNIOR CLASS:

Renee Yates/Karen McNamara

SOPHMORE CLASS:

Tara Dwyer/Christie Meyers

FRESHMAN CLASS:

TBA

ATHLETIC INFORMATION

Principal

Dr. Deborah Jackson

Activities # 703-714-5860**Director, Student Activities**

Tom Herman

Administrative Assistant

Kathy Veoni

Hotline # 703-749-8138

All students are allowed to participate in the sports program provided they meet the following requirements:

- ❑ The student has been promoted to the 9th grade or have passed five 8th grade subjects
- ❑ At the end of the semester immediately preceding that in which he or she desires to compete, the student shall have passed not fewer than five credits. He/she shall be currently enrolled in no fewer than five credits.
- ❑ Prior to trying out for an athletic team the student shall have submitted to McLean High School a completed Athletic Participation Parental Consent/Physician's certificate form and properly signed attesting that he/she has been examined and found to be physically fit for athletic competition and that his/her parents consent to his/her participation.
- ❑ The student must submit to McLean High School an Extracurricular Participation Acknowledgement form signed by the student and his or her parent or guardian.

Fall Sports

Football

Field Hockey (Girls)

Cross Country (Boys/Girls)

Golf

Cheerleading

Volleyball

Tryouts Begin

August 11

August 11

August 11

August 11

August 11

August 11

Head Coach

Jim Patrick

Summer Hardman

John Jones

Rick Eyerly

Bree Melton

Steve Stotler

Winter Sports

Basketball (Boys)

Basketball (Girls)

Swim/Dive (Boys/Girls)

Gymnastics (Girls)

Wrestling

Indoor Track (Boys/Girls)

Cheerleading

November 16

November 16

November 16

November 16

November 16

November 16

November 16

Kevin Roller

Mike O'Brien

Jeremy Craig

Courtney Lesson

Ken Jackson

John Jones

Bree Melton

Spring Sports

Soccer (Boys)

Soccer (Girls)

Lacrosse (Boys)

Lacrosse (Girls)

Baseball

Softball

Tennis (Girls)

Tennis (Boys)

Track (Boys/Girls)

February 22

February 22

February 22

February 22

February 22

February 22

February 22

February 22

February 22

Mike Anderson

Laura O'Brien

Jacob Bullock

Anne Inzeller

John Thomas

Maurice Tawil

Nancy Brough

Aavo Tomkov

John Jones

Important Info

Sept. 3 rd	Thursday	Fresh Fling	1-4 PM
Sept. 8 th	Tuesday	School Opens	
Sept. 14 th – 18 th		Freshmen class elections	
Sept. 15 th	Tuesday	School Pictures	
Sept. 24 th	Thursday	Back to School Night	
Nov. 16 th	Monday	Winter Sports start	
Feb. 22 nd	Monday	Spring Sports start	
June 6 th	Sunday	Prom @ Army/Navy Country Club	
June 7 th	Monday	Sports Banquet	
June 14 th	Monday	Senior Class Trip	
June 15 th	Tuesday	Convocation	10-11 AM
June 16 th	Wednesday	Baccalaureate	7-9 PM
June 17 th	Thursday	Graduation @ DAR	2:30-4:30 PM