

**ROBINSON SECONDARY SCHOOL
STUDENT ACTIVITIES**



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**If you have questions, please contact:*

Director of Student Activities

Martin Riddle (703) 426-2129 Martin.Riddle@fcps.edu

Assistant Director of Student Activities (Athletics)

Jeffrey Ferrel (703) 426-6817 Jeffrey.Ferrel@fcps.edu

Assistant Director of Student Activities (Clubs)

Steven Rothman (703) 426-2325 Steven.Rothman@fcps.edu

Middle School After School Programs

Mary Aunon (703)426-2339 Mary.Aunon@fcps.edu

INTRODUCTION

School is more meaningful and enjoyable when a student becomes involved in the student activities program. Whether the activity is part of the sports program, a club or

organization of special interest, or student government, it is an opportunity to make friends, to learn some important social skills, and to take part in fun activities. After-school activities also provide the opportunity for students to develop leadership skills. In many ways, the learning that occurs after school can become a very valuable part of the students' high school career.

Please note:

1. There are late buses on designated days each week. All students must be with a staff member by 2:25 p.m. or leave campus.
2. Notices of club meetings are usually made on "Good Morning Robinson," the "Robbie" bulletin boards, or on the Activities Bulletin Board.
3. Activities of any organization must be approved by the Director of Student Activities.
4. Athletic teams practice every day, as well as many Saturdays and holidays. Private transportation is often required.

The following list of student activities is presented as a guide to the Activities program at Robinson. It is as current as possible, but please check with the Activities Office for the most up-to-date information.

1. **Academic Teams** - generally, membership requires competitive try-outs or tests.
2. **Academic Subject Clubs** - open to all students
3. **Co-curricular Clubs** - open to all students who are taking or particular subject or class.
4. **Honor Societies** - open to students achieving a certain grade point average.
5. **Interscholastic Sports** - generally requires competitive try-outs.
6. **Publications** - open to all students.
7. **Service/Special Interest Clubs** - open to all students.
8. **Student Government Organizations** - usually requires election.

HIGH SCHOOL ACTIVITIES

Student Government

Student Government Association
Class of '09

Staff

Noonan/P. Kownacki
McHale/Schwarz

Class of '10
Class of '11
Class of '12

Faaborg
Neun/David
Grunwald/Baxter

Publications

Above and Beyond (Yearbook)
Carousel (Literary Magazine)
Valor Dictus (Newspaper)

Hughes
Harris
Axelrod

Performing Groups

Band
Chorus
Drama
Drill Team
Guitar
Jazz Band
Orchestra

Stokes/Cook
Horanski
Rome
Chappell
Seifried
Cook
Rupert

Honor Societies

Art Honor Society
Business Honor Society
English Honor Society
French Honor Society
German Honor Society
History Honor Society
International Thespian
Latin Honor Society
Math Honor Society
National Honor Society
Spanish Honor Society
Tri M Music Honor Society

Jones
TBA
Hall/Wigode
Schaffrath
Massey/Osterman-Healy
Garnett
Hard
Zeiner
S. White, Brewer
Misencik, Grunwald, Delacroix, Dygve
Branch/Hunt
Horanski

Language Clubs

French Club
German Club
Classics (Latin) Club

Dister
Massey/Osterman-Healy
Zeiner

Academic Teams

Debate/Speech
It's Academic
Model United Nations
Science Olympiad

Fulton
Campana
Hemenway/Brown
Booker

Co-Curricular Clubs

Apple Federal Credit Union
DECA
Engineering Club (TSA)
FBLA
FCCLA

Kraeer
Hepner/O'Brien/Hinkhouse/Elmore
Leaf
Apigian
TBA

Service

Key/Keyettes
Leo Club

TBA
O'Malley

Special Interest

Automotive Club
Barbell (Weightlifting)
Broadcasting Club
Ceramics Club
Chess Club
Chinese Student Assoc.
College Partnership
Criminal Justice Club
Dead Poet Society
Economics Club
ESOL Tutoring Club
Gay-Straight Alliance
Hunting/Fishing Club
IB Student Advisory Board
Improvisation Club (Theatre Sports)
Korean Club
Latin American Student Assoc.
Medical Society
Minority Students of Robinson
Mock Trial
Partners Club
Psychology Club
Reader's Club
Robinson Christian Fellowship
Sports Medicine Club
Step Team

Galliot
Bendorf/Francesse
Plath
Dailey
Komitsky
TBA
TBA
Miller
TBA
Crawford
Hockenbury/Lopatin
TBA
Galliot
Green/Vu
Rome
Olmes
TBA
E. White
Hicks
Brown
Hoover/Neun
Weaver
Leyden
Weaver/Tatum
Cassidy/Perry
McCord

Please check the Robinson website, <http://www.fcps.edu/RobinsonSS/> for an up to date listing of our current service/special interest clubs and the sponsor names/locations.

Information on how to start your own club can be obtained in the Activities Office. Please see Mr. Rothman in E201 if you need further information.

MIDDLE SCHOOL ACTIVITIES

Student Government

Student Government Assoc.

Mochen

Publications

Literary Magazine-Mindscapes
Newspaper-Medallion
Yearbook-Sentry

V. Anderson
Forte
P. Hinman

Service/Special Interest Clubs

Art Club
Bridges Club
Builders' Club
Chess Club
College Partnership Program
Classic Cinema Club
Drama Club
ESOL Tutoring Club
French Club
German Club
Math Team
Middle School Jazz Band
Model UN
National Jr. Honor Society
Peer Mediation Club
Science Club
Technology Student Assoc.
Theatre Sports

Hammer
Skocik
Sadler/Gilbert
Beyler/Traylor
White
Walker
Burakow
Hockenbury
Dister

Arndt/Longworth
Einius
Swords
Gressle/Burford
Hammer
M. Hinman/Lee
Snyder
Hard

***Information on how to start your own club can be obtained in the Activities Office. Please see Mr. Rothman in E201 if you need further information. Specific information on Middle School Activities can be obtained from Mary Aunon in SS 8.**

Most activities are listed in the front of this handbook. Descriptions of some activities are listed below. If an activity is listed, contact the sponsor listed in the front if you wish any further information. All special interest and service clubs are available on-line at: <http://www.fcps.edu/RobinsonSS/>

HIGH SCHOOL

Student Government

Student Government Association (SGA)

Representatives to the SGA are elected in the spring. Their goals are to govern the student body; develop a school-wide communications system; organize the Homecoming activities; develop activities for the betterment of the school and community; provide assistance and advice to the principal.

Class Officers

Each class (Freshman, Sophomore, Junior, and Senior) has the following officer positions: President, Vice President, Treasurer and Secretary. Elections are held in the spring for the following year. Class officers are responsible for organizing any class-wide activities, i.e., Homecoming, Prom, Fundraising, etc.

Publications

Literary Magazine (Carousel)

Carousel is an art and literary magazine that showcases fiction, poetry, and art by Robinson High School students.

Performing Groups

Band

Band is an elective course, which provides opportunities to participate in marching, concert, or symphonic band. After-school practices and weekend competitions are a necessary part of this very successful program.

Drill Team

Tryouts are in the spring. The drill team performs during half-time at home football games, some home basketball games, and county and state competitions.

Choir

Choir is an elective course. Rehearsal time is class time, together with some after-school rehearsals. Members are provided the opportunity to perform during the school year at extracurricular events and competitions.

Drama

The Drama Club is made up of actors and technical crews working on school theatre productions throughout the school year.

Orchestra

This is an elective course. Students perform at community functions, concerts, and competitions.

Honor Societies

English Honor Society

NEHS has the following primary goals: to recognize on the national level those who, on the basis of academic grades and performance, merit special note for past and current accomplishments; to nurture these persons in such ways that they are encouraged to develop further their abilities in the various fields of English; and to encourage members to use their talents in the service of others. Students must have a 3.0 GPA to apply.

French Honor Society

The French Honor Society is open to French III students with an average of 3.5 in French and an overall GPA of 3.5. Goals include helping lower level French students, speaking French, and raising the awareness of the French culture. Officers must be enrolled in a French course. Members must attend the meetings, participate in activities and fulfill service projects.

German Honor Society

German Honor Society is part of a national organization. Members provide tutoring for lower level German students. The German Club also sponsors German cultural activities throughout the year including dinner at a German restaurant, an after school German café, museum visits, etc.

International Thespian

The club is a national organization for all students active in theatre. The club attends workshops and conferences about theatre.

Latin Honor Society

This club tutors lower level students, provides community services and assists in preparation for large scale events.

Math Honor Society

The Math Honor Society stimulates a deeper and more effective interest in math. Requirements for membership: 1. Students must have completed 5 semesters of math, to include Algebra I, Geometry and a semester of Algebra II as a minimum. 2. Students must have a 3.65 GPA in all of the math courses they have taken (including current). 3. Students must have a 3.25 overall GPA.

National Business Honor Society

The NBHS recognizes juniors and seniors who have demonstrated a high level of achievement in their business course.

National Honor Society

The National Honor Society maintains and promotes high standards of scholarship, leadership, character and service within Robinson and the community. Contact sponsor for membership requirements.

Spanish Honor Society

The Spanish Honor Society members must meet certain academic requirements. Their goals are to promote the study of Spanish Language and the appreciation of the Hispanic culture.

Language Groups

German Club

German Club is open to all students. They plan activities which are specific to the cultures of the German Speaking World. Some of their activities include: Making Gingerbread Houses, Baking Pretzels, Playing German games, Folk dancing, Holiday Caroling in German, Oktoberfest.

Latin (Classics) Club

The members of the Latin Club promote the study of Latin as a language of special educational impact. They further provide the membership with varied cultural and recreational activities that highlight our Roman heritage.

French Club

The French Club enriches the study of French by providing extra-curricular activities that promote the appreciation of French.

Academic Teams

Debate

Competitions are from November through March. The participants compete in interscholastic tournaments and become knowledgeable in competition skills. The team strives to develop oral communication skills, public speaking techniques, and interpretive reading proficiency, through regional and state competitions. Debate League competitions are available from Oct. through May.

It's Academic

The students participate in a variety of interschool, district, and regional academic "quiz bowl" competitions, including the televised "It's Academic" scholastic quiz show program. Tournaments are typically held on various Saturdays throughout the school year, and although members are encouraged to attend as many tournaments and regular weekly meetings as possible, students participating in the club are not required.

Model United Nations

Model United Nations is a simulation of the United Nations system. Students assume the roles of ambassadors to the United Nations and debate current global issues. Participants seek ways, through diplomacy and negotiation, in which the world community can deal with complex global concerns such as the environment, economic development, refugees, aids, conflict resolution, disarmament and human rights. Students from diverse backgrounds participate in these educational exercises to experience first-hand decision-making processes and diplomatic work at the United Nations.

Co-curricular Clubs

Apple Federal Credit Union

The Apple Federal Credit Union runs daily operations of the student run branch; part of a partnership with AFCU.

DECA

DECA develops leadership in students preparing for marketing occupations. Members must be enrolled in a Marketing Education class to be eligible. Officers are elected in the fall. Members annually compete locally, state-wide and nationally in the DECA Competitive Events. Members also participate in social activities, leadership development, and service projects.

Future Business Leaders of America

FBLA develops aggressive business leadership and prepares students for business careers.

FCCLA

FCCLA is a co-curricular club designed to reduce school violence.

Special Interest/Service Clubs

Automotive Club

The members of this club strive to complete special projects.

College Partnership Program

Nurtures positive attitudes toward academic achievement.

Criminal Justice Club

Purpose is to support Law Enforcement Community Service efforts with the primary thrust being the support of the Law Enforcement Special Olympics. This effort would be in the form of T-Shirt / Hat sales along with volunteer work with the athletes involved with the Special Olympics.

Hunting/Fishing Club (Sportsmen)

This club meets to talk about different subjects related to hunting and fishing.

Improvisation Club (Theatre Sports)

The Improv Troupe competes against other High Schools in Fairfax County in Theatre Sports.

Korean Club

This club helps Korean American students learn more about Korean cultures and recent Korean immigrants adjust to a new school setting.

Latin American Student Association

This club promotes friendship and a social outlet for Latino students.

Minority Students of Robinson

The mission of the Minority Students of Robinson is to serve as a positive image and influence for minority students of the Robinson community.

Mock Trial

The Mock Trial Club is for those interested in learning about trial procedures in a criminal court.

Partners Club

This club provides a safe, positive environment where students with special needs partner with other teenagers in pursuit of good times.



MIDDLE SCHOOL ACTIVITIES

Art Club

This club provides an opportunity for extended learning and self-expression under the supervision of an art teacher. Advanced art students plan individual and group projects and provide guidance and direction for beginning students.

Bridges Club

This club partners special needs students with student peers as they engage in social activities including crafts, fitness, and recreational pursuits.

Builders Club

This is a service club sponsored by Kiwanis International. Our motto is “We build community, leadership, service and character.” Each meeting includes a fun group activity and planning for or participation in a service project. In the past, the club has sponsored a clean school campaign, made sandwiches and placemats for the Lamb Center, delivered spring goodie bags to the Northern Virginia Training Center and collected health kits for victims of natural disasters. The club elects four student officers in the fall who meet with meetings.

Chess Club

Middle School Chess Club is open to all students, and students can attend all or only some of the meetings. The purpose of the club is for students to have an opportunity to play chess, to improve their chess game, or to learn to play chess.

College Partnership Program

CPP nurtures positive attitudes toward academic achievement. Students are exposed to information and opportunities that allow them to create a vision, set goals, and develop strategies that will direct them toward college choices and career goals.

Drama Club

This club is for students who are interested and/or experienced in the creative arts and want to learn about the magic of the stage. Students develop their dramatic skills of imagination and talents through improvisation and dramatic play.

ESOL Tutoring Partners

Students receive tutoring from high school students of the same ethnic background. Students leaders plan projects and social events.

Literary Magazine (Mindscapes)

Published outlet for middle school writings and art work.

Math Club

Students solve math problems individually and as members of a team and work toward participation in regional competitions.

Middle School Jazz Band

Introduces students to the many styles of jazz, including rock, swing, and Latin. This band performs at several school and community functions..

Model UN

Students study the world's problems, develop solutions, and travel to other schools to participate in mock United Nations sessions.

Newspaper (Medallion)

In-house communication of ongoing events of interest to the middle school.

National Jr. Honor Society

Promotes scholarship and character. Students must meet certain academic standards and are chosen by a selection committee. This is a service organization that provides tutoring for other middle school students in an after school session. Members also complete service projects to help local organizations.

Science Club

The Middle school science club is an opportunity for students to explore different aspects of science. Guest speakers and different activities provide experience in ecology, physics, conservation, wildlife biology, chemistry and anatomy.

Student Government Association

Provides leadership and direction to middle school activities.

Technology Student Association

This is a national organization which sponsors student competitions in various areas of technology, including robotics and rocketry and web design.

Theatre Sports

Theatre Sports is a form of competitive, improvisational comedy that is based on teamwork, creativity, and acting. The improve team travels to other middle schools to compete.

Yearbook (The Sentry)

Students produce a written and photographic record of school year events and memories.

HIGH SCHOOL ATHLETIC PROGRAM

Overview

The purpose of the athletic program is to provide experiences for student athletes in hopes that they will derive the maximum educational and physical values from these experiences. Through highly organized programs good sportsmanship will be practiced and students will learn values that will help them be good citizens.

Virginia Eligibility Code

1. *Athlete shall be a regular bona fide student in good standing at the school she/he represents.*
2. *Athlete shall have been promoted to the ninth grade or shall have passed five eighth grade subjects in a previous year.*
3. *Athlete shall have been regularly enrolled in the school which she/he represents no later than the beginning of the fifteenth day of school, of that semester.*
4. *Athlete shall have passed, at the end of the semester immediately preceding that in which he desires to compete, not less than five subjects or their equivalent, offered for credit or required for graduation, and requiring full-time in the regular schedule of classes. She/he shall be currently enrolled in not less than five subjects or their equivalent, offered for credit or required for graduation. Deficiencies recorded may be made up by work recognized by the State Dept. of Education, provided that the deficiencies are made up before the opening of the fall semester.*
5. *Athlete shall not have reached the age of 19 by the first of August preceding the school year in which she/he wished to compete. (This rule may change)*
6. *Athlete shall not have enrolled in one high school and subsequently transferred to another high school without a corresponding change in residence of her or his parents, parent or guardian.*
7. *Athlete shall not have been enrolled in the last four years of high school for more than eight consecutive semesters, beginning with semester in which he was enrolled for the first time in the ninth grade or with the semester in which she/he first enrolled after passing five eighth grade subjects in a previous school year, whichever occurred first, and eight consecutive semesters shall be counted continuously from that point, regardless of whether or not he is enrolled in school.*
8. *Athlete shall be an amateur. An amateur athlete is one who engages in athletics for the educational, physical, mental, and social benefits she/he derives from them, and to whom athletics is nothing more than an avocation.*
9. *Athlete will submit to the principal of her/his school prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/Parental Consent/Physician's Certificate Form, and Emergency Care Card) completely filled in and properly signed, attesting that he has been examined and found to be physically fit for athletic competition, and that her/his parents consent to her/his participation.*
10. *Athlete shall not accept or have accepted from any source whatsoever, in recognition of or as reward for her/his athletic skill, any award other than letters, medals, charms, plaques, letter sweaters, or similar trophies. These awards may be accepted only when presented or approved by her/his school or when earned in sanctioned meets or tournaments.*
11. *Athlete shall not have participated in an all-star contest.*
12. *Athlete must sign the "Robinson Athletic Extra-curricular Policy" document. This signature indicates that they understand the ramifications of their actions with regard to participation in athletics at Robinson.*

ROBINSON ATHLETICS: GENERAL INFORMATION

1. **Physicals**

All Athletes must have a completed VHSL Athletic Participation Parent Consent/Physician's Certification Form on file at the school before they may practice. The physical must be dated AFTER May 1 to be used for any sport during the next school year. One physical is good for the entire school year.

2. **Insurance**

Athletic Insurance: All athletes **must** indicate on their physical form if the parent/guardian has insurance available through the school or has other insurance.

3. **Attendance**

It is the responsibility of all athletes to attend school on a regular basis. They should set an example for all other students.

4. **Dress**

Athletes are encouraged to dress in an appropriate manner whenever they represent Robinson High School.

5. **Equipment and Uniforms**

Once equipment and uniforms are issued they become the responsibility of the athlete. If any of these items are lost or stolen the athlete will be held financially responsible for replacing it.

6. **Varsity Letter Requirements**

If an athlete completes the season in good standing, she or he will receive a participation certificate. The lettering requirements for each sport are set by the coach of that sport.

7. **The Robinson Participation Policy**

The Robinson athletic staff, community members and students developed the "Robinson Participation Policy" outlining the school's expectations for athletic participation and what students and students can expect from the programs. Students and parents are required to sign an acknowledgment that they have and read the policy document.



FALL SPORTS

Try-outs begin August 5, 2008

Football - Varsity, JV & Freshmen Varsity
Field Hockey – Varsity, JV & Freshmen
Girls' Volleyball - Varsity, JV & Freshmen
Golf
Co-ed Cross Country
Cheerleading - Varsity, JV & Freshmen

WINTER SPORTS

Try-outs begin NOVEMBER 10, 2008

Girls' Basketball – Varsity, JV & Freshmen
Boys' Basketball - Varsity, JV & Freshmen
Girls' & Boys' Swim/Dive
Wrestling – Varsity & JV
Girls' Gymnastics
Girls & Boys Indoor Track
Co-Ed Rifle
Cheerleading – Varsity, JV & Freshmen

SPRING SPORTS

TRY-OUTS BEGIN FEBRUARY 23, 2009

Baseball – JV & Varsity
Softball – JV & Varsity
Boys' Soccer – JV & Varsity
Girls' Soccer – JV & Varsity
Girls' & Boys' Outdoor Track
Boys' & Girls' Tennis
Boys' Lacrosse – Freshmen, JV & Varsity
Girls' Lacrosse – JV & Varsity
Crew

The following coaches are scheduled for the upcoming year. These may change without notice.

2007 FALL COACHES ROSTER

	<u>WORK</u>	<u>EMAIL</u>
<u>Football</u>		
Mark Bendorf -(Hd Var)	(703) 426-2128	Mark.Bendorf@fcps.edu
<u>Field Hockey</u>		
Sheri Masich - (Hd Var)	(703) 426-2264	Sheri.Masich@fcps.edu
<u>Cross Country</u>		
Jeremy Workman -(Hd Var)	(703) 426- 6802	JRAMS@aol.com
<u>Volleyball</u>		
Jill Pearson – (Hd Var)	703) 426-6807	Jill.Pearson@fcps.edu
<u>Cheerleading</u>		
Jocelyn Swiger -(Var)	(703) 426-6806	
Jocelyn.Swiger@fcps.edu		
<u>Drill Team</u>		
Carol Chappell	(703) 278-0490	Tchpp@aol.com
<u>Golf</u>		
Chuck Humphries	(703) 426-6801	
Charles.Humphries@fcps.edu		
<u>Trainers</u>		
Jeff Perry	(703) 426-6818	Jeffrey.Perry@fcps.ed
Debbie Cassidy	(703) 426-6808	Deborah.Cassidy@fcps.edu

2007-08 WINTER COACHES ROSTER

	<u>WORK</u>	<u>E-MAIL</u>
<u>Boys Basketball</u>		
Brian Nelson		Brian.Nelson@fcps.edu
<u>Girls Basketball</u>		
T.J. Dade (Head Var)	(703) 426-6817	TDade@aol.com
<u>Wrestling</u>		
Bryan Hazard (Head Var)	(703) 426-6803	Bryan.Hazard@fcps.edu
<u>Indoor Track</u>		
Mark Gleason (Co-Head Var)	(703) 426-2368	mdgleason2@fcps.edu
Kelley Chapman (Co-Head Var)	(703) 850-9865	kelley.chapman@fcps.edu
<u>Swim/Dive</u>		
Rich Gordon (Head Swim)	(703) 426-2325	Richard.Gordon@fcps.edu

Girls Gymnastics:

Megan Smiley

MSmiley1@gmu.edu

Rifle

Bob Hardy

rmh1934@aol.com

Cheerleaders

Jocelyn Swiger (Head Var)

(703) 426-6806

Jocelyn.Swiger@fcps.edu

Drill Team

Carol Henry-Chappell

(703) 278-0490

Tchpp@aol.com

2008 SPRING COACHES ROSTER

	WORK	E-MAIL ADDRESS
BASEBALL		
J D Detwiler	(571) 226-4400	Josias.Detwiler@fcps.edu
SOFTBALL		
Barry Gorodnick(Head Varsity)	(703) 426-2326	Barry.Gorodnick@fcps.edu
LACROSSE (Boys)		
Justin Fitzgerald(Head Varsity)	(703) 395-4216	JustinFitzgerald@Verizon.Net
LACROSSE (Girls)		
Alison Cobb (Head Varsity)	(703) 426-2134	Alison.Cobb@fcps.edu
SOCCER (Boys)		
Ryan Cox(Head Varsity)	(571) 437-9982	Ryancoxey@hotmail.com
	<u>Work</u>	<u>E-mail</u>
SOCCER (Girls)		
Jim Rike(Head Varsity)	(703) 426-6855	James.Rike@fcps.edu
OUTDOOR TRACK		
Jeremy Workman(Head Varsity)	(703) 426-6802	JRAMS@aol.com
TENNIS (Boys/Girls)		
Paul Fisher(Head Varsity)	(703) 250-1299	Paul10S@AOL.Com
CREW		
Rob & Katie Wazaloski		CrewG22@aol.com

The Case for High School Activities

Introduction

There is a secret in America's high schools that need not be hidden any longer. The secret is that activities are not just a way to have fun or be with friends, they are a valuable educational tool.

From interscholastic sports to music, drama and debate, activities enrich a student's high school experiences.

Benefits of Activities

Activities support the academic mission of schools.

They are not a diversion but rather an extension of a good educational program. Students who participate in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally.

Activities are inherently educational.

Activity programs provide valuable lessons for practical situations – teamwork, sportsmanship, winning and losing, and hard work. Through participation in activity programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults and productive citizens.

Activities foster success in later life.

Participation in high school activities is often a predictor of later success – in college, a career and becoming a contributing member of society.

What evidence is there that students who are involved in activities make higher grades and have better attendance?

Studies have linked participation in activities and higher grades/better attendance. Here are the findings of four groups:

** A study of nearly 22,000 students conducted by a University of Colorado professor for the Colorado High School Activities Association which was released in the fall of 1999 indicates students who participate in some form of interscholastic activities have "significantly higher" grade-point averages than students who do not. Data obtained from the spring 1997 study by Dr. Kevin J. McCarthy revealed student participants in Jefferson County high schools had an overall grade-point average of 3.093 on a 4.0 scale, while the GPA for non-participants was 2.444. Jefferson County School District, the state's largest school district, has matched the academic success of its students with success on the playing field. The 16 district schools have won a combined 39 state championships in the 1990s in sports, while its music programs consistently bring home "superior" ratings.*

** A study in the September 1998 issue of **NASSP Bulletin** compared academic*

performance, behavior and commitment of basketball and volleyball athletes and non-athletes in a rural Canadian high school. The article compares mid-term and final grades, visits to an administrator for disciplinary referrals and demerit points for improper behavior and estimates the mean weekly time commitment for athletes in each sport. Findings showed support that athletes match or exceed non-athletes in academic and behavior performance.

* In the March 1997 issue of **School Counselor**, 123 students involved in interscholastic soccer are analyzed. Results indicate that activity participation does not harm and may enhance academic performance. Male athletes showed in-season improvements in academic performance.

* Students participating in activities not only achieve better academically but also express greater satisfaction with the total high school experience, according to a survey conducted for the National Federation by Indiana University. The GPA for "high activity" students was 3.05, compared to a GPA of 2.54 for "low activity" students.

Do any studies indicate that student participation in activities helps in other areas?

Yes! Activities help students' attitudes toward themselves and school, as well as in drop-out rates and discipline.

* Participation in activities helps students have a better attitude, according to a study conducted at the request of the Utah State Board of Education. Students, parents, teachers, and administrators agreed that activities promote better performance in academics, relieve tension, and increase self-confidence.

* In New York City, an increase of \$2 million was given by the Board of Education for interscholastic activities for the 1985-86 school year. Jack Kriegsman, Supervisor, New York City Public Schools' Athletic League, said the increase was a result of, "realizing the values of extracurricular activities in lowering the drop-out rate" and the discovery of "the impact of athletics on the school-wide substance abuse problem."

* The Kansas State High School Activities Association revealed that out of 7,098 students who dropped out of school during a one-year period, only 6% were involved in activities. Of high school dropouts in Kansas, 94% were not enrolled in activities, indicating the "holding power" activities have in keeping students in school.

* The Nat'l Federation of 14 districts, in seven regions of the nation, surveyed and found that 96% of the dropouts were not participating in activities. Of the schools surveyed 29% reported that none of their dropouts were involved in such programs.

Do any findings indicate that being in high school activities is helpful after high school?

Yes! Three important surveys support this:

* The American College Testing Service compared the value of four factors in predicting success after high school. "Success" was defined as self-satisfaction and participation in a variety of community activities two years after college. The one yardstick that could be used to predict later success in life was achievement in school activities. Not useful as predictors were high grades in high school, high grades in college or high ACT scores.

* The College Entrance Examination Board's Scholastic Aptitude Test (SAT) was examined in much the same way. It was found that having a high SAT score did not necessarily indicate success in a chosen career. The best predictor of later success, the study showed, was a person's independent, self-sustained ventures. Teens who were active in school activities, had hobbies or jobs, were found to be most likely to succeed at their chosen profession and make creative contributions to their community.

* Results of a 1987 survey of individuals at the executive vice-president level or above in 75 Fortune 500 companies indicated that 95 percent of those corporate executives participated in sports during high school. In addition, 54 percent were involved in student government, 43 percent in the National Honor Society, 37 percent in music, 35 percent in scouts and 18 percent in the school's publication.

What kind of "lessons" are taught when a student participates in high school activities?

They are varied, they are valuable and some are as follows:

* A report on *The Condition of Education*, United States Department of Education, National Center for Education Statistics in 1995 found that participation in extracurricular activities may affect academic performance, attachment to school and social development. The report further stated that almost every high school in the United States offers some type of extracurricular activity, such as music, academic clubs and sports. These activities provide opportunities for students to learn the values of teamwork, a channel for reinforcing skills and the opportunity to apply academic skills in other arenas as a part of a well-rounded education.

- The Alberta Schools' Athletic Association (ASAA), in conjunction with the Metro Edmonton High School Athletic Association and the Alberta Centre for Well-Being, completed a survey of 883 students. The survey, completed in November 1997, was undertaken to assess the potential impact that high school athletics has on the lives and attitudes of students in Alberta.
- Findings showed student-athletes are less likely to smoke (30 percent versus 44

percent), and if they do smoke, they are less likely to smoke heavily. Overall, 35 percent of students reported they currently smoke cigarettes. The survey findings indicated student-athletes (9 percent) are less likely to report drinking more than once a week in comparison to non-athletic students (20 percent).

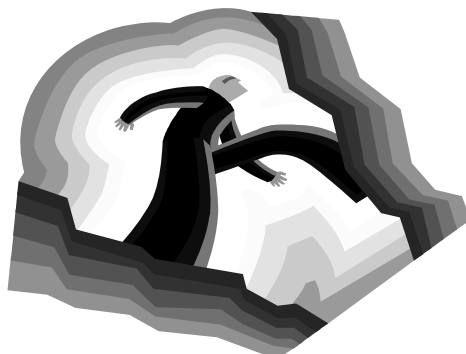
"The results of this survey suggest that students who participate in school-based sport programs are good school citizens and may be even better school citizens than their non-sport peers," said John Paton, executive director, ASAA. "School athletes demonstrate positive lifestyle behaviors, such as less smoking and less drug use when compared to non-sport students."

Paton also indicated that if administrators, teachers or parents are concerned that school sport programs compete for students' attention and participation with other co-curricular activities, the study disputes these concerns. Student-athletes tend to participate at a greater rate in other school activities, and they have a more positive perception of their school.

The National Federation of State High School Associations is a non-profit organization that serves as the national voice of high school activities. Headquartered in Kansas City, Missouri, the National Federation encompasses 50 individual state high school athletic or activities associations, plus the District of Columbia. Also affiliated are scholastic organizations from 10 Canadian provinces and from the Republic of the Philippines, Okinawa, Guam, and the Virgin Islands.

The National Federation Represents 12 million students in 20,000 high schools and serves coaches, sponsors, officials and judges in activities programs encompassing sports, speech, drama, music, and debate.

FROM: National Federation of State High School Associations
11724 Plaza Circle, P.O. Box 20626
Kansas City, MO 64195 - 816/464-5400



About the NCAA

What is the NCAA?

The National Collegiate Athletic Association (NCAA) is a voluntary association of **about 1,200 colleges and universities, athletic conferences and sports organizations** devoted to the sound administration of intercollegiate athletics.

Any athlete who intends to participate in athletics at the collegiate level **must** register for the NCAA Clearinghouse.

When should a student register with the NCAA Initial-Eligibility Clearinghouse?

Students should register with the clearinghouse after the completion of their junior year in high school. At this time, a transcript, which includes six semesters of grades, should be sent to the clearinghouse from the high school. Additionally, students should have their SAT or ACT test scores forwarded directly to the clearinghouse whenever they take the exam.

To register with the Clearinghouse

Fill out the online form at the **Initial-Eligibility Clearinghouse Web Site** or call the NCAA publications hotline at 800/638-3731 and ask for a free copy of the "Guide for the College-Bound Student-Athlete" which contains the registration forms and a Clearinghouse brochure.

In College Athletics, what's the difference between Divisions I, II and III?

Division I

Division I member institutions have to sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Div. I schools must play 100% of the minimum number of contests against Div. I opponents -- anything over the minimum number of games has to be 50% Div. I. Men's and women's basketball teams have to play all but two games against Div. I teams, for men, they must play 1/3 of all their contests in the home arena. Schools that have football are classified as Div. I-A or I-AA. I-A football schools are usually fairly elaborate programs. Div. I-A teams have to meet minimum attendance requirements (17,000 people in attendance per home game, OR 20,000 average of all football games in the last four years or, 30,000 permanent seats in their stadium and average 17,000 per home game or 20,000 average of all football games in the last four years OR, be in a member conference in which at least six conference members sponsor football or more than half of football schools meet attendance criterion. Div. I-AA teams do not need to meet minimum attendance requirements. Div. I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Div. I school cannot exceed.

Division II

Division II institutions have to sponsor at least four sports for men and four for women, with two team sports for each gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria -- football and men's and women's basketball teams must play at least 50% of their games against Div. II or I-A or I-AA opponents. For sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Div. II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student-athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletics programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs.

Division III

Division III institutions have to sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are minimum contest and participant minimums for each sport. Division III athletics features student-athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition.

Contacting the Clearinghouse

NCAA
Membership Services
P.O. Box 6222
Indianapolis, IN 46206-6222
317/917-6222 (phone)
317/917-6622 (fax)
800/638-3731 (NCAA Hotline)
www.ncaa.org

