

2011-2012 After School Clubs and Sports

Menands School is proud to offer its students a variety of extra-curricular clubs and sports. Extra-curricular activities have been scheduled in trimester sessions that correspond to the fall, winter, and spring athletic seasons. Please remember that participation in an extra-curricular club or sport represents a commitment on the part of its members. Therefore, students who commit to one club or sport will not be permitted to join another that meets on the same day within the same trimester unless permission to do so has been granted by the club advisors/coaches. The table at the bottom of this page will help you to plan your child's after school activities for the new school year.

Please review the attached extra-curricular schedule and descriptions with your children. Then **complete club permission forms for the activities in which your child will participate during the 1st trimester**. Return the permission forms promptly, as extra-curricular activities begin on Monday, September 12th. Remember to choose carefully, as students will not be permitted to switch activities within a trimester. Trimester 1: September 12-December 9; Trimester 2: December 12-March 23; Trimester 3: March 26-June 15.

Team Sports

Cross-Country Running: 1st trimester: Mondays, Wednesdays, alternating Fridays Grades 5-8 Coach: Mrs. Wheeler

Students will train for and compete in cross country races of approximately one mile within the Friendship League. Students must make a commitment to attend practices on a regular basis. The season begins in early September and goes through October. Students participating in this activity must commit solely to this activity on the days of its meetings.

Soccer: 1st trimester: Tuesdays, Thursdays, alternating Fridays Grades 7-8 Coach: Mr. Herrmann

Athletes will learn to play soccer and have the opportunity to participate in interscholastic soccer games. All 7th and 8th graders may join, but participants must commit to the team by the third practice. After that, any remaining slots on the team will be given to 6th graders through a lottery. Students may concurrently participate in this sport and other clubs.

Volleyball: 2nd trimester: Mondays, Tuesdays, Thursdays Grades 5-8 Coach: Mr. Collen

Students learn all of the individual skills of volleyball along with team strategies for offense and defense. Practices and matches are scheduled to avoid the Menands Ski Club dates. Team members are expected to attend regularly, but students may concurrently participate in this sport and other clubs.

Track & Field: 3rd trimester: Mondays, Wednesdays, alternating Fridays Grades 5-8 Advisor: Mrs. Wheeler

Students will participate in a variety of track and field events. The team will compete in track meets within the Friendship League. Track begins in late March or early April and runs through June. Students participating in this activity must commit solely to this activity on the days of its meetings.

Clubs

Yearbook Club: 1st, 2nd, 3rd trimesters: Wednesdays Grades 6-8 Advisor: Ms. Senatore & Mrs. Marinstein
Students will create the school yearbook electronically. Students will photograph school events, layout

the book, and sell and distribute the final product. Students participating in this activity must commit solely to this activity on the days of its meetings. Students may sign up each trimester. New members may only join at the beginning of a trimester.

School Store: 1st, 2nd, 3rd trimesters Day: Thursdays Grades 3-5 Advisors: Ms. Senatore & Mrs. Sposito

Students will run the school store. They will complete inventories, deposits, and ordering. They will also sign up to work at the school store in the morning during homeroom. There will be a limit of ten students per trimester. Students may concurrently participate in this club and other clubs/activities.

Band Lessons: 1st, 2nd, 3rd trimesters: Day To Be Assigned Advisor: Mrs. Horaczek

Students in grades 6-8 play a concert band instrument once a week during flex, twice a week if they are in 5th grade. Band members participate in mandatory after school or recess lessons once each week. Students are expected to practice their instrument a minimum of 30 minutes each day and need to bring their instrument, rehearsal music, and a pencil to each meeting. Students participating in this activity must commit solely to this activity on the days of its meetings.

Drama Club: 2nd trimester: Days: Wednesdays, Thursdays, Fridays. Specific rehearsal schedule to be determined after casting Grades 3-8 Advisors: Ms. Senatore and Mrs. Horaczek

Students will work together to perform a Broadway Jr. production. Students will learn lines, songs, basic stage direction, physical presence, choreography, teamwork, and dedication. Auditions will be held the first week in January. Cast members and their families are required to sign a contract. Students participating in this activity must commit solely to this activity on the days of its meetings.

*Please note that in order to prepare for a performance there will be a rigorous rehearsal schedule. Students in Drama Club may not miss rehearsals for other clubs or sports. Actors cast in main roles should limit participation in extra-curricular activities during the second trimester.

Playmakers Club: 2nd trimester: Wednesdays, Thursdays, Fridays Grades 5-8 Advisor: Mrs. Testo

Students will help create the entire set design for this year's musical (TBA) from the initial concept to painting multiple flats and props used in the movable scenery. Students will be working with parent volunteers as well. Members may concurrently participate in other clubs and activities.

Stage Crew: 2nd trimester: Wednesdays and Thursdays Grades 5-8 Advisor: Ms. Jankowski

Students will help put together the technical aspects of the school play, including sound, props, and costumes. All students must be available on other days starting in March and every day during tech week leading up to the play. Members may concurrently participate in other clubs and activities.

Recycling Club: 1st, 2nd, 3rd trimesters: Fridays Grades 3-8 Advisor: Mr. Blanchet

The Recycling Club invites Menands students to learn about the recycling process. Members will assist in organizing the recycling program at Menands School. Students will help educate the rest of the school community about the importance of recycling and the appropriate manner in which to recycle materials. Students may concurrently participate in this club while doing other clubs and sports.

Garden Club: 1st and 3rd trimesters: Wednesdays Grades 2-6 Advisor: Mr. Blanchet

The Garden Club will provide maintenance to the school garden. Members will learn about plant germination and cultivation. We will be moving towards becoming a 4H Club. Students participating in this club may miss practices only due to instrument lessons.

Chess Club: 1st, 2nd, and 3rd trimesters: Thursdays Grades 1-8 Advisor: Mr. Blanchet

Learn to play chess and prepare for tournaments. No prior chess experience is necessary. Students

participating in this activity may miss meetings only due to instrument lessons.

Wordplay: 1st trimester: Thursdays Grades 3-5 Advisors: Mrs. Ford and Mrs. Waldron

If you like performing, this club is for you! We will be planning short performances that include Readers' theater, poetry reading, and karaoke. Some weeks we will be playing word board games like Scrabble. Students may concurrently participate in this club while doing other clubs and sports.

Bookin' & Cookin': 1st trimester: Wednesdays Grades 1-3 Advisor: Ms. Jankowski

For students who love a good story and love a good snack, this club is for you! Students will read a short story each week and work together to prepare a snack related to the story. Limited to 20 students. Students may concurrently participate in this club and other clubs.

Collectors Club: 1st trimester: Wednesdays: Grades 2-6 Advisor: Ms. Graham

Collectors Club will share the why, where and how of their collections. They will learn to respect the property and talent of other collectors, how to display their collections, or how to begin a collection. Students participating in Collectors Club may concurrently participate in this club and other clubs.

Junior Lego Robotics Club: 2nd trimester Grades 3 and 4: Wednesdays Advisor: Mr. Grieco

Have fun building with Legos and coming up with a solution to a problem specified by FIRST Robotics. Limited to 12 students. Students participating in this activity must commit solely to this activity on the days of its meetings.

Lego Robotics Club: 3rd trimester Grades 5-8 Advisor: Mr. Grieco

Have fun building with Legos. Students will follow the designs in the lego kits or they will be able to create their own designs. Students will also be able to write programs for robots with sensors. Limited to 12 students. Students participating in this activity must commit solely to this activity on the days of its meetings.

"Stitch in Time" Sewing Club: 2nd trimester: Wednesdays Grades 2-5 Advisors: Miss Barno

Students will learn to thread a needle, sew on buttons, and use different stitches to complete fun sewing projects. Limited to 15 students. Students participating in this club should not be participating in any other club on Wednesdays during the second trimester.

Tennis Club: 3rd trimester: Wednesdays and Thursdays Grades 3-6 Advisor: Mr. Collen

Club members will learn all of the basic tennis skills along with the rules of play. Racquets and tennis balls are supplied. Students participating in this activity must commit solely to this activity on the days of its meetings.

Cycling Club: 1st trimester: Wednesdays and Thursdays Grades 4-8 Advisor: Mr. Collen

Students in this club will learn cycling safety, skills, and basic mechanics. They will also give "learning to ride" classes several times during the fall semester. Students participating in this club must commit solely to this activity on the days of its meetings.

Tae Kwon Do: 1st, 2nd, 3rd trimesters: Fridays Grades 4-8 Advisor: Mr. Okolo

This club will promote physical fitness, self confidence, discipline, and self defense. Students should wear loose clothing or purchase a uniform from the instructor. Students participating in this club may concurrently participate in other activities.

After School Clubs and Sports

1 st Trimester			2 nd Trimester			3 rd Trimester		
Club	Grades	Days	Club	Grades	Days	Club	Grades	Days
Soccer Team	7-8	T/Th/F	Volleyball Team	5-8	M, T,Th	Track and Field Team	5-8	M,W, F
Cross Country Running	5-8	M/W/F	Yearbook	6-8	W	Yearbook	6-8	W
Yearbook		W	Band Lessons	5-8	TBA	Band Lessons	5-8	TBA
Band Lessons	6-8	TBA	Drama Club	3-8	W,TH, F	Chess Club	1-8	TH
Chess Club	5-8		Playmakers	5-8	W,TH, F	Recycling Club	3-8	F
Recycling Club	1-8	TH	Stage Crew	5-8	W, TH	Garden Club		
Garden Club	3-8	F	Chess Club	1-8	TH	Tennis	2-6	W
Word Play		W	Recycling Club	3-8	F	Tae Kwon Do	3-6	W,TH
Bookin' & Cookin'	2-6	TH	Stitch in Time			Lego Robotics	4-8	F
Collectors Club	3-5	W	Tae Kwon Do	2-5	W	School Store		
Cycling Club	1-3	W	Junior Lego Robotics	4-8	F		5-8	W
Tae Kwon Do	2-6		School Store	3-4	W		3-5	TH
School Store	4-8	W,TH						
	4-8	F		3-5	TH			
	3-5	TH						