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## Extracurricular and Co-curricular Activities

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Please check the Weekly Calendar and Weekly Bulletin or Student Planner for meeting times and events.

The following is a list of activities happening at the high school on a regular basis throughout the school year. Parents should encourage their students to participate in athletics, activities, or clubs outside of the academic program. Studies have shown that involvement in extracurricular activities increase a student's commitment to the school, and usually improve their academic record as a result.

### ***What are the types of activities?***

- 1) Loosely structured clubs which meet to have fun, organize an activity or a trip, or to work on a project. Check the Student Planner for more information.
- 2) Clubs which require a firm commitment for a year or a semester, such as Interact Club. These are service clubs and community members count on student involvement.
- 3) Clubs which are selective in participation, such as National Honor Society.
- 4) Activities associated with a class (co-curricular) that involve a commitment outside of school in addition to the class time.

### ***When can a student join an activity?***

The main sign-up time is in September, or when you enroll in classes. After that it is best to speak to the advisor or student leader and find out specifics about eligibility and how much time is expected of participants. Many activities can be joined or dropped at any time throughout the year.

### **ANIME CLUB**

An active group of students that meets weekly to enjoy the many aspects of Japanese culture. Specific emphasis is placed on watching anime productions as well as creating and drawing their own characters. Purpose of the club is to allow students to participate in the anime culture with their peers.

### **APPLE-ETTES DANCE TEAM**

Consists of 10<sup>th</sup>-12<sup>th</sup> graders; performs at all football games, some basketball and soccer games, five other competitions, Apple Blossom Parade, and several other community events throughout the year. Tryouts in early May.

### **APPLE LEAF NEWSPAPER**

Wenatchee High School's newspaper, The Apple Leaf, has won numerous awards and been rated one of the nation's top school newspapers. It is published every three weeks by the advanced journalism class, and available for free from bins located around the school. Buy a subscription for \$25 and get all 12 issues delivered to your home. To do so, send \$25 to The Apple Leaf, Wenatchee High School, 1101 Millerdale. Wenatchee, WA 98801. For more information, or to advertise in The Apple Leaf, call Adviser Jeanette Marantos at 663-8117, ext. 262 or email her at [marantos.j@mail.wsd.wednet.edu](mailto:marantos.j@mail.wsd.wednet.edu).

### **ART CLUB**

A safe and fun place for students to make and enjoy art. It enhances what students do in art class and what they do on their own. Art Club members are of service to the school and community by painting murals, putting on dances, and providing opportunities for students to participate in field trips to art museums, galleries, art schools, and artists' studios. Only requirement for membership is a desire to make art.

### **ASB STUDENT GOVERNMENT** (Associated Student Body Student Government)

Student government is made up of four elected officers (President – a senior, Vice-President – a senior, Secretary – a junior or senior, Treasurer – a junior or senior). They are elected in March of the year before they serve. The officers must sign up for the year-long Student Government class.

There are also 20 student senators, five from each class, elected by their classes. These 20 members, along with the four ASB officers, comprise the 24-member Student Senate, the decision-making body of the school. With the exception of the incoming freshman class, senators are elected in late April or early May for the next school year. They meet regularly, but no more than once every two weeks.

Each class senate facilitates the functions of their respective class and is responsible for activities such as Homecoming Week, prom in the junior year, graduation in the senior year, fundraisers, and various other functions. Each class senate has a President (the one with the most votes) and the four senators. A class advisor works with each senate and the ASB advisor with the ASB officers. Class senates meet when necessary.

Along with Student Senate, each first period class elects a representative for Rep Council for feedback to and from the Senate. Rep Council attempts to meet once a month. Questions should be directed to the ASB advisor.

ASB coordinators must apply for their positions in early March, and will be interviewed and selected by spring break. Currently we have three activity coordinators: two assembly coordinators and one publicity coordinator. They work together with the ASB officers in planning activities for the high school. These activities include the Janice Franz Talent Show, the Christmas Basket program, the Recognition assembly, and the IGNITE! (freshmen orientation) program. ASB coordinators must also sign up for the year-long Student Government class.

### **BANDS**

**Golden Apple Band** – A student must have the ability to play at least one band instrument. This course is for woodwind, brass, and percussion players. Students will perform as a marching band, concert band, and pep band. Students perform at concerts, festivals, basketball and football games, and competitions. Band camp is required and starts two weeks before school, in order for the marching band to be ready for football season. This band competes on Saturdays during the fall which involves traveling throughout Washington.

**Jazz Ensemble** – A student may join by permission of the director, and must also be enrolled as a member of one of the other instrumental groups. This is a performance-based class and will involve time outside of the school day.

**Percussion Ensemble** – A student may join by permission of the director, and must be competent on at least one percussion instrument. This is a performance-based class and will involve time outside of the school day.

**Wind Ensemble** – A student may join by permission of the director, and has a prerequisite of a year of GA Band or Percussion Ensemble. This is a performance-based class and will involve time outside of the school day.

### **CHEERLEADING**

The Varsity and JV Cheerleading squads cheer for football, basketball, wrestling, and volleyball. They also participate in a variety of school events and fundraisers. Tryouts for the Varsity squad are in the spring while tryouts for the JV are in the fall, allowing freshmen and new students to participate.

### **CHOIRS**

The choral program includes: Treble Clef Singers (non-audition choir for girls grades 9-12), Varsity (boys non-audition choir for grades 9-12), Bel Canto (girls audition choir for grades 10-12), Chamber Singers (mixed audition choir for grades 11-12), Hy-Land Singers (mixed audition ensemble of boys and girls), Hy-Tones (audition female quartet), 4-Tune Hunters (audition male

quartet). These performance groups require time outside of school and sometimes travel on tours and contests away from Wenatchee.

The Chamber Singers have performed at state conventions of WMEA (Washington Music Educators Association), regional conventions of ACDA (American Choral Directors Association), and a national convention of MENC (Music Educators National Conference). They have been selected numerous times as finalists at the Best in the Northwest Contest in Portland, Oregon. In 2004 they were selected by Carnegie Hall as one of four U.S. choirs to perform at the inaugural Carnegie Hall National High School Choral Festival. The choir has taken tours to Europe and both coasts.

The Choral program annually produces a Madrigal Feast alternating with a Broadway Musical -- the last two- "Les Miserables" & "Fiddler on the Roof"- playing to roughly 5000 people.

### **COLOR GUARD / WINTER GUARD**

A performing group comprised of students that are learning basic and advanced dance, flag work, and weapon work. Guard members may participate on two levels. Level One is Color Guard and includes performing with the Golden Apple Marching Band during games, in field competitions, and parades. Level Two, Winter Guard, is a stand-alone performance group which performs and competes to taped music at indoor events. Communication with the Guard instructor is all that is required to join.

### **DEBATE** (Speech and Debate Team)

Students may choose from a variety of topics and speech formats, and all competitors gain valuable skills in preparation, speech development, argumentation, research, and performance. Competitions run from November to March culminating with Nationals in June. Students may be eligible for team, district, state, and national awards.

### **DECA**

A nationally affiliated, co-curricular, youth organization whose program of developing leaders in marketing, management, and business is designed specifically for students enrolled in the Marketing Program. DECA enhances the classroom experience by providing conferences and competitions that mold students into character-driven leaders. DECA gives students opportunities to meet new people, network with industry leading CEO's, and compete in marketing based occupational events. DECA runs the school store.

### **DIVERSITY CLUB**

The WHS Diversity Club was founded in 2007 by a group of students whose mission was to make WHS a safe and welcoming environment for all students regardless of race, ethnicity, gender, social class, or religious or sexual orientation. The club sponsors awareness and advocacy events throughout the year, and its regular meetings are open to all students. The club has received several state and local awards for its work.

### **DRAMA CLUB**

Two major drama productions each year offer the drama enthusiast of any age a chance to work backstage or perform before lights. The fall production alternates every other year between an all-district musical (open to students in Grades 2 – 12), and a WHS music department musical (open to high school students only). The spring production is usually a drama for a smaller ensemble involving only high school students. Tryouts are open, newcomers welcomed, and those with knowledge of lighting, stagecraft, and make-up are encouraged to participate.

### **EARTH CLUB**

This club invites students to participate in outdoor adventures (e.g. hiking, cross-country skiing, snowshoeing, and sea kayaking) and support local environmental conservation projects (e.g. tree planting, noxious weed cleanup, Audubon Bird inventories, and watershed surveys). Meetings are

the second and fourth Tuesday of each month in Room #301 with Ms. Block. Check the bulletin board outside Room #301 for scheduled outdoor adventures.

### **EQUESTRIAN CLUB**

This club is associated with the state organization, WAHSET (Washington High School Equestrian Team). Their website is: <http://www.wahset.org/>. There are events for everyone: performance including jumping, dressage, drill, cattle events, and timed gaming events. Initial meeting in September or October. Practices start in December. Competitions begin in March, with state finals in May. Coach/advisor - Thera Judd, and Advisor - Kriss Crilly.

### **FBLA** (Future Business Leaders of America)

A career and technical student organization that provides students with an opportunity to learn about business through activities and workshops, and to test their business skills and knowledge through competitive events. It also provides students the opportunities to develop and utilize leadership skills through planning and participating in chapter activities.

### **FFA** (The National FFA Organization)

Wenatchee FFA has about 150 members who compete in contests around the state called Career Development Events, and include many areas, from forestry to welding, and agricultural communications to extemporaneous speaking. For a handbook, contact one of the advisors: Beth Hammerberg, Dan Ellwood, Matt Asplund, or Rob Matthews.

### **FRENCH CLUB**

Aside from lighthearted movie nights, French Club prides itself on giving back to the community. The club has focused on restoring the beauty of Dry Falls State Park over the last three years. The French Club annual talent show raises money for a variety of activities.

### **GERMAN CLUB**

Open to all students who are interested in the culture, language, and history of German-speaking countries. Members do not have to speak German. The club meets every other month for activities which include German film presentations, preparing German food, crafts, and celebrations. The German Club actively seeks opportunities for community service and supports other clubs in their efforts.

### **INSPIRE CLUB** (formerly SADD)

This club encourages students to avoid drinking and other destructive behaviors. Students first learn and then educate others about issues such as teen suicide. Anyone can join and they meet after school.

### **INTERACT CLUB**

This is a Rotary-sponsored service club. Members are given an opportunity to participate in fun, meaningful service projects while developing leadership skills and meeting new friends. Projects have included gathering school supplies for Afghanistan, and founding a nationwide fundraiser for UNICEF.

### **INTRAMURALS**

Allows students to compete without the structure of varsity sports. The center of the program is basketball, although there are a variety of activities for students to participate in. This is a growing program that is always open for suggestions and volunteers.

### **KEY CLUB**

This is a Kiwanis-sponsored service club, open to all with a willingness to serve. Some examples of projects are: Rake 'N' Run, Senior Prom for Senior Citizens, Read and Record books for elementary school libraries, and March of Dimes fundraisers. There are also opportunities to meet other students from Leavenworth to Waterville through leadership activities.

## **KNOWLEDGE BOWL**

This academic team competes against other NCW schools in a game-show format. Information covered comes from courses offered at high school, popular culture, current events, and random trivia. Camaraderie, learning, and fun are the focuses of each session. Everyone who participates at the practices is able to play in the competitions.

## **MARIACHI DANCE / BALLET FOLKLORICO**

This is a dance group interested in the dances from different regions of Mexico. We have a beginner and an advanced group. These groups perform at different events, such as Cinco de Mayo, Northwest Mariachi festival, and Winter Mariachi Showcase. This group meets twice a week after school. Parents can call: Mr. Rivera at the Mariachi Office 509-663-8117 ext:284 or 509-393-8871 for information.

## **MARIACHI GROUPS**

There are three mariachi groups at WHS: Mariachi Cielo Azul : Level 1 Mariachi; Mariachi Azteca: Level 2 Intermediate Mariachi; and Mariachi Huenachi: Level 3 Advanced Mariachi. All groups learn to play the violin, trumpet, guitar, vihuela, guitarron, and also sing. These are performance classes so they will be required to perform outside the school day. Mariachi Huenachi and Mariachi Azteca are advanced classes and participation is by audition only. They perform all over the state and have won numerous awards. For more information, visit the web site [www.whsmariachi.com](http://www.whsmariachi.com) or [www.wsdmariachi.com](http://www.wsdmariachi.com). Parents can call: Mr. Rivera at the Mariachi Office 509-663-8117 ext:284 or 509-393-8871 for information

## **MECHA (Movimiento Estudiantil Chicano de Aztlan)**

The MECHA Club goals are to promote more communication, awareness, and education at Wenatchee High School and the community for Mexican/American, Latino/a, Chicano/Chicana students. MECHA serves as a voice for Latino and other minority students to come together for support. Members get exposed to a variety of activities such as MECHA state and regional conferences, college visitations, community service, and social functions. Meetings are held once a week.

## **NATIONAL HONOR SOCIETY (NHS)**

This national society was established for sophomores, juniors, and seniors who demonstrate excellence in the areas of character, scholarship, leadership, and service. The National Honor Society is committed to preparing students to become leaders in their school and community during their high school career and the rest of their lives. Students must have a minimum 3.5 cumulative GPA and may apply to be a member as early as the spring of sophomore year, or later, in the fall or spring of their junior or senior year. Applicants for membership are asked to show evidence of demonstrated leadership, service, and character according to criteria set by the chapter; and to participate in all NHS school activities, which have included helping with Ridge-to-River, Special Olympics, fifth-grade tours, tutoring, and Kids Care retreats. They award scholarships to deserving seniors.

## **ORCHESTRA**

Orchestra - Students must have proficiency on a string instrument. Students work together as a whole group and in sections to practice the music. The orchestra occasionally performs with the Wind Ensemble. This is a performance-based class and will involve time outside of the school day. This group has performed and competed throughout the state in competitions, such as Large Group Contest and Central Washington Orchestra Festival.

Chamber Orchestra - Entrance by audition. Student must possess a high level of technical and musical proficiency of a string instrument. The class will perform professional level chamber music and full orchestra literature in concert to a high degree of proficiency. String quartets will be formed within the class for the purpose of performances in the community. Students will be required to participate in the district solo-ensemble contest as an ensemble and also be required

to perform at some evening and weekend performances. They will act as a traveling performing group within the community. Units of theory and music history will be explored.

### **PANTHERETTES DANCE TEAM**

Made up of 9<sup>th</sup> graders; performs at 9<sup>th</sup> grade and JV games, and the Apple Blossom Parade. Tryouts in mid-September.

### **PEOPLE FIRST**

A school-affiliated organization based on the People First of Washington. Their mission is to “assist people of different abilities to realize that we are People First and our disabilities are secondary and that we are equal citizens in our communities.”

### **POLITICAL AWARENESS**

An informal gathering of students and teachers who want to discuss political and current happenings in an environment that is conducive to intellectual conversations. Topics can range from Social Security Reform to local matters.

### **RANDOM ACTS OF KINDNESS CLUB**

This club was established at WHS to provide an opportunity for students to serve those around them. This service may be small acts and random in nature but can have a huge impact on a community. The RAK club meets on a weekly basis to coordinate this service, and spread acceptance and kindness through their actions.

### **SPANISH CLUB**

This club is for students who speak Spanish or take it as a class. Activities are designed to further the integration of Latino and Anglo students in productive and fun Spanish-speaking opportunities such as movie nights, bilingual potlucks, card-making for hospitals and rest homes, ice skating, and dances.

### **SPIRIT CLUB**

The goal of Spirit Club is to recognize the students involved in the various activities here at WHS. They make locker signs, hall posters, and pride-o-grams for these students. Spirit club also has poster parties several times a year, and they try to attend some of sporting events that do not have as much student body support.

### **SPORTS MEDICINE**

The WHS Sports Medicine Team has placed in the Top 4 the last fifteen consecutive years at the State Sports Medicine Competition. This program provides academic and practical skills for students considering careers in athletic training, medicine, physical therapy, or other related careers. Sports Medicine is a full-year program consisting of one classroom period and the after-school Sports Medicine Practicum. Advanced Sports Medicine is also offered, expanding on the knowledge and skills from the first year class. Students enrolled in the Sports Medicine Practicum serve as student athletic trainers and work in the Athletic Treatment Center with Panther athletes, learning the prevention, treatment, and rehabilitation of sports injuries. Students must commit 90 hours per semester, or an average of one hour per day.

### **STAGE AND SOUND CREW**

The WHS Stage and Sound Crew sets up and operates the sound, lighting, and audio-visual for school assemblies, rental events in the auditorium, and Band/Orchestra/Mariachi/Choral concerts. Anyone with an interest in learning the backstage operation necessary to set up and run an event is eligible. A willingness to work is necessary to stay on the Stage and Sound Crew.

### **TECHNOLOGY STUDENTS ASSOCIATION (TSA)**

The mission of the Technology Student Association is to prepare students for the challenges of a dynamic world by promoting technological literacy, leadership, and problem solving, resulting in personal growth and opportunities. This club is open to all WHS students, and is run primarily

through the engineering related courses of Introduction to Drafting, and AutoCAD. It is also part of the Technology Lab classes. Students are shown a variety of “real world” situations involving them in a smaller classroom setting.

The major event is the North Central Washington and National Bridge Building Competition. Students work in and out of the classroom on this month-long project. Basswood bridges are constructed and tested to check for their efficiency. WHS has recently become a top national contender in this event.

Other activities have included: vacuum tube rockets, CO2-powered dragsters, packaging design projects, and local area field trips. Field trips to local businesses have proven highly successful for TSA students, as they have led to job shadows, part-time employment, and guidance for them in further educational and career choices.

### **VICA GRAPHICS**

For those students interested in photography, graphics, or screen-printing. Purpose of the club is to inform and prepare students in the business and artistic aspects of these fields. Activities include college visits, guest speakers, and photo contests.

### **WA WA YEARBOOK**

The yearbook is 280 pages of comprehensive coverage of all school activities, sports, and people, produced by the journalism production class. Can be ordered at the beginning of the school year through the ASB office; distributed in late May. The \$49 price goes up to \$59 on Nov. 1 and \$69 on May 1, so it's best to buy your yearbook early! Senior photos must be submitted by Oct. 15. For more information, call the publications adviser Jeanette Marantos at 663-8117, ext. 262.

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