

## Middle School Extra Curricular Activities

**Forensics: (open to 7th and 8th graders)** forensics is an activity in which students speak and perform before a judge. The categories for their performances are: prose, poetry, storytelling, declaration, demonstration and reading theatre. **Contests:** there is a local contest and then a regional contest. Two winners and an alternate are chosen at the local contest. Practices are during free times in school and after school and are usually fifteen to twenty minutes.

**Solo and Ensemble: ( open to 7th and 8th grade band and choir students)** Students perform alone or with a group and are judged on their musical performance. Music for the contest is distributed in January and the Music Festival is in March or April. Practices are during the school day and at home.

**Newspaper: (5th through 8th grade)** There are four newspapers throughout the year. Students choose to write a feature article for the publication. Articles can be written about special activities at school, special topics learned in the classroom, your classmates, movies, surveys, etc...First newspaper is distributed at the end of October. There are after school meetings on Mondays from 3:20-4:00 p.m.to work on articles.

**Battle of the Books: (5th through 8th grade)** Teams of four students compete in Battles (20 questions to each team) during the school day. Each team is guaranteed two battles. The student needs to read three to four books at home and in their free time. Battles start in March.

**Memory Book: (5th through 8th grade)** Memory book works to compile pictures and artwork in a book which students can purchase at a reasonable price to remember their middle school years. They meet quarterly after school.

**Student Council: (5th through 8th grade)** Student council meets monthly during activity period. They do fundraisers, plan after school trips, host dances and help the middle school by purchasing things it needs.

**Volleyball: 5th and 6th grade** learn basic fundamentals and rules of the game. Practice starts in late August. The season runs August thru October with games on Monday nights. **7th and 8th grade** have a ten game schedule with schools in the Olympian Conference. Game time is 4:30 p.m.. Students are expected to attend practices regularly and be a positive team member.

**Football: 5th and 6th grade** Practices start in August and are after school with games on Saturdays and some during the week. **7th and 8th grade** practices begin in August and are after school with games on Tuesday nights starting at 4:30.

**Cross Country– 5th through 8th grade** students train and compete in races ranging from 1.25 to 2 miles. Season is September to early October. Practices begin in late August and are held with the HS runners after school.

**Boys Basketball - 5th and 6th** begin in November and play Olympian conference teams on Saturdays and some tournaments. Sign up sheets are in the office beginning late October. Practices are in the evening. **7th and 8th grade** begins in November with sign up in the ms office late October. Practices are after school. They play an Olympian conference schedule November through January with tournaments to follow.

**Wrestling– 6th, 7th and 8th grade** A competitive sport where students from the same weight division compete against each other. Season runs January to March, with meets in the Olympian Conference and Manitowoc Junior High Schools. Practices are after school.

**Girls Basketball-5th and 6th grade** begins in November and play Olympian conference teams on Saturdays and some tournaments. Sign up sheets are in the ms office beginning late October. Practices are in the evening. **7th and 8th grade** begin in December with sign up in the ms office in November. Practices are after school. They play an Olympian conference schedule December through March and some tournaments.

**Girls Gymnastics– 6th and 8th grade.** Students learn the basic skills in reference to each area regarding balance and coordination. Practice times are four to five times during the week. Practice times will be 3:30 –5:00 p.m. or 5:00—6:30 p.m. and may be some Saturday morning practices. Gymnasts have meets against other middle schools and perform at most home high school competitions.

**Dolphins Swim Team-5th through 8th grade.** Students learn how to do the free style, breast stroke, back stroke, and fly. Swimming distances range from 50-100 meters for middle school swimmers. The season runs from December to March. Team meets may be on weekdays and on weekends.

**Track– 7th and 8th grade boys and girls.** Students learn to compete in the events that are in most track programs. Practices are after school 3:30 –5:00 p.m. Meets are against teams in the Olympian conference plus Manitowoc Junior High Schools.

**Soccer—5th through 8th grade.** Students participate through Lake to Lake Soccer Club. Registration is in late February with games being played on Saturday Mornings from late April to June. Practices are in the evenings during the week. Teams are coed, just boys or just girls.