

RRMS CLUBS, ACTIVITIES, and ATHLETICS

Rocky River Middle School is proud to sponsor a variety of student clubs, activities, and athletic programs for their students. Participation in these programs has a variety of requirements and responsibilities. Students that try out and/or select to participate in an activity should do so with the intent of attending all practices, meetings, performances, and events. Please examine your calendar and other commitments so that you will not become over extended. Time should also be considered for the completion of academic responsibilities as well. The student activity clubs and activities available to students are as follows:

Be the Change - This group is *against* bullying and is *for* making our school a happier and safer place. The BTC group encourages everyone to "Notice" bullying, "Choose" to do something about it and to "Act" for change in the way people respond to one another. Mix-it-up-Day at Lunch and the "New kid" party are two events they host. They meet about 3 times a month. Listen to Channel 10 for meeting times and dates.

Builder's Club - Our largest service organization is our Builder's Club. Builder's Club is the middle school version of the high school Key Club and the adult Kiwanis Club organization. Students from all grade levels are eligible to join and become involved in a variety of service projects. Meetings are usually held one day per week before school in the library. Interested students should listen for meeting announcements on Channel 10 in the fall.

Channel 10 - The Channel 10 crew is responsible for our television morning announcement broadcasts. One student is selected by the faculty advisor to serve as the Director of these broadcasts. This Director is usually an eighth grade student that has been involved with Channel 10 since the sixth grade. Auditions for news anchor and tech crew are held each spring. These positions rotate throughout the year to allow for more student participation.

Newspaper Staff - The school newspaper is published and sold at the end of each quarter. Interested students should have a strong background or interest in journalism, language arts, and technology. Students are selected by the faculty advisor based upon their writing skills, the recommendations of previous teachers, and the demonstration of a strong work ethic. All writers and editors on the staff will be required to meet deadlines and publication timelines. Selections to the newspaper staff are made early in the fall by the faculty advisor. Channel 10 will broadcast announcements for interested students.

Science Olympiad - Our best science students are selected to be members of the Science Olympiad Team. Selections are made by the faculty advisors in the fall based upon a student's interest, academic performance in science, demonstration of work ethic, research skills, ability to work as a team with other students, and maturity. The team attends local competitions during the school year and in recent years has attended the state competition in Columbus. Each year, the Science Olympiad teams nationwide are provided with a list of competitive activities or events. Teams are developed and begin working together on solutions. The team usually meets one afternoon during the week after school and on Saturday mornings. The faculty advisor will provide a calendar of events and practice times for the year. Team members are expected to attend all working sessions and competitions. Interested students should ask their science teachers about participation at the beginning of the school year.

Student Council - The election for the officers and committee representatives is held in late May among interested members of the seventh grade class. The newly elected officers will serve during their eighth grade year. Members of the Student Council meet before school. The advisor will distribute a schedule at the beginning of the school year. The Student Council is a hard working organization requiring time commitments of all members. Responsibilities include attending meetings, meeting with the Principal,

arranging for clean-up after Council sponsored dances, service project work, reporting of student issues to homerooms, and fund-raising for charities. All Student Council members are expected to live up to their service obligations.

Talent Show - A student talent show is held in early November as a showcase for a variety of skills and abilities. Students demonstrate their skills and talents in art, singing, dancing, martial arts, stand-up comedy, instrumental music, comedic skits, and other forms of skill and entertainment. Lip-syncing acts are not included in the show. All acts are reviewed and approved by the advisor and most are included in the show.

Interested students should sign up for an audition time in early October. Listen to the Channel 10 morning announcements for details.

Yearbook Staff - The Yearbook Staff is always looking for creative students with a background in technology and an interest in photography. The yearbook is an annual publication consisting of student pictures and highlights of the school year. The staff organizes a yearbook cover contest and the content of the book. Meetings are held as needed after school from December through March. Interested students should make inquiries of the faculty advisors.

STUDENT INTERSCHOLASTIC ATHLETIC PROGRAMS

Interscholastic athletic competition programs are available to all seventh and eighth grade students. Rocky River Middle School is a participating member of the Westshore Conference (WSC). Except for the fall season of the seventh grade, all student athletes must have a passing grade in five of their classes during the previous nine-week grading period. This Ohio High School Athletic Association rule on eligibility cannot be altered. If the student athlete has not met the eligibility requirement, he/she will remain ineligible for the subsequent nine-week grading period. It is imperative that all potential student athletes maintain a good academic standing. Organizational meetings are generally held immediately after school approximately three weeks prior to the beginning of each sports season. All meetings are announced over channel 10. Fall sports participants usually meet in mid May of the previous school year. Student athletes will be provided the necessary forms, rules, regulations, and other information related to the sports season. It is the responsibility of the student and his/her family to be sure that all necessary forms are returned and that a sports physical has been completed before the start of the first practice or try out session. A sports physical is valid for one calendar year from the date on the physical card. It is a good idea to arrange for this physical during the summer months so that families are not rushed to make last minute plans. Sports physical forms are available on the school website. A complete list of rules, regulations, and policies are available in this handbook. The athletic programs available to seventh and eighth grade middle school students are as follows:

Basketball (boys and girls) - The boy's basketball season begins in mid October and ends in late January. The girl's season begins in early December and concludes in late March. Try out sessions are conducted for both boys and girls basketball teams with each team keeping approximately 12 athletes. Independent teams will be organized depending upon the number of athletes trying out and their skill ability to play basketball. Due to the number of teams and the partial overlap of the seasons, practice times will be scheduled for approximately an hour and a half on a rotating basis through the early evening. Athletes are expected to attend all of their practices and games. The coaches will teach basic ball handling, shooting, and other basketball related skills.

Cheerleading (girls) - Cheerleading squads are sponsored for football and boys basketball. Try out sessions are very competitive and are usually held in April or May for the next school year. Approximately 12 to 16 girls form a squad depending on the sports season involved. Training sessions are held prior to the try out sessions to assist the girls in their skill development. Practices are held after school and the squads will cheer

for home games only. Sometimes a squad may be able to cheer at a tournament game depending upon Westshore Conference guidelines. The coach will provide a calendar of practice times and events.

Cross Country (boys and girls) - This activity is a perfect sport for the student who enjoys running. Cross country generally starts a week before school opens in August and concludes in mid October. Athletes are trained to run distances of approximately two to five miles. Practices are held outdoors after school from approximately 3:30 p.m. until 5:00 p.m. Since there is not a home course, all competitive events are scheduled away. There are no cuts made for participation in cross country. The coaches will provide a calendar of practice times and events.

Football (boys) - Football is a highly competitive contact sport. Practice begins in early August at the high school and the season concludes in mid October. All middle school practices and home games are played at the high school immediately after school. Coaches will develop the program based upon the teaching of basic blocking, tackling, and other skills related to football. No cuts are made in participation.

Softball (girls) - Currently, the middle school sponsors one girl's softball team consisting of athletes in grades 7 and 8. The season begins in mid March and concludes in late May. Try out sessions are held and approximately 12 to 14 girls are kept for the team. Practices and games are held immediately after school on the middle school field. The coaches teach basic hitting, throwing, catching, and other softball related skills.

Track and Field (boys and girls) - The track and field season is scheduled from mid March through late May. There are no try out sessions to make the team. Coaches will examine the skills of their athletes and develop them in to a variety of running and field events. Practices will be held after school at the middle school and the high school. Some later practices at the high school track may need to be scheduled due to the high demand of the track. The coaches will provide a calendar of practice sessions, locations, and events.

Volleyball (girls) - Volleyball begins in early August and concludes in late October. Participation in girls' volleyball is based upon a series of try-out sessions held at the beginning of the season. Approximately 12 girls are assigned to a team at each grade level. If a large number of girls try out, an additional team will be organized and scheduled to play an independent schedule. The number of independent teams will depend upon the number of girls trying out and their level of athletic skill. All practices will be held at the middle school for approximately an hour and a half. Based upon the number of organized teams, practice times may need to rotate to times later in the late afternoon and early evening. Athletes are expected to attend all of their practices and games. The coaches will teach serving, setting, spiking, offensive and defensive strategies, and other related skills.

Wrestling - Wrestling is ideal for athletes of all sizes because the competition is against other athletes of equal weight. The season is from early November through early February. Practices are held immediately after school in the west gym. There are no try out sessions for wrestling, however, you must beat other teammates for a spot in the line up. During most matches, the coaches like to schedule as many exhibition matches among members of their teams so that each athlete will have an opportunity to wrestle in a competitive match. Many skills are taught by the coaches to prepare their athletes for competition. Athletes compete in 15 weight classes from 80 pounds to heavyweight in three periods of 90 seconds each (4 and 1/2 minutes per match). The team consists of athletes in grades 7 and 8.

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