



ATHLETICS  
&  
ACTIVITIES  
INFORMATION

2025-2026

# OHS Athletics Information

## FALL SPORTS

### Weight Room – Year-Round at No Cost

#### Description of Activity:

Students are allowed to use the OHS weight room after school to exercise, work out and make up homework or absenteeism from physical education classes. PRIORITY USAGE of users belongs to “**in-season athletes and teams**” during hours of operation. This means that any “non-season” student/athlete training or exercising will **NOT** have priority of equipment. No exceptions!

#### Schedule/Participants:

Typically, the weight room is open every day after school 2:45-5:00 p.m. all year. It is open for all **9-12 grades**. There are exceptions for when it is closed.

#### Contact Information:

Strength & Conditioning Coach -Jerry Eggermont  
jeggermont@isd761.org  
507-444-8830

### Cross Country

#### Description of Activity:

Cross country running involves daily conditioning workouts (running and weightlifting) to condition athletes for running 5 kilometer races which are typically held at golf courses or parks.

#### Schedule/Participants:

OHS fall sports season. **Boys grades 9-12 . Girls grades 7-12.**

Practice 5-6 days per week and 10 competitions.

#### Contact information:

Boys Varsity Coach - Luke Holt  
[lholt@isd761.org](mailto:lholt@isd761.org)  
507-444-8137

Girls Varsity Coach -Tasheena Cooke  
tasheenarae@gmail.com  
507-475-3364

### Cheerleading - Fall

#### Description of Activity:

Any girls or boys in **grades 7-12** are free to try out for the position of cheerleader or mascot. The Varsity team cheers for all home and away football games, sections/state, school pep fests, and the homecoming parade. Junior Varsity/9th grade teams cheer for all home Varsity games, all home Junior Varsity/9th grade football games, school pep fests, and participate in the homecoming parade. Cheering consists of elite stunting, performing difficult dances, chants/cheers, and tumbling. (8-12 graders can make varsity, 7-12 graders can make junior varsity, 7-12 graders can make 9th grade)

#### Schedule/Participants:

Daily practices. The season starts the first legal day of practice in August..

#### Contact Information:

Fall Varsity Cheer Coach - Jenna Compton  
jcompton@isd761.org  
507-456-8699

### Football

#### Description of Activity:

Open to all students **grades 9-12**. No cuts. Playing time is based on merit.

#### Schedule/Participants:

*9th grade* – 10-week season beginning in mid August. One morning practice each day until school begins. 1 practice after school each day. 1 game per week – typically Thursdays.

*10th grade* – 10-week season beginning in mid August. Two practices each day until school begins. One practice after school each day. One game per week – typically Thursdays.

*11-12th grade* – 11-week season beginning in mid August. Season could be extended by playoffs. Two practices each day until school begins. One practice after school each day. One game per week – typically Fridays.

#### Contact Information:

Varsity Coach – Jeff Williams

## **Soccer**

### **Description of Activity:**

Soccer is a competitive high school sport open to **grades 8-12**. Competitions are against Big Nine and Regional schools. Three to four teams are offered based on participation numbers.

### **Schedule/Participants:**

Soccer begins in mid-August and ends in mid-October. Practices are weekdays after school. There are 15-16 matches for Varsity and JV during the regular season (approximately 2-3 matches per week). 9-10<sup>th</sup> graders have a similar schedule, although matches may vary.

### **Contact Information:**

Boys Varsity Coach - Bob Waypa  
[Bob.waypa@us.bosch.com](mailto:Bob.waypa@us.bosch.com)  
507-676-4153

Girls Varsity Coach - Nate Gendron  
[ngendron@isd761.org](mailto:ngendron@isd761.org)  
507-456-4985

## **Swimming - Girls**

### **Description of Activity:**

This high school sport is open to girl's **grades 7-12** during the fall season. Each athlete can participate in 4 events per meet. Swimming is both a team and individual sport. In a dual meet, the top 5 places earn points, which are then tabulated for the team score. Swimming is a sport that people can participate in throughout their lifetime.

### **Schedule/Participants:**

The sport begins in the middle of August and ends in November. Depending on the skill of the individual and the amount of time the individual has, she may begin swimming with the high school team in the seventh grade. The high school team practices at the junior high every day after school from 3:30 to 5:45 p.m. Meets are typically on Tuesdays and Thursdays with some invitationals on Saturdays.

### **Contact Information:**

Varsity Coach – Isaiah Fuller  
[fuis0401@gmail.com](mailto:fuis0401@gmail.com)  
507-384-2884

## **Tennis - Girls**

### **Description of Activity:**

**7-12 grade**; practice 3 - 5 p.m. on non-match days. Two or three matches a week. Matches usually last from 4 - 7:30 p.m. All girls play either Varsity or JV. No cuts.

### **Contact Information:**

Varsity Coach - Curt Matejcek  
[cmatejcek@isd761.org](mailto:cmatejcek@isd761.org)  
507-390-0073

## **Volleyball**

### **Description of Activity:**

Volleyball is a competitive high school sport open to 9-12 graders. Competitions are against Big Nine and Regional schools. Four to five teams are offered based on participation numbers. Anyone interested in playing is encouraged to try out; however, cuts are made at each level depending on the number of athletes interested in playing.

### **Schedule/Participants:**

Practice starts in the middle of August and runs to the first week in November. Athletes can expect two practices per day for the first week and then one practice per day when school begins. Typically, there are two matches per week. Athletes should plan to commit to M-F practices, weight room obligations and 2-3 weekend tournaments.

### **Contact Information:**

Varsity Coach – Josh Halva  
[jhalva@isd761.org](mailto:jhalva@isd761.org)  
507-259-0682

# WINTER SPORTS

## **Adapted Floor Hockey**

### **Description of Activity:**

An MSHSL activity that gives students with cognitive impairments the chance to play and letter in a High school sport. Floor hockey is played in a gym with sticks, helmets, and felt pucks. The rules are similar to ice hockey but have a few modifications to help our athletes. Athletes play roughly ten floor hockey games a year against other adapted teams from around the state. Transportation is provided to floor hockey athletes to facilitate getting them to and from practices and games.

### **Schedule/Participants:**

Winter Sport, practice and/or game four days per week; practice after school, games in the evenings.  
Open to 7-12 grades.

### **Contact Information:**

CW Wolfe  
[cwolfe@isd761.org](mailto:cwolfe@isd761.org)  
507-213-4383

## **Basketball - Boys**

### **Description of Activity:**

Our high school boys' basketball program has four to five teams comprised of one varsity, a JV, a B-squad, and two freshmen teams. Anyone interested in playing is encouraged to try out; however, cuts are made at each level depending on the number of athletes interested in playing.

### **Schedule/Participants:**

Boys' basketball is a winter sport which starts at the end of November and runs until the middle of March. High school players in **grades 9-12** participate with an average of 20 athletes on two teams at the freshman level, 12-15 players on one sophomore team, and 16 on the varsity/JV. Athletes in grades 10-12 need to plan on committing themselves to practicing/playing six days a week (no Sundays) during the season with possible early morning practices, late evening practices, weight room obligations, and participate in an average of two to three games per week. Freshman participates; Monday-Friday with an occasional weekend tournament.

### **Contact Information:**

Varsity Coach - Josh Williams  
[jwilliams1@isd761.org](mailto:jwilliams1@isd761.org)  
507-444-8437

## **Basketball - Girls**

### **Description of Activity:**

Our high school girls' basketball program has three teams comprised of one varsity, a JV and a freshmen team. Anyone interested in playing is encouraged to try out; however, cuts are made at each level depending on the number of athletes interested in playing.

### **Schedule/Participants:**

Girls' basketball is a winter sport which starts at the end of November and runs until the middle of March. High school players in **grades 9-12** participate with an average of 10 athletes at the freshman level and 15-20 players on the varsity/JV. Athletes on Varsity/JV need to plan on committing themselves to practicing/playing six days a week (no Sundays) during the season with possible early morning practices, late evening practices, weight room obligations, and participate in an average of two to three games per week. Freshmen participate; Monday-Friday with an occasional weekend tournament.

### **Contact Information:**

Varsity Coach – Pat Webb  
[pwebb@isd761.org](mailto:pwebb@isd761.org)  
507-444-8760

## **Cheerleading - Winter**

### **Description of Activity:**

Any girls or boys in grades 7-12 are free to try out for the position of cheerleader or mascot. The team cheers for all home boys' and girls' basketball, home boys' and girls' hockey and home wrestling, as well as sections and state. Cheering consists of elite stunting, performing difficult dances, performing chants and cheers, and tumbling. The cheer team also does the pep fests. **8-12 graders** can make varsity and **7-12 graders** can make junior varsity.

### **Schedule/Participants:**

Tryouts are held late October to early November. Practices are held Monday-Thursday 2:45 p.m. to 5:00 p.m. until about the second week in December. Then practices are Monday and Wednesday at the same time. Season runs from making the squad into March.

### **Contact Information:**

Winter Varsity Coach – Jenna Compton  
jcompton@isd761.org  
507-456-8699

## **Dance Team**

### **Description of Activity:**

Dance provides female athletes the opportunity to compete kick and jazz routines through the Minnesota State High School league. We focus on dance technique and learn 2 competitive routines. All dancers are welcome to try out for our JV and Varsity teams.

### **Schedule/Participants:**

Winter season runs the end of October-February. We participate in 5-6 invitationals a year and compete in our conference and section meets.

### **Contact Information:**

Varsity Coach – Emma Paquette  
emmapaquette11@gmail.com  
507-838-1177

## **Gymnastics**

### **Description of Activity:**

Gymnastics provides an opportunity for girls to participate in an interscholastic sport sponsored by the Minnesota State High School League. Competition is in four events—vault, uneven bars, balance beam and floor exercise.

### **Schedule/Participants:**

Winter season – November to February. Athletes from **grades 7-12** are eligible to compete. Gymnastics typically has 10-12 competitions per year.

### **Contact Information:**

Varsity Coach – Kiana Starks  
kmleer16@gmail.com  
507-676-0858

## **Hockey - Boys**

### **Description of Activity:**

Boys' varsity and junior varsity program offers OHS students the opportunity to learn life skills through playing hockey at a highly competitive level.

### **Schedule/Participants:**

The season begins in mid-November and continues through the middle of March. The schedule consists of 25 regular season games plus playoffs. The varsity and JV teams practice every weekday from 3-5:45 p.m. with occasional Saturday practices. Recommended off-season training includes weight room/sprint sessions in the spring, summer, and fall, and four weeks of on-ice training in the summer. Most participants are in **grades 10-12**, but 8-9 graders are welcome if appropriate.

### **Contact Information:**

Varsity Coach – Dennis Will  
dwill@isd761.org  
507-663-7095

## **Hockey - Girls**

### **Description of Activity:**

Girl's hockey is a very successful program in Owatonna that has been to the state tournament three times since its inaugural season in 1996-97. Home games and practices take place at the Four Seasons Centre, where the team has a permanent locker room.

### **Schedule/Participants:**

The season begins in late October and continues through the middle of February. The schedule consists of 25 regular season games plus playoffs. The varsity and (JV, if numbers allow) teams practice every weekday from 3-5:45 p.m., with occasional Saturday practices. Recommended off-season training includes weight room/sprint sessions in the spring, summer, and fall, and four weeks of on-ice training in the summer. The sport is open to **grades 8-12**, but most participants are in grades 9-12 but 7<sup>th</sup> grade considered if age ineligible for youth hockey.

**Contact Information:**

Varsity Coach – Tony Cloud  
tonycloud.ohs@gmail.com  
952-484-9310

**Swimming and Diving - Boys****Description of Activity:**

OHS offers swimming and diving for **grades 7-12**. We introduce the four competitive strokes used in swimming. We concentrate on self improvement to achieve team and individual goals.

**Schedule/Participants:**

We practice Monday through Friday from 3:30 to 6 p.m. We compete in dual meets with the Big 9 and three to four invitational meets.

**Contact Information:**

Varsity Coach – Peter Rhodes  
prhodes@faribault.k12.mn.us  
507-774-9190

**Wrestling****Description of Activity:**

A sport offered to **9-12 grade** students offering competitive schedules at three levels of competition (9th grade, junior varsity, and varsity). Owatonna wrestling strongly promotes participation, no one is cut, and everyone participates.

**Schedule/Participants:**

This sport is offered in the winter from late November through the end of February. Participation is guaranteed for everyone who participates on the team, no one just sits on the bench!

**Contact Information:**

Varsity Coach – Derek Johnson  
djohnson8@isd761.org  
507-676-6066

**SPRING SPORTS****Baseball****Description of Activity:**

Participating boys in **grades 9-12** will receive instruction, skill development and game preparation pertaining to the game of baseball. Teams will compete in the Big 9 Conference and Section 1AAA.

**Schedule/Participants:**

OHS baseball is a MSHSL sponsored spring activity from the middle of March until the first of June. Daily practices are held M-F from approximately 3-5 P.M. with most games starting at 5. OHS provides the following teams: varsity, JV (generally non-starting 11-12 graders), B squad (generally 10th grade) and a 9th grade team.

**Contact Information:**

Varsity Coach - Tate Cummins  
tcummins@isd761.org  
507-363-0206

**Golf - Boys****Description of Activity:**

Boys' golf is for any high school boy who is interested in playing competitive golf. The players will improve their game through daily practice and playing quality tournaments at some of the state's best golf courses. If you have played some golf and are ready to improve your game this is an activity for you.

**Schedule/Participants:**

Spring season begins in mid-March and is open for any boy **grades 7-12**. There will be 10 to 16 tournaments per season and an annual team overnight trip, grades 9-12, in early April. Practice times vary, but typically they will be Monday through Friday from 3:15 to about 6:00 P.M. in April and May. All players need to arrange a ride to practice to all 3 golf facilities depending on the day (Havana Hills, Brooktree Golf Course, or Owatonna Country Club).

**Contact Information:**

Varsity Coach – Josh Woodrich  
jwoodrich@isd761.org  
507-456-1234

## **Golf - Girls**

### **Description of Activity:**

Girls' golf is for any high school girl who is interested in playing competitive golf. The players will improve their game through practice and playing and the top players will play in many tournaments at some of the state's best golf courses. If you have played some golf and are ready to improve your game this is an activity for you.

### **Schedule/Participants:**

Spring season begins in mid-March and is open for any girl **grades 9-12**. 16 matches per season—18-22 team members split into three 6-player teams. Practice Monday through Friday right after school until 6-7:30 P.M. in April and May. All players need to arrange their ride to practice at one of the four courses in town.

### **Contact Information:**

Varsity Coach - Maddie Meyer  
mlmeyer13@hotmail.com  
507-363-6894

## **Lacrosse Boys**

### **Description of Activity:**

Lacrosse was first offered as a high school sponsored sport in 2007-08. It participates in the spring during a 10 week season beginning in the end of March. It is a contact sport for boys. Protective gear is required.

### **Schedule/Participants:**

Spring season begins with most games being played in April and May. 13 competitions are allowed during the regular season and involve participants in **grades 9-12** (two to three teams depending on enrollment, B squad, JV and Varsity). It's a no cut sport.

### **Contact Information:**

Varsity Coach Boys – Scott Seykora  
sseykora@isd761.org  
507-213-0913

## **Lacrosse Girls**

### **Description of Activity:**

Lacrosse was first offered as a high school sponsored sport in 2007-08. It participates in the spring during a 10 week season beginning in the end of March. It is a non-contact sport for the girls. Protective gear is required.

### **Schedule/Participants:**

Spring season begins with most games being played in April and May. 13 competitions are allowed during the regular season and involve participants in **grades 9-12** (three levels).

### **Contact Information:**

Varsity Coach Girls – Dani Licht  
dani.licht022@gmail.com  
507-475-1538

## **Softball**

### **Description of Activity:**

Participating students will receive instruction, skill development and game preparation pertaining to the game of softball. Participating students will also have the opportunity to learn life skills through playing softball at a highly competitive level. Teams will compete in the Big 9 Conference and Section 1AAAA.

### **Schedule/Participants:**

The season starts with practice in early March and ends in early June. Daily practices are held approximately 3:30 – 5:30 pm when it is not a game night. Games begin in early April and most games are scheduled for a 5:00 pm start time. Softball is open to all girls in grades 7-12. Typically the softball program will have the following teams: Varsity, JV and C Squad.

### **Contact Information:**

Varsity Coach – Jeremy Moran  
[jp.moran@live.com](mailto:jp.moran@live.com)  
507-951-9118

## **Tennis – Boys**

### **Description of Activity:**

**7-12 grade**; practice 3-5 P.M. on non-match days. Two or three matches a week. Matches usually last from 4-7:30. All boys play either varsity or JV. No cuts.

**Contact Information:**

Varsity Coach - Curt Matejcek  
cmatejcek@isd761.org  
507-390-0073

**Track and Field – Boys****Description of Activity:**

Track and field includes the following events: 100, 200, 400, 800, 1600, 3200 meter runs, 4X100, 4X200, 4X400, 4X800, 100 M hurdles, 110 M Hurdles, 300 M hurdles, pole vault, high jump, long jump, triple jump, shot put and discus. Varsity consists of the top two or three individuals per event (depending on the meet) with the remaining competitors as junior varsity.

**Schedule/Participants:**

Track and field takes place during the spring season beginning in mid-March and ending with the state meet in early June. Boys **grades 9-12** (7<sup>th</sup> and 8<sup>th</sup> graders must qualify for Varsity to compete). Practices are held Monday through Friday from 2:50-5/5:30 p.m. with some morning practices.

**Contact Information:**

Boys Varsity Coach - Kevin Stelter  
kstelter@isd761.org  
507-444-8894

**Track and Field – Girls****Description of Activity:**

Track and field includes the following events: 100, 200, 400, 800, 1600, 3200 meter runs, 4X100, 4X200, 4X400, 4X800, 100 M hurdles, 300 M hurdles, pole vault, high jump, long jump, triple jump, shot put and discus. Varsity consists of the top two or three individuals per event (depending on the meet) with the remaining competitors as junior varsity.

**Schedule/Participants:**

Track and field takes place during the spring season beginning in mid-March and ending with the state meet in early June. Girls **grades 9-12** (7<sup>th</sup> and 8<sup>th</sup> graders must qualify for Varsity to compete). Practices are held Monday through Friday from 2:50-5/5:30 P.M. with some morning practices.

**Contact Information:**

Girls Varsity Coach - Robb Winterfeld  
rwinterfeld@isd761.org  
612-735-7685

**Clay Target Team (Through Community Ed)****Description of Activity:**

The Owatonna Clay Target Team was first offered as an activity in the spring of 2017. It is open to all students (boys & girls) grades 7-12. The League's priorities are safety, fun, and marksmanship - in that order. A state approved hunter/firearm safety certificate is required to participate.

**Schedule:**

This is a spring season activity with a 9-week season beginning at the end of March or early April through the end of May. Registration is usually mid-January to early February. Competition, pre-season meetings and practices are held one night a week. The team practices and competes all regular season dates at the Owatonna Gun Club near Hope, MN. All team members can register for the MN Trap Shooting Championships, which is a one-day event in Alexandria, usually mid-June. Team members that register will be put into one of three classes (Varsity, JV, and Novice) based on their season average. There is a MSHSL State Tournament which is a qualifying event from the MN Trap Shooting Championship.

**Contact Information:**

Head Coach – Mike Kingland  
owatonnaclaytarget@gmail.com  
507-456-0304

## OHS Extra Curricular Activity Information

**Carolers****Description of Activity:**

Elite Winter Choir Group

**Contact Information:**

Advisor: Paula Asmus  
pasmus@isd761.org  
507-444-8869

## **DECA**

### **Description of Activity:**

DECA is for students who have an interest in any area of business. DECA was formed for marketing students but has evolved to include many other business careers. Through DECA, you will gain an understanding of the characteristics and qualities needed to be a successful businessperson. The DECA group participates at a Regional Conference in Rochester, MN and a State Conference in Minneapolis. Students who qualify are also invited to attend the National Conference at various locations throughout the United States. You will choose events to participate in from Sports and Entertainment, Marketing, Entrepreneurship, Planning, Travel and Tourism, Marketing and many more.

### **Schedule/Participants:**

DECA is open to students in **grades 9-12**.

### **Contact Information:**

Advisor: Brad Scharber  
bscharber@isd761.org  
507-444-8897

## **FFA**

### **Description of Activity:**

FFA is a student-led organization of leadership development and career exploration in agriculture related fields. Students in **grades 7 - 12th** are encouraged to join FFA. **Friends, Fun and Activities** are the focus of events in our chapter. FFA makes a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.

### **Schedule/Participants:**

The Owatonna FFA Chapter has scheduled monthly meetings and competes in scheduled regional/state Career Development Events (CDEs). Following is a list of seasonal activities: Fall – homecoming float, national convention, fruit sale fundraiser Winter - Ag. knowledge quizzes, appreciation breakfast, FFA week leadership events Spring – parent-member banquet, state convention, Ag. day Summer – leadership camps, SCFF FFA barnyard, service projects **7-12 graders** interested in agriculture leadership are encouraged to join FFA.

### **Contact Information:**

Advisor: Liz Tinaglia  
etinaglia@isd761.org  
507-444-8919

## **Key Club**

### **Description of Activity:**

This organization works with the local Kiwanis Clubs to do volunteer activities in the Owatonna community. Students volunteer at Culture Fest, The Village of Yesteryear, Salvation Army, Women's Resource Center, and help with assisted living and nursing home holiday activities.

### **Schedule/Participants:**

**Grades 9-12.** We meet the 2nd and 4th Thursdays of the month at 7:35 am in C301. Students sign up for volunteer activities according to personal schedules.

### **Contact Information:**

Advisor: Jon Miron  
jmiron@isd761.org  
507-444-8878

## **Knowledge Bowl**

### **Description of Activity:**

Academic extracurricular where teams of five go head-to-head trying to be the first to know the answer to questions touching on everything from history and science to sports and random trivia. There is a 60-minute multiple choice written rounds followed by several 45-question oral rounds where teams try to "buzz in" first with the correct answer (like "Jeopardy"). One point is earned for each right answer and the team with the most points at the end of the meet wins.

### **Schedule/Participants:**

Winter-Spring – December to March or April. **Grades 9-12**, one-hour practices once a week after school; 5-7 meets away during school days (must be able to make up missed work ahead of time); possible 2-3 days out of school for state tournament in Brainerd in April.

### **Contact Information:**

Advisor: Dan Saehler  
dsaehler@isd761.org  
507-444-8732

## **Marching Band**

### **Contact Information:**

Advisor: Pete Guenther  
pguenther@isd761.org

## **Math League - Senior High**

### **Description of Activity:**

OHS students compete in math competitions against students from other schools in the Big 9 Math League division (Faribault, Austin, Century, Mayo and JM). Competitions are focused on algebra, geometry, advanced algebra, and trigonometry, with each individual competing in two of the four events.

### **Schedule/Participants:**

Senior High Math League is open to students in **grades 9-12**. There are 5 math league competitions held between the end of October and the middle of February. Each event occurs on a Monday and competitors practice together on Mondays where there are no competitions.

### **Contact Information:**

Advisor: Steve Benson  
sbenson1@isd761.org  
507-444-8827

## **Mock Trial**

### **Description of Activity:**

The Minnesota High School Mock Trial Program was created by the Minnesota Bar Association as a law-related education program which will introduce students to the American legal system and provide a challenging opportunity for personal growth and achievement. As part of the mock trial program, students will participate, as either a lawyer or a witness in a real-life trial, competing with area schools. Each team will have a defense and a prosecution for the case consisting of three lawyers and three witnesses for each side. Through participation in mock trial, students gain a practical understanding of the way in which the American legal system functions. While learning the details of the trial process and procedures, students also develop their critical thinking abilities, as well as other important life-time skills; such as reasoning, listening, oral presentation and extemporaneous argument. Mock trial provides an active learning opportunity for students and requires a high level of cooperation among participants.

### **Schedule/Participants:**

Mock trial begins mid to late October and can extend through the beginning of March. Mock Trial is open to all students grades 9-12. Practice is held from 3:00 - 5:00 p.m. on Tuesdays, and Thursdays. Students in Mock Trial will miss two or more days of school in the months of January, February and possibly March. There will be a tournament or two, usually, on a Saturday in mid-December and the first Saturday in January.

### **Contact Information:**

Advisor: Sam Ashton  
sashton@isd761.org  
507-444-8903

## **National Honor Society**

### **Description of Activity:**

The National Honor Society is a prestigious national organization which recognizes and encourages academic achievement while also developing the ideas of service, leadership and character. All students who are academically eligible to apply to NHS (3.7 GPA at end of sophomore year; 3.5 at end of junior year) will be mailed a letter in late summer with application information. Students then must complete all parts of the application by the specified due date, including two recommendations from adult non-relatives (one OHS staff member and one from outside OHS). Complete applications will be reviewed by a faculty council made up of five to nine OHS teachers. Those students who are accepted will be inducted at a formal ceremony in late October or early November, at which time they become full members of our NHS chapter, and they must complete the service hours and meeting requirements throughout the school year to remain a member.

### **Schedule/Participants:**

Returning members will begin meeting one to two mornings per month (typically ½ hour per meeting) immediately in September. New inductees will start as soon as they are accepted into the chapter. All members are expected to be available for the induction in October and the large group service project, usually in March. Service hours vary month to month, but students must complete a certain number of service hours per semester. See the website for current year details. <https://sites.google.com/isd761.org/nhsowatonna/home>

### **Contact Information:**

Advisor: Mitch Dinse  
[mdinse1@isd761.org](mailto:mdinse1@isd761.org)  
507-444-8951

Advisor: Jacob Kringen  
[jkringen@isd761.org](mailto:jkringen@isd761.org)  
507-444-8900

## **OHS Magnet**

### **Description of Activity:**

OHS Magnet is the student-run newspaper of Owatonna High School. We publish online daily and in print three times a year. OHS Magnet uses social media, multimedia, and traditional journalistic principles in order to tell the stories of OHS. Students have class time daily, but cover activities and sporting events outside of the school day as well. Students in Magnet will hone their writing, photography, public relation, graphic design, web design, and multimedia production skills. Magnet staff has been recognized as a National Distinguished Site for the last six years for demonstrating excellence in journalism. This activity has many leadership opportunities, experiences, and lessons that exceed the classroom.

### **Contact Information:**

Advisor: Polly Shives  
pshives@isd761.org  
507-444-8832  
[www.ohsmagnet.com](http://www.ohsmagnet.com)

## **Robotics**

### **Description of Activity:**

OHS Robotics Team "The Rebel Alliance" combines the excitement of sport with the rigors of science and technology. Robotics is the ultimate sport for the mind. Students will have approximately 6 weeks to build and program a robot to compete in the First Robotics Competition. Sub-teams include Business, CAD and Build, Strategy, Programming and Electrical.

### **Schedule/Participants:**

Open to students in **grades 9-12**. All skill levels are welcomed and needed, technical or non-technical. The official season begins the first Saturday in January with a "Kick-Off" which is televised internationally. Team practices are M,T, Th and Friday from 3:00 - 7:00 p.m. and Saturdays from 9 a.m. – 3 p.m. Regional competitions occur during March and April. Training meetings occur throughout the fall of each school year.

### **Contact Information:**

Advisor: Nathele Beadell  
njbeadell@gmail.com

## **S.H.O.C. - Students Helping Others Choose**

### **Description of Activity:**

SHOC is a program that gives high school students the opportunity to promote a drug free lifestyle and educate younger students and their peers about the dangers of putting chemicals into their bodies, handling peer pressure and making good decisions. They do this through elementary classroom presentations, and awareness projects both in the school setting and in the community.

### **Schedule/Participants:**

SHOC is open to 9-12th graders and recruitment takes place in the spring of each year. An application and a reference are required. There are more than 70 members every year. There is a one-day mandatory SHOC training in the summer and a make up training session in the evening in the fall. Classroom presentations to the 5th and 8th grades occur in the winter and spring. Members can sign up for a number of different volunteer activities throughout the school year, such as: chaperoning Activity Nights for the OMS, helping with Toys for Tots, Boo for Food in October, promoting Red Ribbon Week (chemical awareness) in October. Throughout the year they work on projects such as a homecoming parade float, SHOC sponsored bonfire before a home football game, root beer float event, eyes up campaign, seatbelt challenge, mock car crash and many more. SHOC's meetings are once a month at 7:30am in the small group forum. Students are expected to make a pledge to stay drug free and show their leadership skills by being actively involved. Students can letter in SHOC by attending the summer training, all monthly meetings, participating in the classroom presentations and earning a total of 41 volunteer points (hours) throughout the school year.

### **Contact Information:**

Advisor: Nancy Williams  
nwilliams@isd761.org  
507-444-8825

## **Speech Team**

### **Description of Activity:**

Speech team is an academic activity that helps students gain confidence, public speaking ability, creativity and leadership. The speech team categories are a blend of interpretation and public address. Students can pick from any of the 13 categories to present a topic or a literature/dramatic piece. Students' selections may range from a persuasive or informative speech to a dramatic interpretation of literature, poetry, or drama. Other category options include discussion (problem solving), dramatic duo (two people), extemporaneous speaking, extemporaneous reading, storytelling, and creative expression.

**Schedule/Participants:**

Speech Team welcomes **grades 7-12**. Our meets are Saturdays from January through March. The student is responsible for a 20-minute individual practice with the coach each week.

**Contact Information:**

Advisor: Marcia Anderson  
[manderson@isd761.org](mailto:manderson@isd761.org)  
507-444-8922

**Student Council****Description of Activity:**

The student council is an elected body of representatives who work for the betterment of the student body through promotion of school activities to create a better OHS community.

**Schedule/Participants:**

The OHS Student Council consists of representatives from each grade level to serve as a representative for their grade and meets every other week before school. We plan over 60 activities and community service projects each year, so the time commitment is substantial but very rewarding. Information regarding the next year's council is made available through student email and announcements in the spring.

**Contact Information:**

Advisor: Michaela Raney  
[mraney@isd761.org](mailto:mraney@isd761.org)  
507-444-8831

Advisor: Casie Devos  
[cdevos@isd761.org](mailto:cdevos@isd761.org)  
507-444-8859

**Theater****Description of Activity:**

The Owatonna High School Theater Department is committed to providing a quality education in theater - both on and off the stage while producing the highest quality theatrical productions. The theater department produced three shows a year: one musical and two plays. In addition to these productions a student directed One Act Festival is offered in late spring. Students involved in productions at OHS will be exposed to a broad range of theatrical pieces and styles. These pieces will range from some that are tailor-made for children (e.g. Beauty and the Beast, or The Little Mermaid) to pieces that are more associated with adults and adult themes (e.g. Midsummer Night's Dream, or The Laramie Project). Whatever the range, pieces that are chosen for production will be: of good theatrical quality, challenging for the students involved and appropriate for high school students.

**Schedule/Participants:**

The Fall Play is cast about a week after school starts in September and performs the middle of November. The Winter Musical is cast the week before winter break and usually performs at the end of February. The Spring Play is cast the first week of March and performs in the middle of April. The Student Directed one act festival casts in late April and performs at the end of the school year. A letter in theater can be earned after every two shows in which a student successfully participates (the One Act Festival does not count toward those two shows).

**Contact Information:**

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507-444-8847

**Yearbook****Description of Activity:**

Yearbook meets both as a class but also requires some time outside of school as well. The yearbook staff is tasked with creating the OHS yearbook, *The Glyph* from theme conception to print production. In addition, students are required to sell ads to assist with the funding of the book.

**Schedule/Participants:**

Yearbook is a class that meets as a skinny all year long opposite one of the advanced music classes during third hour. It flips between first and second skinny every other year.

**Contact Information:**

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507-444-8849