



OWATONNA

HIGH SCHOOL ATHLETICS & ACTIVITIES

ATHLETICS
&
ACTIVITIES
INFORMATION



OHS Activity Information - Athletics

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.

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 weight lifting) 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 7-12 . Girls grades 7-12.**

Practice 5-6 days per week and 10 competitions.

Contact information:

Boys Varsity Coach - Dave Chatelaine
dchatelaine@isd761.org
507-444-8739

Girls Varsity Coach - Dan Leer
dleer@isd761.org
507-444-8849

Cheerleading - Fall

Description of Activity:

Any girls or boys in **grades 8-12** are free to try out for the position of cheerleader or mascot. The team cheers for all home and away football games, home volleyball games, sections/state, school pep fests, and the homecoming parade. Cheering consists of elite stunting, performing difficult dances, chants/cheers, and tumbling.

(9-12 graders can make varsity and 8-11 graders can make junior varsity)

Schedule/Participants:

Daily practices. The season starts the first legal day of practice in August, with a team camp trip to Iowa.

Contact Information:

Fall & Winter Varsity Coach - Mara Oien
moien@isd761.org
507-444-8916

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
jwilliams@isd761.org
507-444-8908

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). 9-10th graders have a similar schedule, although matches may vary.

Contact Information:

Boys Varsity Coach - Bob Waypa
Bob.waypa@us.bosch.com
507-444-0122

Girls Varsity Coach – Nate Gendron
ngendron@fernbrook.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 invitations on Saturdays.

Contact Information:

Varsity Coach – Isaiah Fuller
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
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.

Cuts may be made depending on number of girls signed up.

Schedule/Participants:

Practice starts in the middle of August and runs to the first week in November. Typically there are two practices per day for the first week and then one practice per day for the rest of the season.

On game days, competition is in the evening from 6 p.m. until about 9 p.m. for home matches.

For away matches, we travel by bus leaving between 3 p.m. and 4:30 p.m., depending on distance traveled. Typically, we play in 2 games a week. Three Saturdays are also scheduled for tournaments which last from 7 a.m. till 6 p.m.

Contact Information:

Varsity Coach – Whitney Ordal

wordal14@gmail.com

952-412-7855

WINTER SPORTS

Adapted Floor Hockey

Description of Activity:

A MSHSL activity, gives the opportunity for students with cognitive impairment to letter in a sport.

We play floor hockey against kids of the same abilities in other schools in Minnesota.

A great activity!

Schedule/Participants:

Winter Sport, practice; and/or game about three times per week; practice after school, games in evenings. Open to **7-12 grades**.

Contact Information:

John Scheil

jscheil@faribault.k12.mn.us

507-330-3113

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 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

507-444-8437

Basketball - Girls

Description of Activity:

Our high school girls' basketball program has three to four teams comprised of one varsity, a JV, a B-squad and/or 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 the end of November and runs until the middle of March. High school players in **grades 9-12** participate with an average of 15 athletes at the freshman level, 12-15 players on one sophomore team, and 16 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. Freshman participates; Monday-Friday with an occasional weekend tournament.

Contact Information:

Varsity Coach – Lindsey Hugstad-Vaa
lhugstadvaa@isd761.org
952-237-7588

Cheerleading - Winter

Description of Activity:

Any girls or boys in high school or junior high are free to try out for the position of cheerleader or mascot. The team cheers for all boys and girls' basketball, boys and girls hockey and 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.

9-12 graders can make varsity and **8-11 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 – Mara Oien
moien@isd761.org
507-444-8916

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 – Victoria Johnson
owatonnadanceteam@gmail.com
507-219-8842

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 - Tom Smith
tsmith3@isd761.org
507-444-8536

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 – Josh Storm
jstorm@isd761.org
507-444-8500

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 7th grade considered if age ineligible for youth hockey.

Contact Information:

Varsity Coach – Sarah Murray
Sarahmurray2214@yahoo.com
239-994-5058

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 **8-12 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 – Adam Voitalla
awoitalla@isd761.org
507-444-8903

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 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 9-12**. There will be 12 to 16 tournaments/meets per season. Practice will be Monday through Friday from 3:15 to about 6:00 P.M. in April and May. All players need to arrange their ride to practice to all three golf facilities depending on the day (Havana Hills, Brooktree Golf Course, Owatonna Country Club).

Contact Information:

Varsity Coach – Mark Langlois
mlanglois@isd761.org
507-444-8255
Twitter: @OwatonnaGolf_B
Website: www.owatonnagolf.com

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 - Tim Hunst
thunst@isd761.org
507-444-8760

Lacrosse Boys and 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 Middle of March. It is a contact sport for boys and a non-contact sport for the girls, although protective gear is required for both.

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 levels).

Contact Information

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

Varsity Coach Girls – Dan Paur
danpaur1@gmail.com
320-522-2469

Softball

Description of Activity:

Playing the game of softball with teams in the Big Nine conference and some teams in Minnesota

Schedule/Participants:

Our spring season starts with practice in early March and ends in early June. It involves girls in **grades 9-12**.

Contact Information:

Varsity Coach – Brian Pilcher
Brianhp417@gmail.com
507-573-1322

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** (7th and 8th 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** (7th and 8th 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 - Ann Christensen
achristensen@isd761.org
507-444-8852

OHS Extra Curricular Activity Information

Business Professionals of America (BPA)

Description of Activity:

Business Professionals of America is a student-led academic organization advancing personal growth and achievement in leadership, citizenship, academic, and technological skills. We work together to develop professionalism and leadership using critical thinking abilities and basic skills in a variety of business settings. Through participation in BPA activities, students gain a practical understanding of the way in which business skills are used in the workplace. BPA competitions provide an active learning opportunity for students. Competitive events for both individual and team include the areas of: Accounting, Banking and Finance, Economics, Word Processing Applications, Keyboarding, Desktop Publishing, Office Procedures, Administrative Support, Marketing, Entrepreneurship, Small Business Management, Interview Skills, Human Resource Management, Presentation Management, Digital Media Production, HTML, Website Development, E-Commerce, Graphic Design, Spreadsheet Applications, Database Applications, Computer Programming, PC Service and Troubleshooting, Network Design and Administration.

Schedule/Participants:

The Owatonna BPA Chapter has monthly meetings and participates in scheduled regional and state leadership and competitive events. Activities include: organizational meeting, service project, homecoming float, state leadership conference, National BPA Week, regional, state and national competitions.

Contact Information:

Advisor: TBD

Culinary Club

Description of Activity:

Culinary Club is an after school activity open to all students, **grades 9 -12**, who are passionate about Culinary Arts: Baking and Cooking.

Schedule/Participants: We meet every Thursday from 2:45 - 4:45 PM in E-308 from the beginning of the school year through the end of February and wrap up our year by attending and/or participating in the state ProStart competition in St. Paul in early March.

Contact Information:

Advisor: Denise Lage, Culinary Club Advisor

E-308

dlage@charter.net

507-444-8888

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 business person. 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 10-12**.

Contact Information:

Advisor: Scott Pierce

spierce@isd761.org

507-444-8855

FFA

Description of Activity:

FFA is a student-led organization of leadership development and career exploration in agriculture related fields. Seventh through twelfth graders enrolled in agriculture courses 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, fundraiser event. Winter – parent’s night, National FFA Week, appreciation breakfast, coloring contest, state capitol trip. Spring – Parent-member banquet, Region 7 banquet, state convention. Summer – Ag. experience, leadership camps, count/state fairs, livestock shows, children’s barnyard.

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 every other Tuesday morning at 7:40 a.m. in the Options Plaza. Students sign up for volunteer activities according to personal schedules.

Contact Information:

Advisor: TBD

Knowledge Bowl

Description of Activity:

Academic extra-curricular 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: Stacy Nguyen
stacynguyen53@hotmail.com
507-645-0678

Math League - Ninth Grade

Description of Activity:

Students compete in a mathematics league five times per year, during which they take both individual and team tests on a predetermined set of topics appropriate to ninth grade. The individual scores of 6 team members on two different tests, plus a test taken by those 6 students as a group are tallied and determine the team’s score for the meet. The cumulative scores for all five meets are determined as well.

Schedule/Participants:

The meets begin in October and end in February and are three to four weeks apart. Weekly practices are held.

Contact Information:

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

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 (Winona, 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 first of November and the middle of February. Each event occurs on a Monday and competitors practice together on the Mondays where there are no competitions.

Contact Information:

Advisor: Steve Benson

sbenson@isd761.org

507-444-8827

Mock Trial

Description of Activity:

The Minnesota High School Mock Trial Program is 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 exercise in a real-life setting their critical thinking abilities, as well as the basic skills learned in the classroom.

Through participation in mock trials, students gain a practical understanding of the way in which the American legal system functions. While learning the details of trial process and procedure, students also develop important lifetime skills; critical analysis of problems, reasoning, listening, oral presentation and extemporaneous argument. Mock trials provide an active learning opportunity for students and require a high level of cooperation among participants.

Schedule/Participants:

Mock begins the middle of November and can extend through the beginning of March. Mock Trial is open to all **students 9-12**. Practice is after school from 2:45-4 P.M. on Monday, Tuesday, and Thursday in November. Practice from December through February is on Monday, Tuesday and Thursday from 5-7 P.M. at the Steele County Courthouse and from 9 A.M. to NOON at OHS on Saturdays. Students in Mock Trial will miss two days or more of school in the months of January, February and March.

Contact Information:

Advisor: Ann Christensen

achristensen@isd761.org

507-444-8852

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. The Owatonna NHS elects officers and conducts service projects throughout the year. Students who have a minimum 3.5 GPA after the first semester of their junior year are invited to apply. Besides academic, the areas of service, leadership and character are used to determine the final selection of members to be inducted into our local chapter. A panel of eleven teachers representing a variety of disciplines will assess information submitted by candidates and determine if they will be selected into the National Honor Society.

Schedule/Participants:

Students who have a minimum of 3.5 GPA after the first semester of their junior year are invited to apply. The Owatonna NHS elects officers and conducts service projects throughout the senior year. The amount of time spent depends on the commitment to NHS. It may vary from a few hours a year to many hours a month.

Contact Information:

Advisor: Emily Paur

epaur@isd761.org

507-444-8933

Newspaper

Description of Activity:

Writing in the journalistic style and instruction in editing and pre-press skills will precede the actual production of the *Magnet's* 12 issues. One half of this credit will serve as English elective credit and one-half credit will apply as general elective credit. Expectations of students: write, think, rewrite, design, print and take the heat. You will work nights and weekends.

Contact Information:

Advisor: Jessica Wagner
jwagner@isd761.org
507-444-8841

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 6 weeks to build and program a robot to compete in the First Robotics Competition. Sub-teams include Business, CAD and Build, 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 5-8 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: Val Rose

S.H.O.C. - Drug Free Students Helping Others Choose

Description of Activity:

SHOC is a voluntary program that gives high school students the opportunity to promote a drug free lifestyle and educate younger students and their peers about making good decisions. They do this through elementary classroom visits, and awareness projects both in the school setting and in the community.

Schedule/Participants:

SHOC is open to **grades 10-12** and recruitment takes place in the spring of each year. Ninth graders are the focus of recruitment during this time. An application and three references are required. There are more than 200 members this year.

Activities of this group take place throughout the year. There is a one-day training the summer after selection and classroom visits to the 5th and 8th grades occur in the fall and spring. Members chaperone Teen Activity Nights for the junior high and Willow Creek all year and promote Red Ribbon Week (chemical awareness) in the fall. Throughout the year they work on projects like Kick Butts Day, a PROM Drunk Driving Campaign and sponsor two school dances per year. The group meets as a large group every month and small group committee work is done more regularly. Students are asked to make a pledge to stay drug free and show their leadership skills by being actively involved.

Contact Information:

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

Spanish Club

Description of Activity:

Meet after school for approximately thirty minutes once per week to enjoy Spanish conversation. At conclusion of year we celebrate by eating at a Mexican restaurant.

Schedule/Participants:

Second semester only; All students in Spanish I-V classes are encouraged to participate.

Contact Information:

TBD

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: Nicole Wagner
nwagner2@isd761.org
507-444-8792

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, participation on student-administrative policy committees and work on curriculum boards, thereby creating a better OHS community.

Schedule/Participants:

The OHS Student Council consists of eight representatives from each grade level elected by their peers to serve as a representative for their grade and meets every other Wednesday of the week during school hours and before school. We plan over 60 activities and community service projects each year, so the time commitment is substantial but very rewarding. Elections for the upcoming year are held in spring and information about running will be posted over the announcements.

Contact Information:

Advisor: Sandra Justice
sjustice@isd761.org
507-444-8871

Theater

Contact Information:

Director: Erik Eitrheim
eeitrheim@isd761.org
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:

Advisor: Dan Leer
dleer@isd761.org
507-444-8849