

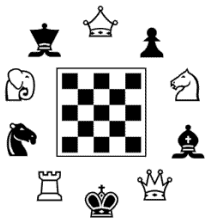
# WRHS CLUBS



## Car Club

**Sponsors:** Lori Gill & Ann Janca  
**Who Can Join?** Open to all students  
**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in E344. Members must pay a \$2 fee.



## Chess Club

**Sponsors:** Alan Neal & Brian Meredith  
**Who Can Join?** Open to all students  
**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Meet during club time in Rm F553 and Mondays after school. Tournaments will be held on Saturdays (dates TBA).



## Circle of Friends

**Sponsor:** Kak Eli-Schneider  
**Who Can Join?** Open to all students by application.  
**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Gym A.

**Goal:** To provide a place for persons with disabilities to gain social experiences through interaction with peer mentors without disabilities. Circle of Friends is a group of identified and non-identified people who agree to meet on a regular basis to act as peer mentors and a support system for each other.



## Computer Club

**Sponsor:** Kathy Reno  
**Who Can Join?** Open to all students  
**Starting Date:** Will meet the 1st Club date and then Fridays starting Sept. 9  
**Meeting Dates, Times and Locations:** Friday's 3pm - 4:15pm G2520

We focus on learning advanced techniques on computer software such as programming languages that members might be interested learning. We typically cover Adobe Photoshop, HTML & CSS to help beginners get into more complicated software techniques and coding. You don't have to be a computer expert to join! The club uses school computers, so no need to bring your own device. Come join the fun and be on the cutting edge of technology!

# Creation Club

**Sponsor:** Michael Mize

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Meets during regular club dates in room G464

**Purpose:** Creation Club explores topics surrounding the Biblical account of creation and the wealth of scientific evidence that supports it. Meetings incorporate a variety of resources including slideshows, videos, magazine articles, websites, and more. Students are welcome to visit or join the club at anytime throughout the year. Learn more online at: [www.creationclub.weebly.com](http://www.creationclub.weebly.com). Find us on Facebook as WRHS Creation Club, or Twitter and Instagram @creation\_club.



## DECA/Business Club

**Sponsors:** Brian McFall & Jay Mastin

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm

G2432. DECA is a national business club that prepares emerging leaders and entrepreneurs for careers in marketing, finance, hospitality, and management.

Students will have the opportunity to:

- receive scholarships
- gain a competitive edge in the global job market
- develop strategic decision making and project management skills
- network with business and industry experts and nearly 15,000 students and advisors
- receive awards and recognition through competition and leadership action
- travel to state conference in Overland Park and national conference in rotation in cities of Atlanta, Orlando, Nashville and Anaheim.



## Eastern Cultures Club

**Sponsor:** Theresa Shetler-Logan

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm G466

We focus on Eastern culture, food, architecture, holidays, family life, movies, and most anything else the students are interested in. There is a \$5 fee to support food and craft activities. We create Eastern crafts, practice calligraphy, and members create power points about different aspects of Eastern culture.

## Fashion/Designer Club

**Sponsors:** Cynthia Coufal and Brad LeDuc

**Who Can Join?** Open to all Students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Fashion/Designer Club is open to everyone who is interested in fashion, whether you want to design shoes, hats or clothing or just learn about the newest trends. Members will also be invited to contribute to the production of our annual fashion show. Members must pay a \$5 fee.

# Fellowship of Christians In Action

**Sponsor:** Heidi Carlson & Rita Zeller

**Who Can Join?** Open to all students.

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Date, Times and Locations:** On regular club dates we will meet in the vocal music room, Rm. B157. Additional opportunities for Bible study and prayer will be available as well. This club gives you a chance to get to know other Christian students and work to strengthen your faith.



## FFA

**Sponsor:** Jerry Vandervort

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm G375

FFA is an agricultural leadership organization for students who have an interest in the various areas related to the Agricultural industry including: animals, plants, and the environment. We participate in a number of activities and contests throughout the year including Horse Judging, Public Speaking, Horticulture, Job interview, Food Science, State and National Conventions, social activities and more. We also focus on community service and leadership activities. There is a \$12 membership due.



## Future Teachers Club

**Sponsor:** Margaret Hoffman

**Who Can Join?** Open to all students interested in going into education as a career.

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm G470

Our goal is to work as a service club and help in USD 437 elementary schools and middle school as needed for dances and other school functions/activities. We also help provide tutoring services for elementary and middle school students after school.

\$5.00 membership fee.



## Gaming Club

**Sponsor:** Lindsey Dowell

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates during Advisory Period in Rm F2506

Gaming club's goal is to provide a community and place of discussion for people who like all types of games. Casual and hardcore gamers alike will gain enjoyment from the club.

# Gay/Straight Alliance (GSA)

**Sponsor:** Heidi Hawkinson-Penny

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates & a few dates before or after school in Rm G370.

Gay-Straight Alliance is a group of young people who strive towards tolerance for all. This includes lesbian, gay, bisexual, transgendered, ethnic, gender etc. Our group conducts activities to promote acceptance of all individuals.



## Interact

**Sponsor:** Kevin Hedberg

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates Times and Locations:** During club we will meet in the library.

Volunteer events will be held at various locations within the community. Interact is for students interested in volunteering for events that will give back to our community and raise money for various projects that help people in need. Students interested in joining must pay a \$5 fee to the bank by the 3<sup>rd</sup> club date. Members must also attend at least one volunteer event by the 3<sup>rd</sup> club.

# Liberty in North Korea Club (LiNK)

**Sponsor:** Christina Beard

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm C625 and Tuesdays 3-4pm

Join us as we support the non-profit organization Liberty in North Korea. This organization aims to help North Korean refugees as they try to escape the life and persecution they find in China. We plan and initiate projects aimed towards raising awareness and funds for this cause.



## Math Club

**Sponsor:** Chloe Marshall and Jason Miller

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> club date

**Meeting Dates Times and Locations:** Meetings will be after school one day a week in Rm D278. A day of the week will be chosen for when the majority of members can participate. Competitions are held one Saturday each month for Great Plains Math League. We also compete at three University Math Days which take place during the school day. Additionally, we will host a contest here at WRHS sometime during the year.



## Model UN

**Sponsor:** Lindsey Dowell

**Who Can Join?** Open to all students

**Starting Date:** Sept. 16 - lunch meeting

**Meeting Dates Times and Locations:** During advisory and/or lunch in Rm G2427.

We will participate in The Topeka Model United Nations. This is a two day simulation for assigned student delegations to represent their country's point of view on a variety of topical issues. The simulation is designed to encourage debate, foster cooperation, and assist young leaders to resolve problems diplomatically.



## National Honor Society (NHS)

**Sponsor:** Ryan Pfeifer

**Who Can Join?** Any junior or senior with a 3.65+ weighted GPA is eligible to apply.

**Starting Date:** We meet all year, and applications for membership are due sometime in late October or early November.

**Meeting Dates, Times and Locations:** We meet every other week before school in the auditorium and during some club times in B311.

## National Technical Honor Society (NTHS)

**Sponsor:** Teresa Golden and Darin Lewis

**Who Can Join?** Any junior or senior with a 3.75+ weighted GPA, successfully completed three CTE courses is eligible to apply.

**What is NTHS?** The National Technical Honor Society is the acknowledged leader in the recognition of outstanding student achievement in career and technical education.

**What criteria are used to select students?** To be nominated for membership, students must have a minimum GPA 3.75. CTE teachers nominate students. Nominees must also be a student in good standing, be an active participant in the career and technical education pathways and the club associated with their pathway at Washburn Rural High School.

**Meeting Dates, Times and Locations:** We meet all year room G2436, Application for membership takes place in the fall, Inductions in November.

## Philosophy Club

**Sponsor:** Sara Hettenbach

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Room C425.

Philosophy Club is a safe and intelligent environment in which students can consider and discuss controversial subjects they would otherwise not have the opportunity to address. These subjects include, but are not limited to: human nature, reasoning, theories of knowledge, and ethics.

## Renaissance Club

**Sponsor:** Tamela Lake

**Who Can Join the Renaissance Committee?** Open to all students

**Starting Date:** All school year.

**Meeting Dates, Times and Locations:** Club dates in Rm E346

Renaissance provides an outlet for students to practice leadership skills in their school and community and offers excellent experience for your future endeavors. Various events will be held throughout the year.



## Robotics Club/Young Engineering Society

**Sponsors:** Dean Gerlach

**Who Can Join?** Open to all students

**Starting Date:** Beginning of school year

**Meeting Dates, Times and Locations:** Club dates in Rm G471

The students will design and build a robotics project. The project will be entered in the annual competition. Additionally, students will collaborate on independent projects that involve technology and creative problem-solving.

## Scholar's Bowl

**Sponsor:** Lindsey Dowell

**Who Can Join?** Open to all students

**Starting Date:** Listen for announcements

**Meeting Dates, Times and Locations:** Before and After school in Rm F2506

The students will study, practice and compete in the annual scholars bowl competitions sponsored by the state activities association.



## Strength and Conditioning Club

**Sponsor:** Tyler Pfizenmaier

**Who Can Join?** Open to all students

**Starting Date:** November

**Meeting Dates, Times and Locations:** The WRHS Strength and Conditioning Club is designed to give students an opportunity to learn and/or improve technique in compound exercises. Practices will be offered before school Monday -Friday at 7 am or after school Monday - Thursday at 3:10 pm, participants are required to come to either the am or pm practice, not both. Participants will be given the opportunity to compete with other schools at Powerlifting meets which are held on Saturday's throughout the months of January, February, and March. Those who want to lift but do not want to compete are welcome to join in on the fun!



## Student Council

**Sponsor:** Rita Zeller and Cynthia Coufal

**Who Can Join?** Open to all students by application

**Starting Date:** We accept new applicants in April

**Meeting Dates, Times and Locations:** Every other Wednesday morning at 7:20 a.m. in the auditorium.

The Student Council at WRHS is a student organization dedicated to planning school events, being involved in school and community service projects, serving as ambassadors to the school, and improving school spirit and pride. Some of our projects include: Homecoming, Survivor/Greek Week, Spirit Days, Winter Formal, Blood Drive, Charity Week, etc. Only members of student council are eligible to run for class office.

## Student Library Advisory Board



**Sponsors:** Marcy Sandberg

**Who Can Join?** By application

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Library during club.

Student Library Advisory Board is open to students interested in offering reading recommendations, creating book displays, and providing insight into teen reading habits to the librarian. We will start the application process during the first club meeting. Students will experience a comfortable environment to express themselves, develop the discipline of reading, and eat snacks!



## Students Against Destructive Decisions

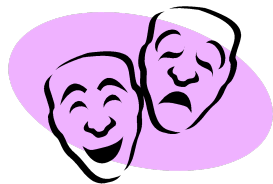
**Sponsor:** Casey Cochran

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Computer Lab A

Students Against Destructive Decisions is an organization which attempts to promote a positive lifestyle among students. SADD uses positive peer pressure, role modeling and environmental strategies to prevent destructive, and often permanent, decisions and set a healthier, safer course for the lives of young people. Specifically it focuses on prevention, and activism to prevent such destructive decisions underage drinking, other drug use, risky and impaired driving, teen violence, and teen suicide.



## Thespians

**Sponsor:** Connie Archer-McGinnis

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** We meet during club time in the auditorium. Members will pay yearly dues of \$5.00. This is the place for anyone interested in the various aspects of theatre from acting to designing the sets. Thespians travel locally and abroad to view plays and participate in workshops. We also attend the Kansas Thespians State Conference in January where we get together with 1800 theatre students across the state!



## Unicef

**Sponsor:** Pamela Graham

**Who Can Join:** Open to all students

**Starting Date:** 1st club date

**Meeting Dates, Times and Locations:** We meet during club times in Ms.

Graham's room (C623). UNICEF is the United Nation's Children's Emergency Fund that works to raise money for kids around the world. The chapter at WRHS began last year. The club is for those interested in learning about UNICEF's work and participating in various fundraisers.



## World Cultures Club

**Sponsor:** Karl Magnuson

**Who Can Join?** Open to all students (for students of all nationalities)

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Meetings will be held during club

time. Location will vary but 1st club meeting will be in C527.

This club will be comprised of international exchange students as well as other students who are interested in other cultures. We will explore various cultures through games, food, presentations and cultural celebrations. There is a \$5 membership fee.

## Yarnia Club

**Sponsor:** Lena Rivera

**Who Can Join?:** Open to all students who want to work on a crochet, knitting, or looming project or would like to learn to crochet. Each student must bring his/her own materials such as yarn, crochet hooks and/or knitting needles. Looms are available as well but must stay in the room.

**Starting Date:** 1st Club Date.

**Meeting Dates, Times, and Locations:** Club Dates in Room C525.



## Young Democrats

**Sponsor:** Tim Ellis

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm B316.

Activities include guest speakers, joint meetings with the Young Republicans, volunteer opportunities at school & for the Democratic Party, lively discussions.

## Young Republicans



**Sponsor:** Luke Chaffee

**Who Can Join?** Open to all students

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm.B139 (band room)

Activities include guest speakers, joint meetings with the Young Democrats, volunteer opportunities at school & for the Republican Party, lively discussions.

# ACTIVITIES



## Air Force JROTC

**Instructors:** Lt. Col Ron Daniels & MSgt Wayne Long

**Who Can Join?** Anyone interested in serving their school and community while learning what it takes to be a productive member of society can enroll in one of the ROTC classes.

**Meeting Dates Times and Locations:** Air Force JROTC offers students the chance to learn about the history and science of flight, space exploration, and drill, while developing leadership qualities that are needed in today's environment. This is done with both academic lessons and dynamic field trips. Within JROTC you will find after school activities such as Drill, Color Guard, Marksmanship, Drone and Rocket flying, and much more. Cadets are given the opportunity to grow as an individual and team by actively running the Cadet Corps. organization. If you are looking for a class that will challenge you daily, Air Force JROTC may be for you. For more information talk to one of the instructors or a current cadet.



## Band

**Director:** Luke Chaffee

**Who Can Join?** Any student - options: Jazz, Marching, Concert, Pep.

Select ensembles require an audition. For more information see band website: [www.waruband.org](http://www.waruband.org)



## Cheerleading

**Coaches:** TBD

**Assistants:** Shelby Potts and Shana Windham

**Who Can Join?** Girls grades 9-12 and boys grades 9-12

**Starting Date:** Spring tryouts for all 3 squads: Varsity, Junior Varsity and Freshmen

**Practice Dates and Times:** Practice Every Monday and Wednesday after school.

Typically practice 2 hrs 2 days a week (usually after school) and on average, cheer 1-3 games per week. Cheerleaders are a spirit group that represent and support WRHS athletics. They cheer in the fall for football and in the winter for girls and boys basketball.



## Dancin' Blues

**Coaches:** Jenny Tiller

**Who Can Join?** Academically eligible 9<sup>th</sup> - 12<sup>th</sup> grade girls can tryout.

**Starting Date:** Tryouts are held the first week in April for the following school year.

**Meeting Dates Times and Locations:** Summer practices and summer camp in June; School-year practices after school on Tuesdays and Thursdays from August to March. Additionally practices scheduled as needed, generally mornings. It is the purpose of the WRHS Dancin' Blues to promote and develop school spirit and good sportsmanship at athletic events, to encourage attendance at school events, and to provide entertainment at a level of excellence as to be a source of pride to the school and the Dancin' Blues.

## Debate

**Sponsors:** Cindy Burgett & Tim Ellis

**Who Can Join?** Open to all students. 1st time debaters should take novice debate when they enroll.

**Starting Date:** We begin on the first day of the school year. Competitions begin in late September.

**Meeting Dates Times and Locations:** The class meets daily in Rm H387. Students have to be available to attend tournaments a few times either after school OR on Saturdays (not every Saturday), or both. Questions? Come see Ms.Burgett.



## Drama & Technical Theatre

**Sponsors:** Connie Archer-McGinnis, Meaghan Bishop & Rob Owens

**Who Can Join?** Actors should start with Drama I, Technicians with Intro to Theatre

**Starting Date:** Classes offered each semester

**Meeting Dates, Locations and Times:** Like to “Act Up”? We have acting and performance classes where you can learn everything from basic acting to stage combat! Are you an artist, carpenter, computer whiz, electronic guru or just like to get your hands on everything around you? We have technical theatre classes where you can learn how to design and build sets, program and run a light board, design costumes, design and apply stage makeup, and much, much more. WRHS productions: Fall Play, Broadway Musical & Spring Play!!

## Forensics

**Sponsor:** Tim Ellis

**Who Can Join?** Open to all students.

**Starting Date:** We begin on the first day of the second semester. Competitions begin in late January.

**Meeting Dates Times and Locations:** The class meets daily in Rm H393. Students have to be available to attend tournaments a few times on Friday afternoons, Saturdays (not every Saturday), or both. This class gives students the opportunity to write speeches, act, and/or debate current events by performing at weekend tournaments around the Topeka area.



## Freshman Mentoring Program

**Sponsors:** Keith Wetzel & Rita Zeller

**Who Can Join?** All Sophomores and Juniors are welcome to apply to serve as mentors for the following school year. Applications are available in late February.

**Starting Date:** Mentors participate in various ways throughout the school year.

**Meeting Dates, Times and Locations:** 2-3 upperclassmen mentors will attend their assigned freshman advisory weekly to engage freshmen in fun, interactive and informative activities. FMP provides upperclassman leaders an opportunity to build rapport with freshman students in an effort to make their transition to WRHS a positive experience.



## Newspaper (Blue Streak)

**Sponsor:** Steve Buhler

**Who Can Join?** Prerequisite: Photo Imaging and/or 21<sup>st</sup> Century Journalism

**Starting Date:** Beginning of the school year or semester

**Meeting Dates and Times:** 3<sup>rd</sup> hour in Rm G2342

The Blue Streak provides students “hands-on” experience in writing, designing, editing as well as taking pictures for the school’s newspaper. Students will learn the importance of teamwork, cooperation, leadership and dependability.

## Orchestra (1st Hour)

**Sponsor:** David Ohse

**Who Can Join?** Anyone may audition for this ensemble. Players should be able to demonstrate good playing technique with proper left hand shape, good bow hold and play with good intonation while playing level 3 music.

**Starting Date:** First day of school

**Meeting Dates and Times:** Daily, 1st hour in Rm B127

We have three orchestras here at Washburn Rural. This larger orchestra meets first hour. This orchestra is a mix of 9th - 12 grade students. Success in orchestra is the result of focused attention and work during rehearsals, regular practice outside of school time, and timely use of SmartMusic to take playing tests. Participation in evening and some school time concerts is required. A few 7:00 AM rehearsals may also be required.

## Orchestra (Zero Hour)

**Sponsor:** David Ohse

**Who Can Join?** Audition or permission of director

**Starting Date:** First day of school

**Meeting Dates and Times:** Daily, 7:00 - 7:50 AM in Rm B127

This more advanced orchestra meets from 7:00 - 7:50 AM. It is known as the Zero Hour Orchestra. The expectations of focused rehearsals, home practice and SmartMusic are even more important in this ensemble. Zero Hour is more select and plays more difficult music. This is also the group that travels away from the school for performances around the city and state. Participation in these and evening concerts is required.

# Orchestra (Seventh Hour)

**Sponsor:** David Ohse

**Who Can Join?** Anyone with some background in string playing

**Starting Date:** First day of school

**Meeting Dates and Times:** Daily, 7th hour in Rm B127

This orchestra will focus on playing fundamentals. Proper bow hold, left hand position, intonation, shifting, tone, and music reading are the major concerns. Students will play four evening concerts, and sometimes combine with the other orchestras.

Success in orchestra is the result of focused attention and work during rehearsals, regular practice outside of school time, and timely use of SmartMusic to take playing tests. Participation in evening and some school time concerts is required. A few 7:00 AM rehearsals may also be required.

# Science Olympiad

**Sponsor:**

**Who Can Join?** Any student by selection committee

**Starting Date:** 1<sup>st</sup> Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm B319

The students will compete in the annual Science Olympiad.



## Vocal Music

**Sponsor:** Michael Mills

**Who Can Join?** Any student.... Select choirs are by audition.

Choirs include: Boys Choir, Girls Choir, Concert Choir, Ambiance, This Generation, and WR Chorale

**Meeting Dates, Time and Location:** Classes held in Rm B157

Join a tradition of musical excellence at WR Choirs. More information available at [www.waruchoir.org](http://www.waruchoir.org)



## Yearbook (The Chimes)

**Sponsor:** Jennifer Luetje

**Who Can Join?** Anyone who has taken a semester prerequisite of Photo Imaging and/or 21<sup>st</sup> Century Journalism or anyone who has been on the WRMS yearbook staff who has a recommendation from the WRMS yearbook teacher.

**Starting Date:** Staff members should join first semester and continue the class all year. That way they don't miss any of the fun!

**Meeting Dates and Times:** 5<sup>th</sup> or 6<sup>th</sup> hour in Rm G2342

The Chimes staff produces the yearbook. Staff members develop design, reporting and writing skills. Photographers shoot a variety of activities. The class also offers experience and skill-building for students in leadership and decision-making. Come help us make a great yearbook!

# SPORTS



## Baseball

Coach: Jay Mastin

Assistants: Todd McAtee, Loren Shinn & Jerry Cavitte

Who Can Join? Tryouts for academically eligible boys.

Starting Date: Spring season

Practices/Games: As scheduled

3 full teams: Varsity, Junior Varsity, and C- team. Freshmen are eligible to play on all three teams. Each team plays a 20 game schedule from late March through early May.



## Basketball, Boys

Coach: Todd McAtee

Assistants: **TBD**, Ryan Smith & Kyle Fowler

Who Can Join? Tryouts for academically eligible boys.

Starting Date: Winter season

Practices/Games: As scheduled



## Basketball, Girls

Coach: Kevin Bordewick

Assistants: TBD, Taylor Dunham, & Alexandra Wampfler

Who Can Join? Tryouts for academically eligible girls.

Starting Date: Winter season

Practices/Games: As scheduled



## Bowling, Girls and Boys

Coach: Jo Ricard

Assistant: Mike Granger

Who Can Join? Any academically eligible boy or girl can tryout. Up to 14 boys and 14 girls will make up the 2016 Bowling Team

Starting Date: Tryouts are the week after Thanksgiving.

**Practices/Games:** Practices start in January immediately after school until around 5. Home lanes are Westridge Lanes. See schedule for competition locations and times. For more information contact Ed Lee (339-4203, leeed@usd437.net) in Rm A310. Anyone interested in bowling for Washburn Rural is encouraged to join a fall league. They are available at both Westridge and Gage Bowl.



## Cross-Country

**Coach:** Matt Swedlund

**Assistant:** Kathryn Louderback

**Who Can Join?** Academically eligible boys and girls, grades 9-12

**Starting Date:** Monday, August 15th on the track at 6 am. You must have a physical on file before you can practice.

**Practices/Meets:** There will be training opportunities throughout the summer on Mon. Tues. Thur. and Fri. at 7:30am starting June 13th - check the website <http://wrhscrosscountry.weebly.com/> for locations. Please join Coach Louderback and I at as many of our scheduled summer runs as possible. Summer fitness is an essential component to a successful XC Season. During the season we will practice Monday through Friday with Meets on Saturdays.



## Football

**Coach:** Steve Buhler

**Assistants:** Colter Scott, Chris Kerschen, Ryan Smith, Tyler Pfizenmaier, Josh Lamb, Jerry Cavitte, Alan Neal, Chris Ridley, Tyler Kelly, & Duane Zlatnik

**Who Can Join?** All academically eligible boys.

**Starting Date:** August 15

**Practices /Games:** Players will practice throughout the week and generally play one game a week. The teams are broken down into three groups: Freshman, Junior Varsity, and Varsity. Off-season, we provide weight lifting and agility opportunities on Monday, Tuesday, Thursday and Friday throughout the school year.

## Golf, Boys

**Coach:** Jared Goehring

**Assistant:** Jorgen Brockman

**Who Can Join?** Tryouts for academically eligible boys.

**Starting Date:** Spring season

**Practices/Games:** As scheduled

## Golf, Girls

**Coach:** Jared Goehring

**Assistant:** Jorgen Brockman

**Who Can Join?** Tryouts for academically eligible girls.



**Starting Date:** Fall season  
**Practices/Games:** As scheduled



## Soccer, Boys

**Coach:** Brian Hensyel  
**Assistants:** Brian Bell & Dave Chooncharoen  
**Who Can Join?** Tryouts for academically eligible boys.

**Starting Date:** Fall season

**Practices/ Games:** Tryouts are always the first 3 days of scheduled practice in August. We have a varsity and junior varsity team and usually keep 38-40 players. Cuts are made if more than 40 individuals tryout for the team. Practices are every day after school from 3:15-5:30 and some Saturdays. Most games are on Tuesday and Thursday, with some exceptions. Having excellent physical conditioning is essential for successfully making the team. There are opportunities in the preceding summer months to both play and condition with members of the team.

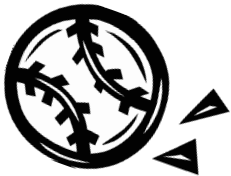


## Soccer, Girls

**Coach:** Brian Hensyel  
**Assistants:** Brian Bell & Dave Chooncharoen  
**Who Can Join?** Tryouts for academically eligible girls.  
**Starting Date:** Spring season

**Practices/Games:** Tryouts are always the first 3 days of scheduled practice in March. We have a varsity and junior varsity team and usually keep 38-40 players. Cuts are made if more than 40 individuals tryout for the team. Practices are every day after school from 3:15-5:30 and some Saturdays. Most games are on Tuesday and Thursday, with some exceptions. Having excellent physical conditioning is essential for successfully making the team. There are opportunities in January and February to condition with members of the team to prepare for the season.

## Softball



**Coach:**  
**Assistants:** Tara Griffith & Darin Lewis  
**Who Can Join?** Tryouts for academically eligible girls. Girls should have played competitively.  
**Starting Date:** Spring Season  
**Practices/ Games:** As scheduled

Girls wanting to play softball at WRHS will need to have a physical on file in the main office. There will be an opportunity before the season to participate in open gyms and off season conditioning. Tryouts will be used to select the top 25 players to field a junior varsity and varsity team. Both teams play 10 doubleheaders. The varsity team continues in regional and state competition.



## Strength & Conditioning Club

**Coach:** Tyler Pfizenmaier & Colter Scott

**Who Can Join?** Open to all students (male or female) who are academically eligible and have a physical on file with the main office.

**Starting Date:** The team will start practice when winter sports begin and will conclude after the State Meet in May.

**Practices/Games:** The WRHS Powerlifting team is designed to give students an opportunity to learn and/or improve technique in exercises used for powerlifting competitions. Practices will be offered before school Monday -Friday at 7 am or after school Monday - Thursday at 3:10 pm, participants are required to come to either the am or pm practice, not both. Participants will be given the opportunity to compete with other schools at Powerlifting meets which are held on Saturday's throughout the months of January, February, and March.



## Swimming and Diving

**Head Coach:** Erin Kessler

**Boys Assistant:** Robert Hamilton

**Diving Coach:** Amy Watson

**Who Can Join?** Academically eligible students with an interest in being a swimmer or diver

**Starting Date:** Winter season (boys) - Spring season (girls)

**Practices/Meets:** Monday through Friday from 3:30 - 5:30 PM at Washburn University. Diving practice held at the Capitol Federal Natatorium at Hummer Sports Park from 3:30 - 5:30 Monday - Friday. These groups participate on a competitive level against other schools by means of swimming and diving meets as scheduled throughout the season. Season culminates with a state meet for those who have made or met qualifying standards during the season. Awards are distributed to team members at a family dinner banquet when the season is completed in February for boys and May for girls.

## Tennis, Girls

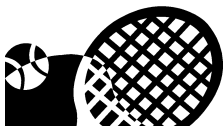
**Coach:** Kevin Hedberg

**Assistant:** Alex Wampfler

**Who Can Join?** Tryouts for academically eligible girls.

**Starting Date:** Fall season

**Practices/Meets:** As scheduled



## Tennis, Boys

**Coach:** Kevin Hedberg

**Assistant:** Kyle Fowler

**Who Can Join?** Tryouts for academically eligible boys.

