

# WRHS CLUBS

## American Sign Language (ASL)

**Sponsors:** Nick Bowling

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

**Starting Date:** Thursday, August 24

**Meeting Dates, Times and Locations:** C524 during club period

Our aim is to actively practice the basics of ASL and learn more about deaf culture. Students will be invited to sign regularly and will gain a greater appreciation for and understanding of the deaf community.

## Black Student Union

**Sponsors:** Erika Green

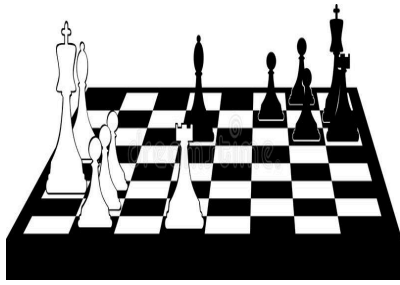
**Who Can Join?** Open to all students.

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Orchestra Room - B127

The goal of this organization is to foster a fun and safe environment that engages our students in discussions on issues affecting black students and our surrounding communities. We hope to educate our members then challenge them to take action, whether it be internal or external. We hope to lead by example and push students to be better than their best. We hope to show past generations that we will take charge of our future, dismantle the negative stereotypes, build and secure our sense of community, and influence the world.

Our vision for BSU is to serve the WRHS campus with cultural, educational, and social initiatives as we aim to build leaders, promote unity and contribute to student success. We also hope students grow in their personal life and leave WRHS as integrous and virtuous people.



## Chess Club

**Sponsors:** Timothy McVey

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Meet during club time outside the cafeteria and Tuesdays after school. Tournaments will be held on Saturdays (dates TBA).



## Circle of Friends

The Path to Inclusion

## Circle of Friends

**Sponsor:** Hillary Osborn

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

**Starting Date:** 1st Club Date

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

We 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 Science Honor Society

Sponsor: Haley Schmitz

Who Can Join? Students must apply and be accepted.

Starting Date: 2nd Club Date

Meeting Dates, Times and Locations: Do NOT meet during designated Club time. If students have any questions they can email [schmihal@usd437.net](mailto:schmihal@usd437.net).



## Washburn Rural High School DECA/Business Club

Sponsors: Brian McFall

Who Can Join? Open to all students Starting Date: 1st Club Date

Meeting Dates, Times and Locations: Club dates in Rm G2436.

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.



## Dungeons and Dragons Club

**Sponsor:** Bryan Anderson

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm C523.

Greetings Adventurers! If you have never played but always wanted to, this club is for you. If you are an experienced player wanting to try DMing, this club is also for you.

We run several campaigns during club time for people of all experience levels.

Resources will be available for those interested.

## Fellowship of Christian Athletes

**Sponsors:** Courtney Bond and Brian Bell

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

**Starting Date:** 1st Club Date

**Meeting Date, Times and Locations:** Club will meet in Cafeteria. Also Friday mornings in Vander Hart's room G2432 from 6:45-7:30.

Come experience who Jesus is. Bring your questions and your doubts.



## Future Farmers of America

**Sponsor:** Melissa Criner

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

**Starting Date:** 1st 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, Veterinary Science, Public Speaking, Horticulture, Job interview, Food Science and more. We also participate in State and National Conventions, and a variety of social events. There is a \$15 membership dues.



## Gay/Straight Alliance

**Sponsor:** Athena Schumacher-Sutton, Gina Baer-Witt

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Club dates & a few dates before or after school in H396.

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.



## HOSA

**Sponsor:** Shelley Wichman and Allison Bunck

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Club dates in room B314

HOSA is an international student organization recognized by the U.S. Department of Education and the Health Science Education (HSE) Division of ACTE (Association for Career and Technical Education).

HOSA provides a unique program of leadership development, motivation, and recognition exclusively for secondary, postsecondary, adult, and collegiate students enrolled in health science education and biomedical science programs or have interests in pursuing careers in health professions.

HOSA is 100% healthcare!

HOSA organization purpose - is to develop leadership and technical HOSA skill competencies through a program of motivation, awareness and recognition, which is an integral part of the Health Science Education instructional program.



## KAY Club

**Sponsor:** Haley Schmitz and Adam Schmitz

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Club dates in Room E345

The Kansas Association for Youth (KAY) is a character building, leadership training, service program directed by the Kansas State High School Activities Association. This nationally acclaimed organization provides students an opportunity to learn to assume their citizenship responsibilities and to enrich their personalities through well organized programs, projects, and parties. Programs educate, inspire and direct members into carefully planned service projects. These projects emphasize four areas of service-school, community, nation, and world. KAY is a student association

unique to Kansas and started in 1946 under the direction of Miss Wanda May Vinson. After seventy-five years, the KAY program continues to grow and develop by seeking to fill the needs of current and future generations.

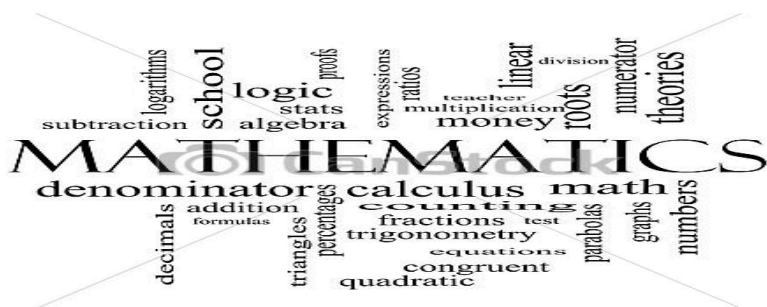
## LEGO Club

**Sponsor:** Mark Bradley

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

**Starts:** 1st Club Date

**Meeting Dates, Times, Location:** Meet club dates during club time in E346.



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## Math Club

**Sponsor:** Timothy McVey & Lydia Byers

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

**Starting Date:** TBD

**Meeting Dates, Times and Locations:** We compete at three University Math Days which take place during the school day. Competing in a competition makes you a member of Math Club.



## Model UN

**Sponsor:** Sean Duff

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** During advisory in Library Lab C.

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 Art Honor Society/Art Club

**Sponsor:** Theresa Shetler

**Who Can Join?** You must be a student in good standing who has taken and passed at least one art class.

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Club dates and some after school hours to complete projects in Rm G466.

National Art Honor Society is a group of students interested in art and community service. We work on murals and other community projects to benefit and beautify our society by using art for social change.





## National Honor Society

**Sponsor:** Ryan Pfeifer

**Who Can Join?** Any junior or senior with a 3.85+ 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 three weeks before school in the auditorium and during some club times in B311.



## National Technical Honor Society (NTHS)

**Sponsor:** Teresa Golden

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

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

# Nutrition Club

Sponsor: Michael Miller

Who Can Join?: All Students

Meeting Dates, Times, and Location: Club Dates in RM D437



## Renaissance Club

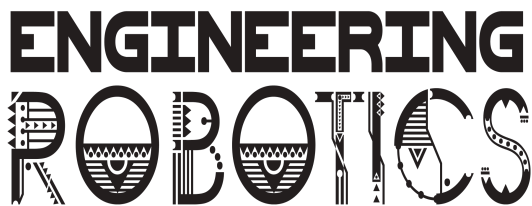
Sponsor: Tamela Lake and Allison Copple

Who Can Join the Renaissance Club? Open to all students

Starting Date: All school year.

Meeting Dates, Times and Locations: Club dates in Rm D531

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. We work to improve the school's climate and culture.



## 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.



## Sources of Strength

**Sponsor:** Matthew Swedlund and Michelle Pegram

**Who Can Join?** Open to All - Official Peer Leaders must sign paperwork

**Starting Date:** August

**Meeting Dates, Times and Locations:** Library

We are a group of diverse students and adults from many different corners and cultures of our school and community. We believe that life has ups and downs, that all of us will go through good times and tough times. Our mission is to ensure that during the rough times no one gets so overwhelmed or hopeless that they want to give up.

Our mission is to spread Hope, Help, and Strength into every corner of our community.

Our mission is to help students and staff turn to their strengths and their supports that are all around. We are Connectors to Help and Strength.

Our mission recognizes that our voice has great power and we use it to BREAK the SILENCE when someone is struggling, and to connect them to the help they need and deserve.

We Spread Hope by focusing on stories of strength, rather than on stories of trauma. We know our most powerful impact comes from our personal actions, conversations, and messages that use our music, our art, our writing, our activities, our social media, our culture, and our voice. This gives life to our efforts.



## Strength and Conditioning Club

**Sponsor:** Tyler Pfizenmaier and Chloe Holman

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

**Starting Date:** November

**Meeting Dates, Times and Locations:** Activity Center/Weight Rm

The WRHS Strength and Conditioning Club is designed to give students an opportunity to learn and/or improve exercise technique and athletic performance enhancement. Practices will be offered after school Monday - Thursday at 3:10 pm. Club members 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!



## Make a Difference

**Sponsor:** Marcie Frederickson

**Who can join?** Any high school student

**Starting Date:** First club date

**Meeting, Times, and Location:** E447

The members of Make a Difference work to bring about equality, by being inclusive to all people. We value expanding our knowledge of other cultures by embracing diversity. Students strive to set an example for each other, lift each other up, and change the world through small but powerful acts. We are here to Make A Difference!



## Theatre Club

**Sponsor:** Ryan McCoy

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** We meet during club time in the auditorium. Members will pay yearly dues of \$5.00, and students can also join the International Thespian Society for a one-time fee of \$35.00. This is the place for anyone interested in the various aspects of theatre from acting and improv comedy to design or ushering. Thespians form a community of friends as we attend local productions and events together, support the needs of our school productions, and participate in festival events at the state and national levels.

## Ultimate Frisbee

**Sponsor:** Henry Jantzen

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** We meet during club time in A304. The mission of the ultimate frisbee club is to provide interested students with a safe and inclusive environment to have fun while being physically active. The club will do this by teaching students the sport of ultimate frisbee and providing opportunities to play. We will use club day meetings to plan our games and learn rules and tactics. Depending on student availability, we will plan to play a game roughly every Sunday evening. All skill levels are welcome.



## World Cultures Club

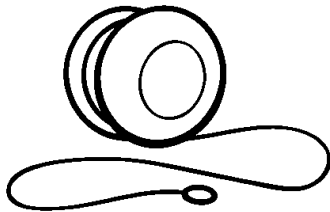
**Sponsor:**

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

**Starting Date:** 1st Club Date (August 24)

**Meeting Dates, Times and Locations:** Meetings will be held during club time. The 1st club meeting will be in E343.

This club will be composed of students who are interested in other cultures. We will explore various cultures through games, food, presentations and cultural celebrations.



## Yo-Yo Club

**Sponsors:** Karl Eliason

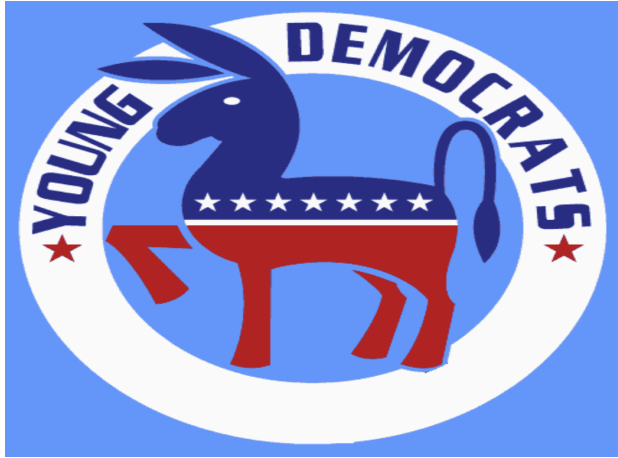
**Who Can Join?** Open to all students

**Starting Date:** Thursday Oct 26, 2023

**Meeting Dates, Times and Locations:** E449 during club period

Yo-Yo Club was created to appreciate Yo-Yoing and foster the development of Yo-Yo

Related skills. Club days consist of veteran members practicing and sharing tricks ranging from simple to advanced, and helping teach new members the basics. Yo-yo Club and its members hope to make a positive and welcoming space for anyone interested in starting or practicing the hobby of Yo-Young.



## Young Democrats

**Sponsor:** Tim Ellis

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm H387

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:** 1st 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



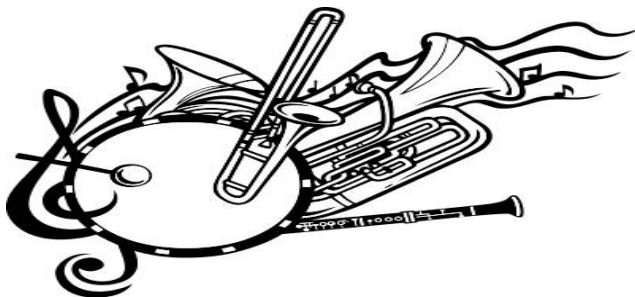
## Air Force JROTC



**Instructors:** Lt. Col Ron Daniels and CMSgt. Clay Choate

**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 JROTC 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

**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)

## Business Department



The Shack (Marketing Applications)

**Sponsor:** Kim Sommers

**Who Can Join? Prerequisite:** Principles of Marketing class and application.

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

**Meeting Dates and Times:** 5<sup>th</sup> Hour Room G2430.

The Shack provides students “hands-on” experience and the understanding of marketing with an emphasis in product development, pricing, advertising and collaboration with businesses, staff and students. Students will be required to create new products, fill orders, promote products, manage inventory, manage revenues and expenses, and operate machinery. The students primary focus will be to the student run store. Students will learn the importance of teamwork, cooperation, leadership and dependability.



**WRHS Bank (Banking & Finance)**

**Sponsor:** Brian McFall

**Who Can Join? Prerequisite:** Accounting and Application.

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

**Meeting Dates and Times:** zero hour & 5<sup>th</sup> hours G2436.

This class will provide students with an overview of the American monetary and banking system as well as types of financial institutions and the services and the products they offer. Course content may include government regulations; checking, savings, and money market account; loans; and investments. Students will manage

the day to day operations of the WRHS Bank and provide services to Common Grounds, the Shack, The Cookie Shack and WRHS PTO. Students will learn the importance of teamwork, cooperation, leadership and dependability.



**Common Grounds (Marketing Management)**

**Sponsors:** Brian McFall

**Who Can Join? Prerequisite:**

Principles of Marketing and Application

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

**Meeting Dates and Times:** zero hour & 5<sup>th</sup> hours G2342

This course continues to expand the students' marketing skills with an emphasis on business management and entrepreneurship. Students will manage and operate Common Grounds, gaining experience with customer service/human relations, inventory, sales, promotion, and product development. Students will learn the importance of teamwork, cooperation, leadership and dependability.



## **Cheerleading**

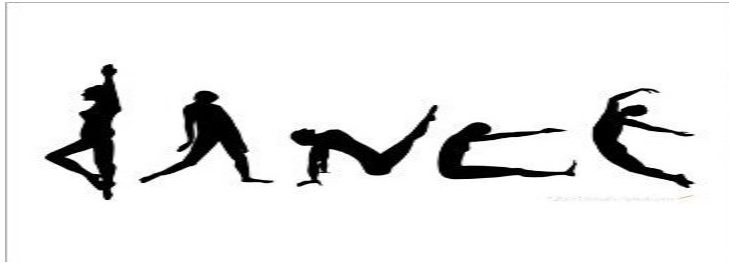
**Head Coach:** Ashley Miles

**Who Can Join?** Academically eligible males & females grades 9-12

**Starting Date:** Spring tryouts for both squads: Varsity and Junior Varsity

**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 year round. They cheer in the fall for football and in the winter for girls and boys basketball.



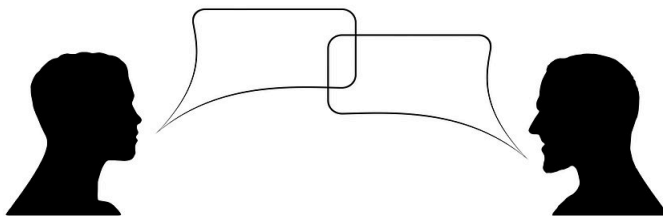
## Dancin' Blues

**Coaches:** Jenny Tiller **Assistant:** Hunter Hansen

**Who Can Join?** Academically eligible 9th - 12th grade students can try out.

**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:** 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 Mr. Ellis



## Drama & Technical Theatre

**Sponsors:** Ryan McCoy, Nick Beasley, Paige Burnick

**Who Can Join?** Actors and Technicians should start with Theatre I

**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:** Leslie Fischer and Michelle Pegram

**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:** 1-2 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 21st Century Journalism

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

**Meeting Dates and Times:** 3rd 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

**Sponsor:** Courtney Nottingham

**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.



## Scholar's Bowl

**Sponsor:** Cynthia Burgett

**Who Can Join?** Open to all students who are KSHSAA eligible

**Starting Date:** Listen for announcements. Practices begin in late August or early September and are on Mondays after school.

**Meeting Dates, Times and Locations:** We will meet in D536

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



## Science Olympiad

**Sponsor:** David Bailey

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

**Starting Date:** 1st Club Date

**Meeting Dates, Times and Locations:** Club dates in Rm C429

The students will compete in the annual Science Olympiad.



## Student Council

**Sponsor:** Kaylee Barber & Jessica Luse

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

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

**Meeting Dates, Times and Locations:** Every other Wednesday morning at 7:15 a.m. in room D274.

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, Adopt-A-Family, Spirit Days, Winter Formal, and Washburn Rural's Hall of Fame Ceremony. Only members of the student council are eligible to run for class office.



## Vocal Music

**Sponsor:** Ben Holcomb

**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 21st 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 the first semester and continue the class all year. That way they don't miss any of the fun!

**Meeting Dates and Times:** 5th or 6th 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:** Jerry Cavitte, Ryan Smith, Steve Lincolan & Adam Schmitz

**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:** Alex Hutchins **Assistants:** Kyle Fowler, Mike Miller

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

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

# Basketball, Girls

**Coach:** Kevin Bordewick **Assistants:** Haley Schmitz, Joy Marie Galliard, Adam Schmitz

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

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



# Bowling, Girls and Boys

**Coach:** Jo Ricard **Assistant:** Steve Peoples

**Who Can Join?** Any academically eligible boy or girl can try out. You must have a physical on file in the athletic office. Up to 12 boys and 12 girls will make up the Bowling Team.

**Starting Date:** Tryouts are the week after Thanksgiving.

**Practices/Games:** Practices start in January immediately after school until 5:00. Home lanes are Westridge Lanes. See schedule for competition locations and times. 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:** Ian Cropp, Kim Tuner, Elizabeth Sigvaldson

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

**Starting Date:** Monday, August 15th after school. Meet at the Blue Barn Northeast

of the Track. You must have a physical on file before you can practice.

**Practices/Meets:** There will be training opportunities throughout the summer on Mon. through Fri. at 7:00am. Please join us 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, Ryan Smith, Josh Lamb, Jerry Cavitte, Chris Ridley, Duane Zlatnik, David Richard, Tyler Cummings, Michael Miller, Tobi Cowdin, & Steve Lincoln

**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:** Davis Atteberry

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

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

# Golf, Girls

**Coach:** Jared Goehring **Assistant:** Michelle Pegram

**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.

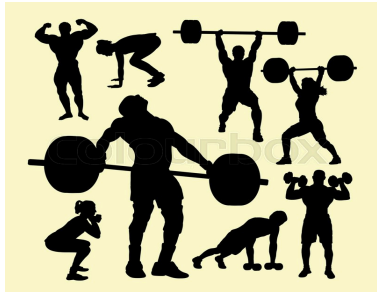


## Softball

**Coach:** Joy Marie Galliard **Assistants:** Kris Murphy, Chloe Holman

**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 24-26 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

**Coach:** Tyler Pfizenmaier & Chloe Holman

**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

**Girls Coach:** Bob Burdick **Boys Coach:** TBD **Diving Coach:** Catrina McNary

**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 is 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.



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## Tennis, Girls

**Coach:** Brad Johnston **Assistant:** Michelle Rose

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

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

# Tennis, Boys

**Coach:** Brad Johnston **Assistant:** TBD

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

**Starting Date:** Spring season Practices/Meets: As schedule



# Track and Field

**Coach:** Keith Wetzel **Assistants:** Colter Scott, Elizabeth Sigvaldson, Matt Swedlund, Steve Buhler, Ian Cropp, Joel Goering

**Who Can Join?** Any student that is academically eligible.

**Starting Date:** Spring Season Meeting Dates and Times: A no-cut sport, Track and Field is a spring sport for athletes to compete in Varsity and/or JV meets. JV meets are usually on Wednesdays and Varsity meets on Fridays. Offseason conditioning will be in January and February to prepare for the upcoming season. If you compete in a fall or winter sport, Track and Field is an excellent way to stay in shape, prepare for another sport and compete at a high level.



# Volleyball

**Coach:** Kevin Bordewick **Assistants:** Amanda Vanderbogart, Chloe Holman, Adam Schmitz

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

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





## Boys & Girls Wrestling

**Boys Coach:** Josh Hogan **Girls Coach:** Damon Parker

**Who Can Join?** All academically eligible students 9-12 grade, no experience needed.

**Starting Varsity level.** Both varsity and JV have meets almost every weekend. If you commit to participating with the Jr. Blues Wrestling Team, you will get ample opportunities to compete!

**Practices/Competitions:** Practice every day after school from 3:15 to 5:30pm. Competitions are almost every Saturday—early morning weigh-ins for day-long tournaments, occasional weeknights for single and double dual competitions. If you are interested in intense physical fitness, one-on-one competition, the thrill of victory, and a member of a closely-knit group of young adults, then you should consider joining the WRHS wrestling team! Match-up with and compete against high school athletes your size! Wrestling has 14 weight classes, ranging from 106 lbs. to 285 lbs. The #1 wrestler in each weight class competes at the varsity level, while everyone else competes at the junior varsity level.

# WRHS Student Club Application and Requirements

If you are interested in starting a new Student Club you can submit a proposal to Assistant Principal, Jan Hutley in the Main Office by April 1<sup>st</sup> of the school year prior to the club's establishment. Students looking to start a club or serve as officers in a club must be students in good standing and approved by their assistant principal (academics, attendance, discipline, etc.). The first step in creating a new club is securing a certified staff member who is assigned to WRHS and who is willing to work with you to help create the club as well as oversee all future club activities. The next step is submitting your proposal to be considered for approval. The components of the proposal should include:

1. An extended description of the mission and purpose of the club. Be sure to articulate how this club is substantially different than any other established club in its scope of activities. Proposed clubs that essentially encompass the purpose of any established club will not be permitted.
2. A detailed description of how the proposed club aligns to the goals, mission, or purpose of the national organization with which the club plans to align – if applicable (please remember that all national organizations should have a focus that is both legal and age-appropriate for the school setting).
3. A Constitution for governance of the club that includes the following:
  1. Official name of club.
  2. Qualifications of club members.
  3. Officer structure of the club and how they're elected.
  4. Specific duties of each officer.
  5. Specific duties of club sponsor.
  6. Meetings/Activities:
    - i. How often?
    - ii. Where will they be held?
    - iii. During school/Outside of school?
    - iv. Documentation of group meetings/activities.

V. Length of meetings.

7. How will group activities be funded? Fee/dues, etc.
  - i. If financial support is necessary to get started, a proposal detailing the required expenses should be submitted as part of the approval process.
4. Are there competitions and/or field trips involved? If so, will it require missed class time? Are there associated costs? (see 3gi above)
5. As part of this proposal, please provide a list of signatures of students who have committed to joining this club. Because sustainability and/or viability is a primary consideration in the establishment of new clubs, a minimum number of committed members will be set at 50, with no more than 30% of these being seniors.
6. Incomplete proposals will not be considered.
7. All student clubs and organizations must receive a charter through the WRHS Student Council. Submitted proposals meeting the aforementioned stipulations will be submitted to that organization for final consideration.
8. If approved, a club will be expected to operate within the established parameters of their original proposal and consistent with school policy. Any club which is found to be operating contrary to school policy and/or its intended purpose may be subject to the revocation of their charter by administration and therefore cease to be an approved club.
9. All proposals will include the following sentence to verify that the proposed club sponsor is aware and supportive of the submission in its entirety:
  1. *"I have assisted in the preparation of this proposal, understand and accept my responsibilities as a club sponsor as articulated within, and am supportive of this organization's establishment.*

Sponsor Signature \_\_\_\_\_"