WRHS CLUBS

American Sign Language (ASL)

Sponsors: Nick Bowling

Who Can Join? Open to all students

Starting Date: 1st club day

Meeting Dates, Times, and Locations: G464 during club period

We aim 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

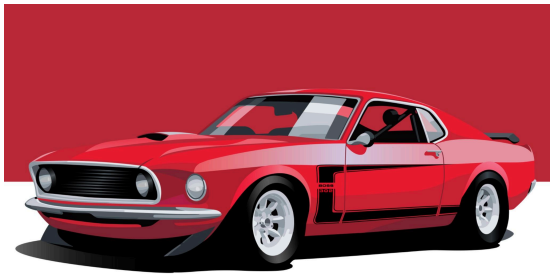
Sponsors: Erika Green

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 and 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 lives and leave WRHS as integral and virtuous people.



Car Club

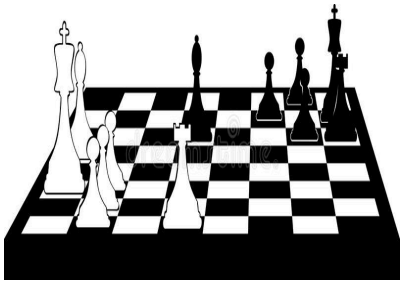
Sponsors: Justin Miller

Who Can Join? Open to all students

Starting Date: 1st Club Date

Meeting Dates, Times, and Locations: Club days in Mr. Miller's Art room (H389)

Our mission is to increase opportunities for people to learn about and participate in a car community and car culture. We hope that this will be a place where people can express their interest in cars, and come together as a community to promote camaraderie and safety.



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 on 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 regularly 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.

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 the state conference in Manhattan
. Travel to the national conference in rotation in Atlanta, Orlando, 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 Room G367.

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.

Environmental Club

Sponsor: Sam Raugewitz

Who Can Join? Open to all students

Starting Date: 1st Club Date

Meeting Dates, Times, and Locations: Club dates in Room E342

Do you feel concerned about pollution, climate change, and wildlife? It has been said that "Action is the best antidote to anxiety." In Environmental Club we think globally and act locally, working to make the WRHS more environmentally aware and sustainable.

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 the Cafeteria.

Fiber Arts Club

The Fiber Arts Club is dedicated to fostering creativity, community, and craftsmanship through the exploration of fiber-based art forms such as knitting, crocheting, embroidery, and sewing. Our mission is to provide a welcoming space where students of all skill levels can learn, share, and grow together while preserving traditional techniques and encouraging modern expression. Through collaborative projects,

skill-building workshops, and service initiatives, we aim to inspire artistic expression, promote sustainability, and strengthen connections within our school and local community.

Sponsor: Hannah Foster

Who Can Join: Open to all students

Starting Date: 1st Club Date

Meeting Date, Times, and Location: Club dates in Room



Future Farmers of America

Sponsor: Erin Deters

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 several activities and contests throughout the year including Horse Judging, Veterinary Science, Public Speaking, Horticulture, Job interviews, 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: Jessica Isaacson and Kaya Schupp

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 F551.

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 the acceptance of all individuals.

HALO (Hispanic American Leadership Organization)

Sponsor: Ivan Torres and Emilio Chavez

Who Can Join?: Open to all students

Starting Date: First Club Day

Meeting Dates, Times, and Locations: Every Club Date, C529

The Hispanic American Leadership Organization (HALO) provides a social and cultural environment to support and empower WRHS Hispanic/Latin students, increases educational achievement and post-secondary opportunities by encouraging them to attend college and develop skills, and promotes Hispanic cultural appreciation and awareness.



HOSA

Sponsor: Shelley Wichman, Alison Bunck, and Mike Steinert

Who Can Join? Open to all students

Starting Date: First Club Day

Meeting Dates, Times, and Locations: Every Club Date, B314

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 who have an interest in pursuing careers in health professions.

HOSA is 100% healthcare!

The HOSA organization's 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 Dance Studio

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, 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.



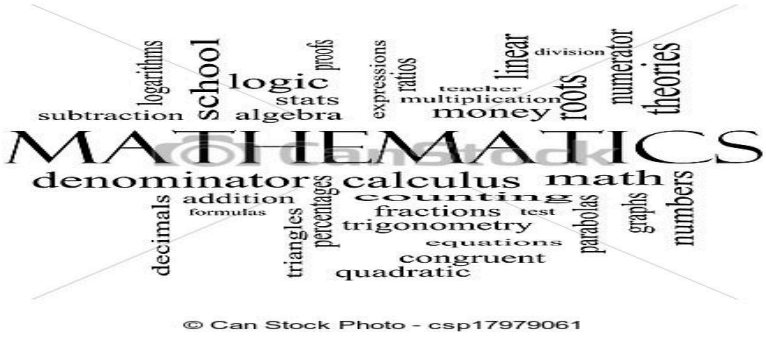
Sponsor: Mrs. Bunck

Who Can Join? Open to all Students

Starts: 1st Club Date

Meeting Dates, Times, and Location: We will meet every other club day during club time in B316

Started by a teenager in memory of her mom, our club is part of an international organization geared toward promoting kindness and love. We do this by creating cards of inspiration for those suffering from chronic or terminal illnesses that will be distributed to hospitals nationwide.



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 the 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 in resolving 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 H393

The 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 membership applications 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: Kim Sommers

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

Meeting Dates, Times, and Locations: Application for membership takes place in the fall, and Inductions in November.

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 students in good standing, and be active participants in the career and technical education pathways and the club associated with their pathway at Washburn Rural High School.

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 experiences for their 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 into 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 and 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 the 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 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 allow students to learn and/or improve exercise techniques and athletic performance enhancement. Practices will be offered after school Monday - Thursday at 3:10 pm. Club members will be allowed to compete with other schools at Powerlifting meets which are held on Saturdays throughout 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, and change the world through small but powerful acts. We are here to Make A Difference!

Theatre Club

Sponsor: Ryan McCoy, Paige Bernick, Bryan Lucchesi

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 C425. 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.

SkillsUSA

Sponsor: Kyle Fowler

Who Can Join? Open to all CTE students beginning 1st Club Date

Meeting Dates, Times, and Location: Club Dates: in Room G2430

Our Mission: SkillsUSA is America's proud champion of the skilled trades. Our mission is to empower students to become skilled professionals, career-ready leaders and responsible community members.

SkillsUSA is the #1 workforce development organization for students. We empower students to become skilled professionals, career-ready leaders and responsible community members. Representing more than 442,000 career and technical education students and teachers, SkillsUSA chapters thrive in middle schools, high schools and college/postsecondary institutions nationwide. Our mission is accomplished through the SkillsUSA Framework of Personal Skills, Workplace Skills and Technical Skills Grounded in Academics, which is integrated into classroom curriculum



World Cultures Club

Sponsor: Matthew Tenny

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

Starting Date: Club Dates

Meeting Dates, Times, and Locations: Meetings will be held during club time. The 1st club meeting will be in C623.

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.

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, and 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, and lively discussions.

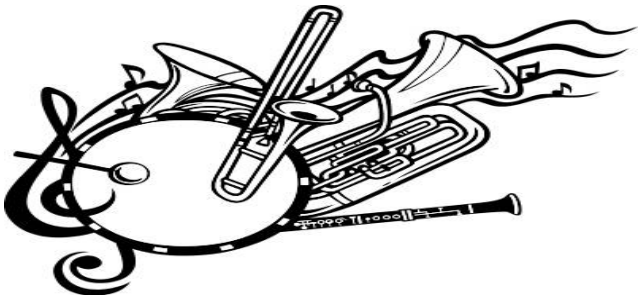
ACTIVITIES

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.

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 Drills, Color Guard, Marksmanship, Drone and Rocket flying, and much more. Cadets are allowed 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 the band website: 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: 5th Hour Room G2430.

The Shack provides students with “hands-on” experience and an understanding of marketing with an emphasis on 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 student's primary focus will be on 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 & 5th hours - Commons.

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 products they offer. Course content may include government regulations; checking, savings, and money market accounts; 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 & 5th hours - Commons

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

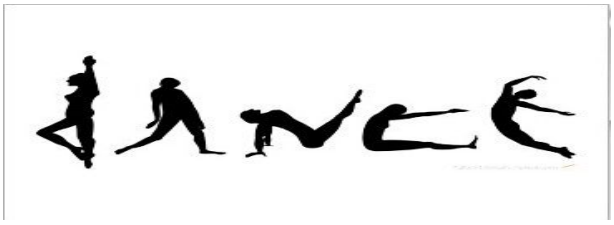
Head Coach: Christie Rinehart

Assistant Coaches: Ashley Badia, Emma Chavez, McKinzy McGuire.

Who Can Join? Academically eligible males & females in 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 spirited group that represents and supports WRHS athletics year-round. They cheer in the fall for football and in the winter for girls' and boys' basketball.



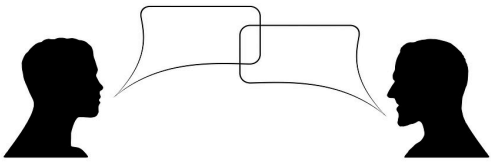
Dancin' Blues

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 are 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 Bernick

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 allows students to write speeches, act, and/or debate current events by performing at weekend tournaments around the Topeka area.



Freshman Mentoring Program

Sponsors: Michelle Pegram and Marie Coates

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 upperclassmen leaders an opportunity to build rapport with freshman students 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 with “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: Tyler Kuder

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 the first hour. This orchestra is a mix of 9th - 12 grade students. Success in the 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 the evening and some school-time concerts is required. A few 7:00 AM rehearsals may also be required.



Scholar's Bowl

Sponsor: Nick Beasley

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 E446

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 the 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 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 are held in Rm B157

Join a tradition of musical excellence at WR. More information at sites.google.com/usd437.net/washburnruralchoir/home



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 G2631

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 Lincoln & 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 Galliart, 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 the 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

Assistants: 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 7:00 am. Please join us at as many of our scheduled summer runs as possible. Summer fitness is an essential component of 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 weightlifting and agility opportunities on Monday, Tuesday, Thursday, and Friday throughout the school year.

RURAL
WASHBURN

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 try out 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 try out 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.



Softballpowerlifting

Coach: Joy Marie Galliart **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 competitions.



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 allow students 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 allowed to compete with other schools at Powerlifting meets which are held on Saturdays throughout 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 through swimming and diving meets as scheduled throughout the season. The 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: 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 scheduled



Track and Field

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

Who Can Join? Any academically eligible student.

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



🤼‍♀️ Women's Wrestling

Head Coach: Damon Parker

Assistants: Lindsay Parker, Jessie Stonebraker, Saige Evans, Duane Zlatnik, Sabastion Cuffel, Elizabeth Sigvaldson

Who Can Join? All WRHS females, whether you have experience or not!

Starting Date: Practices begin mid-November. Competitions begin the first week of December. All wrestlers, regardless of experience level, will get to compete!

Why join: our girls have created a family environment of inclusiveness & body positivity that changes the lives of the girls within our program. Washburn's Women's wrestling team has won 4 Kansas state championships since 2020 and is the gold standard for women's wrestling in the United States, finishing ranked in the nation's top 25 programs for 5 consecutive seasons. Our goals as a program, however, have nothing to do with championships. Our goals are to give our girls…

1. ***Strength***
2. ***A voice***
3. ***A platform from which to use that voice***
4. ***An experience so positive that they insist that one day their children get involved.***

Wrestling (Boys)

Coach: Josh Hogan

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

Starting Varsity level. Both varsity and JV have met 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 3:05 to 4:55. Competitions are almost every Saturday—early morning weigh-ins for day-long tournaments, and occasional weeknights for single and double dual competitions. 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, Chris Reffett in the Main Office by April 1st of the school year before 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 with 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 the governance of the club that includes the following:
    a. The official name of the club.
    b. Qualifications of club members.
    c. Officer structure of the club and how they're elected.
    d. Specific duties of each officer.
    e. Specific duties of club sponsor.
    f. 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.
    g. 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 3 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 that is found to be operating contrary to school policy and/or its intended purpose may be subject to the revocation of its charter by the 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:

"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 _____