



Sacajawea Extracurricular Opportunities

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Opportunities for kids to get involved...



Studies show...

Students who regularly participate in extra curricular activities and sports surpass their peers in academic performance.



The benefits.....

1. Time management and prioritizing
2. Exploring diverse interests
3. Make a contribution
4. Build self esteem
5. College applications
6. Setting goals
7. Teamwork
8. Academics



Athletics for 6th Graders



WIAA Eligibility Rules...

The Washington Interscholastic Activities Association only allows for six years of competitive sports and the Middle and High School level, so 6th graders are not eligible to play competitively in the WIAA league as it may impact their eligibility in their Senior Year of High School. As a result we have developed other ways to involve 6th graders in athletics.

Intramural Athletic Offerings.....meet 1-2 days per week 3:30-5:30

1. Basketball or Cross Country in the Fall
2. Handball and Floor Hockey through Winter
3. Field and Gym Sports in Spring

In addition we offer Unified Badminton in April/May (for all three grades)



Athletics for 7th and 8th Graders



Season 1 (Sept-Oct)	Season 2 (Oct-Dec)	Season 3 (Jan-Feb)	Season 4 (Feb-March)	Season 5 (April-May)
-Flag Football -Girls Softball -Cross Country	-Girls Volleyball	-7 th Boys Basketball -7 th Girls Basketball	-8 th Boys Basketball -8 th Girls Basketball -Wrestling	-Baseball -Track &Field -Unified Badminton

Practices are morning and after school for most sports. Zum riders can access afternoon activity busses.

Eligibility to Participate



1. Obtain a Sports Physical

- *Forms are available on our website and most medical providers have the SPS or WIAA form that can be filled out at your next doctor's visit and uploaded to Final Forms*
- *Physicals are good for two years*

2. Fill out required release and health history information on Final Forms

3. Pay ASB Fee

Extracurricular beyond Athletics



Sacajawea offers a variety of clubs that students can participate in. Clubs are student created and are generally for ALL grade levels. Students find an advisor, write a club charter, get approval from the Associated Student Body and then run the club for designated amounts of time. Most clubs run after school from 3:30-4:30pm and an activity bus is available for Zum riders.

Here are some clubs we had available this year:

Spirit Club
Girl's Weights Club
Coding Club
Homework Club
Strategy Game Club
Cooking Club
Tennis Club
Photography Club
Drill Team
Show Choir
Writing Society

Final Forms



In August, all parents of students in our enrollment data base will receive an invitation to Final Forms. Check your Junk Mail as sometimes it goes there. You can find Instructions for registering with Final Forms on Sac's website under Activities!

