# Sacajawea Extracurricular

Opportunities

Rob Kuehn, Athletic Coordinator & Laura Treece, Extracurricular Administrator

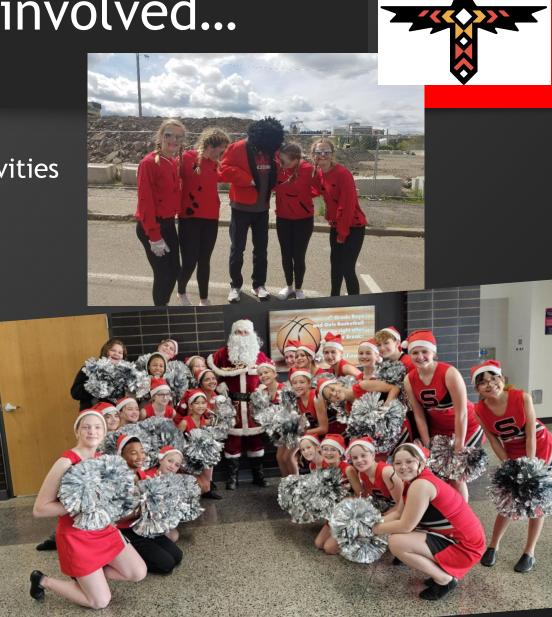
### Opportunities for kids to get involved...

#### 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 6<sup>th</sup> 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 6<sup>th</sup> 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 6<sup>th</sup> graders in athletics.

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

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

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







## Athletics for 7<sup>th</sup> and 8<sup>th</sup> 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 <sup>th</sup> Boys Basketball -7 <sup>th</sup> Girls Basketball	-8 <sup>th</sup> Boys Basketball -8 <sup>th</sup> 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
 Strategy Game Club
 Photography
 Drill Team

 Girl's Weights Club
 Cooking Club
 Cooking Club
 Show Choir

 Coding Club
 Cooking Club
 Tennis Club
 Writing Society

### Final Forms

