



# FMS BEYOND THE BELL PROGRAM INFO

Extra-curricular programs are an integral part of student life at Frelinghuysen Middle School. Our primary goal is to augment the academic, social and emotional development of our entire student body through offering a variety of athletic, artistic, literary, musical, and philanthropic activities. We encourage every student to get involved!

# 2018

## ACTIVITIES AT A GLANCE

### Year-Long Activities and Clubs

- + All In
- + Chamber Orchestra
- + Falcon Jazz Band
- + Falcon Press
- + Model United Nations
- + Performance Dance Company
- + Select Chorus
- + Student Council
- + Technology Student Association
- + Wind Ensemble
- + Yearbook Committee

### Seasonal Activities and Clubs

#### Fall

- + HSA Fall Clubs
- + Fall Athletics
  - Cross Country
  - Field Hockey
  - Boys Soccer
  - Girls Soccer

#### Winter

- + Art Club
- + Battle of the Books
- + Chess Club
- + Play Production / Musical
- + Ski Club
- + HSA Winter Clubs
- + Winter Athletics
  - Boys Basketball
  - Girls Basketball
  - Cheerleading
  - Drill Team
  - Wrestling

#### Spring

- + Volleyball
- + Spring Athletics
  - Baseball
  - Boys Lacrosse
  - Girls Lacrosse
  - Softball
  - Track and Field

# Year-Round Activities and Clubs

## ALL IN

ALL IN (Allies In Learning & Leading - Inclusive Network) is a social group that emphasizes that all students belong and that we should celebrate our differences. ALL IN hosts separate events (i.e., parties, team building activities) and joins other pre-existing activities (i.e., Builder's Club, A.O.K. club, basketball scrimmage) to foster relationships, which enhance our lives, school, and community.

**Advisor:** TBD

**Time & place:** Monthly, varied locations

## CHAMBER ORCHESTRA

The Chamber Orchestra is an audition based group comprised of FMS Orchestra students in the 6th, 7th, and 8th grade. This ensemble performs challenging repertoire and is designed for self-motivated students who love music and are looking to improve beyond what is allowed within the scope of the school day. This group rehearses weekly and participates in a variety of community events and performances throughout the school year.

**Advisor:** Ms. Tomblin

**Time & place:** 7-8:30PM, Orchestra Room, Wednesdays

## FALCON PRESS

All students are eligible to audition for the yearlong newspaper staff. The group produces a high-quality online school newspaper. The students are responsible for and are involved in every aspect of the design, writing, editing, and production of each publication.

**Advisor:** Mrs. Schmitt & Mrs. Varughese

**Time & place:** 2:25-4PM, Rm 109, Tuesdays

## FALCON JAZZ BAND

The Falcon Big Band is an opportunity for students to expand their musical talents through the study and performance of large ensemble swing, Latin jazz, and rock/funk repertoire. It is open to all students grades 6-8 by audition only.

**Advisor:** Mr. Ocasio

**Time & place:** 6:30-8:30PM, Rm 146, Tuesdays Sept-June

## MODEL UNITED NATIONS

Model UN is an authentic simulation of the UN General Assembly, which introduces students to diplomacy, negotiation, and decision-making. Students step into the shoes of ambassadors from all member countries and debate current issues on the UN's vast agenda. The program culminates in students participating in the annual Global Middle School Model UN Conference held at the UN in April.

**Advisor:** TBD

**Time & place:** Media Center, Wednesdays

## PERFORMANCE DANCE COMPANY

The FMS Dance Company will expose dancers to a variety of movement styles and encourage dancers to be active collaborators in the creative process. Dance will be taught as an art form to be performed to a live audience. Dancers will learn choreography and compose their own original works of art.

**Advisor:** Ms. Ings & Ms. Pereny

**Time & place:** Cafeteria, Thursdays

## SELECT CHORUS

The Select Chorus is comprised of vocalists who wish to develop and enhance their vocal talent. The group performs at school concerts and competes in state and regional programs.

**Advisor:** Mr. Gonsky

**Time & place:** 2:30-4PM, Wednesdays weekly

## STUDENT COUNCIL

Student Council is a student-run organization that supports and promotes student life at Frelinghuysen. Student representatives and officers are elected by the student body. Campaigns begin in October, followed by elections in November. Student Council members develop and implement social and service initiatives for our students and staff.

**Advisors:** TBD

**Time & place:** 2:25-4PM Media Center

## TECH STUDENT ASSOCIATION

Technology Student Association (TSA) is a national organization of middle and high school students who are engaged in science, technology, engineering, and mathematics (STEM). TSA provides guidelines for 60+ middle school state and national competitions in which students are challenged to use their STEM skills in areas such as communication, design and engineering, environment, and more. The TSA team will meet weekly and prepare to enter state and local competitions.

**Advisor:** Mr. Scheerer

**Time & place:** Rm 154, Thursdays

## WIND ENSEMBLE

The Wind Ensemble is comprised of selected musicians from the 6th, 7th, and 8th grade band classes who wish to further their abilities. The group rehearses in the evening, and performs at school concerts and events. They also compete in local and regional competitions.

**Advisor:** Mr. Gallagher

**Time & place:** 2:25-4PM, Band Room, Thursdays

## YEARBOOK

This group is open to any student who would like to be involved in the production of the yearbook. The staff will be responsible for: developing a yearbook theme, creating a layout design, taking photographs, writing and editing captions and articles, conducting yearbook sales, and critiquing the final product.

**Advisor:** Mrs. Satkowski

**Time & place:** 2:25-4PM, Rm126, every other Thursday

# Seasonal Clubs/Activities and Athletics

## Fall

### Fall Athletics

#### CROSS COUNTRY

The cross country team is comprised of 6, 7, and 8th grade girls and boys. This is an interscholastic program with seventy plus openings on the team roster. The number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, and school spirit.

**Coach:** Ms. Calamari

**Length of season:** Sept. – Nov.

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** running shoes and practice clothes

#### FIELD HOCKEY

The field hockey team is open to all 6th, 7th and 8th grade girls. This is an interscholastic activity with sixty plus openings on the team roster. The number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, developing field hockey fundamentals, and school spirit.

**Coach:** Mr. Manahan

**Length of season:** Sept. – Nov.

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** mouth guards, shin guards, stick, cleats and practice clothes (uniform provided)

#### BOYS SOCCER

The boys' soccer team is open to all students who wish to try-out during the first several days of school. This is an interscholastic program with emphasis on conditioning, teamwork, developing soccer fundamentals, and school spirit. Practice or games will be held every day during the season.

**Coach:** Mr. Bernal

**Length of season:** Sept. – Nov.

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** soccer cleats, shin guards and practice clothes (uniform provided)

#### GIRLS SOCCER

The girls' soccer team is open to all girls who wish to try out during the first several days of school. This is an interscholastic activity with an emphasis on conditioning, teamwork, developing soccer fundamentals, and school spirit.

**Coach:** Mr. Cahill

**Length of season:** Sept. – Nov.

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** soccer cleats, shin guards and practice clothes (uniform provided)

### Fall Clubs

#### HSA AFTER SCHOOL CLUBS

Each fall and winter, the Frelinghuysen Home & School Association, in cooperation with FMS staff, offers a variety of clubs taught by FMS teachers for a nominal fee. Clubs range from sports to academics to technology and more. Clubs meet weekly, immediately after school, and run for 6 weeks. You can explore club offerings and register online by visiting the HSA website, fmhsa.com, during the open registration periods, usually in October and December.

## WINTER

### Winter Athletics

#### BOYS BASKETBALL

The boys' basketball team is open to all students who wish to try out. This is an interscholastic program with limited openings on the team roster, and the number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing basketball fundamentals, and school spirit.

**Coach:** Mr. Phinn

**Length of season:** Nov. – Jan.

**Time & place:** 2:25-4PM, school grounds, practice or games daily

**Equipment required:** basketball sneakers and practice clothes (uniforms provided)

#### GIRLS BASKETBALL

The girls' basketball team is open to all students who wish to try out. This is an interscholastic program with limited openings on the team roster, and the number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing basketball fundamentals, and school spirit.

**Coach:** Jake Cahill

**Length of season:** Nov. – Jan.

**Time & place:** 2:25-4PM, school grounds, practice or games daily

**Equipment required:** basketball sneakers and practice clothes (uniforms provided)

#### CHEERLEADING

The cheerleading squad is open to all girls who wish to try-out. This is an interscholastic program with limited openings on the team roster. The number of participants covers all three grade levels and is determined by the coaching staff after try-outs. Opportunity to practice the required cheers before try-outs is offered and all candidates must attend those three days. Emphasis is on teamwork, learning and developing cheerleading fundamentals and school spirit.

**Coach:** Laura Leidy-Stauffer

**Length of season:** Nov. – Jan.

**Time & place:** 2:25-4:PM, on-site practice or home games

**Equipment required:** white sneakers and practice clothes (uniform provided)

#### DRILL TEAM

The Drill (STEP) Team offers students an opportunity to pursue their interests in participating on a team that performs synchronized STEP programs at our indoor sports events. The team is limited to approximately twenty members and try-outs are held.

**Coach:** Ms. Green

**Length of season:** Fall/Winter

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** none

#### WRESTLING

The wrestling team is an interscholastic program comprised of sixth, seventh, and eighth grade students. The number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing wrestling fundamentals, and school spirit.

**Coach:** Mr. Manahan

**Length of season:** Nov. – Jan.

**Time & place:** 2:25-4PM, school grounds, daily

**Equipment required:** wrestling gear as per Coach Manahan (uniforms provided)

### Winter Clubs/Activities

#### ART CLUB

The Art Club provides 25 students with the opportunity to develop and enhance their artistic talent in painting, drawing, and sculpture. It also, provides students with the integration of art and computer technology. Students bring in projects that they want to work on. The teacher provides help

with the next step or enhancement of the project. In this club all types of artists can share their creative ideas. The Art Club is to stimulate, foster and promote public interest in the arts. As well as, help students express their feelings and emotions that words alone cannot. The Art Club is a place where anyone who wishes to pursue an art can realize his or her full potential.

**Advisors:** Mr. Narciso, Ms. Escobedo

**Time & place:** 2:25-4PM, Rm 212, Fridays Starts 1/13/17, for 12 weeks

## BATTLE OF THE BOOKS

Battle of the Books is a literature contest that all grades and all students at FMS can take part in. Teams are comprised of up to five students. The team members are asked to read and become knowledgeable about the content from a list of books selected by Mr. Rosso. Teams that are made up of a mix of 6th, 7th, or 8th graders are acceptable. All of the teams will come together in June to "Battle" each other in a round robin style Q&A.

**Advisor:** Mr. Rosso

**Time & place:** 2:25-4PM, Tues. & Thurs.

**Starts 12/15 and runs through March**  
Books will be handed out in March and the Battle will be in June.

## CHESS CLUB

Chess Club is offered to all grades and all students at FMS. Chess Club is for students that want to learn to play chess or already know how. Chess Club will have individual games, round robin, and tournament style games. Have fun, make new friends, and play chess!!

**Advisor:** Mr. Rosso

**Time & place:** 2:25-4PM, Media Center, Tues. & Thurs.

**Starts 12/15 and runs through March**

## PLAY PRODUCTION/MUSICAL-WINTER/SPRING

All students in grades 6, 7, and 8 are invited to produce or perform in the musical. Workshops are offered after school the week before auditions to acquaint students with specific skills, talents and materials they will need for auditions. The process requires all performers to read, sing and dance, after which every student is awarded a part in the play. Rehearsal schedules are posted weekly. Attendance at rehearsals is mandatory. Beginning in January, students interested in producing the play are invited to sign up for after school and Saturday work parties to build and paint scenery, learn lighting and scenery moves, and other aspects of production.

**Advisor:** Mrs. Montague, Director

**Time & place:** Specific times/dates are provided in Nov/Dec. Please listen for morning announcements. (You will be required to make evening and weekend time commitments to the program.)

## SKI CLUB

Ski Club is offered (through the Community School) to all grades and students at FMS. Hurry to join because it fills up fast! Ski Club goes to Shawnee Mt. 6 times, starting the first Friday after winter break. All students receive 3 ski lessons and transportation to and from the mountain. You don't need to be an expert skier to join!

## HSA AFTER SCHOOL CLUBS

Each fall and winter, the Frelinghuysen Home & School Association, in cooperation with FMS staff, offers a variety of clubs taught by FMS teachers for a nominal fee. Clubs range from sports to academics to technology and more. Clubs meet weekly, immediately after school, and run for 6 weeks. You can explore club offerings and register online by visiting the HSA website, fmshsa.com, during the open registration periods, usually in October and December.

# SPRING

## Spring Athletics

### BASEBALL

The boys baseball team is comprised of 6th, 7th, and 8th-grade students. This is an interscholastic program with limited openings on each team roster. The number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing baseball fundamentals, and school spirit.

**Coach:** Mr. Manahan

**Length of season:** March – June, Monday-Friday (possibly 1 Saturday)

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** baseball glove, practice clothes, and softball cleats (uniform provided)

### GIRLS LACROSSE

The girls' lacrosse team is an interscholastic athletic team that competes in the Greater Morris County Junior School Coaches Association league. It is a developmental program geared towards learning and mastering the basic fundamentals of the game.

**Coach:** Ms. DeSalvo

**Length of season:** April – June

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** sneakers and practice attire (uniforms provided)

## BOYS LACROSSE

The lacrosse team is an interscholastic athletic team that competes in the Greater Morris County Junior School Coaches Association league. It is a developmental program geared towards learning and mastering the fundamentals of the game.

**Coach:** TBD

**Length of season:** April – June

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** sneakers and practice attire (uniforms provided)

## SOFTBALL

The girls softball team is comprised of sixth, seventh and eighth students. This is an interscholastic program with limited openings on each team roster; the number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing fundamentals, and school spirit.

**Coach:** Mr. Xenitelis

**Length of season:** March – June, Mon.-Fri.

**Time & place:** 2:25-4PM, school grounds

**Equipment required:** softball glove, practice clothes, and softball cleats (uniform provided)

## TRACK AND FIELD

The team is comprised of sixth, seventh and eighth grade student athletes. This is an interscholastic program with limited openings on the team roster, and the number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing track and field fundamentals, and school spirit.

**Coach:** Ms. Green

**Length of season:** April – June

**Time & place:** 2:25-4PM, school grounds, meets held at MHS

**Equipment required:** sneakers, practice attire

## Spring Activities

### VOLLEYBALL

All students are invited to participate in the intramural volleyball program. The purpose of this program is to introduce interested students to the game of volleyball. The rules of play, fundamental skills, and scoring are covered.

**Advisor:** Mr. Phinn

**Length of Season:** 12 consecutive sessions in February

**Time & place:** 2:25-4PM in the gym

**Equipment required:** sneakers & play clothes