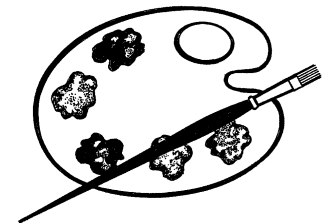
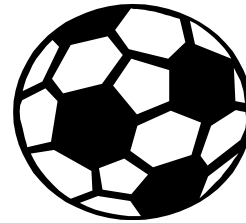


**CMS  
STUDENT ACTIVITIES  
HANDBOOK  
2019-2020**



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**STUDENT ACTIVITIES OFFICE  
952-975-7400  
cewing@edenpr.k12.mn.us**

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# STUDENT ACTIVITIES

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[www.edenpr.org/cms](http://www.edenpr.org/cms) & click on Activities

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## **GENERAL INFORMATION**

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Students should listen carefully to the daily bulletin announcements for the dates and times of registrations for activities and sports throughout the year. You can check out our website at [www.edenpr.org/cms](http://www.edenpr.org/cms) and click on Activities for current registration information and physical forms. The activities offered are dependent upon the number of students that register and the availability of coaches/ advisors and facilities.

### **FEES**

Fees for participation in most activities will be between \$20 and \$80. Some sports require the purchase of a shirt as a uniform, which you keep at the end of the season. Consult the individual activity listed in this brochure for specific fees.

### **ACTIVITY BUS**

Students who participate in after school activities may ride the activity bus home. There is no charge to ride the bus. The bus will leave CMS at 4:00 pm Monday - Thursday. There is no activity bus on Fridays. Students will be given a bus pass which will be good for the duration of their activity season, and they must show their student ID when they board the bus. You can view the map for the activity bus routes on our website. Go to Quick Links/Activity Bus Route. There is also a map posted on the bulletin board across from the west gym to help students determine which bus they should ride.

## GENERAL INFORMATION

### SPORTS PHYSICALS

If your student is involved in a sport through the Eden Prairie High School, it is required that they have a sports physical on file. This would include CMS Cross Country and Nordic Skiing.

The physical form needs to be signed by the student's physician stating that the student is cleared to participate in an after school sport. If your child has had a recent physical you can drop the form off at your clinic and have the doctor complete it. Once the form is on file, it is good for three years from the date of the student's last physical exam.



## ATHLETICS

### SPRING SPORTS 2020

**Registration:** Month of March

**Season:** April—May

**Time:** 2:20—3:45 pm

#### **Track and Field: April—May, \$80 fee**

Track & field is open to all 7th & 8th grade boys & girls interested in a competitive track & field program, competing against other metro area schools. Track requires a commitment of 4-5 days a week. Practices occur until 4:00 pm and meets usually conclude by 6:30 pm.

#### **Intramural Boys Tennis: April—May, \$20 fee**

Tennis is open to all 7th & 8th grade boys and is designed for the beginner to intermediate skill level player. We will be playing intramural matches. Practices will be on Monday, Tuesday, and Thursday from 2:20 to 3:45.

#### **Intramural Ultimate Frisbee: April—May, \$20 fee**

Ultimate Frisbee is open to all 7th & 8th grade boys & girls and is designed for all skill levels. We will play coed intramural games on the fields outside Monday, Tuesday, and Thursday from 2:20 to 3:45.

#### **Intramural Beach Volleyball: Apr -May, \$20 fee**

Intramural volleyball is open to all 7th & 8th students and is designed for the beginner to intermediate player. We will play intramural games outside at the beach volleyball courts on Monday, Tuesday, and Thursday from 2:20 to 3:45..

#### **Intramural Boys & Girls Soccer: Apr—May \$20 fee**

Soccer is open to all 7th & 8th grade boys & girls (on separate teams) and is designed for the beginner to intermediate skill level player. We play intramural games Monday, Tuesday, and Thursday from 2:20 to 3:45.

**WINTER SPORTS 2019– 2020****Registration:** Oct. 1-Nov. 8**Season:** October - November**Time:** 2:20-3:45 pm**Intramural Girls Basketball: Oct.21 -Nov.26  
\$20 fee**

Girls basketball is open to all 7th & 8th grade girls and is designed for players of all skill levels. We will be playing intramural games Monday, Tuesday, and Thursday from 2:20-3:45.

**Intramural Boys Basketball: Oct.21 -Nov.26  
\$20 fee**

Boys basketball is open to all 7th & 8th grade boys and is designed for players of all skill levels. Intramural games will be Monday, Tuesday, and Thursday from 2:20-3:45.

**Wrestling: Oct.— Dec. \$80 fee**

Wrestling is open to all 7th & 8th grade boys and will practice on Monday, Tuesday, and Thursday from 2:20-3:45.

**Intramural Floor Hockey: Feb.18- Mar.26  
\$20 fee**

Floor hockey is open to all 7th & 8th grade boys and girls and is designed for players of all skill levels. We will be playing intramural games Monday, Tuesday, and Thursday from 2:20-3:45.

**Intramural Badminton: Jan.6-Feb.13. \$20 fee**

Badminton is open to all 7th & 8th grade boys & girls and is designed for players of all skill levels. Students play Monday, Tuesday, and Thursday from 2:20 - 3:45.

**Nordic Skiing: Dec.— Feb.  
\$150 fee**

Nordic skiing is open to all 7th and 8th grade boys and girls. We are part of the EPHS High School's Nordic Ski Team.

**GENERAL INFORMATION****SPECIAL EDUCATION AND ADAPTIVE PROGRAM**

Special education and adaptive education students are encouraged to participate in all programs offered.

Along with the after school programs at CMS, a South Suburban Adapted Athletics program is also available. This program is designed for special education and adaptive students to participate in a variety of activities that allow students the opportunities for social interaction. The program entails learning cooperative and competitive behaviors while building self confidence by experiencing success through team sport activities. In addition to cooperative interaction, this program is an excellent vehicle for engaging in physical activities that promote physical fitness. Teams are comprised of students in Grades 7-12. Busing is provided from CMS to the program site and home after the activity. For registration information, you can contact the following: Stephanie Kasel in the Bloomington District Athletic Office @ 952/806-7627. For transportation information, Karen Bakken in the Eden Prairie District Transportation Office @ 952/975-7517. For other questions, call Dan Slinden at EPHS @ 952/957-6811 or Corey Christopherson at CMS @ 952/975-2618. The sports and seasons are as follows:

Indoor Soccer - 9 weeks in the Fall; Sept-Nov.

Floor Hockey - 12 weeks in the Winter; Dec-March

Indoor Softball - 9 weeks in the Spring; March-June



**MATH LEAGUE/MATH COUNTS**

A typical CMS mathlete is a 7th or 8th grade student who excels in math, desires an extra challenge and enjoys competition. During the regular season, mathletes compete against teams statewide and at the regional level. These meets are held each month on Mondays. The season begins in September and ends with the students competing for awards in the regional, state and national MATHCOUNTS competitions in February.

**Season:** September through February

**Days/Time:** TBA

**Fee:** \$30.00

**Board Games CLUB**

This club is open to all interested in a variety of board games. Chess, Oregon Trail and Munchkin Deluxe are some of the favorites that they have played in the past.

**Season:** Quarters 2 and 3

**Days/Time:** One - two days a week.

**Fee:** \$20.00

**FALL SPORTS 2019**

**Registration:** Aug. 1 - Sept. 30

**Season:** September - October

**Time:** 2:20 - 3:45 pm

**Cross Country: Sept.3 - Oct.22**

**\$80 fee**

Cross Country is open to all 7th & 8th grade boys & girls interested in a competitive running program that competes against other metro area schools. Cross country requires a commitment of 4-5 days a week for practices and meets.

**Flag Football: Sept.9 - Oct.15**

**\$20 fee**

Flag Football is open to all 7th and 8th graders interested in participating in a flag football program. We play intramural games Monday, Tuesday, and Thursday from 2:20 to 3:45.

**Intramural Volleyball: Sept.9 - Oct.15**

**\$20 fee**

Intramural Volleyball is offered to all 7th & 8th grade boys and girls who are beginner to intermediate players. We play intramural games Monday, Tuesday, and Thursday from 2:20 to 3:45.

**Intramural Girls Tennis: Sept.9 - Oct.15**

**\$20 fee**

Intramural girls Tennis is offered to all 7th & 8th grade girls who are beginner to intermediate players. We play intramural games Monday, Tuesday, and Thursday from 2:20 to 3:45.

**Intramural Boys & Girls Soccer: Sept.9-Oct.15**

**\$20 fee**

Soccer is open to all 7th & 8th grade boys & girls and is designed for the beginner to intermediate skill level player. We play intramural games Monday, Tuesday, and Thursday from 2:20 to 3:45.

**Intramural Girls Lacrosse: Sept. 9- Oct.15**

**\$20 fee**

Intramural Girls Lacrosse is offered to all 7th & 8th grade girls and is designed for all skill level players. We play intramural games. Monday, Tuesday, and Thursday from 2:20 to 3:45.

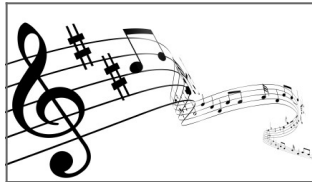
**MUSICAL**

CMS puts on a musical each year. Sign up opportunities are publicized in the daily bulletin. Though the size of the cast differs from show to show, opportunities are available for both 7th and 8th grade students in singing roles, non-singing roles, crews for lights, sound, set construction, painting, costumes, make-up, and publicity. Opportunities also exist for 8th grade instrumental students to be in the pit orchestra. The cast and orchestra are selected through auditions. Students selected to participate are expected to attend all scheduled rehearsals and performances.

**Season:** Auditions for performing parts will be held in March. Performances will be on May 12, 14, 15, and 16.

**Days/Time:** Rehearsals start in March, including two Saturdays.

**Fee:** \$20.00 (plus a costume/makeup fee for cast)

**VARIETY SHOW**

The annual variety show is presented by CMS to showcase its multi-talented students. Acts are selected through auditions in an effort to involve as many and as varied a selection as possible. Past acts included dancing, gymnastics, singing, live music, skits, magic, etc. Performances are held on February 21. There is no fee to participate.

**SPEECH TEAM**

Students perform for a small group of people with selections of your choice by competing against other schools in a variety of different speech categories. If you're into public speaking, or would like to become better at speaking, this is the club for you.

**Season:** November - January

**Days/Time:** One – two days a week plus a few tournaments.

**Fee:** \$20.00

**CODING CLUB**

What is coding? Coding is what makes it possible for us to create computer software, apps and websites. Your browser, your OS, the apps on your phone, and websites – they're all made with code. Coding, in the simplest of terms, is telling a computer what you want it to do, which involves typing in step-by-step commands for the computer to follow. Learn to deepen your problem solving and critical thinking skills and learn about a new way to solve puzzles. This coding club is for beginning coders, who want to learn some basics and have some fun!

**Season:** Sept. 16 - Nov. 11

**Days/Time:** Mondays

**Fee:** \$20.00



**STUDENT COUNCIL**

Student Council is an organization that coordinates service projects throughout the school year, helps run the student of the month breakfasts, and acts as student guides for 6th grade visits, and various other leadership roles as needed at CMS, in the school district or in the community. Student Council is a place to build leadership skills and peer relationships. All 7th and 8th grade students may apply by filling out an application form and getting teacher recommendations. Student Council advisors and a team of teachers will select students from each team.

**Season:** October — May

**Days/Time:** Meets twice a month after school. Additional committee meetings as needed.

**Fee:** None

**FRIENDS FOREVER/UNIFIED CLUB**

This is a social inclusion club, dedicated to breaking down social barriers, and to promote opportunities of interaction between students of all abilities.

**Season:** Sept. - May

**Days/Time:** Friends Forever will meet Thursday mornings during advisor twice a month. Unified will have meet after school on Tuesdays twice a month.

**Fee:** None

**SAGA (Sexuality and Gender Alliance)**

All students are invited to join this club.

This club is for you if:

You question gender roles in our culture

You identify as GLBTQI+

You have a family member or friend who identifies as GLBTQI+ and want to support them.

You are curious and want to learn more!

We will create a safe environment to gather, foster a sense of belonging for all, and promote acceptance throughout our school community.

**Season:** TBD

**Fee:** None

**SPOTLIGHT THEATER/DRAMA CLUB**

Have you ever wanted to try acting, but you aren't quite sure if you'd like it? Have you ever heard of crew, but you don't know how to run a soundboard, spotlights, or how to create a set, costume design or prop? You will learn a variety of skills before deciding what you would like to do.

**Drama Club** : organizes fun drama activities. We have a annual Zombie Run with the Cross Country team, learn stage combat with the Guthrie teaching specialists and attend a variety of professional shows in the Twin Cities. These activities happen throughout the year and are organized around availability and student interest.

**Season:** September – November

**Days/Time:** To Be Determined

**Fee:** \$20.00 (plus field trips)

**WINTER PLAY**

All 7th and 8th grade students are welcome to participate. Sign-up opportunities are publicized through the daily bulletin. The performances will be February 6– 8. No dramatic experience is necessary. Students are needed for cast and “behind the scene crews.” Rehearsals are held after school for 6-7 weeks before the performance and a dress rehearsal will be held on a Saturday just before the performance. Students selected to participate are expected to attend all scheduled rehearsals and performances.

**Season:** December - February.

**Fee:** \$20.00 (plus a costume/makeup fee for cast)



**BAND ENSEMBLES**

If you are in band or play a string instrument, ensembles provide a way to further your skills by playing different music from what we play in band. Ensembles offer an opportunity to have fun playing in a smaller group. Both 7th and 8th grade students are encouraged to participate. There are a few concerts during the year, and occasional performances at special events. Ensembles include jazz band, percussion ensembles, woodwind, pep, brass, guitar and chamber orchestra. We will also have a symphonic band that starts in January. You will receive more information at the start of school from your band instructors.

**Season:** September through May

**Days/Time:** Once a week, before school at 6:45am or 7am.

**Fee:** \$20.00 for each ensemble.

**CENTRAL SINGERS**

If you enjoy singing and would like to further develop your skills and confidence in singing, then central singers is for you. There are three choirs - one for girls, one for boys and a mixed choir called "Vivace". You will perform in concerts and special events during the school year. You need not be enrolled in a CMS choir class to participate in this group.

**Season:** September through May

**Days/Time:**

Once a week, before school at 6:45am or 7am.

**Fees:** \$20.00

**These clubs are run through the YMCA****LEADERS CLUB**

Leaders Club is a teen directed program that encourages leadership development through activities and trainings that focus on service learning, asset building, personal growth and social development. This is a national YMCA program and will offer teens the opportunity to attend regional events throughout the year. For more information, call at 952-835-2567.

**YOUTH IN GOVERNMENT/MODEL UNITED NATIONS**

Youth in Government is a character and leadership development program for teens who are interested in an experiential learning experience in government. The YIG program focuses on our state governmental system and is held in January. Model UN focuses on the United Nations and is a weekend retreat in March. This program brings teens from across the state together to experience government. Call the YMCA at 952-835-2567 for more information.

**Y's START PROGRAM**

Y's Start offers teens the opportunity for leadership development, team building, challenges and other activities that integrate education, recreation and service learning. This program includes daily off-site field trips. For more information, call 952-835-2567.

**YEARBOOK**

Experience the challenge of collecting the year's most cherished memories and publishing them as a book that will be viewed forever. The yearbook staff is a group of very dedicated, creative 7th & 8th graders who meet with advisors from early October through late April. Staff members develop the yearbook's theme, design page layouts, take and edit photos, write about student activities, and check completed pages for accuracy. There is no fee to join this club.

**Season:** Oct. - April

**Days/Time:** 1 day a week after school

**Fee:** No fee

**ART CLUB**

Open to all 7th and 8th grade students, Art club meets after school 2 times a week. A fee is charged for materials. Activities may include Manga art, ceramics, sculpture, jewelery design, and print making.

**Season:** A new club each quarter.

**Days/Time:** Two days a week after school

**Fee:** \$20

**CRAFT CLUB**

If you enjoy making crafts, such as holiday gifts or tie dying t-shirts, you'll love this club!

**Season:** November—December

**Days/Time:** 1—2 days a week after school

**Fee:** \$20.00

**PHOTOGRAPHY CLUB**

Students will learn how to take pictures with a camera using different formats. They will also learn how to crop photos.

**Season:** Fall and Spring Quarter

**Days/Time:** 1 - 2 days a week after school

**Fee:** \$20.00

**WOODCRAFT CLUB (8th grade only)**

8th grade students who are interested in continuing their industrial technology knowledge by making cool games and other woodworking projects will enjoy this club.

**Season:** A new club each quarter

**Days/Time:** Two days a week after school

**Fee:** \$20.00

