

DREDADE PARK CENTER ACTIVITY DIRECTORY

2022-23

OUR MISSION IS TO INSPIRE AND
PREPARE ALL STUDENTS WITH
THE CONFIDENCE, COURAGE
AND COMPETENCE TO ACHIEVE
THEIR DREAMS, CONTRIBUTE TO
COMMUNITY, AND ENGAGE IN A
LIFETIME OF LEARNING.



Park Center Activities' Office

John Hedstrom

Activities' Coordinator
hedstromjohn@district279.org
763-569-7655 – Office #
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763-569-7652 – Activities' fax #

Park Center Senior High School

7300 Brooklyn Boulevard
Brooklyn Park, Minnesota 55443

Member of the
Northwest Suburban Conference

OSSEO AREA SCHOOLS

ISD  279

INSPIRE CONTRIBUTE



Heather Miller-Cink
Principal

Welcome to the 2022-23 school year at Park Center Senior High School

We are very excited to welcome all of you to Park Center Senior High School. At Park Center we encourage ALL students to demonstrate P.R.I.D.E.

We want you to:

- Participate in your education
- Respect yourself and others
- Inspire others
- Do the right thing
- Excel in all you do

We have many activities and sports that are available throughout the year and hope you will find an activity that you are interested in and/or passionate about and get involved!!

Let's have a great year!



John Hedstrom
Activities' Coordinator

We are excited for all our students, their families, and the community of Park Center to join in the excitement of high school activities and sports.

As our School District Mission Statement states, *"Our mission is to inspire and prepare all students with the confidence, courage, and competence to achieve their dreams; contribute to community; and engage in a lifetime of learning."* With this in mind, we hope that you will find a sport or activity at Park Center that helps you "achieve your dreams."

When graduates of Park Center are asked what advice they would give incoming students, most if not all say **"GET INVOLVED."** We would love you to take their advice to heart and find activities and/or sports that inspire your passion and dreams. Many of the sports and activities at Park Center **DO NOT** require years of experience to join. I know our coaches and advisors would be happy to provide you with more information on their activities. Please reach out to them with any specific questions about their specific sport or activity.

If you have any general questions you may email me at hedstromjohn@district279.org, call at 763-569-7655, or stop in the Park Center Activity Office.

GO PIRATES!!

Our mission is to inspire and prepare all students with the confidence, courage and competence to achieve their dreams, contribute to community, and engage in a lifetime of learning.

Park Center Senior High School Song

CHEER OUR TEAM

Come on, let's cheer our team to victory

Fight for the green and gold

FIGHT FOR THE GREEN AND GOLD

Loyal might fans are we

Our team is brave and bold

BRAVE AND BOLD

FIGHT!

FIGHT!

We are the Park Center Pirates

HOLD OUR COLORS HIGH

We'll always hold our colors high

Come on, let's go team! Fight team, fight!

For we are out to win tonight!

GO TEAM!



OSSEO AREA SCHOOLS

ISD 279

Online Registration

Online Registration

There is a more convenient way to sign up for athletics and activities! Online registration allows you to complete student's high school activities/athletics registration online anytime of the day from the comfort of your home.

To register, you need to create an account in SmartSchoolk12

You must have a qualifying sports physical on file with the Activity Office and you must apply for Free & Reduced Meals each school year. The following are step-by-step registration instructions for using either your phone or your computer.

Phone instructions — please visit www.pcaactivities.com

- Click on Menu, then More, then Registration Links, then SmartSchoolk12
- Click Activities (the red bar)
- Click on the Catalog at the top
- Then scroll down to PCSH xxxx (sport)

Computer instructions - please visit www.pcaactivities.com

- Click on More (green ribbon at the top of page)
- Click on Registration Links, then SmartSchoolk12
- Click Activities (the red bar)
- Click on the Catalog at the top
- Then scroll down to PCSH xxxx (sport)

Tips and Restrictions

- Keep in mind, the student must not have any outstanding fines in order to complete the registration process and the student will need a current physical on file in the Activities' Office for athletic registrations. If you have a fine, the Online Registration program will not allow you to complete registration until your fine is cleared. If you have a question regarding fines, please call or email **Park Center Activities' Office Assistant Michelle Corrigan (email: CorriganM@district279.org) at 763-569-7654/Office 763-569-7652/Activities' fax.** Office hours are generally Monday-Friday – 7:30-3:30 pm.

GO PIRATES!

Note: All of the information provided in the Park Center Activities Directory is accurate as of our print date of August 12, 2022, but is subject to change.



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Note: Clubs are subject to change from year to year — check with the activities office for updated information.

Fall Co-curricular Activities

OSSEO AREA SCHOOLS
ISD  279

Fall Sideline Cheer

Contact

Erika Iverson, Sophia Ricci & Malaysia Hammond
pccompcheer@gmail.com
414-915-7059

Description

Cheers during the football season with a goal to keep up school spirit and support the team, community and students at games, in the community and in school. This incorporates cheer, dance and gymnastics to evolve our athletes into a strong team!

Time Tuesday-Thursday 3:30-6:00 pm

Location Gymnastics Room

Participation Fee Yes

Football

Contact

Jordan Sallis
SallisJ@District279.org

Description

Football is a competitive sport offered to 9-12th graders at PCSH. Workouts begin in the summer and official practice in August. PC Football currently has 3 teams – Varsity, B Squad, and Freshman. Not only do players compete in football but players are involved in team building, volunteer work, and character building activities. Be a part of a winning team and come join PC football.

Time Monday-Friday; Some Saturdays.
Summer - 8-12 pm August TBD - School Days
2:30-5:00 pm

Location

PC Stadium Field and PC Grass Field

Participation Fee Yes



Cross Country Boys

Contact

Michael Mack
MackM@District279.org
612-695-9471

Description

Boys and girls teams, both varsity and JV, practice together and work out together in a co-operative effort to improve as runners. Race distances range from 1 mile to 5k throughout the year (all varsity races are 5k). Any interested 7th-12th grader is welcome, no cuts. We have races about once a week and everyone gets the opportunity to race at our end of the season Conference and Section meets. Practices are at 3:00 M-F, though the high schoolers lift weights a couple times a week beforehand while waiting for middle schoolers to get to PC. We hold some Saturday morning practices throughout the season, as well. Meets are both on week nights and weekends.

Time Monday-Friday 3:00-5:00

Location Room 191 and Outside

Participation Fee Yes

Cross Country Girls

Contact

Kristina Pooler
PoolerK@district279.org
210-238-8281

Description

Boys and girls teams, both varsity and JV, practice together and work out together in a co-operative effort to improve as runners. Race distances range from 1 mile to 5k throughout the year (all varsity races are 5k). Any interested 7th-12th grader is welcome, no cuts. We have races about once a week and everyone gets the opportunity to race at our end of the season Conference and Section meets. Practices are at 3:00 M-F, though the high schoolers lift weights a couple times a week beforehand while waiting for middle schoolers to get to PC. We hold some Saturday morning practices throughout the season, as well. Meets are both on week nights and weekends.

Time Monday-Friday 3:00-5:00

Location Room 191 and Outside

Participation Fee Yes

Soccer Adapted CI and PI

Contact

Jodi Eggers
EggersJ@District279.org
Jonah Pridey
Pridey.adapted@gmail.com
Josh Wimmergren
jwimmergren@gmail.com

Description

Adapted Athletics is a competitive high school varsity level athletic program for students with disabilities in grades 7-12. Adapted Athletics is a district-wide program for students who attend any one of the secondary schools in the Osseo district. Each sport season is hosted by a different District-279 high school which allows players to play one season at their home high school. The fall soccer program is at Park Center. The winter floor hockey program is at Maple Grove. The spring softball program is at Osseo. Adapted Athletics is sanctioned by the MSHSL. Players must follow the same rules and regulations as all other high school teams. All players must have medical clearance from their physician to participate in the program. There are currently two divisions of adapted athletics--- CI and PI. Basic information for each program is listed below. First-time players need to contact the coach to verify your eligibility BEFORE you register for the program.

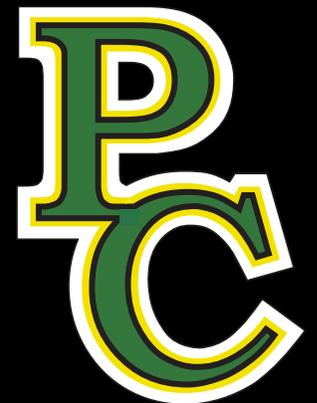
Time

CI — T/W/Th practices 2:00-4:30 pm,
games at 4:30 pm

PI — M/T/W practices 2:00-4:30 pm,
games at 4:15 pm

Location PC North Gym

Participation Fee Yes



Soccer Boys

Contact Jason Barnhouse
jmbarnhouse@hotmail.com

Description PC Boys' Soccer has had up to 5 teams, 9th B Squad, B Squad 2, JV, and Varsity. Recently all players trying out have been placed on a team. They play a full conference and non-conference schedule with practices after school on the Park Center Fields.

Time Monday-Saturdays Varies - 3-5 or 5-7 pm

Location PC Fields

Participation Fee Yes

Soccer Girls

Contact Chris Crumpton
dacrump16@gmail.com

Description Park Center Girls' Soccer has 3 teams – Varsity, JV, and B Squad. Recently there have been no cuts, teams are created based on skill and ability in August at the beginning of the season. A full schedule is played from the end of August into October. The state tournament is usually in the first part of November.

Time Monday-Friday and some Saturday games 3:00-5:00 pm

Location PC Fields

Participation Fee Yes



FALL

Swim & Dive Girls

Contact Robin Thorsen
ThorsenR@District279.org
Andrea Gross (diving)
GrossA@District279.org

Description Girls' Swimming and Diving starts in the middle of August and runs to the first part of November - practices in August before school starts are usually from 7-9 am. Students compete in events at the JV and Varsity levels. Students who are new to swimming and or diving are welcome. The team competes in meets in the conference and non- conference.

Time Monday-Saturday 3-5 pm

Location Swimming at BMS Pool - Diving at Maple Grove Middle School 6:30-8:30 pm

Participation Fee Yes



Fall FTC Robotics

Contact Robert Moreno
MorenoR@District279.org

Description PC's FIRST Tech Challenge (FTC) robotics is a STEM centered engineering competition. Four small teams build robots to compete in the year's FTC challenge. Students build a robot starting from a kit of materials and code their robot in block or Java to automate the robot to play a game and compete against other schools in local tournaments. This varsity sport forms teams in early September with registration opening in mid summer. The competition season is October through December and usually wraps up its final tournament in January. This season is open to current and future PC students in grades 7-12.

Time Tuesday and Thursday 2:10-4:30 pm (middle school students start when they arrive after school)

Location Park Center Room 145

Participation Fee Yes



Tennis Girls

Contact Randall Hyser
rstuarthyser@hotmail.com

Description Girls' Tennis has three teams - 9th grade, JV, and Varsity. All practices are on the PC Courts. Most years there are no cuts, but if numbers grow that could change. The teams compete in a full conference and non-conference schedule. The season runs from the middle of August before school to the middle of October.

Time Monday-Friday with some Saturdays 2-5 pm

Location PC Courts

Participation Fee Yes



Volleyball Girls

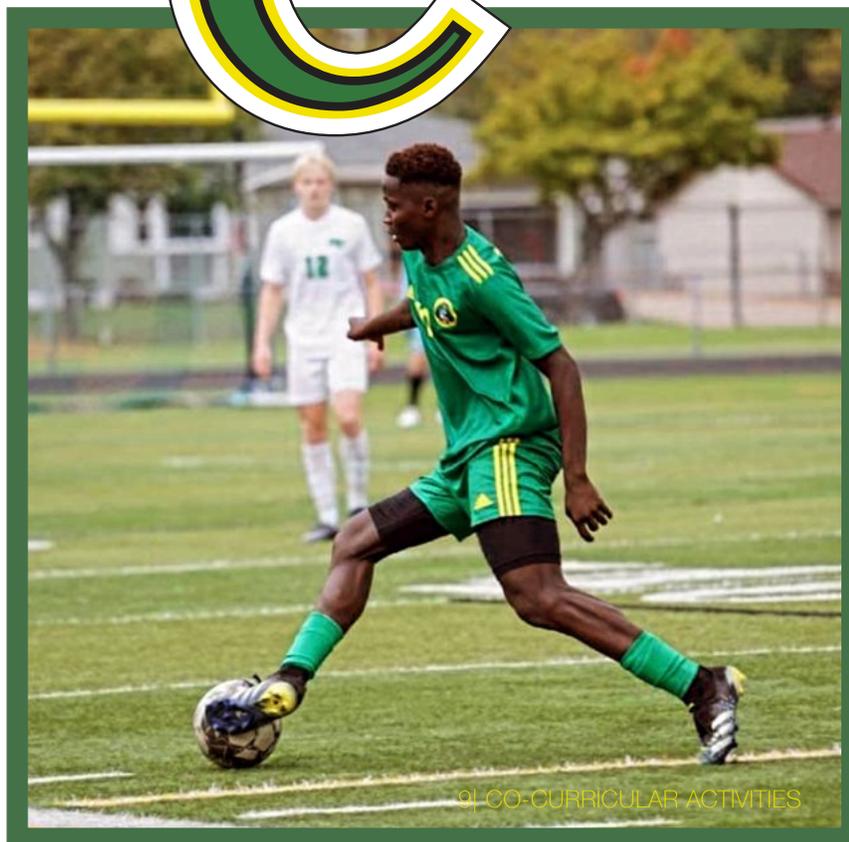
Contact Andrea Emery
aemery@calvary.org

Description There are 5 levels of Volleyball for girl student athletes at Park Center - 9B, 9A, B Squad, JV, and Varsity. Players try out in mid August and are placed on a team. Some years there have been cuts. Matches are played against non-conference and conference opponents. Most non-conference matches are Saturday invitationals. The season starts in mid August and runs to the end of October or early November.

Time Monday-Friday with some Saturdays Varies
Based on Teams - 2-7 pm

Location PC North and South Gyms

Participation Fee Yes



Adapted Floor Hockey CI & PI

Contact Jonah Pridey
Pridey.adapted@gmail.com
Josh Wimmergren
jwimmergren@gmail.com

Description

Adapted Athletics is a competitive high school varsity level athletic program for students with disabilities in grades 7-12. Adapted Athletics is a district-wide program for students who attend any one of the secondary schools in the Osseo district. Each sport season is hosted by a different District-279 high school which allows players to play one season at their home high school. The fall soccer program is at Park Center. The winter floor hockey program is at Maple Grove. The spring softball program is at Osseo. Adapted Athletics is sanctioned by the MSHSL. Players must follow the same rules and regulations as all other high school teams. All players must have medical clearance from their physician to participate in the program. There are currently two divisions of adapted athletics-- CI and PI. Basic information for each program is listed below. First-time players need to contact the coach to verify your eligibility BEFORE you register for the program.

CI - The MSHSL Adapted Athletics CI Division program is for students with cognitive impairments who have medical clearance to compete in competitive athletics. The student must have a diagnosed and documented cognitive impairment to be eligible for this division. Please contact the coach for further information.

PI- The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical or health impairments who have medical clearance to compete in competitive athletics. A student must have been diagnosed with physical or health impairment. In addition the diagnosis must be documented by a Physician. Please contact the coach for further information.

Time TBD

Location Maple Grove

Participation Fee Yes

Alpine Ski

Contact Dan Klabunde
dan.klabunde@gmail.com
612-618-3370

Description Alpine Ski is a co-op with Maple Grove and Osseo and is for both genders. The team is called Northwest Alpine. They practice and have their meets at Afton Alps. Equipment is available. Come give it a try.

Time TBD

Location TBD

Participation Fee Yes

Gymnastics Girls

Contact Bruce Smith & Amanda Molden
asmithome@comcast.net
MoldenA@District279.org

Description Gymnastics has two levels, JV and Varsity. Students compete in up to four events - floor, vault, beam, and bars. Meets are in the conference and various invitionals that are usually on Saturdays. The season starts in Mid-November and ends in the middle of February. Most years there are no cuts in Gymnastics - however students are required to attend practices and meets and work on all 4 events.

Time Monday-Friday with some Saturdays
2:30-5:30 pm

Location PC West Gym

Participation Fee Yes



Basketball Boys

Contact James Ware

coachjamesware@gmail.com

Description Boys' Basketball has 5 teams - 9B, 9A, B Squad, JV, and Varsity. Teams are selected in mid-November. Often times cuts are made after the tryout. All teams play a full conference and non-conference schedule, occasionally the 9A/9B play some weekend tournaments.

Time Monday-Saturday Varsity/JV 5-7 pm - B

Squad and 9A/9B varies some days 2:30-5 or 5-7

Location PC South or North Gym

Participation Fee Yes

Basketball Girls

Contact Lakita Davis

DavisLakita@District279.org

Description Girls' Basketball has 4 teams - 9A, B Squad, JV, and Varsity. Teams are selected in mid-November. Often times cuts are made after the tryout. All teams play a full conference and non-conference schedule, occasionally the 9th grade play some weekend tournaments. The team hosts a holiday showcase in late December over winter break, bringing in 6-8 top teams from the state of Minnesota to compete at Park Center.

Time Monday-Saturday Varies - 3-5 pm or 5-7 pm

Location South or North Gyms

Participation Fee Yes

Winter Sideline Cheer

Contact TBD

Description C heers during the winter season for both boys and girls basketball. With a goal to keep up school spirit and support the team, community and students at games, in the community and in school. This incorporates cheer, dance and gymnastics to evolve our athletes into a strong team.

Time Tuesday-Thursday 3:30-6:00 pm

Location South Gym Balcony

Participation Fee Yes

Competitive Cheerleading

Contact Erika Iverson Marsh

pccompcheer@gmail.com

Description The Competition Cheer Team is locally ranked throughout the state of Minnesota. We compete in two different routines (Game Day & Traditional) that combine all the components of cheer: stunting, crowd involvement, dance, and cheer. We compete locally, regionally, and at the UCA high school national competition. They perform thought the year at games and school events as well.

Time Tuesday-Thursday 3:30-6:00 pm

Location Gymnastics Room

Participation Fee Yes

OSSEO AREA SCHOOLS

ISD 279

Hockey Boys

Contact David Prokop
prokopshouse@comcast.net

Description Boys' Hockey is a co-op with Osseo Senior High. Tryouts are in November and the season runs through the state tournament in March. There is a full JV and Varsity team.

Time Monday-Saturday Varies based on Ice time and Game times

Location Osseo Ice Arena

Participation Fee Yes

Hockey Girls

Contact Jeremy Lewis
LewisJ@district279.org

Description Girls' Hockey has a Co-op with Osseo and Fridley. The team is called OPC (Osseo Park Center). Practices and games are at the Brooklyn Ice Arena and Dick Vraa Ice Arena. There are 2 full teams, JV and Varsity. A full non-conference and conference schedule is played from the end of October to the beginning of February.

Time Monday-Saturday Varies based on Ice time

Location Brooklyn Park Ice Arena

Participation Fee Yes

Nordic Ski Boys & Girls

Contact Anne Beckman & Kristina Pooler
BeckmanA@District279.org
PoolerK@District278.org

Description Boys and Girls Nordic Ski is a competitive varsity sport. Students are encouraged to secure their own equipment, for those who need equipment some is available. The team competes in a JV and Varsity schedule. Students new to the sport are encouraged to join and give it a try.

Time Monday-Saturday

Location Monday-Saturday Varies based on Park Times

Participation Fee Yes

WINTER





Wrestling

Contact Justin Miller
MillerJustin@District279.org

Description Late November through February; Varsity and JV teams; Available for 7th-12th grades; Roster Unlimited; Wrestling is fun! And it's the only hand-to-hand combat sport offered as a student activity. It involves taking your opponent down to the ground and controlling them without using striking. Wrestling is famous for producing Olympic legends, UFC champions, NFL stars, tough U.S. soldiers, and the character qualities to help students achieve their life goals. Wrestling is for both newcomers and experienced athletes, and it's great for students of all sizes because you compete with opponents of the same weight.

Time 3:00-5:30 PM Monday-Friday; Some Saturdays

Location South Gym Balcony - Matches in the South Gym

Participation Fee Yes

Swim and Dive Boys

Contact Robin Thorsen
ThorsenR@District279.org
TBD (diving)

Description Boys' Swimming and Diving starts in late November or early December and runs through the end of February. Students compete in events in JV and Varsity levels. Joining the team for the first time is welcomed even for older grades. The team competes in meets in the conference and out of the conference.

Time Monday-Saturdays 3-5 pm - Diving at Maple Grove Middle School 6:30-8:30 pm

Location BMS Pool

Participation Fee Yes





Adapted Softball - CI and PI

Contact

Jodi Eggers
EggersJ@District279.org
Jonah Pridey
Pridey.adapted@gmail.com
Josh Wimmergren
jwimmergren@gmail.com

Description

Adapted Athletics is a competitive high school varsity level athletic program for students with disabilities in grades 7-12. Adapted Athletics is a district-wide program for students who attend any one of the secondary schools in the Osseo district. Each sport season is hosted by a different District 279 high school which allows players to play one season at their home high school. The fall soccer program is at Park Center. The winter floor hockey program is at Maple Grove. The spring softball program is at Osseo. Adapted Athletics is sanctioned by the MSHSL. Players must follow the same rules and regulations as all other high school teams. All players must have medical clearance from their physician to participate in the program. There are currently two divisions of adapted athletics--- CI and PI. Basic information for each program is listed below. First-time players need to contact the coach to verify your eligibility BEFORE you register for the program.

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PI- The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical or health impairments who have medical clearance to compete in competitive athletics. A student must have been diagnosed with physical or health impairment. In addition the diagnosis must be documented by a Physician. Please contact the coach for further information.

Time

CI - Mon, Tue, Wed

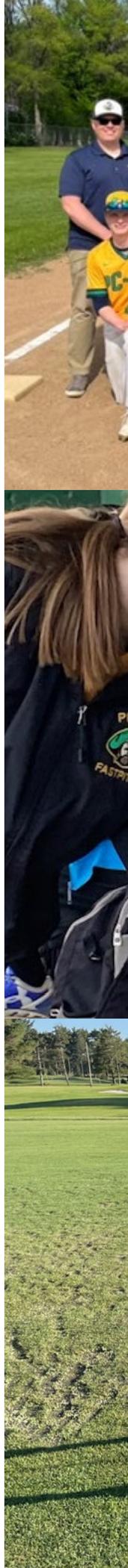
PI- Tue, Wed, Thu

Location Osseo

Participation Fee Yes

OSSEO AREA SCHOOLS

ISD  279





Baseball

Contact Bernard Brinkley
bbrinkleyjr@gmail.com

Description

The baseball program recently combined with Columbia Heights High School with a goal of fielding as many teams as possible. Athletes are evaluated during a week-long try out and are rostered on an appropriate team based on skill level. Once teams are formed the athletes will practice a team. The coaching staff of the PCCH High School Baseball Program is compelled to developing each baseball player as a person both on and off the field. Developing important life skills that relate to real life application beyond baseball learned through baseball. We are dedicated to preparing each baseball player for varsity level competition at PC High School and beyond.

Time Training 4:00-6:30 pm, Games 4:30-7:00 pm on Mondays through Fridays, with possibility of Saturdays

Location Baseball Field/Dopme/Gym weather permitting

Participation Fee Yes



Golf Boys

Contact Tim Theisen
TheisenT@district279.org

Description The boys' golf team is a co-op between Osseo and Park Center. Practices start March 19 in the dome behind Fleet Farm in Brooklyn Park or (weather permitting) outside at Sundance Golf Course in Maple Grove. In the past, cuts have not been made, but the golfers on the Varsity and JV are determined by practice rounds. A pre-season meeting occurs in the first part of March. Golf clubs, balls, golf bags are available if needed..

Time M-F Some Saturdays Varies based on Tee-Times and Matches

Location Sundance GC

Participation Fee Yes

Golf Girls

Contact Tim Kallevig
lallevig@district279.org

Description Girls' Golf has two teams - JV and Varsity. In recent years there have not been cuts made. Practices are at Sundance Golf Course. The season runs from Mid-March to the end of May or early June. Golf clubs, balls, golf bags are available if needed.

Time Monday-Friday Varies based on Tee-Times and Matches

Location Sundance Golf Course

Participation Fee Yes



Fast Pitch Softball Girls

Contact TBD

Description Park Center Fast pitch Softball has Varsity, Junior Varsity, and 9th grade team levels. The softball program at PC offers an opportunity for multiple level players to enjoy a competitive and team environment. We welcome all interested female student-athletes grades 7-12.

Time 2:30-4:30 pm Monday-Friday; Some Saturdays

Location PC Softball Field and Brooklyn Park City Fields

Participation Fee Yes

OPC Boys Lacrosse

Contact TBD

Description The team is a co-op team with Osseo open to all boys in grades 7 – 12. There are three teams; Varsity, Junior Varsity and U15. Currently no player is cut and teams are determined after an evaluation process the first week of practice. Practices are Monday through Friday afternoons, with Saturday practices also a possibility. Games are played on various days of the week at various times. Players need to provide their own helmet, mouth guard, shoulder pads, elbow pads, gloves and lacrosse stick.

Time Monday-Saturday 4-7 pm

Location Park Center Stadium and Grass Field

Participation Fee Yes

Lacrosse Girls

Contact Ali Nelson

anelson@beaconacademy.com

Description The Osseo Park Center Girls Lacrosse Team is a combined team made up of girls, 7th-12th graders that go to or will go to Osseo Senior High or Park Center Senior High. We have a Varsity, Junior Varsity and depending on numbers a B squad (roster unlimited). Practices are Monday-Fridays from 4-6pm.

Time 4:00-6:00 PM M-F

Location Osseo SH

Participation Fee Yes

Tennis Boys

Contact TBD & Max Rosen

maxrosen1@icloud.com

Description Boys' Tennis has three teams - C squad JV, and Varsity. All practices are in the North Gym or the PC Courts. Most years there are no cuts made, but if numbers grow that could change. The teams compete in a full conference and non-conference schedule. The season runs from the end of March to the middle or end of May.

Time Monday-Friday with some Saturdays 2-5 pm

Location North Gym and PC Tennis Courts

Participation Fee Yes

Track and Field Boys & Girls

Contact TBD

Description Boys' and Girls' Track and Field practice together and have their meets at the same time and location. There are many events to compete in and try - students are strongly encouraged to go out and try - there are no cuts in track/field. The season runs from the beginning of March to the end of May or beginning of June.

Time Monday-Friday with some Saturdays 2-4 pm

Location PC Gyms and Track/Field

Participation Fee Yes





Volleyball Boys

Contact Michelle Chen
ChenMichelle.VB@gmail.com
612-770-6443

Description A first-year program joining the three-year-old boys' high school club league. Forty-five boys, grades 8-12, signed up to play and compete to be a part of the three teams, varsity, JV, and JV2. The team will compete in the Northwest Conference with matches on Mondays, Wednesdays, and Thursdays (two of those three days). Practices are on Tuesdays and Fridays. Summer workouts are available through coach Michelle. The season will run early March through the middle of May.

For more information on the league, visit www.mnboyshighschoolvolleyball.com

Time Monday-Friday

Location PC Gyms

Participation Fee Yes



OSSEO AREA SCHOOLS

ISD  279

17166 11/16/11



Musical

Contact Kate Kallevig
kallevigk@district279.org

Description All students in grades 9-12 are welcome to be a part of the musical production. Auditions are held mid-December for those interested in auditioning to be a member of the cast. Rehearsals are in the evenings during January and February, with performance dates at the beginning of March. If acting is not your thing, students are welcome to be a part of the tech crew or pit orchestra. Tech crew involves building/painting the set, lights, sound, and costuming. The pit orchestra practices several times a week and intended for musicians who want to accompany the show. Hope to see you at auditions!

Time Audition dates Dec. 14 and 16 at 7:00 pm
Rehearsals January through early March

Location Auditorium - Forum - Choir Room

Participation Fee Yes

Fall Play

Contact Cliff Janke
cjankej@yahoo.com

Description The one-act play is a MSHSL sponsored activity and gives students who are very serious about theater a chance to compete with their production. Auditions will be held in the first two weeks of school. All are invited to audition. Students perform at the sub-section and section level competition with their production. This is a great opportunity for students who want to consider this for a career.

Time TBD after school

Location Auditorium - Forum - Choir Room

Participation Fee Yes



OSSEO AREA SCHOOLS

ISD  279



Weight Room Fall

Contact TBD

Description The weight room is open for students to work out who are not in a sport or just there to condition and get stronger. There is no fee to work-out. Students are required to know safety rules and provide assistance as a spotter for other students.

Time Monday through Thursday 2:00-4:00 pm

Location PC Weight Room

Participation Fee No

Weight Room Winter

Contact Jordan Sallis

SallisJ@District279.org

Description The weight room is open for students to work out who are not in a sport or just there to condition and get stronger. There is no fee to work-out. Students are required to know safety rules and provide assistance as a spotter for other students.

Time Monday through Thursday 2:00-4:00 pm

Location PC Weight Room - weight room students will workout in the dome when it is ready.

Participation Fee No

Weight Room Spring

Contact Jordan Sallis

SallisJ@District279.org

Description The weight room is open for students to work out who are not in a sport or just there to condition and get stronger. There is no fee to work-out. Students are required to know safety rules and provide assistance as a spotter for other students.

Time Monday through Thursday 2:00-4:00 pm

Location PC Weight Room - weight room students will workout in the dome when it is ready.

Participation Fee No





Marching Band

Contact Ben Johnson
JohnsonB2@District279.org

Description Marching Band combines instrumental music, precision marching and dance elements to provide a dramatic performance. The group requires current enrollment in band for instrumentalists in grades 9-12. Colorguard members do not need experience or concurrent band enrollment and is open for students from grades 8-12. Frontline ensemble and drumline members should have experience in either band or drum club.

Time Days Vary - 6:30-9:00 PM
August-October Evenings
Performances at Home Football and Other events.

Location Band Room - Outside
Participation Fee Yes

Pep Band Fall

Contact Ben Johnson
JohnsonB2@District279.org

Description Fall Pep Band performs at various home sporting events. Students involved in band class, marching band, or drum club are invited to be part of this group. Band students in grades 8-12 are welcome.

Time September - October Dates determined by sports schedules and post-season results

Location Band Room
Participation Fee No

Winter Pep Band

Contact Ben Johnson
JohnsonB2@District279.org

Description The winter pep band plays at numerous winter athletic events. The schedule is issued well in advance so students can plan ahead. They add excitement and pride to our home sporting events and play at state games when the team qualifies.

Time Varies based on events that the band plays. 30 minutes before game time to the end of the game

Location PC Winter Games
Participation Fee No

OSSEO AREA SCHOOLS

ISD  279



National Honor Society

Contact Mary Gagnon
gagnonm@district279.org

Description The National Honor Society (NHS) is one of the United States' premier organizations established to recognize outstanding high school students. More than just an honor roll, NHS serves to honor those students who have demonstrated excellence in the areas of Scholarship, Leadership, Service, and Character (and Citizenship for NHS). NHS is for seniors who have earned a GPA of 3.5 or better and qualifying students are invited to apply in the spring of their junior year. NHS not only recognizes students for their accomplishments, but challenges them to develop further through active involvement in school activities and community service. Some of the activities include: SnoDaze Week activities, blood drives, ten service projects (elementary carnivals, tutoring program), senior luncheon, and volunteer hours. Students must apply to be accepted - listen for announcements for the application process.

Time Tuesdays 6:45 AM

Location Orchestra Room (Room 100)

Participation Fee Yes

Winter FRC Robotics

Contact Tanya Drake
DrakeT@district279.org

Description PC's FIRST Robotics Challenge (FRC) team combines the excitement of sport with science and technology and business skills to create a competitive varsity sport. The season registers in November and December and will meet starting in December. FRC robotics has a team collaborate on one large robot that plays a specific game for the season. FRC runs like a business with a marketing team, accounting, merchandising, and youth outreach to align with the fabrication and coding team (Java) to create the game playing robot. Students work with industry professionals to support their work. No experience is necessary to be part of this exciting opportunity where all of our members can go pro. FRC is open to PC students in grades 9-12. Team competes in a 4 day tournament in March out of town.

Time Weekdays after school until 4:45 pm. Saturday mornings.

Location Park Center Room 145

Participation Fee Yes

Yearbook

Contact Cassidy Lynch
LynchC@District279.org

Description Yearbook staff members design, plan, market, produce, and distribute the yearbook for the entire student body at Park Center. Applications are accepted in the early Spring the previous year. Students should be self-starters, detail oriented, who are outgoing, independent, and work well with other students in a team atmosphere. Useful skills include but are not limited to: computer design, journalistic writing, photography, and project management.

Time TBD

Location TBD

Participation Fee No



Model UN

Contact Nancy Ziemer
ZiemerN@District279.org

Description In Model United Nations (MUN) students assume the role of a delegate from an assigned country and participate in negotiations with student delegates from other schools in simulation of the U.N. General Assembly or Security Council. MUN is for you if you like to learn about different countries, are interested in world affairs, and/or want to improve your skills in critical thinking, reading, writing, research, analysis, public speaking, negotiation, and collaboration.

Time T and Th - January-March. Also one day a week in May to work with middle school students and BMS and NVMS 2:15-3:45 pm

Location Room 312

Participation Fee Yes

Speech

Contact Kari Roll
RollK@District279.org

Description Speech is a competitive MSHSL activity. Students prepare a piece from 13 categories that are either public address or interpretive events. We compete at invitational tournaments on Saturdays in February and March at high schools around the metro area. The time commitment can be as large or small as you choose. There are weekly team meetings, individual coaching sessions, independent practice, invitational tournaments, and a state tournament. The group is organized in October. This coming year, we hope to have a JV level group in Speech.

Time Mondays, Tuesdays, and Thursdays from 2-4 pm

Location Room 106

Participation Fee Yes

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Student Advisory Committee

Contact Tim Kallevig
KallevigT@District279.org

Description This group exists to serve students and encourages all students to become involved to represent Park Center and their respective class. The goal of SAC is to build strong relationships and a more encouraging environment at PCSH. In addition, the group serves as a liaison between students and faculty. The group consists of student representatives from each grade level (9 seniors, 7 juniors, and 5 sophomores), with the members making recommendations and

decisions that influence student life here at school. SAC is also involved with the Sadie Hawkins dance, Pictures with Santa, Valentine's Day carnations and cards, Sing a Senior Goodbye, Hoops for Heart, pep fests, and various other community service and fundraising events. To become a member of SAC, one must go through an application process and election. The group attempts to hold most of its meetings before school, but occasionally meets during Advisory or after school.

Time TBD

Location TBD

Participation Fee No





Orchestra

Contact Mary Gagnon
GagnonM@District279.org

Description Orchestra is a regular course at Park Center that occurs during the school day. Prerequisites include successful completion of prior levels of orchestra. There are evening performances required as a part of this course. Registration requires a full year commitment.

Time During School Day

Location Orchestra Room (Room 100)

Participation Fee No



OSSEO AREA SCHOOLS

ISD  279



Link Crew

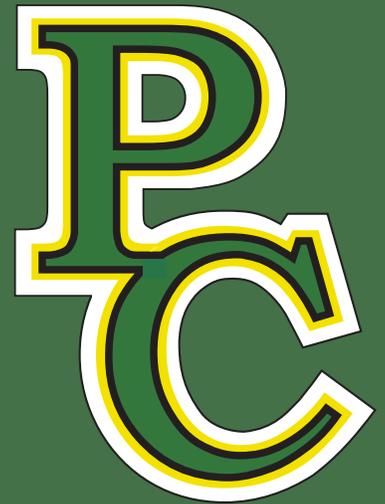
Contact Tracy Hahn, Darren Nelson & Lakita Davis
HahnT@District279.org
NelsonDarren@District279.org
DavisLakita@District279.org

Description Year-long mentoring program in which freshmen are connected or “linked” to upper class students. There are formal and informal meetings and activities. Leaders will be connected with their “crew” about once a month during Advisory. Students apply to be a Link Leader in the spring for the following year. Leaders of Link Crew are Park Center juniors and seniors. Leaders apply with the advisors after their sophomore year.

Time Once a month Advisory

Location PC Forum

Participation Fee No





Clubs



Asian Club

Contact Melanie Stewart
StewartM@District279.org

Description The goals of the Asian Club are to create a sense of community and belonging through team building and social activities; to learn and teach about a variety of cultures; and to increase attendance, motivation, and positive behaviors among club members. Activities include the annual cook-off, Festival of Nations, and community service projects among many other events.

Time Tuesday & Thursday After School 152

Location TBD

Participation Fee No

Black Student Union

Contact Lakita Davis & Janet Freeberg-Lawson
DavisLakita@District279.org
Freeberg-LawsonJ@District279.org

Description The purpose of the BSU is to embrace blackness in all its forms by creating an intellectual, cultural, and social environment safe for black students at Park Center.

Time Every Wednesday 2:15-3:15 pm

Location Room 240

Participation Fee No

Book Club

Contact Dhaivyd Hilgendorf
HilgendorfD@District279.org

Description Book Club is open to all PC students. They meet in the CRC – to discuss and share insight into chosen books.

Time TBD

Location Learning Center

Participation Fee No

CLIMB

Contact Yer Syhaphom
SyhaphomY@District279.org

Description See Ms. Syhaphom for details, as none were available at the time of printing.

Time TBD

Location Room 152

Participation Fee No

Culinary Club

Contact Aimee Olson
OlsonA@District279.org
Lisa Trunk
TrunkK@District279.org
763-569-7600

Description Culinary Club is after school enrichment to provide students the opportunity to explore their interests in the culinary arts through a variety of hands-on labs, fundraisers, and demonstrations with local chefs within the Park Center community and the hospitality industry.

Time Wednesdays (two times per month) 2:10 pm

Location Room 126

Participation Fee No





Fashion Club

Contact Elisha Tamura
TamuraE@District279.org

Description Fashion Club is an after-school club that is a student-run club. The club provides students an opportunity to learn from each other about fashion, sketching, and sewing skills.

Time TBD

Location Room 155

Participation Fee No

Gaming Club / Chess Club

Contact Christopher Berg
BergC@District279.org

Description Students in the club come and play video games in a fun and safe environment – bring your own controller – there are no requirements – all systems are welcome!

Time Thursdays 2:15-3:30 pm, starting September 29

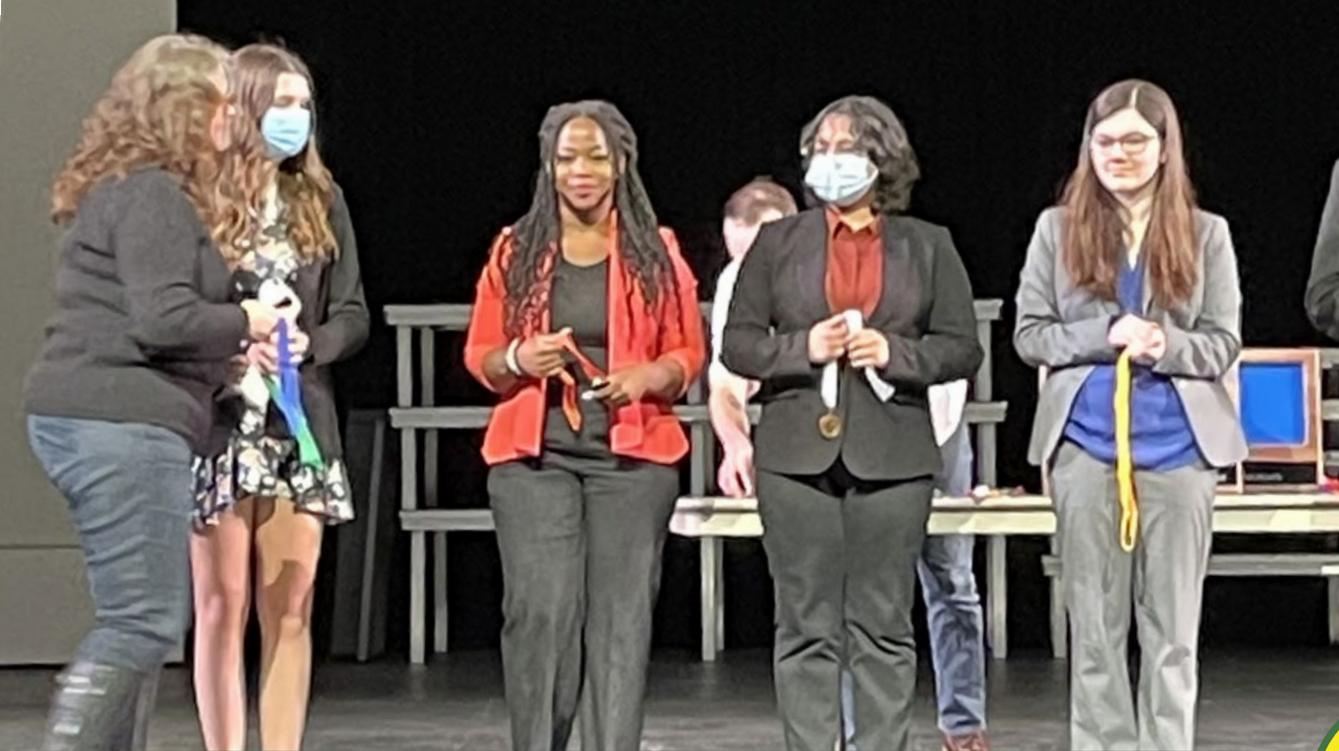
Location Learning Center

Participation Fee No



OSSEO AREA SCHOOLS

ISD  279



Hmong Women's Circle

Contact Yer Syhaphom

SyhaphomY@District279.org

Description Students meet to learn and grow within their Hmong heritage.

Time every Thursday starting in late October

Location Room 152

Participation Fee No

Jazz Band Club

Contact Ben Johnson

mr.benjaminjohnson@gmail.com

Description Jazz Band Club is an after-school opportunity for students who are already involved in band class during the day to learn the basics of jazz performance. The band performs at several concerts throughout the year.

Time Monday and Tuesday - September to March - 2:10-3:00 pm

Location PC Band Room

Participation Fee No

Latino Circle

Contact Valerie Neri

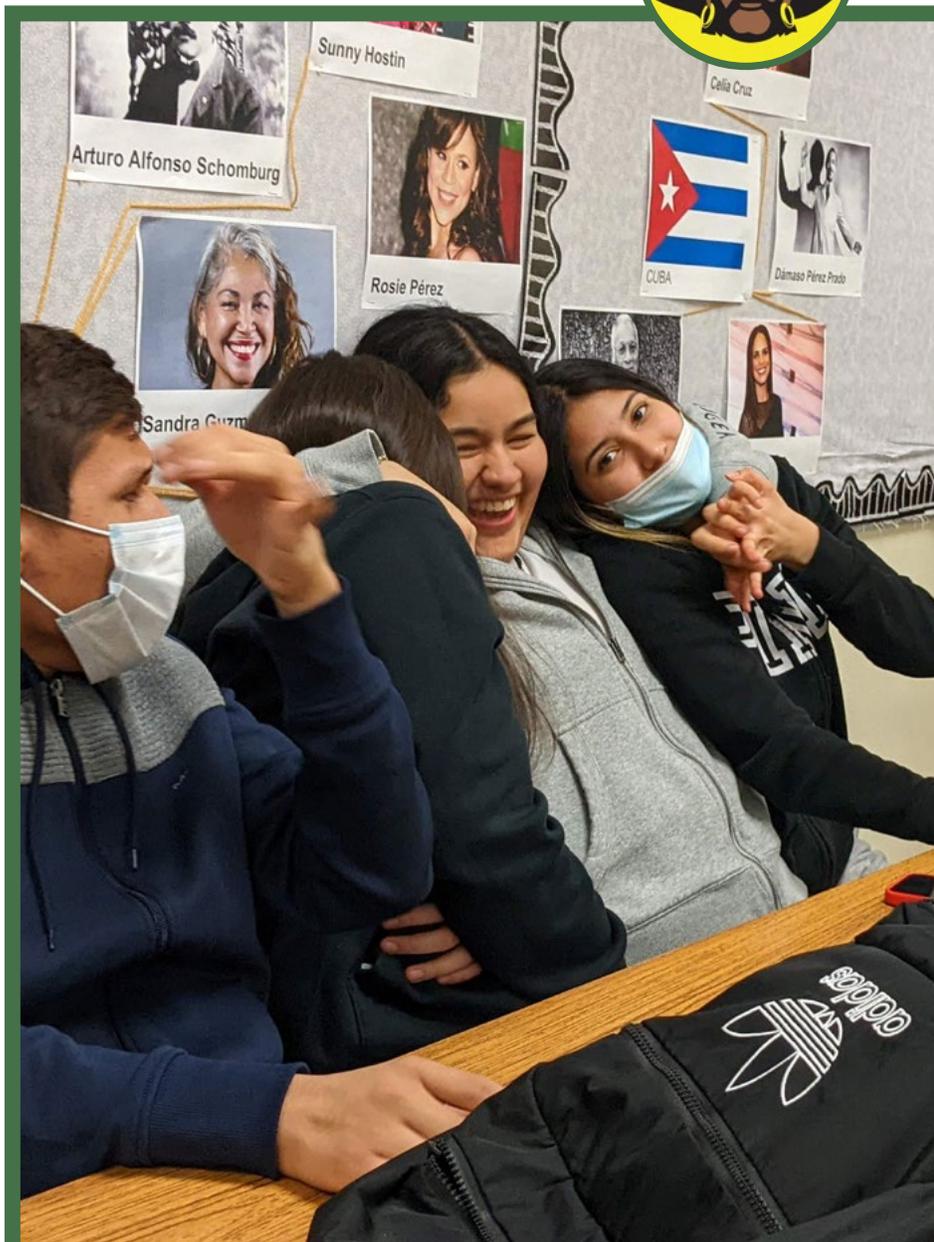
NeriV@District279.org

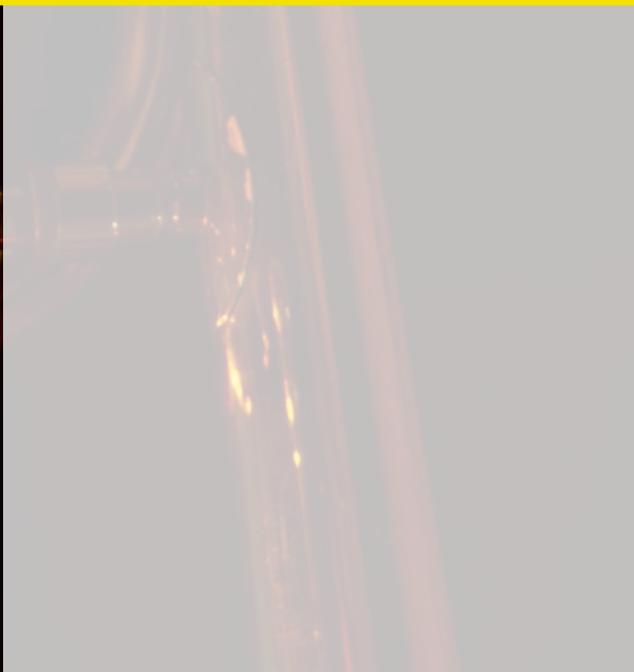
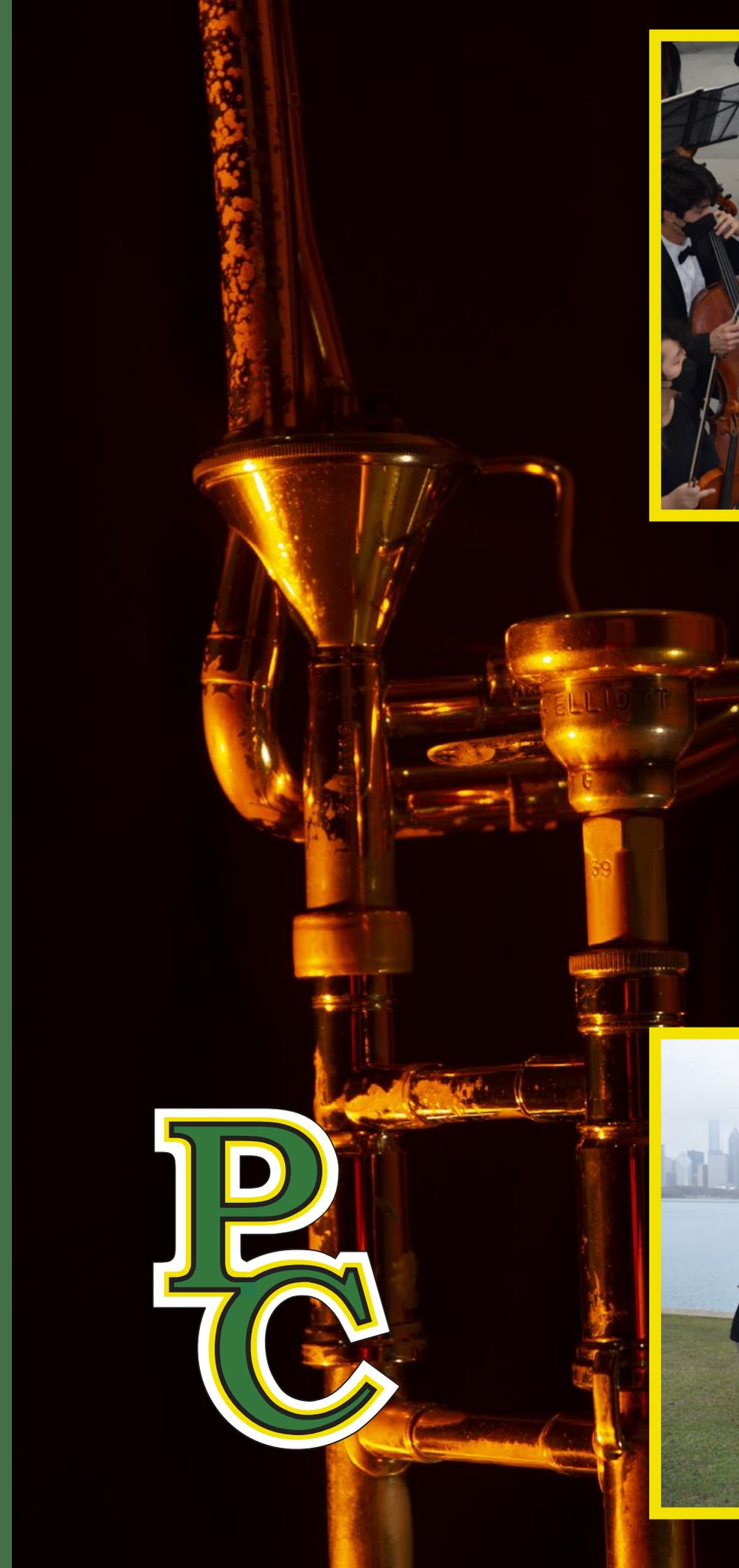
Description Latino Circle is a student-run group that revolves around the Latino cultures of Park Center students. Plans for the school year will include: fiestas y bailes, celebrations of success, group support, and service to community. Leadership positions will open for student applications in September. Se habla español e inglés. Spanish and English are spoken.

Time Thursdays 2:15-3:30 pm

Location Room 338

Participation Fee No





PC



Real Talk Club

Contact Audra Stevenson
StevensonA@District279.org

Description Real Talk is an antiracial leadership student club whose goal is to enhance students' understanding of racism, skills to confront racism in all settings, and to support each other through shared experiences.

Time TBD

Location Small Lab 233

Participation Fee No

College Possible

Contact TBD

Description College Possible is making college admission possible for low income students through an intensive curriculum of coaching and support. The program helps students prepare for the ACT and SAT tests, college application assistance, financial aid consulting, guidance in the college transition, and support toward college degree completion.

Time TBD

Location TBD

Participation Fee No

Muslim Student Association

Contact Leyla Suleiman
SuleimanL@District279.org
763-569-7600

Description Students of the Muslim faith meet and volunteer to promote charity and promote tolerance among all faiths.

Time Thursdays 2:15-4:00 pm

Location Room 208

Participation Fee No

Support Club

Contact Emily Juaira
JuairaE@District279.org

Description No description at this time.

Time TBD

Location TBD

Participation Fee No

WE Act

Contact Jon Eversoll & Mike Cassidy
EversollJ@District279.org
CassidyM@District279.org

Description Members of Park Center's WE Act group will contribute to their local and global communities to make a positive difference in the lives of others. The group will volunteer at local organizations (such as the nearby food shelf, CEAP) and fundraise for a global cause.

Time TBD

Location TBD

Participation Fee No



Park Center

PRISM

Contact Suzanne Blum Grundyson, Kari Roll, & Joshua Kunz
BlumGrundysonS@District279.org
RollK@District279.org
KunzJ@District279.org

Description LGBTQ students meet to support each other and promote equality. All are welcome.

Time Wednesdays from 2:15-4:00 pm and one lunch a month

Location Room 106

Participation Fee No



Table Top Club

Contact Paul Shriver
ShriverP@District279.org

Description Students meet to play board games, etc.

Time Wednesdays 2-4 pm

Location Room 300A

Participation Fee No

MAWA

Contact Melissa Nyango N. Nambangi
mawa0302@yahoo.com

Description African women students meet to promote the health and well-being of African women and their families through research, education, advocacy and programming.

Time TBD

Location Room 191

Participation Fee No



PREPARE

The Pirates



PARK CENTER

COURAGE

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