

PURPOSE AND PHILOSOPHY OF ACTIVITIES

Student participation in activities and athletics is a privilege, not a constitutionally protected civil right. The Fargo Public Schools believes in providing opportunities for our students and strongly encourages participation in school activities.

ELIGIBILITY INFORMATION

*The NDHSAA rules will be adhered to at all times.

**The Fargo Public School District will be establishing rules in addition to the NDHSAA rules.

Middle School Students Participating in Middle School Activities:

- Must have no more than one “F” or “Projected F” to maintain eligibility
- Grade checks will be done every two weeks
- Period of ineligibility will be for two weeks unless student proves academic growth and approved by AD
- A student may become ineligible or regain eligibility at each grade check
- Students will continue to practice during the period of ineligibility
- Grades used in determining eligibility will be current semester grades

Middle School Students Participating in **High School**

Activities:

- Must be passing ALL classes to maintain eligibility
- Grades will be computed in 3-week intervals to include the end of each grading period
- Grades used in determining eligibility will be cumulative from the beginning of the semester
- A student may become ineligible or regain their eligibility at each of the grade checks

THINGS TO DO BEFORE SEASON BEGINS

1. Have a current physical form on file at **EACH** participating school prior to first practice. Physicals must be dated on or after April 15, 2025.
2. All 7th grade and new 8th grade student athletes and their parent/guardian must attend one face-to-face co-curricular meeting and complete the co-curricular card/concussion verification form. 8th grade athletes that attended a meeting the previous year can complete the co-curricular meeting online through your Parent PowerSchool account.
3. Complete travel waiver form for CBE activities.
4. Pay participation activity fee:
7th/8th grade @ CBE - \$30 per activity
7th/8th grade @ South - \$50 per activity

The following must be completed before practice begins:

- Fees – can pay online through SchoolPay
- Physical – give copy to EACH participating school
- Student Travel Waiver
- HIPPA Medical Release (online w/registration forms)
- Concussion Verification (online w/registration forms)
- Co-Curricular Meeting

MANDATORY CO-CURRICULAR MEETINGS

North	August 4	6:00 p.m. - Theater
South	August 5	6:00 p.m. - Commons
Davies	August 6	6:00 p.m. - Theater
<u>CBE</u>	August 13	6:00 p.m. - Hangar
Discovery	August 14	6:00 p.m. - Theater
Ben Franklin	August 21	7:30 p.m. - Theater

(All 7th grade and new 8th grade student athletes only)

SPORTS PHYSICAL - All athletes 7-12 grade will need an annual physical on file at each participating school.

Prior to participation (including practice), a student participating in NDHSAA sanctioned athletic activities and representing his/her school must have an annual NDHSAA approved Athletic Pre-Participation Health History Screening and Physical form on file with the school. The physical examination is valid for one school year.

All physicals must be completed on or after April 15, 2025 to be credited for the next school year. Please turn in a copy of your physical to EACH SCHOOL at which you are participating.

6th GRADE INTRAMURAL ACTIVITIES

Sixth grade athletic activities will have a six-week season offered at various times (a.m. or p.m.). Announcements will be made prior to the activity starting. Practice will be three times a week for the following (except for basketball which is a five-week season with four times a week practice):

All Dates are tentative.

Fall Cross Country (boys & girls) - 9/2/25

Winter Wrestling (boys & girls) - 11/10/25
Volleyball (girls) - 11/10/25
Basketball (boys & girls) - 2/23/26

Spring Track (boys & girls) – 4/20/26

The practice time will be 1½ hours and students must provide their own transportation for after-school activities. There will be no activity fee charged for 6th grade and the Co-Curricular Parent Meeting is NOT required. However, a physical is highly recommended due to the physical nature of the activities and to establish an athletic baseline.

CBE SPORTS & STARTING DATES

Open to students in 7th & 8th Grade

\$30 Activity Fee

All sports will practice daily unless otherwise noted. All dates are subject to change. Check calendar & announcements on website.

FALL SPORTS

7 th & 8 th Football	8/18/25 - CBE
7 th & 8 th Volleyball	8/18/25 - CBE

WINTER SPORTS

7 th & 8 th Girls' Basketball	10/14/25 - CBE
7 th , 8 th Boys' Wrestling(CBE)	11/10/25 – CBE
7 th & 8 th Boys' Basketball	1/5/26 - CBE

SPRING SPORTS

7 th & 8 th Track	3/30/26 - CBE
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SOUTH SPORTS & STARTING DATES

Open to students in 7th* & 8th Grade @ CBE

**Dependent on High School Numbers*

\$50 Activity Fee

All sports will practice daily unless otherwise noted. All dates are subject to change. See Fargo South Activity Pages & Calendars for information & Updates.

FALL SPORTS

Boys' Soccer	8/4/25 - South
Dance (The Fargo Collective)	Spring Tryouts
*Girls' Golf	8/4/25 - South
Boys' Tennis	8/11/25 - South
Boys/Girls Cross Country	8/12/25 - South
Girls' Swimming	8/18/25 – South
Cheerleading (8 th Grade only)	8/4/25 - South

WINTER SPORTS

*Wrestling (Boys H.S.)	11/10/25 – South
*Wrestling (Girls 7 th & Up)	11/10/25 - South
Gymnastics	11/17/25 - South
Boys' Swimming	12/1/25 - South
Cheerleading (8 th Grade only)	11/24/25 - South

SPRING SPORTS

*Baseball	3/16/26 - South
*Softball	3/16/26 - South
Girls Soccer	3/16/26 - South
Girls' Tennis	3/30/26 - South
*Boys' Golf	4/6/26 - South

OTHER OPPORTUNITIES:

Science Olympiad, Math Counts, Chess, Art Club, First Lego League Robotics, Strength & Conditioning, Drama Club
Listen to Daily Announcements for more information.

MUSIC OFFERINGS

Honor Choir

Honor Choir is an auditioned group of students in 6th, 7th and 8th Grade students who meet once per week. This choir sings at various venues throughout the community twice a year, at Christmas, and are also featured at the regular grade level concerts. These groups rehearse before school (8:00 Wednesdays for 7/8 and 8:00 Thursdays for 6th grade).

Bruin Band

Bruin Band is an honor ensemble open to all 7th and 8th grade band students seeking a greater musical challenge in band literature. Students perform advanced concert repertoire, play alongside the FSH pep band at select home games, and have the opportunity to perform on a secondary instrument. This group rehearses before school (8:00 on Thursdays).

Jazz Band

This group is open to all 7th or 8th grade band students (or bass/guitar players who may not be enrolled in band). The group rehearses once per week before the school day (8:00 on Fridays). The group performs in a wide range of musical styles under the umbrella of jazz. Performance opportunities include CBE/FSH jazz concerts and local music festivals.

DRAMA (Grades 6-8)

One-Act Play (Orange is the New Glass)

Auditions begin September 3rd
Performances October 16 & 17

Musical (Disney's Moana, Jr.)

Auditions begin November 17
Performances March 5, 6 & 7

STUDENT LEADERSHIP (Grades 6-8)

Student Leadership offers the opportunity to gain leadership skills, plan school activities, and have a voice with the administration. It is available to any student interested in promoting school spirit, planning social activities, and enhancing the community with charitable acts.

NOTE

A district wide activity pass (season pass) will be available for students to purchase for \$30 and will be identified with the letter "A" on the student's ID card. This is good for regular High School season athletic events in the district. It cannot be used for admittance to invites, tournaments, or performing arts events. It does not include the additional \$1 venue surcharge at the Fargo Dome and Scheels Arena. *There are no admittance fees for Middle School Activity events.*

Ten Ways of Teaching Good Sportsmanship

1. Teach them to learn and abide by the rules of the game.
2. Teach your child to avoid arguments with coaches, officials, and opponents.
3. Teach your child to share in the responsibilities of the team.
4. Teach your child to encourage and support less-talented players.
5. Teach your child to always play fair, with honesty and integrity.
6. Teach your child to follow the directions of the coach.
7. Teach your child to respect the other team's effort.
8. Teach your child to praise your teammate's effort.
9. Teach your child to end the game smoothly and accept the results.
10. Exhibit sportsmanship yourself and teach your children about great model athletes.

Specialization in Sports

Many athletes spend too much time traveling, competing and recovering from competition and not enough time preparing for it. There is too much focus on the result, rather than the performance. This attitude leads to long-term failure, as coaches forgo the development of skills to focus on specific game tactics. Too many athletes are specializing too early on. An early focus on just 1 or 2 sports often leads to injuries, burnout and capping athletic potential. CBE will give our students an opportunity to try different athletic and non-athletic events through the course of the school year. **"Specialization is really hurting sports. Kids shouldn't play one sport year-round. They need to play other sports."**

CARL BEN EIELSON BRUINS



2025-26

Student & Parent Activities Information

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Activities Contacts:

CBE Activities Secretary: 701-446-1702
CBE Main Office: 701-446-1700
South High Activities Secretary: 701-446 2011
South High School: 701-446-2000