



EDEN VALLEY- WATKINS CO-CURRICULAR GUIDE

2025-2026

MISSION STATEMENT

Eden Valley-Watkins Schools recognizes the need to provide a challenging and appropriate education, meeting the needs of the whole individual. EV-W has many co-curricular activities which try to meet the needs of the whole person. This booklet contains the co-curricular activities for students in grades 7-12. We would like to encourage student participation in these activities.

Table of Contents:

Extra-Curricular and Activity Assignments	Pages 2-3
Extra-Curricular Fees	Page 4
Academic Standards for Participation	Pages 5-6
Eligibility Rules	Page 6
Jake Foehrenbacher Memorial 3 Sport Athlete Award	Page 6
Junior High Co-Curricular Activities	Page 7
Senior High Co-Curricular Activities	Pages 8-15

2025-2026 EXTRA CURRICULAR ASSIGNMENTS

ACTIVITIES DIRECTOR

Holly Hansen

FOOTBALL

Adam Tri, Head Coach
Adam Langer, Assistant
Ryan Tri, Assistant
Dave Schneider, "C" Squad
Zach Luedtke, "C" Squad
Heath Kramer, Junior High
Jake Anderson, Junior High
Dave Dziengel, Junior High

CROSS COUNTRY

Holly Hansen, Head Coach
Tyler Warren, Assistant

VOLLEYBALL

Mickeal Maciej, Head Coach
Jolene Schmitz, Assistant
Haylee Weege, "C" Squad
Lisa Brown, Junior High
Becky Kuechle, Junior High

BOYS BASKETBALL

Jake Anderson, Head Coach
Adam Langer, Assistant
Cooper Hansen, "C" Squad
Dave Dziengel, Junior High
TBD Junior High

GIRLS BASKETBALL

Tom Jansen, Head Coach
Becky Kuechle, Assistant
Stephanie Borscheid, "C" Squad
Dave Dziengel, Junior High
Mikayla Kummet, Junior High

WRESTLING

Dan Berg, Head Coach
Heath Kramer, Assistant
Jeff Forcier, Assistant
TBD, Junior High

BASEBALL

Dan Berg, Head Coach
Dave Schneider, Assistant
Ryan Tri, Junior Varsity
Heath Kramer, "C" Squad
Sam Oehrlein, Junior High
TBD, Junior High

TRACK

Tyler Warren, Head (Girls)
Jason Mortenson, Head (Boys)
Chris Rossmen, Assistant (Boys)
Lisa Brown, Assistant (Girls)
Holly Hansen, Assistant (Both)
Tabitha Mortenson, Junior High
Adam Tri, Junior High

SOFTBALL

Dave Dziengel, Head Coach
Tom Jansen, Assistant
Mickeal Maciej, Junior Varsity
Stephanie Borscheid, "C" Squad
Amanda Forcier, Junior High

GOLF

Zach Boser, Boys
Jake Anderson, Girls
TBD, Junior High

2025-2026 ACTIVITY ASSIGNMENTS

ONE ACT PLAY

TBD

IMPACT

Erin Kujawa

Meghan Braegelmann

INVESTMENT CLUB

Tom Jansen

INSTRUMENTAL MUSIC DIRECTOR

Kim Salo

VOCAL MUSIC DIRECTOR

Kris Latcham

SENIOR HIGH NATIONAL HONOR SOCIETY

Renaë Ward

JUNIOR HIGH NATIONAL HONOR SOCIETY

Liz Otto

SENIOR HIGH STUDENT COUNCIL

Jodi Penk

TRI-M MUSIC HONOR SOCIETY

Kim Salo

ROBOTICS

Rob Flaschenriem

Mike Hesse

KNOWLEDGE BOWL

Renaë Ward

Blake Rasmussen

SPEECH

Cassy Lahr

AQUILA

Sarah Geislinger

FFA

Tracy Huhn

Tyler Warren

JUNIOR HIGH ABILITY

Donna Orbeck

JUNIOR HIGH KNOWLEDGE BOWL

Donna Orbeck

SPELLING BEE

Heidi Kuechle

MSHSL ARTS PROGRAM

Gerry Kulzer

CLAY TARGET LEAGUE (TRAP SHOOTING)

John Maile, Fred Johnson and

Chuck Schoolmeesters

EXTRA CURRICULAR ACTIVITIES

Although the primary purpose in school is to educate, many different services and activities are available to youth. To become a well-rounded and fully developed person, take advantage of these "extras." They are intended for you. Without you, there would be no school. Make the most of yourself and your school by becoming involved in its daily life. A wide variety of out-of-class activities are available. No matter what your interest may be, there's a club, activity, or sport for you. Use your talents - get involved! **Remember that if you plan on participating in an activity at night, you must be in school at least four out of seven periods. Furthermore, you must also attend the sports information meeting held each fall.**

EXTRA-CURRICULAR PARTICIPATION FEES

Participation Fees for MSHSL Activities:

Junior high athletics (grades 7-9)	\$90.00 Per sport
Senior high athletics (grades 10-12)	\$120.00 Per sport
Speech/declaim	\$70.00
Robotics	\$70.00
One Act Play	\$70.00

Individual and Family Maximum fees for MSHSL Activities:

Junior high	\$180.00
Senior high	\$240.00
Per family	\$500.00

Participation Fees for Co-Curricular Activities:

(These fees do not apply to the individual and family maximums)

DECA	\$20.00
FFA	\$20.00
Knowledge Bowl	\$20.00

Admission fees for extra-curricular activities

Adult single event	\$7.00
Student single event	\$5.00
Adult season pass	\$90.00
Adult season pass plus one	\$130.00
Student season pass	\$50.00
Family season pass	\$175.00
Senior Citizen's Gold Card (65 or older)	**Free Pass

**Must be an EVW Community Member

Deadline for payment

Payment deadline - third day of practice

Refund deadline - fifth day of practice or when cut from varsity team

EDEN VALLEY-WATKINS PUBLIC SCHOOLS ACADEMIC STANDARDS FOR STUDENT PARTICIPATION IN EXTRACURRICULAR ACTIVITIES

Revised: 5/29/2020

I. ACADEMIC ELIGIBILITY

A student's academic work is the most important aspect of his/her education. To be eligible to participate in activities and athletics, students must receive passing grades in all classes and must be making satisfactory progress towards an on-time graduation. There will be 4 official grade checks throughout the school year which will take place at the end of each quarter. Students who do not maintain the minimum scholastic standards will be notified by the activities director and/or his/her coach/advisor that they have lost eligibility for a prescribed period of time.

Any student receiving one or more failing grades at the end of a quarter is ineligible for a minimum of two weeks from the date that their grades are considered "final". In those two weeks the student cannot compete in any contests, but is expected to attend all practices.

- 1) At the end of the two weeks the student will be required to complete an Academic Performance form. Academic Performance forms will be handed out by and turned in to the activities director.
 - a) Students that submit the form with passing grades from all teachers are allowed to compete effective immediately.
 - b) Students that are still failing will continue to be ineligible until they are passing all classes and can turn in a form that reflects that information. Students who do not return the form to the activities director are also considered ineligible.
- 2) Students will start each school year based on their last quarter grades. There is a carryover of failing grades from one school year to the next. However, since fall athletes (Football 9-12, Volleyball 9-12, Cross Country 7-12) typically start three weeks before school starts. Therefore, the following contest ineligibility will be followed.
 - Cross Country – 2 Events.
 - Volleyball – 2 Events.
 - Football –2 Events.**Scrimmages are not considered an event, therefore a student that failed class the 4th quarter is allowed to compete in scrimmages.
 - a) Students who fail a 4th quarter class do have the option to make up the credit(s) during summer school (if it is available within the district) to regain full eligibility for fall activities.

II. ACADEMIC ELIGIBILITY--INCOMPLETES

Students receiving an incomplete at the end of a quarter will remain eligible.

- 1) Students have ten school days after the end of the marking period to convert their incomplete to a letter grade.
- 2) After the 10 day period of time if the student does not complete the course, the incomplete is changed to an "F" and the student is ineligible as set forth in item I.

III. ACADEMIC ELIGIBILITY--EXCEPTIONS

Any student enrolled in the Special Education program will be considered on an individual basis. Students must be making progress towards graduation.

- 1) A committee formed of the activities director, principal, guidance counselor, case manager, and instructors will decide if the student is working up to his or her ability and making progress.
- 2) This committee will determine eligibility status.

IV. ACADEMIC ELIGIBILITY—PARTICIPATION

- 1) A student who is declared ineligible will be expected to participate in all practice sessions during the period of ineligibility.
- 2) A student who is declared ineligible will not participate in any contests during the period of ineligibility. Scrimmages are not considered contests.

ELIGIBILITY RULES FOR NON-LEAGUE ACTIVITIES

In addition to the rules regarding use of mood-altering chemicals governed by the Minnesota State High School League, students participating in non league activities are required to follow the same rules which apply for all extra-curricular activities. The same penalties for violation of the rules will apply, i.e., loss of eligibility for a prescribed time period or number of events, whichever is more severe. These activities include: FFA, National Honor Society, Drama, Band, Choir, Student Council, Eagles Cry, Aquila, DECA, Knowledge Bowl, High Ability, Spelling Bee, Investment Club, SADD, and Robotics. The advisors of these organizations will inform participants of these eligibility requirements at the beginning of the year, season, or activity.

THE JAKE FOEHRENBACHER MEMORIAL 3-SPORT ATHLETE AWARD

Requirements:

- 1) Must participate in athletics in all three seasons during grades 9 through 12.
 - a) Fall Season Sports - Cross Country, Football, Volleyball
 - b) Winter Season Sports - Basketball, Gymnastics, Hockey, Wrestling, Alpine Skiing
 - c) Spring Season Sports - Baseball, Golf, Softball, Track and Field
- 2) Can have no more than one Minnesota State High School League violation to receive the award. However, by obtaining any MSHSL violation, the athlete is no longer eligible to receive the 3-Sport Athlete scholarship.
- 3) If an athlete suffers an injury that does not allow him/her to participate in one or more seasons, the athlete is required to go to all events and approximately 60% of practices during that season.
- 4) If an athlete transfers to EVW during or after their 9th grade year, they will be required to provide documentation about what sports they participated in at their previous school(s).

JUNIOR HIGH CO-CURRICULAR ACTIVITIES

JUNIOR HIGH ABILITY PROGRAM

Advisor: Donna Orbeck

High Ability offers enrichment opportunities to high potential students. To be considered for the program, pupils must meet the Minnesota State Guidelines for gifted and talented. Individuals are identified through testing data or recommendations by teachers, parents, or others. The program runs throughout the school year.

JUNIOR HIGH HONOR SOCIETY

Advisor: Liz Otto

JHS is an organization that honors junior high students who demonstrate excellence in academics, leadership, service, and citizenship. Youth must have a 3.6 grade point average to be considered for membership. Final voting is done by a committee of teachers and administrators. 8th and 9th graders are considered for membership after the first quarter, while 7th graders are considered during the spring. Students participate in service projects, sponsor a dance, and have a fundraiser to raise money for a spring field trip.

JUNIOR HIGH KNOWLEDGE BOWL

Advisor: Donna Orbeck

Students, working in teams, are challenged to recall factual information quickly. Participants have the opportunity to compete in several meets held after school. The season runs from October-December and is open to all students.

KNOWLEDGE MASTER OPEN

Advisor: Renae Ward

Ninth grade students in the junior high ability program participate as a team in this computer-generated competition held twice during the school year, once in December and once in April.

SPELLING BEE

Advisor: Heidi Kuechle

A national competition for students in grades 5-8. All 5th- 8th graders take a qualifying test in January with the top five finalists from each grade advancing to the District Spelling Bee held in February. The district champion represents our school at the Region Spelling Bee at St. John's University in March. State and National Spelling Bees are held in late spring.

SENIOR HIGH CO-CURRICULAR ACTIVITIES

AQUILA

Advisor: Sarah Geislinger

This organization represents the EV-W yearbook staff and is open to youth in grades 10 - 12. The purpose of the group is to organize photos and information to produce the yearbook and prepare for the year's activities, which go into creating and selling a yearbook. Many positions are available within this group and students are encouraged to participate. Students are selected to the yearbook staff by the advisor and officers on the basis of commitment. This is a year long activity. Persons are encouraged to also take Journalism as a class to learn the basics of copy and caption writing. Many yearbook staff members benefit from fitting Independent Aquila into their class schedule.

CLAY TARGET LEAGUE (TRAP SHOOTING)

Advisor: John Maile, Fred Johnson, and Chuck Schoolmeesters

The Clay Target League is open to pupils in grades 7-12. The purpose of the Minnesota State High School Clay Target League is to attract students to participate in shooting sports while creating friendly competition among high schools throughout Minnesota.

CONCERT CHOIR

Advisor: Kris Latcham

Concert Choir is open to all EV-W students grades 9-12. Concert Choir performs in festivals, concerts, and contests during the school year.

The Concert Choir members will:

- 1) enjoy singing and become better music readers;
- 2) find an appreciation for many different styles of music;
- 3) have an opportunity to attend other musical performances and;
- 4) understand art and beauty and its importance in our daily life and survival.

Grades are determined from these requirements:

- 1) daily attendance;
- 2) voice lesson (3-4 per quarter);
- 3) concert attendance; and
- 4) classroom achievement.

Activities:

Accompanist	3 pts
All-State Choir Tryouts	2 pts
All-State Choir Member	5 pts
Private voice lessons	2 pts
Private piano lessons	2 pts
Summer Choir Camp	5 pts
Special Choirs (ACDA, Duluth etc)	3 pts
Honor Choirs (audition only)	5 pts
Solo (*and**)	3 pts
Solo (**and****)	5 pts
Ensemble (*and**)	3 pts
Ensemble (**and****)	5 pts
Large group (*and**)	2 pts
Large group (**and****)	4 pts
Solo at school function	2 pts
Ensemble at school function	2 pts
Star-Spangled Banner - solo	2 pts
Star-Spangled Banner - ensemble	1 pt
Awards night - solo	2 pts
Awards night - ensemble	1 pt
Senior Breakfast	2 pts
Graduation - solo	2 pts
Graduation - ensemble	1 pt
Elementary concert	2 pts
Choir Representative	3 pts
Extras	

Point tabulations: Each (20) points qualifies for a letter. Maximum is (1) letter per year. Points are accumulated to the next year (i.e., if you earn (22) pts. (2) will go toward your next year.)

ONE ACT PLAY

Advisor: Cassy Lahr

One Act Play is an excellent opportunity for students to gain self-esteem, respect, and positive attitudes. It also teaches them how to work with others in a group setting. Everyone, from the smallest job or part to the largest, is equally important to the success of the production. Dependability and commitment are attributes that are required when being chosen to participate in the play. One Act Play is open to individuals from grades 7-12. The One Act Play season usually starts in December with auditions. The Sub-Section, Section and State festivals usually take place at the end of January and early February.

EVW also offers a full-length production each year, which is set-up and directed through the EVW Community Education Department.

FFA

Advisor: Tracy Huhn, Tyler Warren

This organization is open to students in grades 7-12 who are interested in agriculture and leadership opportunities. It is a yearlong activity with many career development events in agricultural related areas which may enable individuals to advance to state competition. The state FFA convention is held at the end of April each year.

Students can participate in competitions as an individual or on teams. FFA makes a positive difference in the lives of youth by developing their potential for premier leadership, personal growth and career success through agricultural education.

A student may letter in FFA. A letter is earned for every 30 points obtained from the following schedule:

FFA Lettering

CDEs	Points	
Chapter	1	
Regions	3	(+2 for top ten individuals)
Invitationals	3	
State	5	(+3 for top five/ind)
Nationals	10	
Degrees		
Discovery	1	
Greenhand	1	
Chapter	1	
State	5	
Committees		
Member	2	
Chairman	3	
Meeting Attendance		
<50%	2	
Fruit Sales		
<\$500	3	
Activities		
Chapter	2	
Regional	3	
State	3	
Service Projects		
Chapter	2	
Regional	3	
State	3	
National	3	

Leadership	GITS/CLC	2
	H20, LTC	3
	SGLC, SLCCL	5
	WLC	5
Officer	Chapter	3
	Regional	5
	State	10
Delegate	Regional	1
	State	1
	National	1
Proficiency	Regional	3
	State	5
	National	10
Banquets	Chapter	1
	Regional	2

IMPACT

Advisor: Erin Kujawa/ Meghan Braegelmann

IMPACT is an organization that is open for individuals in grades 7-12. Throughout the year, the group is involved in bringing issues to the awareness of students and the community, as well as educating and encouraging them to make healthy choices.

INVESTMENT CLUB

Advisor: Tom Jansen

The Investment Club is open to youth in grades 9-12. The major goal of this organization is to understand the stock market and how investment strategy is handled in our society. Other responsibilities of the organization include coordination of many dance activities.

JAZZ ENSEMBLE

Advisor: Kim Salo

The Jazz Ensemble plays a different variety of music than the Senior Band. The students perform music in swing, Latin, rock and blues styles. It rehearses before school, usually on Thursday mornings, and is open to any student in grades 9-12 who play the following instruments: saxophone, trumpet, trombone, tuba, piano, bass guitar, electric guitar, or drum set.

This is a year-long activity that performs at 2 concerts and also at the Sub-Region Jazz Festival. Oh, and we always eat breakfast after rehearsal!

MSHSL ARTS PROGRAM

Advisor: Gerry Kulzer

Open to students in grades 9-12. This program is designed for pupils who wish to advance their artistic talents in painting, drawing, sculpture, computer art, crafts, and printmaking for the MSHSL Art contest.

ROBOTICS

Advisors: Rob Flaschenriem/ Mike Hesse

Robotics is a fun, exciting and growing field! Youth will be involved in the planning, development, and construction of a robot, based upon a particular theme that will compete against other robots within a regional competition. Through this experience, pupils will obtain valuable background knowledge in science, technology, engineering, and mathematics.

SENIOR BAND

Advisor: Kim Salo

Senior Band is open to any students in grades 9-12 who already know how to play their instrument. It is a performing organization as well as a curricular class. The band performs at concerts, solo and ensemble contests, large group contests, pep band appearances, Veteran's Day, and Memorial Day programs throughout the year. The band also takes a trip every 2 years. Past destinations have included the Black Hills, St. Louis, Washington D.C., Chicago, and New York. To fund these trips, the band does various fundraisers during the school year.

Requirements:

Because Senior Band is also the school's major performing group, attendance at all performances is required. The performances for the quarter or semester will be announced at the beginning of and throughout each quarter. It is the student's responsibility to make sure that he or she is available for these performances - having to work the night of a performance is not an excuse! Participation in a solo or ensemble is also a requirement.

Grades:

Grades in Senior Band are based on the following:

- 1) daily attendance and participation;
- 2) pep band performance and attendance;
- 3) concert and special appearance (i.e. Memorial Day) attendance;
- 4) playing tests (which can be taken over to better a grade); and

5) discipline

Lettering:

A student may letter in band. A letter is obtained for each 15 points earned on the following form. Points are accumulated to the next year, so if you only earn 13 points one year, he/she would only need to earn 2 points the next year to obtain a letter.

Band Letter qualifications:

		<i>Points</i>
1.	Sub-Region Solo - No Star	2
2.	Sub-Region Solo - 1 Star	3
3.	Sub-Region Solo - 2 Stars	4
4.	State/Region Solo - 1 Star	4
5.	State/Region Solo - 2 Stars	5
6.	Sub-Region Ensemble - No Star	1
7.	Sub-Region Ensemble - 1 Star	2
8.	Sub-Region Ensemble - 2 Stars	3
9.	State/Region Ensemble - 1 Star	3
10.	State/Region Ensemble - 2 Stars	4
11.	Doubling Instruments	2
12.	Summer Marching Band	6
13.	Drum Major	2
14.	Summer Drumline	2
15.	Jazz Ensemble	5
16.	Accompanist - 1 point for each event	1
17.	Solo/Ensemble at School Function (Sr. Citizens Banquet/ECFE Program)	1
18.	Performing Outside of School (Church Functions/Funerals) 1 point for every performance	1

SENIOR HIGH KNOWLEDGE BOWL

Advisors: Renae Ward and Blake Rasmussen

Knowledge Bowl competitions are interdisciplinary academic contests for senior high students which provide a format for student growth centered around academics. During the contest, teams compete to answer questions relating to all areas of learning typical of secondary educational programs. Pupils have the opportunity to participate on both varsity and junior varsity teams. Practices are held before school. Although this is not a Minnesota State High School League sanctioned event, the same rules do apply to Knowledge Bowl. Open to youth in grades 9-12. This activity starts in September and ends in April.

SENIOR HIGH NATIONAL HONOR SOCIETY

Advisor: Renae Ward

Senior and junior high chapters of the National Honor Society are available. Faculty recommend pupils based on the qualities of scholarship, leadership, character, and services. Members must exhibit behavior consistent with the eligibility standards for participation in the Minnesota State High School League. Junior high youth, grades 7-9, must maintain a minimum grade percent average of 3.6.

For senior high students, tenth grade will no longer be eligible to apply for membership. The advisor will meet with ninth graders in JHS in the spring to advise them about getting involved, honor classes, leadership and character, and demonstrating criteria during their tenth grade year in order to be eligible as a junior.

In the fall towards the end of first quarter, the names of 11th and 12th grade individuals that qualify with a minimum 3.5 grade point average and EVW Honors Diploma requirements will be given to staff who can nominate them for NHS and provide feedback.

Once persons have been nominated and meet all requirements, they will be asked to apply with traditional NHS selection done by committee.

SENIOR HIGH STUDENT COUNCIL

Advisor: Jodi Penk

Members are selected by the student body in grades 9-12 to represent them on the junior and senior high councils. This organization provides the leadership for many activities in our system. The student council goals are to promote leadership and a positive involvement for everyone within the school system.

SPEECH

Head Coach: Cassy Lahr.

Participation in speech is open to students in grades 7-12. There are 13 categories in which individuals can participate. The categories include: Creative Expression, Discussion, Duo Interpretation, Extemporaneous Reading, Extemporaneous Speaking, Great Speeches, Humorous Interpretation, Informative Speaking, Original Oratory, Serious Drama Interpretation, Serious Poetry, Serious Prose Interpretation, and Storytelling. Speech participants are required to abide by Minnesota State High School League rules. Speech season begins in December and finishes in the middle of April.

Preparation for competition can include writing and performing an original script, performing a selection from a published work of literature, participating in a small group discussion, or speaking extemporaneously on current events. Speech is for those: *introverts* looking to be a bit more outgoing, *intellectuals* wanting to gain some valuable skills for college, *comedians* and *creative writers* looking for an outlet,

performers looking to be center stage, *socialites* looking to make more friends, and

anyone who is willing to work hard, be part of a team, and have a lot of fun.

TRI-M MUSIC HONOR SOCIETY

Advisor: Kim Salo

Pupils are selected for membership in the Tri-M Honor society on the basis of musicianship, scholarship, character, leadership and service to school and community. The Tri-M Chapter #4440 provides a means of recognizing the efforts and achievements of music students who volunteer their time and share their musical talent with others. Tri-M is open to youth in grades 9-12, and includes band, choir, guitar, jazz band and pep band members. The EV-W Tri-M Honor Society signifies our schools recognition of the importance of the arts in the development of a comprehensive educational program.