



ARMSTRONG HIGH SCHOOL

10635 36th Avenue North
Plymouth, MN 55441

📞 763-504-8800

🌐 ahs.rdale.org

Grades: 9-12

Building Hours:
8 a.m. - 4 p.m.

School Hours:
8:35 a.m. - 3:15 p.m.



Erick Norby
Principal



BELIEVE. BELONG. BECOME.

Welcome to Armstrong High School, home of the Falcons. We are a school where student voice is prized and young people lead key initiatives. We graduate students who are ready for jobs, careers, skilled trades, or college.

AMPLIFY YOUR VOICE, IGNITE YOUR PASSION

Armstrong is bigger than many small towns, and it feels like a community – with a place for every young person, regardless of aptitudes or interests.

Our students find dozens of opportunities in academics, the arts, and athletics. Armstrong offers one of the largest Advanced Placement (AP) programs in Minnesota. Students who take AP courses and pass the exams can earn college credit in English, social studies, science, math, global language, art and music.

The arts are important to our school, as reflected in our many vocal and instrumental ensembles, visual art classes, dance and step clubs, and two major theatrical productions each year.

With more than 75 school-sponsored clubs and activities, students are bound to find ways to engage. From anime to opera, from math to media to robotics, through involvement students can spend quality time with like minds. Fans of hands-on learning will appreciate the school's new auto shop.

Creating a greener environment is of keen interest to Armstrong students, and our Environmental Club is active in projects to beautify and make our campus more energy efficient.

At Armstrong High School, we use the evidence-based BARR model — Building Assets, Reducing Risks — which provides our school with a strength-based comprehensive approach to meeting the academic, social, and emotional needs of all students. Through BARR, we work to harness the power of relationships and data to remove both academic and non-academic barriers to learning and ensure that no student is invisible.



MISSION

The mission of Robbinsdale Area Schools is to inspire and educate all learners to develop their unique potential and positively contribute to their community.

ACADEMICS

In addition to our AP program, Armstrong offers college and career preparation programs. AVID and a robust college and technical education (CTE) program support students who may not realize they have lots of options after high school. We guide students through the entire process.

Our school district's partnership with Hennepin Technical College also provides additional opportunities for study — and achieving college credit — during high school.

Fun Facts

- In 2025, we administered more than 1,000 AP tests. From the Class of 2026, 47% earned at least one college credit during their time at AHS by passing at least one AP test.
- During the 2025-26 Debate season, two AHS seniors competed in the final round of Congressional Debate at the state tournament.
- Students in our NASA HUNCH program will have their projects used on a future space mission.

ARTS

We love and believe in the arts at Armstrong. With visual arts, media and video, dance and music, Armstrong Falcons have many ways to express themselves, including: four bands; seven vocal ensembles; four orchestras and a string ensemble; and improvisational and one-act shows in addition to the three mainstage theater productions.

Fun Facts

- During the 2025-26 school year, 22 AHS band, choir, and orchestra students were named All-Conference at the Northwest Suburban Conference Music Festival.
- The Fall Show, Winter Musical, Spring Show, and One Act collectively had 14 outstanding performances.

ACTIVITIES AND ATHLETICS

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The Armstrong Falcons compete in the Northwest Suburban Conference. Conference members include Andover, Anoka, Blaine, Centennial, Champlin Park, Coon Rapids, Elk River, Maple Grove, Osseo, Park Center, Rogers, Spring Lake Park and Totino-Grace. The athletic teams (along with debate, speech, one-act play, visual arts and music) are registered with the Minnesota State High School League.

Fun Facts

- The Robbinsdale Robins Adapted PI program competed in the state tournaments in PI Soccer and PI Softball in 2025-26.
- Individuals for Cross Country, Girls Golf, Boys and Girls Swim and Dive, and Track and Field participated in MSHSL state tournaments