



**Arterville Junior High**

## **Extra-Curricular Opportunities**

Students in grades 6<sup>th</sup> – 8<sup>th</sup> are eligible for sports teams. All other CJHS clubs or groups are grades 7<sup>th</sup> and 8<sup>th</sup> only. All sporting teams require a physical no more than 1 year old to participate.

### **Cross-Country**

The coach usually schedules some summer run times for any student interested in potentially trying out for cross-country. These are posted on our website. Once school starts, regular practices will be set after-school. If a student wishes to be on the team he or she needs to commit to attending those. As a general rule, we do not have to cut students, so all that commit are on the team. Some meets limit the number of runners allowed and the coach uses run times and other criteria to determine those that can go versus those that do not. The meets usually start in late August/early September and end in mid-October.

### **Baseball**

Try-outs for baseball are usually before school starts in the last week of July to the first days of August. These will be posted on our website. There is a limit to the number of individuals on the team, so cuts are made. The season starts in mid-August and ends in early October.

### **Softball**

Try-outs for softball are usually before school starts in the last week of July to the first days of August. These will be posted on our website. There is a limit to the number of individuals on the team, so cuts are made. The season starts in mid-August and ends in early October.

### **Cheerleading**

Try-outs for cheerleading are usually in late April (before the new school year). The team participates in an SIU camp and other summer practices to prepare for competition. Therefore, tryouts must be completed before the school year starts in August. Try-outs are announced in advance. There is a limit to the number of individuals on the team, so cuts are made. Cheer ends when the last basketball game is played in late January / early February. The team also competes in a state series (ICCA). The state tournament is in Springfield, IL in early January.

## **Girls Basketball**

Try-outs are usually in early to mid-October. Sometimes softball is still playing. Arrangements are made to allow softball players to try-out. Try-outs are announced in advance. There is a limit to the number of individuals on the team, so cuts are made. The season runs from late October to late January. The coaches usually have open gyms for anyone interested once school ends through June. They also attend two camps (Effingham, Salem, or Greenville, IL). Future Lady Lions camp is in July (grades 1-8).

## **Boys Basketball**

Try-outs are usually in mid-October shortly after girls. There is a limit to the number of individuals on the team, so cuts are made. Try-outs are announced in advance. The season runs from late October to late January or early February.

## **Volleyball**

Try-outs are usually in mid January. Sometimes girl's basketball is still playing. Arrangements are made to allow basketball players to try-out. Try-outs are announced in advance. There is a limit to the number of individuals on the team, so cuts are made. The season runs from early February to late March / early April.

## **Track (boys & girls)**

Try-outs are usually in early to mid March. Sometimes volleyball is still playing. Arrangements are made to allow volleyball players to try-out. Try-outs are announced in advance. There is a limit to the number of individuals on the team, so cuts are made. The season runs from late March to early May. Sometimes conditioning sessions are scheduled before try-outs depending on weather. Those would be posted and announced.

## **Scholar Bowl**

The Scholar Bowl team usually conducts try-outs in mid to late September. The season starts near Halloween and ends the first of March. There is a limit to the number of individuals on the team, so cuts are made.

## **Yearbook Club**

Students interested in yearbook complete an application in mid to late October. The book is created on-line between November and April each school year. There is a limit to the number of individuals that can be a part of the staff, so cuts are made. A large portion of the selection is based on student grades, responsibility level, maturity, etc. Teachers complete recommendation forms on students interested.

## **SLC (Student Leadership Council)**

Students interested in SLC complete an application. This application is completed the spring before the upcoming school year. This is done to allow time for training with the new members. In addition, SLC members need a certain teacher assigned 5<sup>th</sup> hour in the schedule. By selecting SLC the year before, we can accomplish both tasks before the start of the following school year. There is a limit to the number of individuals that can be a part of SLC, so cuts are made.

## **Art Club**

The CJHS Art Club is an after school activity for students interested in using their creative and artistic skills to help create artwork and decorations for school events. Those students interested in being in Art Club need: parent approval, no grade lower than a C in any class, a way home after meetings, an interest in painting, drawing, and being creative. Students are allowed to apply shortly after school starts up in August. This will be posted and announced at school. You do not have to be enrolled in art classes to be a member of the club.

## **FBLA-Middle Level (Future Business Leaders of America)**

CJHS chartered an FBLA-Middle Level chapter in 2014. The FBLA-Middle Level program introduces junior high students to the world of leadership and business with career exploration, community service, and immersive educational programs, including competitive events and awards and recognition programs. Some activities take place with the CHS FBLA chapter. Students interested in FBLA-Middle Level complete a membership application and pay a small membership fee (which is sent to the National FBLA headquarters for State and National dues). Meetings are run using parliamentary procedure and officers are elected. In order to be elected as an officer, participate in competitive events, or attend activities outside of school, members must have no grade lower than a C in any class. Monthly meetings take place during 5<sup>th</sup> hour, with the initial meeting in September.