

2013-2014
School
Year

Olmsted Falls Middle School

*Olmsted Falls Middle School
Activities Booklet*



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Olmsted Falls Middle school offers a number of academic, sports, and music-related activities for grades 6-8. These activities allow students to explore their talents and promote teamwork, leadership, sportsmanship, and academic success. Updated information is also available on the Olmsted Falls Middle School website.



Olmsted Falls Middle School has numerous activities that fall into the following categories:

Academic Support: Page 6

Academic intervention to promote student achievement.

Athletics: Pages 7-17

Interscholastic, competitive sports. Governed by OHSAA.

Clubs: Pages 18-22

Provide an opportunity for students to explore specific areas of interest.

Co-curricular: Pages 23-25

Academically related activities.

Music: Pages 26-29

Extra-curricular musical opportunities.

Service Organizations: Pages 30-36

Promotes leadership and community service activities.

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Activities offered to grades 6-8:

Homework Lab
Chess Club
Drama Club
Paw Print Newspaper
Photo Club
Geography Bee
Helping Hands
Percussion Ensemble
Builders Club
Peer Mediation
Student Council
Book Club
Helping Hands
Ski Club
Friends of Rachel Club

Activities offered to grades 7-8 only:

Boys' Basketball
Girls' Basketball
Cheerleading
Cross Country
Football
Track
Volleyball
Wrestling
Power of the Pen
Spelling Bee
Jazz Band
Golden Harmonies
Solo and Ensemble Contest

Activities offered to grade 8 only:

Girls' Fast Pitch
WEB Leaders

Homework Lab

Description of Activity: Homework Lab is an academic, teacher-supported assistance program for students; it is offered before and after school. The students are able to get help with their homework, as well as, have access to resources such as the library, media center, computers, and lab equipment.

Advisor: Mr. Kurz

Phone: (440) 427-6201 **Email:** mkurz@ofcs.net

Timing: First full week of September through the last full week of May.

Meeting Times: Daily from 7:30-8:20 A.M. and
3:30—4:25 P.M.

Grade Levels: 6-8

7th Grade Boys' Basketball

Description of Activity: The 7th grade boys' basketball team is a group of students who practice to improve their skills and play games against other 7th grade teams in the SWC.

Coach: Mr. Hoover (Non-Conference Team)

Phone: (440) 427-6091 **Email:** ghoover@ofcs.net

Coach: Mr. Schlitter (Conference Team)

Email: ryanschlitter@yahoo.com

Season: January-March **Grade Level:** 7

Meeting Times: Daily after school and Saturday mornings

Membership Requirements: The students must try out for the team. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Tryout Information: The tryouts are held in December.

8th Grade Boys' Basketball

Description of Activity: The 8th grade boys' basketball team is a group of students who practice to improve their skills, and play games against other 8th grade teams in the SWC.

Coach: Mr. Tabar (Non-Conference Team)

Phone: (440) 427-6520 **Email:** mtabar@ofcs.net

Coach: Mr. Holzworth (Conference Team)

Phone: (440) 427-6587 **Email:** jholzworth@ofcs.net

Season: January-March **Grade Level:** 8

Meeting Times: Daily after school and Saturday mornings

Membership Requirements: The students must try out for the team. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Tryout Information: The tryouts are held in December.

7th Grade Girls' Basketball

Description of Activity: The 7th grade girls' basketball team consists of 12-14 players who compete in games against other 7th grade teams in the SWC.

Coach: Mr. Kelley (Non-Conference Team)

Email: Cindy.Jim.Kelley@gmail.com

Coach: Mrs. Fulton (Conference Team)

Phone: (440) 427-6535 **Email:** jfulton@ofcs.net

Season: October-January **Grade Level:** 7

Meeting Times: Daily after school and Saturday mornings

Membership Requirements: The students must try out for the team. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Tryout Information: The tryouts are held in October.

8th Grade Girls' Basketball

Description of Activity: The 8th grade girls' basketball team consists of 12-14 players who compete in games against other 7th grade teams in the SWC.

Coach: Miss Abraham (Non-Conference Team)

Email: amanda_abraham4@yahoo.com

Coach: Mr. Willson (Conference Team)

Phone: (440) 427-6306 **Email:** dwillson@ofcs.net

Season: October-January **Grade Level:** 8

Meeting Times: Daily after school and Saturday mornings

Membership Requirements: The students must try out for the team. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Tryout Information: The tryouts are held in October.

Cheerleading

Description of Activity: The Cheerleading Team promotes school spirit by the use of cheers, jumps, and tumbling at the football and basketball games.

Coach: Mrs. Brasdovich-Zale

Phone: (440) 427-6262, Ext. 7222

Email: mbrasdovich-zale@getenv

Seasons: Football (August-October) & Basketball (January-March)

Grade Levels: 7-8

Meeting Times: After school – schedule varies.

Membership Requirements: The students must try out for the team. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Tryout Information: The tryouts are held in the spring. Strong motions, jumps, voice projection, and attitude are criteria used in the selection of the cheerleaders.

Cross Country

Description of Activity: Cross Country is a sport that is a 2-mile running race.

Coach: Mrs. Rahas

Phone: (440) 427-6319 **Email:** Irahas@ofcs.net

Coach: Mr. Smith

Phone: (440) 427-6200, ext. 7331

Email: jsmith@ofcs.net

Season: August-October **Grade Levels:** 7-8

Meeting Times: After school and Saturdays

Membership Requirements: The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Girls' Fast Pitch

Description of Activity: The girls' fast pitch team practices 4-5 days/week, along with games that are held 3-4 days/week. The games are held at the middle school or at a surrounding school.

Coach: Mrs. Kennedy

Phone: (440) 427-6289 **Email:** lkennedy@ofcs.net

Coach: Miss Abraham

Email: amanda_abraham4@yahoo.com

Season: March-May

Grade Level: 8

Meeting Times: 4-5 days/week from 3:45-5:30, and games during the months of March-May (3:45-6:30)

Membership Requirements: The students must try out for the team. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Tryout Information: The students must go through tryouts to make the team.

Football

Description of Activity: The football teams practice daily and play games against other area teams.

7th Grade Coach: Mr. McGrain

Phone: (440) 427-6191 **Email:** wmcgrain@ofcs.net

7th Grade Coach: Mr. Schlitter

Email: ryanschlitter@yahoo.com

8th Grade Coach: Mr. Harbison

Phone: (440) 427-6051 **Email:** mharbison@ofcs.net

8th Grade Coach: Mr. Fabian

Phone: (440) 427-6072 **Email:** rfabian@ofcs.net

8th Grade Coach: Mr. Hammon

Phone: (440) 427-6445 **Email:** mhammon@ofcs.net

Season/Timing: August-October **Grade Levels:** 7-8

Meeting Times: Daily from 3:30-5:45

Membership Requirements: The students must attend 15 practices in order to play in the games. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Practice Information: Practice begins the first week of August.

Track

Description of Activity: The students may practice a variety of running and field events. Each athlete may participate in 3 events at track meets.

Coach: Mr. Burkhard

Phone: (440) 427-6312 **Email:** bburkhard@ofcs.net

Coach: Miss Hawks

Phone: (440) 427-6263 **Email:** chawks@ofcs.net

Coach: Mr. Schlitter

Email: ryanschlitter@yahoo.com

Coach: Mrs. Roberts

Email: see coach for email

Season: Spring

Grade Levels: 7-8

Meeting Times: Daily after school

Membership Requirements: The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Volleyball

Description of Activity: The students on the volleyball team participate in SWC conference team play, the regular fall season, and tournament play at the end of the season. The team sponsors a staff versus students volleyball game which raises funds for a local food bank.

7th Grade Coach: Mrs. Radigan

Phone: (440) 427-6338 **Email:** bradigan@ofcs.net

8th Grade Coach: Mr. Gaspar

Email: ron.gasper@gmail.com

7th/8th Grade Coach: Miss Strodbeck

Email: sstrod1@kent.edu

Season: Conditioning/tryouts held in early August.

Grade Levels: 7-8

Meeting Times: Monday and Wednesday games begin with the 7th grade game at 4:30. The 8th grade game follows. Tuesday, Thursday, and Friday practices are from 3:45-5:45.

Membership Requirements: The students must try out for the team. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Fees: Students who make the team purchase team shoes, socks and jump ropes.

Wrestling

Description of Activity: The wrestling team practices every day and participates in matches usually on Wednesdays and Saturdays.

Major Functions: The team holds a dual meet tournament in December.

Coach: Mr. Miller

Phone: (440) 427-6262, ext. 7337

Email: jamiller1@adelphia.net

Season: November-February

Grade Levels: 7-8

Practice Information: Practice begins the second week of November.

Membership Requirements: The students must attend 15 practices in order to play in the games. The students must pass at least 5 classes in the grading period previous to the season and must have a current physical on file using the Ohio High School Athletic Association form.

Book Club

Description of Activity: The 6th, 7th and 8th grade Book Clubs read one book a month and meet for lunch to discuss the book.

Advisor: Mrs. Tantanella

Phone: (440) 427-6225 **Email:** ttantanella@ofcs.net

Timing: All year

Grade Level: 6th, 7th, & 8th

Meeting Times: Once a month during grade level lunch

Membership Requirements: The student must commit to reading the chosen books.

Fitness Club

Description of Activity: The Fitness Club provides an opportunity for students to use our fitness room and take control of their own fitness.

Advisor: Mrs. Sheldon

Phone: (440) 427-6336 **Email:** lsheldon@ofcs.net

Advisor: Mr. Hunter

Phone: (440) 427-6339 **Email:** shunter@ofcs.net

Timing: February-March **Grade Level:** 6th, 7th, & 8th

Meeting Times: Two times per week from 7:45-8:15 AM for 6 weeks.

Membership Requirements: The students must demonstrate appropriate behavior and be dedicated to taking charge of their own fitness.

Chess Club

Description of Activity: The students engage in a strategic game of chess. They learn a new strategy each week to help them become better chess players.

Advisor: Mrs. Gulden

Phone: (440) 427-6291 **Email:** ngulden@ofcs.net

Timing: October-May

Grade Levels: 6-8

Meeting Times: Wednesdays from 3:30-4:30

Drama Club

Description of Activity: The students audition, rehearse, and perform several dramatic performances a year. Set direction and acting skills are learned throughout the year.

Advisor: Mr. Bartkowski

Phone: (440) 427-6299 **Email:** ebartkowski@ofcs.net

Timing: All year

Grade Levels: 6-8

Meeting Times: After school rehearsals and extended dress rehearsals (see show schedules). Weekly schedules are posted on the drama bulletin board.

Membership Requirements: The students must audition and display an interest in dramatic performances. Attendance is also required.

Tryout Information: The tryouts are in September for the fall play in November. The spring play auditions are in February with a performance in May.

Other Information: Student membership is all year long. Students may join at any time.

Paw Print Newspaper

Description of Activity: The students meet once a week to create a school newspaper, which is published every 2 months.

Advisor: Miss Rupp

Phone: (440) 427-6258 **Email:** krupp@ofcs.net

Timing: All year **Grade Levels:** 6-8

Meeting Times: Wednesdays at 7:45 A.M.

Other Information: Attendance is important.

Photo Club

Description of Activity: The students take pictures of landscapes, people, animals, etc. and produce black and white prints from 35 mm film.

Advisor: Mrs. Bennett

Phone: (440) 427-6261 **Email:** cbennett@ofcs.net

Season/Timing: All year **Grade levels:** 6-8

Meeting Times: The photo club meets once for 1 hour and 15 minutes, and then meets 4 additional times for 2 hours and 15 minutes each session after school.

Fees: \$20.00

Geography Bee

Description of Activity: 6th, 7th, and 8th grade students take a qualifying exam in social studies class. The students who qualify participate in a Geography Bee. The winner of the bee then takes the state qualifying exam. This written exam determines whether the student will qualify for the State Geography Bee. State competition determines Ohio's representative at the National Geographic Bee in Washington D.C. in May.

Advisor: Mrs. Cibulskas

Phone: (440) 427-6309 **Email:** scibulskas@ofcs.net

Advisor: Mrs. Gross

Phone: (440) 427-6301 **Email:** sgross@ofcs.net

Advisor: Mrs. Norris

Phone: (440) 427-6262, ext. 7297

Email: dnorris@ofcs.net

Season/Timing: Local bee is the beginning of January

Grade Levels: 6-8

Tryout Information: All students take the preliminary exam during social studies classes.

Power of the Pen

Description of Activity: The Power of the Pen team is a competitive writing team consisting of only 8 students per grade level. The teams attend area tournaments for 3 rounds of writing to be judged. There is then an awards assembly at each tournament.

7th Grade Coach: Mrs. Gulden

Phone: (440) 427-6291 **Email:** ngulden@ofcs.net

8th Grade Coach: Miss Scalley

Phone: (440) 427-6302 **Email:** lscalley@ofcs.net

Season/Timing: All year beginning in October

Grade Levels: 7-8

Meeting Times: Thursdays from 7:30-8:20 A.M.

Membership Requirements: The Power of the Pen teams are selected by tryouts.

Tryout Information: Interested students will come to tryouts and write on 3 consecutive Thursday mornings. The most creative and well-written pieces will be selected.

Spelling Bee

Description of Activity: The students are given words to practice spelling, tryouts are held, and optional practices are offered for students who qualify. There is an oral spelling bee held after school in the library.

7th Grade Advisor: Ms. Grodek

Phone: (440) 427-6287 **Email:** lgrodek@ofcs.net

8th Grade Advisor: Mrs. Svoboda

Phone: (440) 427-6308 **Email:** dsvoboda@ofcs.net

Timing: Late February **Grade Levels:** 7-8

Meeting Times: The students meet January-February for practice.

Membership Requirements: The students sign up for a qualifying test. The top 30-32 students who take the qualifying test are then in the spelling bee.

Tryout Information: Available in Ms. Grodek's classroom. Also, English teachers share information in class, and announcements are made in the mornings and afternoons about the qualifying test.

Other Information: The PTA pays for the awards and refreshments. The Spelling Bee winner participates in the Cuyahoga County Spelling Bee sponsored by Scripps-Howard.

Jazz Band

Description of Activity: Jazz Band consists of a talented group of 7th and 8th grade students.

Major Functions: The Jazz Band has numerous concert performances.

Advisor: Mr. Gulden

Phone: (440) 427-6333 **Email:** kgulden@ofcs.net

Timing: All year **Grade Levels:** 7-8

Meeting Times: Wednesdays from 7:20-8:20 A.M.

Membership Requirements: The students must play one of the following instruments: saxophone, trumpet, trombone, bass guitar, guitar, piano, or drum set.

We do not plan to have Percussion Ensemble for the 2013-2014 school year.

Percussion Ensemble

Description of Activity: The percussion ensemble is a performance and educational-based group. This group plays music for all tuned and untuned percussion instruments. The music is chosen from traditional ethnic music such as Cuban and African, to modern day pop arrangements.

Major Functions: Perform at all band concerts

Timing: All year

Grade Levels: 6-8

Meeting Times: Thursdays from 7:15-8:20 A.M.

Membership Requirements: The students must have an ability to read music and possess a rudimentary understanding of conventional music notation.

Other Information: The percussion ensemble is one of the few activities that allows all 3 grade levels to participate on their own level and with the other grades.

Golden Harmonies (formerly known as "Singers")

Description of Activity: Golden Harmonies is an auditioned group of choir students.

Major Functions: The students are given performance opportunities throughout the year, during and after school.

Advisor: Mr. Patterson

Phone: (440) 427-6331 **Email:** rpatterson@ofcs.net

Timing: All year **Grade Levels:** 7-8

Meeting Times: Fridays from 7:30-8:30 A.M.

Membership Requirements: Auditions are held in the fall of the current school year. The student must be enrolled in choir for the school year.

Tryout Information: The students must prepare 1 short song, sight reading, tonal memory, and range exercises.

Other Information: This group explores different styles of music. Music is chosen to challenge advanced students and individual rehearsal is expected.

Solo and Ensemble Contest

Description of Activity: Students prepare for solo and ensemble contest, a soloist, or groups of 3 or more students learn a piece of music to perform at the contest.

Major Functions: The students perform at solo and ensemble contest.

Advisor: Mr. Gulden

Phone: (440) 427-6333 **Email:** kgulden@ofcs.net

Advisor: Mr. Patterson

Phone: (440) 427-6331 **Email:** rpatterson@ofcs.net

Advisor: Mrs. Kiedrowski

Phone: (440) 427-6332 **Email:** jkiedrowski@ofcs.net

Season/Timing: December-April **Grade Levels:** 7-8

Membership Requirements: A payment of entrance fee is required, as well as individual rehearsals/lessons. The advisor will help to form an ensemble group.

Helping Hands

Description of Activity: Helping Hands is a club that is sponsored by Mrs. Krakowiak, who is an art teacher at the high school. The purpose of this club is to get students with disabilities at OFCS to participate in community activities with typical peers.

Advisor: Mrs. Krakowiak

Phone: (440) 427-6086 **Email:** mkrakowiak@ofcs.net

Advisor: Miss Papa

Phone: (440) 427-6228 **Email:** rpapa@ofcs.net

Timing: September-May **Grade Levels:** 6-8

Meeting Times: Monthly meetings on Friday after school from 3:30-4:00 PM. The club will hold 1 fundraiser and 1 event (celebration) per month. The meetings are run by high school students. The meetings are after school and events/fundraisers are usually on weekends

Builders Club

Description of Activity: Builders Club is an organization that offers service to the school and community.

Advisor: Mrs. Casterline

Phone: (440) 427-6316 **Email:** jcasterline@ofcs.net

Advisor: Mrs. Moreno

Phone: (440) 427-6329 **Email:** tmoreno@ofcs.net

Season/Timing: All year **Grade Levels:** 6-8

Meeting Times: Starting in September, every other Tuesday before school at 7:30-8:20 AM.

Membership Requirements: The students must participate in club activities. For induction purposes, the students will complete two major activities.

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Peer Mediation

Description of Activity: The students are trained to help their peers solve conflicts in a very systematic way. Mediations occur under the supervision of an adult mediation coach.

Advisor: Mrs. Suvak

Phone: (440) 427-6221 **Email:** ksuvak@ofcs.net

Advisor: Mrs. Palmer

Phone: (440) 427-6220 **Email:** cpalmer@ofcs.net

Timing: Application and selection process takes place in mid-September.

Grade Levels: 6-8

Membership Requirements: The students must apply, go through an interview process, and be selected to become a peer mediator. The selected students must attend a training session.

Student Council

Description of Activity: The Student Council is made up of 1 representative from each homeroom and 7 advisory board members. They plan school activities and community service activities throughout the school year.

Major Functions: Student Council holds 3 school dances, arranges holiday activities, and participates in community service projects.

Advisor: Miss Reisner

Phone: (440) 427-6286 **Email:** sreinser@ofcs.net

Advisor: Mrs. Radigan

Phone: (440) 427-6338 **Email:** bradigan@ofcs.net

Season/Timing: All year **Grade Levels:** 6-8

Meeting Times: Every other Tuesday from 7:45-8:20 A.M.

Membership Requirements: The students must submit a paragraph explaining why they would be a good Student Council advisory board member or representative. There will be one representative voted per homeroom.

Tryout Information: Elections take place in the fall.

Other Information: If a Student Council representative misses 3 meetings (unexcused), he/she will be excused from Student Council.

Web Leaders

Description of Activity: 8th grade students are trained in team building activities, cooperative skill development and discussion skills. WEB leaders are assigned 10-12 sixth grade students as mentors. WEB leaders provide support to the 6th graders on orientation day and throughout the school year.

Major Functions: Students participate in 6th grade orientation and 6th grade social and academic follow up activities throughout the year.

Advisor: Mrs. Kotecki

Phone: (440) 427-6203 **Email:** kkotecki@ofcs.net

Advisor: Mrs. Suvak

Phone: (440) 427-6221 **Email:** ksuvak@ofcs.net

Advisor: Mrs. Palmer

Phone: (440) 427-6220 **Email:** cpalmer@ofcs.net

Advisor: Mrs. Rahas

Phone: (440) 427-6319 **Email:** lrahas@ofcs.net

Advisor: Mrs. Buck

Phone: (440) 427-6298 **E-mail:** mbuck@ofcs.net

Season/Timing: All year **Grade Level:** 8

Meeting Times: Activities occur throughout the school year, both during the school day and after school.

Membership Requirements: Students must complete an application and are selected by the WEB coordinators. The selected students must complete a 2-day training in August and attend the 6th grade orientation day.

Ski Club

Description of Activity: Ski Club is open to interested 6th, 7th, and 8th graders that want to go skiing and/or snowboarding for 6 Saturdays in January and February, weather permitting.

Advisor: Mr. Moore

Phone: (440) 427-6590 **Email:** mmoore@ofcs.net

Advisor: Mr. Englehart

Phone: (440) 427-6596 **Email:** renglehart@ofcs.net

Timing: Mid January through the end of February. Students will have six sessions, which is contingent upon the weather.

Grade Level: 6th, 7th, & 8th

Meeting Times: Six Saturday sessions from 8:00-1:30 PM.

Membership Requirements: Students must complete the registration information and pay any fees by the end of November.

Friends of Rachel Club

Description of Activity: The Friends of Rachel Club provides the opportunity to partner with Rachel's Challenge to continue the chain reaction of kindness and compassion in our school, community, and the world.

Major Functions: The purpose of the Friends of Rachel Club is to create a network of schools and communities that can band together to make a positive impact on the world by sharing ideas and mobilizing efforts when needs arise.

Advisor: Miss Ruebensaal

Phone: (440) 427-6307

Email: lruebensaal@ofcs.net

Advisor: Mrs. Fulton

Phone: (440) 427-6297

Email: jfulton@ofcs.net

Advisor: Mrs. Messenheimer

Phone: (440) 427-6294

Email: amessenheimer@ofcs.net

Timing: All year **Grade Level:** 6th, 7th, & 8th

Meeting Times: Friends of Rachel Club meets on the third Monday of the month from 7:45-8:15 AM in the Media Center.
