

GIRLS' ATHLETICS

FALL

Cross Country
Soccer
Swimming & Diving
Tennis
Volleyball
Cheerleading

WINTER

Basketball
Dance Team
Gymnastics
Hockey
Alpine Skiing*
Nordic Skiing
Cheerleading
Archery*

SPRING

Adapted Bowling
Golf
Softball
Track & Field
Clay Target*

*indicates independent provider activity - \$30 fee required.

More information regarding each activity is available at on our website.

Registration fee is \$150.00 for each activity. Our online registration program is available on our website. Participants must have a physical within the last 3 years.

If you qualify for free lunch, the participation fee is \$20.00 and if you qualify for reduced lunch the fee will be ½ the participation fee. In order to receive this funding, a family must submit an application to District 206 Food and Nutrition Services each year.

BOYS' ATHLETICS

FALL

Cross Country
Football
Soccer

WINTER

Basketball
Hockey
Alpine Skiing*
Nordic Skiing
Swimming & Diving
Wrestling
Archery*

SPRING

Adapted Bowling
Baseball
Golf
Tennis
Track & Field
Clay Target*

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CARDINAL ACTIVITIES Fine Arts, Athletics & Organizations

Ben Kvidt – Activities Director
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Fax: (320) 762-7749
<http://www.alexschools.org/aahs>

GOALS AND OBJECTIVES

The goals of our overall activities program shall be to develop the mental, physical, and interpersonal skills. These activities shall be a contributing factor to the emotional stability and serve as a motivational stimulant for each and every participant. Student Activities shall also serve as a means of teaching lifetime fitness, cooperation, tolerance, teamwork and the acceptance of winning and losing as a part of living.

Our goals shall include a determined effort to provide effective leadership for each activity, to teach the fundamentals and skills necessary to perform to the best of one's ability, to offer opportunities to all competitors to show their talents and abilities, to strive for excellence while upholding the dignity of each individual involved.

FINE ARTS AND ORGANIZATIONS

“A” CLUB – A Club is comprised of seven senior leaders who are selected from an application and interview process each spring. They are responsible for managing the AAHS concession stands, the school store, and ad sales for the athletic programs and posters. A Club is involved in some school and community service projects. They help fund needs in all AAHS activities and in our school. Check at the Activities Office for more information.

AAHS AMBASSADORS – Ambassadors are senior representatives who demonstrate strong leadership and communication skills and have a commitment and passion for our school. Ambassadors serve to promote awareness of the academy model, mentor relationships with younger students, and promote a positive culture and environment at AAHS. Ambassadors host guests requesting school tours and special events. Selection is through an application process each spring. See Mr. Duwenhoegger or Mrs. Anderson for more information.

ALEXIAN (YEARBOOK) - Complete production of the high school yearbook is the goal of this organization. See Ms. Gibbons for more information.

ARCHERY – Archery is open to both male and female archers. Archery is a winter activity and meets Tues, Wed. and Thurs. mornings at AAHS. Al Hansen is the coach. More information is available in the Activities Office. (\$30 participation fee)

CLAY TARGET – The Clay Target Team is open to males and females who have their firearms safety certification. The team competes weekly at the local shooting park and participates in a state HS tournament. Contact Tom or Cindy Townsend 320-886-5377 for more information. (\$30 participation fee)

DECA – is an association of high school students and teachers of marketing, management & entrepreneurship in business, finance, hospitality, & marketing sales and service. The organization prepares leaders and entrepreneurs for careers and education in marketing, finance, hospitality, management, and other business areas. (\$150 participation fee) Advisor: Mr. Hartmann

DRAMA - Several opportunities are available during the year to get involved in drama.

- Fall Musical - (\$75 participation fee)
- Spring Play - (\$75 participation fee)
- One-Act Play - (\$100 participation fee)

FFA - Organization for students preparing for careers in the industry of agriculture. FFA activities and award programs compliment instruction in agriculture/agribusiness by giving students practical experience in the application of agricultural skills and knowledge gained in classes. A major emphasis of the FFA is the development of leadership skills and abilities to prepare young people for leadership roles in their agricultural careers. See Ms. Schweisthal for more information. (\$100 participation fee)

KNOWLEDGE BOWL - This is a team competition covering subjects such as math, science, English, social studies, etc. Five member teams with strengths covering as many subject areas as possible. Competition is against other teams in a quick response, timed, quizzing fashion, similar to Jeopardy. You do not have to be strong in all areas to be successful. Practices start in November, competition beginning in January with state competition in April. Advisor Mr. Aakre. (\$100 participation fee)

MATH TEAM- This activity is open to all students who enjoy problem solving in mathematics. Practices are flexible. All practice materials are found on Moodle under *Organizations & Groups- Math League*. There are 5 meets held between November and February. The math problems encountered at these meets cover topics in Algebra, Geometry, Trigonometry and Pre-calculus. See Mrs. Meyer for more details. (\$75 participation fee)

MUSIC - The music department offers three large performing groups. From these groups are selected solos, ensembles, and performing small groups.

- Band - Concert Band, Pep Band, Jazz Band (\$100 fee), Marching Band (\$150)
- Choir - Choirs, Carolers (\$75 fee)
- Orchestra - Rainbow Strings (\$100 fee)

(Check with the College and Career Center or the Music Department if you have questions regarding these programs.)

NATIONAL HONOR SOCIETY – NHS is an organization of students who have maintained a high GPA while being involved in school and community

activities. In a spring induction ceremony, students who are eligible and have completed an application process and passed a review committee, are welcomed to this organization. Activities of the NHS include a highway ditch cleaning help elderly citizens complete their Christmas shopping, and complete several fund raising activities. See Ms. Dvergsten for more details.

ROBOTICS - Robotics is an MSHSL sponsored competition. Each year, teams of high school students and mentors work during a six-week period to build game-playing robots. Robots complete tasks such as scoring balls into goals, hanging on bars, and balancing robots on balance beams. The game changes yearly, keeping the excitement fresh. (\$100 participation fee) Advisor: Jennifer Mounsdon

SPEECH - Competitive activity from January-April. Each speech participant chooses one area of competition out of 13 possible, ranging from memorized individual speeches to a group discussion. Typically, there is one team meeting a week and small group practices before and after school. Tournaments usually occur on Saturdays. (\$100 participation fee) Advisor: Mr. Clauson

STRENGTH TRAINING - AAHS Fitness and Performance Center is available to students every Monday, Wednesday, and Friday from 3:15 – 6:00 PM. At this time there is no fee for the strength training program.

STUDENT COUNCIL - Student Council members are elected by their peers. They organize homecoming and prom, do fundraising for Dollars for Scholars and represents our school at regional and state meetings. Meet weekly to plan activities and discuss ways to improve our school. Elections are held each spring. Interested students complete applications to be eligible. Advisor: TBD

VISUAL ARTS – Visual Arts is a MSHSL sponsored one-day event held in April. Student artwork is displayed, judged and available for community viewing. No participation fee. See Mr. Knick for more details.