

## ADDITIONAL ACTIVITIES

### DRAMA Grades 6-8

|                               |                |
|-------------------------------|----------------|
| One-Act Play Auditions Begins | August 29      |
| One-Act Play Performance      | TBD            |
| Musical Auditions Begin       | December 12    |
| Musical Performances          | February 23-25 |

*Show Times TBA*

### After (Before) School Activities

The following activities may be available throughout the school year. Some will be daily, weekly, bi-weekly or monthly. Dates and times will be announced at school.

|                      |                             |
|----------------------|-----------------------------|
| Art Club             | Science Olympiad            |
| Drama                | Math Counts                 |
| Honor Choir (Before) | Jazz Band (Before)          |
| Lego Club            | Student Leadership (Before) |
| Book Club            | Chamber Orchestra (Before)  |
| Chess Club           |                             |

### Intramural Activities Grades 6-8

Intramurals will meet daily from 8:00-8:30 am.

Attendance is not mandatory, but if students choose to participate, they must be in the gym by 8:15am.

Intramural activities are subject to change based on student interest. Activities may include kickball, whiffle ball, volleyball, basketball, soccer, football, floor hockey, dodge ball, table tennis and weight training.

### ACTIVITY PASS

**A district wide activity pass will be available for students to purchase for \$30. The ID's of students who have purchased an activity pass will have an "A" designated on them. This is good for regular season athletic events in the district. It cannot be used for admittance to invites, tournaments or performing arts events. It does not include additional venue surcharge at the Fargo Dome and Scheels Arena.**

## Ten Ways to Teach Good Sportsmanship

1. **Teach them to learn and abide by the rules of the game.**
2. **Teach your child to avoid arguments with coaches, officials and opponents.**
3. **Teach your child to share in the responsibilities of the team.**
4. **Teach your child to encourage and support less-talented players.**
5. **Teach your child to always play fair, with honesty and integrity.**
6. **Teach your child to follow the directions of the coach.**
7. **Teach your child to respect the other team's effort.**
8. **Teach your child to praise your teammate's effort.**
9. **Teach your child to end the game smoothly and accept the results.**
10. **Exhibit sportsmanship yourself and teach your children about great model athletes.**

### Specialization in Sports

Many athletes spend too much time traveling, competing and recovering from competition and not enough time preparing for it. There is too much focus on the result, rather than the performance. This attitude leads to long-term failure, as coaches forgo the development of skills to focus on specific game tactics. Too many athletes are specializing too early on. An early focus on just 1 or 2 sports often leads to injuries, burnout and capping athletic potential. CBE will give our students an opportunity to try different athletic and non-athletic events through the course of a school year.

**"Specialization is really hurting sports. Kids shouldn't play one sport year-round. They need to play other sports."**

# CARL BEN EIELSON BRUINS



## STUDENT/PARENT ACTIVITIES INFORMATION 2022-2023

### CBE & FSH ADMINISTRATION

|                                  |          |
|----------------------------------|----------|
| Brad Franklin, Principal         | 446-1704 |
| Brian Marcus, Asst. Principal/AD | 446-1706 |
| Natalie Richter, Asst. Principal | 446-1707 |
| Kathy Stompro, Athletic Trainer  | 446-1772 |
| CBE Main Office Phone Number     | 446-1700 |
| CBE Activities Secretary         | 446-1702 |
| Michael Beaton, AD-South High    | 446-2006 |
| South High School Office         | 446-2000 |
| South High Activities Secretary  | 446-2011 |

## Purpose and Philosophy of Activities

Student participation in activities and athletics is a privilege, not a constitutionally protected civil right. The Fargo Public School District believes in providing opportunities for our students and strongly encourages participation in school activities.

### **OBJECTIVES OF PARTICIPATION**

- To provide a positive image**
- To strive for excellence**
- To provide opportunity**
- To create a desire to succeed**
- To develop high ideals**
- To practice self-discipline**
- To develop an understanding of the value of activities in a balanced educational process**

## Things To Do Before Season Begins

1. Have a current physical on file at participating school prior to first practice. Must be dated on or after April 15, 2022. Physicals are only good for one year in North Dakota.
2. All 7<sup>th</sup> grade athletes and new 8<sup>th</sup> grade students and their parent/guardian must attend one Co-Curricular Meeting and complete co-curricular card/concussion verification form. All other 8<sup>th</sup> grade athletes must view and sign off on the information in PowerSchool.

### **Mandatory Co-Curricular Fall Meeting Dates at:**

- North – August 4 @ 7:00 pm-Theater**
- South – August 9 @ 6:00 pm-Theater**
- Davies – August 11 @ 6:00 pm-Theater**
- Discovery – August 18 @ 6:00 pm-Auditorium**
- Ben Franklin – August 30 @ 6:00 pm-Auditorium**
- Carl Ben Eielson – September 1 @ 6:00 pm-Hangar**

3. Complete travel waiver form for CBE activities (during the season, upon coaches' request).

4. Pay participation activity fee:  
**7/8 Sports @ CBE - \$30.00 per activity**  
**7/8 Sports @ FSH - \$50.00 per activity**

## Eligibility Information

- \*The NDHSAA rules will be adhered to, at all times.
- \*The Fargo Public School District will be establishing rules in addition to the NDHSAA rules.

### High School Students

- Passing work in at least 2.5 credits per week
- Grades will be checked in 3 week intervals to include the end of each grading period
- Grades used in determining eligibility will be cumulative from the beginning of the semester
- A student may become ineligible or regain their eligibility at each of the grade checks

### Middle School Students Participating in High School Activities

- 7<sup>th</sup> and 8<sup>th</sup> grade students involved in high school activities must be passing all classes in order to maintain eligibility
- Grades will be computed in 3 week intervals to include the end of each grading period
- Grades used in determining eligibility will be cumulative from the beginning of the semester
- A student may become ineligible or regain their eligibility at each of the grade checks

### Middle School Students Participating in Middle School Activities

- Must have no more than one "failing grade" to maintain eligibility
- Grade checks will be done every 2 weeks
- Period of ineligibility will be for 2 weeks
- A student may become ineligible or regain their eligibility at each grade check
- Students will continue to practice during the period of ineligibility
- Grades used in determining eligibility will be semester grades

## CBE's Grade Check Days, 2022-23 School Year:

Grades will be checked every two weeks

### **SPORTS**

Please note that 7<sup>th</sup>/8<sup>th</sup> grade sports will practice daily.  
6<sup>th</sup> grade practice schedule TBA.

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| <b><u>Fall Sports at CBE:</u></b>   | <b><u>Starting Date</u></b> |
|-------------------------------------|-----------------------------|
| 8 Football                          | 08/22/22                    |
| 7/8 Volleyball                      | 08/22/22                    |
| 6 B/G Cross Country                 | 08/29/22                    |
| 6 Volleyball                        | 11/21/22                    |
| <b><u>Fall Sports at South:</u></b> |                             |
| 7-12 Girls' Golf                    | 08/08/22                    |
| 7-12 Boys' Tennis                   | 08/08/22                    |
| 7-12 B/G Cross Country              | 08/08/22                    |
| 7-12 Girls' Swimming                | 08/15/22                    |

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| <b><u>Winter Sports at CBE:</u></b> |          |
|-------------------------------------|----------|
| 6/7/8 Dance Line                    | TBD      |
| 7/8 Girls' Basketball               | 10/17/22 |
| 6/7/8 Wrestling                     | 11/07/22 |
| 7/8 Boys' Basketball                | 01/03/23 |
| 6 B/G Basketball (3-on-3)           | 02/27/23 |

| <b><u>Winter Sports at South:</u></b> |          |
|---------------------------------------|----------|
| Gymnastics                            | 11/14/22 |
| 7-12 Boys' Swimming                   | 11/28/22 |

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| <b><u>Spring Sports at CBE:</u></b> |          |
|-------------------------------------|----------|
| 7/8 B/G Track                       | 04/03/23 |
| 6 B/G Track                         | 04/24/23 |

| <b><u>Spring Sports at South:</u></b> |          |
|---------------------------------------|----------|
| 7-12 Girls' Tennis                    | 04/03/23 |
| 7-12 Boys' Golf                       | 04/10/23 |