



**HAVRE  
HIGH  
SCHOOL  
ACTIVITY  
BOOKLET**

**2018-2019**

**CO-CURRICULAR ACTIVITIES**

Students and parents must be aware of eligibility requirements. To be eligible to participate a student must:

1. Be regularly enrolled in school – **Must carry a minimum of 5 classes in which the student will receive credit.**
2. In addition to the MHSA requirement which says, Aa student must have passed 4 subjects the last preceding semester he or she was in attendance,@ the HHS Board requires that students must be passing in all subjects they are taking before they are allowed to miss school or are eligible for participating in any extra-curricular activities.
3. Pass a physical exam (Athletics).
4. Comply with the semester rule, participation limits, and transfer rules.
5. Not be 19 years of age before August 31 of a given year.
6. Contact the Activities Director if there are any questions or concerns.

BASKETBALL - BOYS/GIRLS  
CROSS COUNTRY - GIRLS & BOYS  
FOOTBALL  
GOLF - BOYS/GIRLS  
SOFTBALL – GIRLS  
SWIMMING - BOYS/GIRLS  
TENNIS - BOYS/GIRLS  
TRACK - BOYS/GIRLS  
VOLLEYBALL - GIRLS  
WRESTLING  
CHEERLEADING

INTRAMURAL SPORTS  
CULTURE CLUB  
FAMILY, CAREER & COMMUNITY LEADERS OF AMERICA  
BUSINESS PROFESSIONALS OF AMERICA  
KEY CLUB  
NATIONAL HONOR SOCIETY  
PEP CLUB  
SPEECH & DEBATE  
ART CLUB  
STUDENT CONGRESS  
CLOSE UP  
YEARBOOK  
SKILLS USA  
SPANISH CLUB  
TSA

## **BASKETBALL – BOYS**

Boys' basketball will be made up of freshmen, sophomores, juniors and seniors who are selected for one of three team's B froshmore, J.V and varsity. The season runs from November through March and practice is held nightly. Starting dates will be established by MHSA. Each team will have three days of practice before teams are established. Physical sheets, permissions slips and concussion information sheets must be in the activities office prior to the first practice.

Criteria will be based on academic performance, basketball knowledge, athletic ability, physical basketball skills, and work habits. The TEAM concept will be most important.

## **BASKETBALL – GIRLS**

The head coach oversees the complete program and coaches the varsity team. The assistant coaches coach the froshmore and J.V. teams and help with the varsity coach.

Any female student may try out for the team (MUST be MHSA eligible and HHS eligible). Each team consists up to twelve at each level. The season begins in November and continues through March. Teams are chosen by attitude in school and on the court, by hustle, and ability. Training rules are issued to students selected for the team. Practice times may vary, but take place Monday - Friday and some Saturdays.

The basketball programs at the froshmore and J.V. levels are meant to develop the skills necessary to play at the varsity level - each level becoming more competitive. The player will hopefully learn to work as a team member, gain individual skills, develop sportsmanship and leadership qualities, and have fun.

## **CROSS COUNTRY**

Cross Country is offered each fall for girls and boys grades 9-12. This is a physically challenging but extremely satisfying sport. We train for conditioning and endurance over the summer break and start racing around the first weekend in September. The season lasts until the middle of October, with State Cross Country Championships. The season progresses very rapidly through seven races and the State Meet.

Cross Country training is an excellent sport to develop overall body fitness, good nutritional habits, and can be an excellent tool for conditioning for winter and spring sports. We enjoy a large range of training experiences to include over-distance training, speed work, hill workouts, pool workouts, and even games. This unique sport offers an opportunity for individual growth and success as well as the support of a team in a team scoring effort. One of the best qualities of this sport is that it is a sport for life. The skills, knowledge, and love of running will linger long after you cross the stage at graduation. Come out and give the Havre High Harriers a try!!!!

## **FOOTBALL**

The HHS football program consists of a froshmore team, a J.V. team and a varsity team. No players are ever out at any level. The froshmore schedule usually includes some eight to ten contests with teams from Malta, Great Falls, Lewistown, Rocky Boy, Browning, and Belgrade. Participation and experience is the major focus of this program. If invited, a freshman may be asked to compete at the Varsity level. Freshmen, Sophomores and juniors make up the J.V. team. Many of these players are expected to play varsity as well as J.V. games for experience. At times a senior may be asked to play J.V. games for the same reason. Participation and experience is the major focus of the J.V. program. The varsity team is made up of seniors, juniors, sophomores, and freshmen at times. Those players considered to be the best football players at HHS make up the varsity football team. The varsity program differs from the froshmore and J.V. programs in that it is much more competitive. For this reason, playing time is based upon the ability of the individual. In order to earn a Varsity Letter in football, a player must meet standard of participation and be a member of the varsity traveling squad.

Practice for all levels of the football program begins in August with two-a-day practice sessions and continues until the end of November.

## **GOLF**

Golf is a lifetime sport that any person can actively enjoy at any age. Golf is one of the Montana High School Association sports offered to any HHS student. Usually 19-20 students are team members each season. HHS competes in meets on courses such as East Glacier, Lewistown, Great Falls, Billings, Laurel, Bozeman, and Havre during the regular golf season. The state meet is held at a different location each year.

Practice begins about the middle of August and normally continues until the state meet the first week in October. Both varsity and J.V. boys and girls have the opportunity to compete in meets throughout the season.

Qualifying is determined by head-to-head competition on a weekly basis. Lessons on all aspects of the sport are conducted daily at the Beaver Creek and Prairie Farms Golf Courses. Use of the driving range will be paid for by the school. All HHS golfers supply their own equipment. Give this sport a try, you will enjoy it!!!

## **SOFTBALL**

The head coach oversees the complete program and coaches the varsity team. The assistant coach(es) coach the J.V. team and helps with the varsity.

Any female student may try out for the team (they must be MHSA and HHS eligible). Each team consists of up to 16 at each level. The season begins in March and continues through May. Teams are chosen by attitude in school and on the field, by hustle, and ability. Training rules are issued to students selected for the team. Practice times may vary, but take place after school for 2 2 hours Monday - Friday and some Saturdays.

The softball program at the J.V. level is meant to develop the skills necessary to play at the varsity level. The player will learn to work as a team member, gain individual skills, develops sportsmanship, leadership qualities, and have fun.

## **SWIMMING**

Swimming starts the third Thursday in November and runs until the second weekend in February. There are no cuts in swimming and practices are geared to the ability of the swimmer. Practices are held every day after school for 1 2 to 2 hours at the community pool. The team competes in 6 to 7 out-of-town meets and 1 to 2 home meets. Depending on the number on the team and the number of swimmers allowed to enter a meet, every swimmer may not be able to compete at every meet. During the year the team competes against Class AA@ and AAA@ schools for places at meets. At the State Meet, individuals compete for places with Class AA@ and AAA@ swimmers but the two classes keep separate points for team trophies. Swimmers must meet certain qualifications to reach the state meet level. There are 8 individual events and 3 relay events at most meets and at the state meet.

## **TENNIS**

Tennis is offered to boys and girls at Havre High School in the spring of the year. It usually starts in the middle of March and ends in May. Beginning tennis players are taught the fundamentals of the game such as forehands, backhands, service, volleys, overheads, lobs, etiquette, rules, and scoring. Advanced players continue working on fundamentals plus learn more advanced styles of playing the game. There are no cuts in our tennis program.

The varsity team usually has anywhere from 6-7 matches per year plus divisional and state. The varsity team has four singles players and three double teams (10 boys and 10 girls). The varsity competes in the Central A Division which is made up of Havre, Livingston, Lewistown, and Belgrade.

## **TRACK & FIELD**

Track & Field is open to all students of Havre High School who meet the academic standards and extra-curricular activity eligibility requirements set forth by the school.

With 17 different events for both boys and girls, participants can normally find something they enjoy and can have success in. Varsity and J.V. teams are comprised of freshmen, sophomores, juniors and seniors. Freshmen teams consist of freshmen only.

Individuals recording the top performances per event form the varsity track team regardless of class. The number of varsity entries per event range from three to five participants depending upon the particular track meet and their pre-established policies.

Track & Field begins in the middle of March, as mandated by the MHSA rules, and runs until the end of May. Practice starts at 4:00 p.m. at the Middle School track and lasts approximately two hours. Participants are responsible for finding their own way up to the facility.

Havre High School Track & Field teams compete in anywhere from six to nine meets per season. The meets are usually for both J.V. and varsity competitors.

Selecting a team to compete at the divisional meet is determined by the top four or five best performances during the regular season for each event. State meet participants are determined by those who place at the Divisional meet.

There are a number of ways to letter in Track & Field and these requirements are handed out at the first meeting in March. If you can run, jump, or throw and want to improve those skills.....Track & Field is the sport for you.

## **VOLLEYBALL**

Volleyball is offered each fall for girls in grades 9 through 12. The volleyball program consists of three teams: freshmen, junior varsity and varsity. The season begins in mid-August and runs until mid-November. These dates are established by the Montana High School Association. Volleyball practices and try-outs do begin before the start of the academic school year. Practice times may vary, but usually take place Monday through Friday and some Saturdays.

Each student must be MHSA eligible and HHS eligible to try-out for one of the teams. Each student is given a three day tryout period at the beginning of the season to determine which team their skills allow them to be a member of. Teams are chosen on attitude in school and on the court, by hustle, and ability.

The volleyball programs at the freshmen and J.V. levels are meant to develop the skills necessary to play at the varsity level – each level becoming more competitive. The student will hopefully learn to work as a team member, gain individual skills, develop sportsmanship, leadership qualities, and have fun.

## **WRESTLING**

Wrestling is an extra-curricular activity that runs from the second week in November through the second week in February. Wrestling is physically and mentally demanding and will develop the self-discipline and confidence of every competitor.

Daily practice is required and each individual competes weekly. This is a no cut program, everyone that practices participates. All required paperwork must be completed prior to practicing. It is an excellent activity for every size person.

## **CHEERLEADERS**

The cheerleading squad consists of 3 teams: freshmen, J.V. and varsity. Try-outs are held in the spring of the year. Students trying out need to be skilled in dance, gymnastics, and physical conditioning. Cheerleaders should also have leadership qualities and are judged on character and integrity.

Cheerleaders practice twice a week in the summer and attend summer camp. Expenses for camp are the responsibility of the cheerleaders. Fund raisers may be held to defray expenses. During the school year, practice is held Monday through Friday from 3:30 to 5:00 p.m.

HHS cheerleaders are an important and integral part of Havre High School's athletic program. The primary function of HHS cheerleaders is to support athletic activities. Cheerleaders must represent our school in an exemplary manner. Cheerleaders will promote positive and enthusiastic school spirit in leading the crowd in support of the team.

## **HHS CLASSES**

### **FRESHMEN CLASS**

The goal of the freshman class is to conduct as many fund raising activities as possible which will provide enough revenue for their junior and senior years. The main activity is sponsoring the homecoming dance.

### **SOPHOMORE CLASS**

The sophomore class partakes in the homecoming events by decorating their designated hallway in the school. The class works some concession stands at the ball games to help raise money for the prom their junior year. The sophomore class also makes the banner for graduation

### **JUNIOR CLASS**

The primary activity of the junior class is the Junior/Senior Prom, which takes

place in the spring. Fund raisers such as dances and working concessions are necessary to meet expenses. The juniors are also expected to buy two bouquets of flowers for the stage at graduation. In addition, \$400.00 will be needed for annual pages, \$100.00 for homecoming decorations and gifts and approximately \$800.00 should remain in the class account to defray their senior year expenses.

### **SENIOR CLASS**

The senior class leads the Havre High School student body in displaying school

spirit and maturity. The main activities of the class are: participating in homecoming activities, the Junior/Senior Prom, and preparing for graduation. Class officers are elected the end of the junior year and meetings are held to organize events for a memorable final year at HHS.

## **INTRAMURAL SPORTS**

Intramural sports include: basketball and volleyball. Intramural sports are played during the off season of all girls' and boys' sports. Any student interested in playing for fun and exercise should enjoy intramural sports.

## **CULTURE CLUB**

To promote cultural awareness, instill pride in that culture, to retain own identity through this awareness. Activities include the annual Academic Challenge at MSU-Northern, crafts, cultural trips, and workshops.

## **FAMILY, CAREER & COMMUNITY LEADERS OF AMERICA**

FCCLA is a co-curricular club related to Family & Consumer Science courses.

Activities include local meetings, social activities, fund raising, district meetings, and state conventions. Any student enrolled in a Family & Consumer Science class is welcome to join.

The goal of FCCLA is to help society through family and consumer science education in areas of personal growth, family life, vocational preparation, and community involvement.

## **BUSINESS PROFESSIONALS OF AMERICA**

Business Professionals of America is the leading Career Technical Student Organization (CTSO) in the United States with more than 51,000 members nationwide. BPA is the organization for students pursuing careers in business management, office administration, information technology and other related career fields. BPA motivates students to become positive contributors to their communities and creates opportunities for students to develop effective leadership skills.

## **KEY CLUB**

Key Club (Kiwaniis Educated Youth) is an extremely fun and productive club at HHS. Sponsored by both the Kiwanis Club and the school, Key Club's primary focus is service. In fact, Key Club is the nation's largest high school service organization.

Key Club functions on International, District, and Divisional levels. The Havre club belongs to the Mighty Montana District, which is broken down into 8 divisions.

Key Club performs various service projects and fund raisers throughout the year, such as the Buddy Program at the hospital and Christmas gift wrapping. We help support Special Olympics and the current District project.

The incentives to joining Key Club are amazing. Key Club aims at developing leaders. The highlight of the year is the District Convention in the spring. The state officers are elected at this meeting and you meet new friends from across Montana.

Key Club requires dedication and a positive attitude toward helping others. The spirit is captured in the Key Club International Motto, ACARING....OUR WAY OF LIFE@.

## **NATIONAL HONOR SOCIETY**

National Honor Society is an honorary organization for which juniors and senior

having a 3.0 or better GPA may be selected by the Faculty Awards Committee. Selection is based upon earning a certain number of points in a point system made up of up to 50% scholarship, and up to 17% each in the areas of leadership, character, and service. NHS members must participate in some kind of service project. Members conduct an induction ceremony each spring for new members.

## **PEP CLUB**

Pep Club is an organization that has the purpose of generating, maintaining, and encouraging school spirit among the students at Havre High School. Pep Club is in charge of the Homecoming Royalty Crowning, Homecoming Dance, making signs and posters, and locker pin-ups for the games. Pep Club is also in charge of doing Parent=s Night for our seniors and their parents. At the end of the year, we are in charge of decorating the gym for graduation.

## **SPEECH & DEBATE**

Speech & Debate is an extra-curricular activity that is open to all students. The purpose of this activity is:

- § To provide students with an opportunity for academic competition with other schools
- § To improve speaking, writing, listening and logical thinking skills
- § To build self -confidence.

Our speech & debate team includes team debate and 8 areas for individual competition. These areas include: Lincoln-Douglas Debate, Original Oratory, Expository speaking, Extemporaneous and Impromptu speaking, Humorous & Serious Oral Interpretation, and Memorized Public Address.

Our season begins in October and runs through February. Students may join at any time throughout the season. Any interested student is welcome.

## **ART CLUB**

Art Club is an activity for students who are interested in art and art activities.

You need not be artistically talented to enjoy this club. Some of the activities include: mural and sidewalk painting, window painting at Christmas, community and school projects, printing on T-shirts, field trips and more.

## **STUDENT CONGRESS**

The Havre High School Student Congress was formed for a fivefold purpose:

1. Develop democratic ideals.
2. Assist administration in recognizing student interest and need.
3. Maintain order and justice for the various student organizations.
4. Promote a favorable image of Havre High School.
5. Enhance enthusiasm and loyalty within the student body.

The Congress has three membership representatives from each class. Each class elects their representatives, and seven Delegates-At-Large are elected by teachers and administrators from the entire student body. The representatives are led by the Student Body President, Vice-President/Treasurer and Secretary. Meetings are held twice a month and are open to all Havre High School students and participating clubs and activities members.



## **YEARBOOK**

The yearbook staff is composed of an advisor and a group of students that have a variety of interests and skills such as: writers, typists, news interviewers, artists, photographers, and editorial organizers.

Yearbook staff members should be dependable, and must attend school regularly. Members from the freshman through senior class are welcome. Meetings are held on Tuesday afternoons after 7<sup>th</sup> period. The yearbook staff makes all the final decisions on the cover of the yearbook as well as its contents.

## **CLOSE UP**

Close Up is a national organization that gives you the chance the experience Washington D.C. with your friends and students from across the country! Close Up's mission is to Inspire, Inform, and Empower young Americans to take a more active role in democracy and citizenship. As a sophomore you may sign up for Close Up and fundraise until the spring of your junior year when you will take the trip. Close Up is a week- long educational experience that includes tours of all the national monuments and memorials, Smithsonian museums, political workshops, as well as the Capitol building where you can meet Montana's legislators. If you are willing to raise some money for an awesome week in Washington D.C., then Close Up is for you!

## **SKILLS USA**

Skills USA's motto is: APreparing for Leadership in the World of Work@. Skills USA has regular meetings and also work meetings to prepare for the State Olympics held at MSU - Northern every spring.

Activities include: fund raisers and community service. We work with local business=s, the school, clubs, and many organizations to build projects. Skills USA is a hands-on learning club of many different trades from speech to automotive. We compete at the state and national competitions. Scholarships and other prizes are given at these competitions.

Skills USA helps students have confidence and pride in themselves and their work, plus teaches leadership. Skills USA is a great way to meet friends!

## **SPANISH CLUB**

Spanish Club is intended to further interests in the culture and societies of many Hispanic countries and those cultures within the United States. Activities include enhancing the study of food, dance, music, and art of Spanish-speaking countries.

Approximately every two years the Spanish Club travels to a Spanish-speaking country, and students are afforded various opportunities to raise money to be able to travel with the club.

## **TSA**

The Technology Student Association (TSA) is a national and state student organization devoted exclusively to the needs of students engaged in science, technology, engineering and mathematics (STEM). Open to students who are enrolled in or who have completed technology education courses, TSA's membership includes over 200,000 middle and high school students in approximately 2,000 schools spanning 49 states. TSA is supported by educators, parents and business leaders who believe in the need for a technologically literate society. Members learn through exciting competitive events, leadership opportunities and much more. The diversity of activities makes TSA a positive experience for every student.

TSA chapters take the study of STEM (science, technology, engineering, and mathematics) beyond the classroom and give students the chance to pursue academic challenges among friends with similar goals and interests. Together, chapter members work on competitive events, attend conferences on the state and national levels and have a good time raising funds to get there. Chapter organization develops leadership, as members may become officers within their state and then run nationally. Our chapter is committed to a national service project.

The Technology Student Association's Motto: Learning To Live In A Technical World