

Extracurricular/ Extra Help Schedule

Activity	Day/Time	Location/Details	Staff
English Help Lab	Tues., Wed. & Thurs. at lunch	- Monday -- 218 - Tuesday -- Room 233 - Wednesday - Room 221 - Thursday - Room 222	S. Mellon H. Cassells J. DeJong A. Simmons
Math Lab	Mon. - Thurs.	- See Math Lab schedule for details	K. Anderson D. Turck S. Fischl K. Cotter
Cage (Weight Room)	Daily 2:30-4:45pm, Tues. & Thurs. at lunch	-\$20 fee for the year	K. Watson
Intramurals	One week per month	- See Athletic bulletin board outside the gym for details/dates	K. Watson
Guitar Club	Thurs. at lunch	- Room 106	J. Henderson
Senior Concert Band	Mon. after school	- Room 106	J. Henderson
Equity & Diversity Club	Mon. at lunch	- Room 128	V. Kinos-Varo
Vocal Music	Fri. at lunch	- Room 106	A. Simmons
Computer Lab	Every day at lunch	- Room 233 - Designated "safe room" - Students work on assignments, access the internet, play cards	C. Smith
Improv Group	Wednesdays after school	Drama Room	D. McGill H. Cassell
Manga Group	Tues. at lunch	- Library/room 121	S. Parr
Twilight-Gothic Reading club	Bi-monthly -- Mondays at lunch	- Room 221	- J. DeJong
Environmental Club	Thurs. at lunch	- Room 229	K. Coughler C. Oster P. Best

Sports Teams

Fall - Boys Volleyball & Soccer
Girls Rugby & Basketball
Co-ed Cross Country, Golf & Swimming

Winter - Boys Basketball & Hockey
Girls Volleyball & Hockey
Co-ed Wrestling & Swimming

Spring - Boys Rugby
Girls Soccer
Co-ed Track, Tennis, Badminton & Ultimate Frisbee