



Knob Noster High School Co-Curricular Activities Manual



Table of Contents

Principal's Notes	2
Air Force Junior Reserve Officer Training Corps	3-4
American Chemical Society	5-6
Art Club	7
Band	8
Band (Jazz)	9
Choirs	10
Epsilon Beta (Book Club)	11
Family, Career and Community Leaders of America	12
Flag Corps	13
Future Business Leaders of America	14
Future Teachers of America	15
Mock Trial	16
National FFA Organization	17
National Honor Society	18
Robotics	19-20
Scholar Bowl	21
Science Olympiad	22
Speech and Drama Club	23
Student Council	24
Student 2 Student	25
Technology Student Association	26
World Language Club	27

Principal's Notes

Knob Noster High School offers a wide array of co-curricular opportunities for students. Whether you are beginning your first day with us or returning for your final year, I'm certain that Knob Noster High School offers activities catering to a range of interests. Researchers continually conclude that students involved in after-school activities perform better academically than students not involved.

The KNHS Co-Curricular Manual contains information on each of the clubs or organizations available to students attending KNHS. Information on each club or organization includes a description, criteria for membership, and major activities in which they are involved.

While we offer a variety of clubs and activities for your participation, we realize that you may be interested in starting a new club to meet your interests. If this is the case, you will be happy to know the process to start a new club is quite simple. Your first step is to find a school employee who would be willing to sponsor your club. Once you have secured a sponsor, you will need to talk with the building principal to get the club approved. If approved, it will be up to you and the sponsor to set your first meeting and advertise to get things rolling. It's that simple!

Air Force Junior Reserve Officer Training Corps (AFJROTC)

Air Force Junior Reserve Officer Training Corps (AFJROTC) is a program offered to high school students in grades 9-12. All AFJROTC classes are blends of material from an Aerospace Science (AS) component course, a Leadership Education (LE) course and the Wellness program. Our courses teach AS 40% of contact time, LE 40% and Wellness 20%. All students will be granted academic credit applicable toward graduation requirements for the successful completion of AFJROTC courses provided by the Air Force equivalent to credit given for other academic courses.

Drill and Ceremonies is offered as a part of the Leadership Education phase of a given course or can be taught as a zero hour class or as an after school extracurricular activity as part of the Leadership Education component. If a cadet participates in Drill Team activities before or after school, they must also be enrolled in an AS/LE course to be counted as part of the unit's AFJROTC enrollment. The Drill and Ceremonies course may also be taught as a stand-alone course and may be counted toward the duplicated headcount, if the following criteria are met: (1) all students enrolled in drill-only class must be concurrently enrolled in a regular AS/LE class; (2) the drill-only class must be recognized for graduation credit by the school, and (3) must not detract from the overall AFJROTC program. Drill-only class enrollment does not count toward the AFJROTC Certificate of Completion.

Upper class cadets manage the entire corps under AFJROTC instructor supervision. This course provides hands-on experience and the opportunity to put the theories of previous leadership courses into practice. All the planning, organizing, coordinating, directing, controlling, and decision-making will be done by the cadets, under the supervision of AFJROTC instructors. They practice their communication, decision-making, personal-interaction, managerial, and organizational skills.

Our curriculum is designed for each Aerospace Science level. AS-100 (First Year Cadet), AS-200 (Second Year Cadet), AS-300 Third Year Cadet, and AS-400 (Fourth Year Cadet). Some of the curriculum areas overlap the AS levels to enhance the development of cadet leadership/management skills and life-skill principles.

Air Force Junior Reserve Officer Training Corps (AFJROTC) (cont'd)

Criteria for Membership

Must be in the AFJROTC program.

Activities

- Raider Team (Competition)
- Drill Team (Competition)
- CyberPatriot (Competition)
- Academic Bowl (Competition)
- Marksmanship Team (Competition)
- Honor Guard Team
- Quadcopters
- Rocketry Club
- Community Service (Food Drive, Highway Cleanup, Bataan Death March, etc)
- Military Ball/Combat Dining Out
- Cadet Leadership Course (5-6 days - after end of the school year)

Fundraising Opportunities

- No Direct Sales

Sponsors

Col (ret) Mark Talley (email: mtalley@knobnoster.k12.mo.us)

SMSgt (ret) Tim Newcomb (email: tnewcomb@knobnoster.k12.mo.us)

ACS ChemClub

What is the American Chemical Society ChemClub program?

The ACS ChemClub is a high school chemistry club that provides students with a unique opportunity to experience chemistry beyond the classroom. There are over 500 clubs across the United States and abroad where students participate in after-school activities, get involved in community building, learn about chemistry careers, enjoy social events, and better understand how chemistry plays a role in our everyday lives.

Meeting Dates

Meetings are held the first Tuesday of each month starting in September from 3:15 p.m. to 4:30 p.m. in Room 12. Additional meetings will be added by mutual agreement within the group.

Criteria for Membership and Mission Statement

ChemClub invites, motivates, and encourages any high school student to explore the many ways that chemistry connects to their world. Supported by the American Chemical Society, ChemClub provides fun, authentic, and hands-on opportunities for members to:

- Experience chemistry beyond what is taught in the classroom
- Learn about study and career opportunities in the many and varied fields of chemistry
- Provide service for the betterment of their communities
- Discover and pursue connections within the larger chemistry community
- Develop leadership and communication skills

Activities

Students plan and enjoy a variety of chemistry-focused activities, including: inviting speakers, performing demonstrations for elementary school students, and helping clean the environment through community projects!

Fundraising Opportunities

- Several throughout the winter season

Sponsor

Becky Forest (email: bforest@knobnoster.k12.mo.us)

Art Club

Art Club is an organization where any student interested in art is welcome. Students are encouraged to have projects independent from art class. This is an opportunity for them to explore and experience different mediums, techniques and collaborative projects. The goal of the organization is to increase student involvement in the school and community through the arts.

Meeting Dates

Meetings are every Thursday at 7:15 a.m. in Room 4.

Criteria for Membership

Students must attend 75% of the meetings and take part in fundraising activities in order to participate in large events.

Activities

- Possible museum trips and community service projects

Fundraising Opportunities

- Face painting at sporting events

Sponsor

Halley Bridges (email: hbridges@knobnoster.k12.mo.us)

Band

This group starts out as the Marching Band - This is the High School Band for approximately the first three months of school. We function as a competing group at parades and as a support group for home football games, civic events and community relations. Concert Band - This is the High School Band after Marching Band season until the end of the year. You must be enrolled in this class for two semesters.

Meeting Dates

Required summer band camp and each day during the school year.

Criteria for Membership

Completion of 8th Grade Band or director approval.

Activities

- Compete as a group at parades
- Support group for home football games, civic events and community relations
- Concert Band - Performance group for public concerts, school assemblies
- Music Festivals for ratings
- Community Relations - Christmas Concert, Pre-contest Concert, District contest, Spring Concert, Baccalaureate (voluntary), Commencement, Concert Band Festival(s)

Fundraising Opportunities

- Fall fundraiser with Century Resources
- Discount Cards
- Annual Pre-Contest Concert and raffle/auction

Sponsor

Steve Hunter (email: shunter@knobnoster.k12.mo.us)

Band (Jazz)

This class meets for the entire year and studies the art of jazz performance and jazz improvisation. Performances include but are not limited to: Sonic fundraiser, Christmas concert, Jazz Festival(s), Spring Concert, basketball pep band, other selected community events and collegiate events upon invitation and acceptance.

Meeting Dates

Each day during the school year.

Criteria for Membership

Completion of 8th Grade Band or director approval. Freshman must also be enrolled in High School Band unless director approval is given to just take jazz band. This will only occur if there is a conflict in scheduling that cannot be avoided.

Activities

- Sonic fundraiser
- Christmas concert
- Jazz Festival(s)
- Spring Concert
- Basketball pep band
- Other community events and collegiate events

Fundraising Opportunities

- Fall fundraiser with Century Resources
- Discount Cards
- Annual Pre-Contest Concert and Raffle/Auction

Sponsor

Steve Hunter (email: shunter@knobnoster.k12.mo.us)

Choirs

Singing opportunities at Knob Noster High School include two choirs: the Concert Choir and the Show Choir, "Pulse."

Meeting Dates

All events for choir are posted on the High School webpage calendar and available in the Choir Handbook handed out in choir classes.

Criteria for Membership

Membership in the Concert Choir is open. Interested students need to be willing to sing and be enrolled in the class. The Show Choir, "Pulse," is an auditioned choir. Students must be selected by the director. All Choir students must meet and maintain MSHSAA eligibility requirements due to the amount of extra-curricular activities available.

Activities

- Concerts
- All-School Musicals
- All-Conference, All-District, and All-State choirs
- Solo and Small Ensemble competitions
- Choir competitions (Large Ensemble and Show Choir)
- Tours to other district schools, nursing homes, and community performances
- National Anthems at assemblies and home sports events

Fundraising Opportunities

- Music Clings
- Brochure Sales
- Discount Cards
- Coffee Sales
- Service fundraisers, such as car-hopping at Sonic, McTeacher Night at McDonalds, and car washes

Sponsor

Ruslan Romenskyi (email: rromenskyi@knobnoster.k12.mo.us)

Epsilon Beta (Book Club)

Epsilon Beta is a club for people who share an interest in reading and community service. We carry out literacy-based community service projects, such as reading to young students, providing books for children in the hospital, and other book-related activities as voted on by members.

Meeting Dates

Meetings are held every Friday during first lunch shift in the Library.

Criteria for Membership

Anyone in grades 9-12 may join. For membership in the state Epsilon Beta organization, there is a \$3.00 membership fee. Only members may attend the state conference. The membership fee is not required to become a member at our school level.

Activities

- Movie Nights
- Book Exchanges
- Scavenger Hunts
- Community Service Projects
- Other member-decided activities

Fundraising Opportunities

- Cocoa, Cookies, and Cramming
- Freeze Pops in the spring
- Santa-for-a-Day Contest

Sponsor

Becky Wood (email: bwood@knobnoster.k12.mo.us)

Family, Career and Community Leaders of America (FCCLA)

The Knob Noster High School Family, Career and Community Leaders of America's mission is to help others while growing as individuals through community service, building relationships, and becoming leaders.

Meeting Dates

Meetings are held on Fridays during Panther Hour first shift in Room 10.

Criteria for Membership

Membership dues of \$20.

Activities

- Community Service: Mentor students in Special Education, Knob Noster Elementary Fall Festival
- Team Building: Ice skating in the Winter, Region 12 Meeting, National FCCLA Week
- Leadership Opportunities: Executive Board, Public Relations Committee, STAR Events

Fundraising Opportunities

Sponsor

Christina Ferguson (email: cferguson@knobnoster.k12.mo.us)

Flag Corps

A Marching Band unit chosen by audition in the late winter/early spring after a week of clinics and faculty evaluations. Flag Corps/Captain(s) are interviewed and appointed. Direct involvement is during summer Marching Mini-Camp and Camp - All Marching performances.

Meeting Dates

Required Summer Band Camp. Each day during the school day. This group may compete separately. Competing separately from the band, may require extra rehearsals before or after school.

Criteria for Membership

Tryouts in the late winter/early spring. Members will choose one of the following three options when signing up for flags:

1. Play your regular instrument after marching season and take band second semester.
2. Play your regular instrument after marching season and take band first semester only.
3. After marching season, continue making up routines to be performed at selected home sporting events and the Christmas concert for first semester only.

Activities

- All Marching Band performances
- Two home basketball games
- Flag Corps competitive events
- Annual High School Christmas Concert

Fundraising Opportunities

- Fall fundraiser with Century Resources
- Discount Cards

Sponsor

Tomi Wright (email: twright@knobnoster.k12.mo.us)

Future Business Leaders of America (FBLA)

Future Business Leaders of America (FBLA) is the largest and oldest business student organization in the world! It is a premier business education association preparing students for careers in business.

Meeting Dates

Scheduled as part of Panther Hour. Additional meetings may be scheduled before or after school as needed.

Criteria for Membership

The Knob Noster High School FBLA is targeted toward students taking business related courses but is open to any student interested in learning more about the world of business and developing leadership skills that can be used in any career field. Annual membership dues of \$10 cover the student's State and National Dues.

Activities

- Leadership training opportunities locally, statewide and nationally
- Networking with students in other districts and businesses throughout the state
- District and State competitions
- Community Service
- Facilitates Spring Blood Drive

Fundraising Opportunities

- Spirit Apparel Store
- Others as deemed necessary

Sponsor

Tasha Cantrell (email: tcantrell@knobnoster.k12.mo.us)

Future Teachers of America (FTA)

Future Teachers of America (FTA) is an organization for students who share an interest in the teaching profession.

Meeting Dates

Meetings are held every Monday during the second lunch shift in the Library Media Center (LMC).

Criteria for Membership

Anyone interested in a career in education.

Activities

- State Convention in October
- University visits
- Teacher appreciation gifts and activities
- Visit the Capitol on SMSTA day
- Other activities as suggested by organization members

Sponsor

Becky Wood (email: bwood@knobnoster.k12.mo.us)

Mock Trial

Mock Trial is a competitive team that simulates court proceedings for criminal and civil trials. Our group consists of students that play the roles of lawyers and witnesses using case materials provided by the Missouri Bar Association. We work with the University of Central Missouri Mock Trial team and Harris, Harris, and Sommer to develop our case and mentorship.

Meeting Dates

Prosecution meets at 7am on Wednesdays in Room 115 and Defense meets at 7am on Thursdays in Room 115.

Criteria for Membership

Anyone in grades 9-12 may join. For membership students must develop an opening statement using the case materials that presents the case for either the prosecution or the defense. This opening statement must be performed for Mr. Basinger.

Activities

- District Competition in Jackson County Courthouse
- State Competition in St. Louis
- Field Trip to a criminal trial

Fundraising Opportunities

- Sponsored by Harris, Harris, and Sommer

Sponsor

Matt Basinger (email: mbasinger@knobnoster.k12.mo.us)

National FFA Organization

FFA is a dynamic youth organization within agricultural education that changes lives and prepares students for premier leadership, personal growth and career success.

Meeting Dates

Meetings are held once a month at 6:30 p.m. in Room 201.

Criteria for Membership

Membership requires the enrollment of an agriculture class and a membership fee (currently \$25).

Activities

- National and State FFA Conventions
- Barnwarming
- FFA Alumni Hog Roast
- Field trips
- Barnyard Day
- Greenhouse plant sale
- Area, district, and state contests.
- Much More

Fundraising Opportunities

- Many opportunities to raise funds.

Sponsor

Macae McKinley (email: mmckinley@knobnoster.k12.mo.us)

National Honor Society (NHS)

The National Honor Society (NHS) is the nation's premier organization established to recognize outstanding high school students. More than just an honor roll, NHS serves to honor those students who have demonstrated excellence in the areas of scholarship, leadership, service, and character.

Meeting Dates

Meetings are currently held during third lunch shift every first and third Wednesday of the month in Mr. Duane's room.

Criteria for Membership

Criteria for membership is in the process of being changed. The executive board is getting ready to vote on the new criteria.

Activities

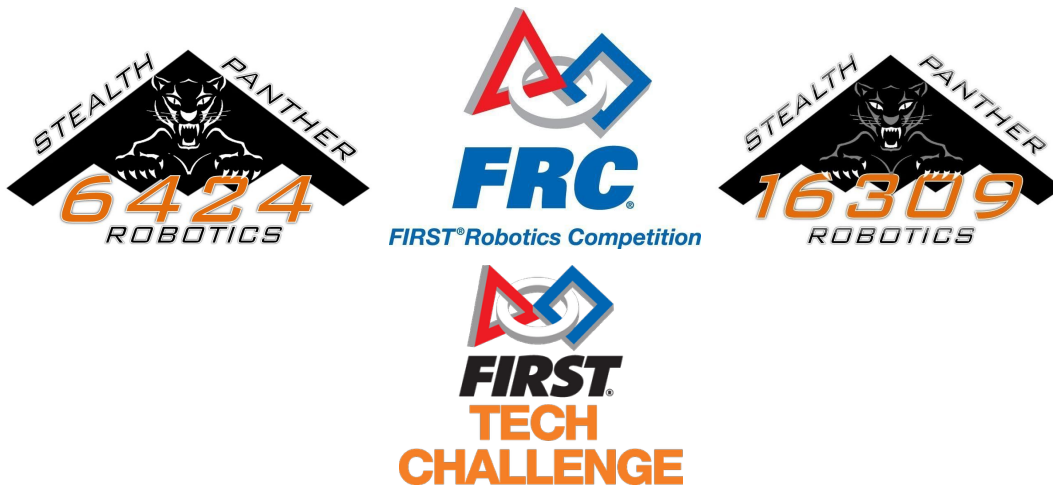
- TBD

Fundraising Opportunities

- TBD

Sponsor

TJ Duane (email: tduane@knobnoster.k12.mo.us)



Knob Noster High School's *FIRST* robotics teams, known collectively as Stealth Panther Robotics, provide students with a world class opportunity to experience real world engineering and technical experiences through competitive robotics competitions. Additionally, students learn and apply valuable skills such as leadership, teamwork, business administration, multimedia marketing, community service.

Students who are a part of Stealth Panther Robotics prepare themselves to be the next generation of technical leaders in our country. Robotics programs are helping students become interested in STEM fields and they are preparing them for a successful future. Real world results show that students who participate in robotics competitions are:

- 3x more likely to major in engineering
- 2x more likely to pursue a career in science or technology
- 2x more likely to volunteer in their communities
- Eligible for \$80 Million Dollars worth of *FIRST* Alumni Scholarships
- Over 75% of *FIRST* alumni move into careers or higher education in a STEM field.

FRC 6424 Meeting Dates

- Fall Meets Tuesdays and Fridays after school 3:15-6:00PM starting 18 September
- January and February Build season Monday-Friday 3:45PM-9PM Sat 10AM-10PM
- March - May Competition Season Practice Tuesdays, Thursdays and Saturdays 4-8PM as required in between regional competitions

FRC 6424 Criteria for Membership

Students are required to participate in 60% of pre season activities and 60% of build season time to travel, as well as maintain a D Minimum GPA. Students must participate in fundraising events to travel.

FRC 6424 Activities

- Fall - field trips for training and exhibition matches
- January and February Challenging, hands on design and build season
- March - May At least three regular season multi day regional competition trips

Sponsor

Christopher Adams (email: cadams@knobnoster.k12.mo.us)

Ruth Adams (email: radams@knobnoster.k12.mo.us)

Todd Misenhelter (email: tmisenhelter@knobnoster.k12.mo.us)

FTC 16309 Meeting Dates

- Meets Mondays and Wednesdays after school until 6:00PM starting September.
- Build season may require Saturdays
- December - March Competition Season Practice times remain the same more will be added as required between meets, qualifiers and State competitions

FTC 16309 Criteria for Membership

Students are required to participate in 60% of pre season activities and 60% of build season time to travel, as well as maintain a D Minimum GPA. Students must participate in fundraising events to travel. For students from 7th through 12th grade.

FTC 16309 Activities

- Field trips for training and exhibition matches.
- September-December Challenging, hands on design and build season.
- December - May 3-5 Meets, 1 Qualifier, State, and Worlds. All events after the meets depend on if the team qualifies.

Sponsor

Ruth Adams (email: radams@knobnoster.k12.mo.us)

Katrina Moreland (email: kmoreland@knobnoster.k12.mo.us)

Scholar Bowl

Scholar Bowl (aka Quiz Bowl, Academic Bowl, Brain Bowl, Academic Team, Academic Varsity Bowl, Academic Challenge, Scholar Quiz Bowl, Knowledge Bowl, or Masterminds) is an academic club in which teams of four players compete against other schools to answer questions on on all topics of human knowledge in various subjects. The team with the highest score at the end of the match wins.

Meeting Dates

Practices are held every Thursday from 3:15 p.m. to 4:30 p.m. in Room 12. Competition Quads are held on four specifically scheduled Wednesday evenings from November thru February.

Criteria for Membership

Scholar Bowl competitions are governed by MSHSAA and students must meet and maintain MSHSAA eligibility requirements. Membership dues are possible.

Activities

- 4 Quads during regular season (3 away)
- Conference Tournament - Metropolitan Community College, Independence, Missouri (March)
- District Tournament - Location to be determined each year (April)

Fundraising Opportunities

- Several throughout the winter season

Sponsor

Becky Forest (email: bforest@knobnoster.k12.mo.us)

Science Olympiad

Science Olympiad competitions are like academic track meets, consisting of a series of 23 team events in each division (Division C is high school). Each year a portion of the events are rotated to reflect the ever-changing nature of genetics, earth science, chemistry, anatomy, physics, geology, mechanical engineering and technology. By combining events from all disciplines, Science Olympiad encourages a wide cross-section of students to get involved. Emphasis is placed on active, hands-on group participation. Through Science Olympiad, students, teachers, parents, principals and business leaders bond together and work toward a shared goal.

Meeting Dates

Practices are held every Tuesday from 3:15 p.m. to 4:30 p.m. in Room 12 during the season.

Criteria for Membership

Anyone may join Science Olympiad.

Activities

- Warrensburg Tournament (January)
- Regional Tournament (February) held at University of Central Missouri, Warrensburg
- State Tournament (April) held at University of Missouri, Columbia

Fundraising Opportunities

- Several throughout the winter season

Sponsor

Becky Forest (email: bforest@knobnoster.k12.mo.us)

Speech and Drama Club

Speech and Drama Club combines the talents and activities of the competitive speech team, the Talking Panthers, and the actors and crew of the plays, the Theatre Guild.

Meeting Dates

Meetings are held the second Thursday of every month at 7:15 a.m. in Room 106.

Criteria for Membership

The club is open to any student, but enrollment in speech and drama classes is strongly suggested. Members must also meet and maintain MSHSAA eligibility requirements because of the extra-curricular nature of the club's activities. Membership dues are possible.

Activities

- Speech Tournaments
- All-School Plays and Musicals
- Competitive One-Act Plays
- Competitive Reader's Theatre
- Field Trips

Fundraising Opportunities

- Hosting annual Speech Tournament
- Bake Sales
- Dinner Theatre
- Others as needed

Sponsor

Lexi Hunt (email: lhunt@knobnoster.k12.mo.us)

Student Council

Student Council is an organization in charge of promoting school spirit, planning Homecoming and Court Mat dances, and volunteer work and fundraising.

Meeting Dates

Meetings are held Tuesdays and Fridays at 7:15 a.m. the month before Homecoming and the month before Court Mat and on Fridays at 7:15 any other time of the year.

Criteria for Membership

Students who wish to be representative for their class must complete a petition in the spring (if they are going to a sophomore, junior, or senior the next school year) or at the beginning of the school year (if they are a freshman that year). Students who wish to be an officer for their class or an executive officer must complete a petition in the spring (if they are going to a sophomore, junior, or senior the next school year) or at the beginning of the school year (if they are a freshman that year) AND they must film a campaign speech and make at least one poster to be hung in the school. Sophomore, Junior, Senior, and Executive Officers will be voted on by the entire student body in the spring. Freshman Officers will be voted on by the council at the beginning of the school year. Students who wish to run for an Executive Office must have a cumulative GPA of at least 3.0 and some high school Student Council experience. Students who wish to run for a Class Office or be a representative must have a cumulative GPA of at least 2.5.

Activities

- Homecoming Dance
- Homecoming Parade
- Powder Puff Football Game
- Court Mat Dance
- Mr. Panther Pageant & Talent Show
- Trails West Regional Conference
- Various volunteer work and fundraising activities throughout the year

Fundraising Opportunities

- Mr. Panther Pageant & Talent Show
- Various fundraising activities throughout the year

Sponsor

Matt Basinger (email: mbasinger@knobnoster.k12.mo.us)

Student 2 Student (S2S)

Student 2 Student (S2S) welcomes incoming students to their new school and helps departing students prepare for their next school.

Meeting Dates

Meet as needed.

Criteria for Membership

Students who wish to be an S2S representative must meet the following:

1. C or better in all classes
2. Capable of making up work for classes missed while escorting students
3. Good attendance record (95% or above)
4. Positive role model for our school
5. Models our school's code of conduct
6. Comfortable relating to others
7. Accepts challenge and commitment
8. Represents a diversity of school activities (sports, clubs, etc.)
9. Energetic, authentic, engaging, creative
10. 100% accepting of peer differences

Activities

- New Student Orientation
- Building Tours
- Ice Cream Socials
- Pizza Parties
- Other activities as interest develops

Sponsor

Laura Kennedy (email: lkennedy@knobnoster.k12.mo.us)

Melissa Steerman (email: msteerman@knobnoster.k12.mo.us)

Technology Student Association (TSA)

Technology Student Association (TSA) is a student organization that has over 200,000 members nationwide that aspire to be future engineers, scientists, and technologists. TSA offers leadership and opportunities in technology, innovation, design, and engineering. Members apply STEM concepts through co-curricular programs.

Meeting Dates

Meetings are held the last Friday of every month in the Industrial Arts Room.

Criteria for Membership

Students must be enrolled in PLTW Engineering course and carry a 3.0 cumulative GPA.

Activities

- Regional and State TSA Competitions (i.e., robotics, problem solving, video game design)
- National Competitions (if qualified)

Sponsor

Chris Adams (email: cadams@knobnoster.k12.mo.us)

World Language Club

This organization's purpose is to give Spanish and French language students an opportunity to apply their knowledge of their second language (and culture) outside of class time for personal enjoyment and enrichment.

Meeting Dates

Meetings are typically held the second and fourth Tuesday or Thursday during Panther Hour each month.

Criteria for Membership

In order to be a member, one must be enrolled in a world language class or have a sincere interest in world languages/cultures.

Activities

- Monthly cultural activities (typically thematic and tied to holidays/celebrations)

Fundraising Opportunities

- Crepe Sales
- Hat Days

Sponsors

Sara Baker (email: sbaker@knobnoster.k12.mo.us)

Adam Morton (email: amorton@knobnoster.k12.mo.us)

Samantha Spencer (email: sspencer@knobnoster.k12.mo.us)