



# Intramurals

Southeast Polk Junior High intramural co-ed sports leagues offer students a safe, fun and active alternative for after-school programming.

Intramurals are an enjoyable and affordable experience for junior high students. These are fun activities in a safe environment which will promote healthy development physically, emotionally and socially.

Intramurals are available throughout the year. More information will be given as the events are scheduled.

Registration is on a first-come first-serve basis and will be closed once a session has been filled.

# 2011-12 SEP Junior High Activities & Clubs

SEP Junior High sponsors these sports in 8th grade:

## Fall

- Boys Cross Country
- Girls Cross Country
- Football
- Girls Golf
- Volleyball

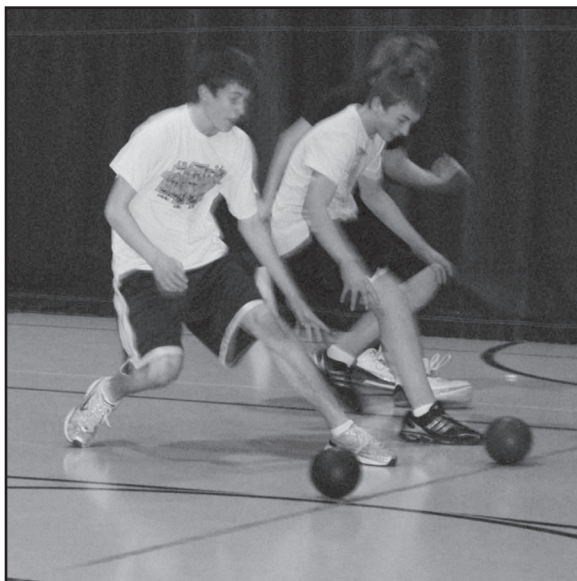


## Winter

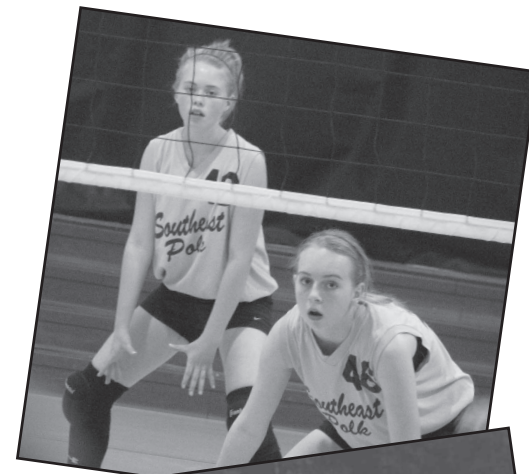
- Boys Basketball
- Girls Basketball
- Boys Swimming
- Girls Swimming
- Wrestling

## Spring

- Boys Golf
- Softball
- Girls Track & Field
- Boys Track & Field



*Intramural Dodgeball*



For more information regarding activities or scholarships,  
contact Assistant Principal Nathan Ballagh at  
515-967-5509 [nathan.ballagh@southeastpolk.org](mailto:nathan.ballagh@southeastpolk.org)



## Art Club

*Session I: Art • Oct.- Dec. • Tues., 3-5 p.m. • Fee: \$30*

*Session II: Photography • May • Tues. & Thurs. • 3-4 p.m. • Fee: \$20*

The Art Club allows students to improve art skills and be innovative and original while having a great time! Members will be allowed to choose from a variety of art projects, including drawing, painting and sculpting, while working in a creative atmosphere and meeting students from different academic teams who are also interested in art.

Photography (8th Grade Only). Build off of prior photo knowledge from art class and learn advanced photo techniques for shooting, editing and marketing photography. Our club will visit sites away from school and photo studios for real job experience.

Class size is limited. To register, bring a \$30 fee (for supplies and instructor fees) payment can be made in the main office or through the Southeast Polk website. Registration is on a first-come first-serve basis and will be closed once a session has been filled. Scholarships are available.

## Builders Club

*Aug. - May • Thurs. • 7-7:30 a.m.*

Builders club provides opportunities for students to work together in service to school and community. Develops leadership potential. Fosters development of a strong, moral character and encourage loyalty to school, community and nation. Affiliate of Kiwanas

## Drama Club

*Sept. - May • Thurs. • 3-5 p.m. • Fee: \$30*

The club where it is good to have a lot of drama going on. The club will begin with mime, choral readings, improvisation and short drama skits to work on improving acting skills, facial expressions, and much more! If time allows, the group will practice and prepare a play that will be performed and taped for viewing. Thursdays 3-5pm Sep 9- May 24

Class size is limited. To register, bring a \$30 fee (for supplies and instructor fees) payment can be made in the main office or through the Southeast Polk website. Registration is on a first-come first-serve basis and will be closed once a session has been filled. Scholarships are available.

## FCA-Fellowship of Christian Athletes

*Third Thursdays of each month • 5:30 p.m.*

FCA is an organization that offers students a chance to practice their faith at school. The Club meets twice a month both before and after school. These students participate in special events during the year, including, "See You At The Pole", "Fields of Faith", attendance rallies and service learning projects.

## Garden Club

*To be announced.*

Coming Soon! Students will be involved in all aspects of gardening from starting a garden, growing vegetables and herbs, to planting annuals, perennials, shrubs, and trees, to landscaping. More information and entry fee will be determined at a later date.

## Jazz Band

*Two mornings a week • 6:45-7:30 a.m.*

In addition to 7th and 8th grade concert band, the junior high also offers the opportunity for your child to experience jazz music through participation in our jazz program. This is an excellent opportunity for your child to experiment with a second instrument! Students participating in band have the opportunity to be involved in jazz band.

## Junior Bridges

*Sept.- May • Tues. • 3-5 p.m.*

Junior Bridges is an after-school program for girls. This program is designed to give young women a chance to belong to a supportive group, learn new skills, make personal decisions and contribute to the community.

By participating in this program the girls will build confidence, make new friends, and grow to understand "Girl Power." Junior Bridges will reflect the idea that girls are unique, both individually and as a group, and that those difference should be celebrated. Junior Bridges is sponsored by a state grant with no cost for students to participate.

## Math Counts

*Sept.-April • Tues. or Wed. • 3-4 p.m.*

Students with a love of math are invited to join this competitive math group. Students also have the opportunity to compete against other area schools. This is a school sponsored activity with no cost for students to participate.

## Odyssey of the Mind

*Dates and times determined by teams*

Odyssey of the Mind is an international educational program which provides creative problem-solving opportunities for students from kindergarten through college. Through solving open-ended problems, students develop creative-thinking skills that can be applied to real life situations. Teams from throughout the U.S. and more than 20 other countries participate in the program.

Schools or community groups purchase a membership and form teams of up to seven students. Each team chooses one of five competitive problems to solve. The problems appeal to a wide range of interests; some are technical in nature, while others are artistic or performance oriented. Under the guidance of an adult coach, teams work on their solutions throughout the school year and, if they choose, present them in organized competitions in the spring. The "friendly" competitive aspect encourages students to be the best that they can be.

## Rebel Rams

*Feb.-April • Tues. & Thurs. • 7-7:30 a.m.*

Rebel Rams is a non-auditioned ensemble that offers a positive show choir experience for all interested 7th and 8th grade students. The group performs at home concerts and at the Southeast Polk High School Show Choir's annual Dinner Theatre.



## SE Polk Young Men's Club

*August- May • Tues. • 3-5 p.m. • Fee: \$60 (\$30 is for the 4-H Fee)*

The SE Polk Young Men's Club is designed to give Southeast Polk's young men a chance to belong to a supportive group, learn new skills, make positive personal decisions and contribute to their community. There is absolutely no financial cost to being a member of this yearlong group. The project is sponsored by the United Way of Central Iowa's Emerging Leaders Initiative.

Activities will be chosen to cover the following topics:

- Improving young men's connection to and performance in school
- Developing positive relationships with at least one caring, non-exploitive adult
- Improving young men's attitudes toward and confidence in themselves
- Feeling emotionally and physically safe in the group
- Personal health (physical & mental), sexuality and substance abuse
- Leadership skills, community and volunteerism
- Financial literacy, life skills and career development

## Science Club/Forensics

*Sept.-May • Tuesdays • 3-5 p.m. • Fee: \$30*

Do you like CSI or NCIS? If so, the Science Club is for you. The Science Club will help improve your science and inquiry-based reasoning skills while having fun with Forensics! Members will participate in hands-on, activity-based science projects and labs with a forensics emphasis. These activities will encourage students to be innovative and creative while meeting students from different academic teams who are also interested in science.

Class size is limited. To register, bring a \$30 fee (for supplies and instructor fees) payment can be made in the main office or through the Southeast Polk website. Registration is on a first-come first-serve basis and will be closed once a session has been filled. Scholarships are available.

## Sudden Impulse

*Sept. -April • Mon. & Wed. • 6:45-7:30 a.m.*

Sudden Impulse is the junior high's premiere show choir. This group of auditioned 7th and 8th grade students performs at home concerts and at the SEP High School Show Choir's annual Dinner Theatre. Sudden Impulse competes in several area invitational events each spring and has earned several awards at competitions. Students involved will participate in fundraising to help with the cost of costumes.

## Weight Lifting

*Nov-May • Mon. & Wed. • 6:30-7:10 a.m.*

Strength sessions will focus on developing technique, building all around strength, and general mobility. Students will warm up and follow a workout program and chart their progress. The weight room will be open for student athletes who are serious about strength training and want to improve their overall fitness.

## Year Book

*Session I • Sept.-Oct. • Tues. • 3-5 p.m. • Fee: \$30*

*Session II • Nov.-Dec. • Tues. • 3-5 p.m. • Fee: \$30*

*Session III • Jan.-March Tues. • 3-5 p.m. • Fee: \$30*

Students will participate in all aspects of yearbook production, include event coverage, photography, article and caption writing, page layout and design, sales promotions, and editing. Students will also help sell yearbook sponsorships to help pay for the cost of producing the yearbook.