

MRH HS Activities and Athletics Handbook



Growth, Grace, and Gratitude

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MRH Activities/Athletics Quick Reference 20-21



Advocacy/ Awareness	Leadership	Self-Interest	Subject-Specific
Club: GSA Sponsor: Dwyer Meeting Time: Biweekly on Tuesdays	Club: Key Club Sponsor: Flanagan Meeting Time: Monthly as needed based on events	Club: ACES (formally WYSE-Worldwide Youth in Science and Engineering) Sponsor: Dwyer Meeting Time: Academic Competition 2 nd and 3 rd quarters (prep as needed for competition)	Club: Band Sponsor: Rapini Meeting Time: Daily (during school), 3-10 hours/week before/after school throughout the year
Club: SGORR (Student Group on Race Relations) Sponsor: Kravitz Meeting Time: Monthly	Club: NHS (National Honor Society) Sponsor(s): Welker, Nims Meeting Time: Monthly, first Fridays	Club: Book Club Sponsor: Dwyer Meeting Time: Planning meetings and dinner 1x per semester *Starts 2nd Semester*	Club: Choral Activities Sponsor: Harry Meeting Time: Daily (during school) and before/after school throughout the year
Club: Women Who Look Ahead Sponsor: Kravitz Meeting Time: Monthly	Club: Prom Sponsor: Cassell Meeting Time: As needed (starting in Dec)	Club: Chess Club Sponsor: TBD Meeting Time: Weekly *NOT ACTIVE FOR SY20-21*	Club: French Club Sponsor: Roman Meeting Time: Weekly in virtual setting
	Club: STUCO (Student Council) Sponsor(s): Roudebush, Flanagan Meeting Time: Varies, usually before school	Club: esports Sponsor: Grawer/Massey Meeting Time: TBD	Club: FBLA Sponsor: Withers Meeting Time: Every other Thursday before school

		Club: Debate Sponsor: McCollum Meeting Time: Tues, Wed, Thurs (3-4:15), Fri and Sat tournaments	Club: Literary Magazine Sponsor: Rowley Meeting Time: Online only
		Club: Mock Trial Sponsor: McCollum Meeting Time: TBD	Club: MRH Blue Devil Players/Thespian Troupe 3189 Sponsor: Potthoff Meeting Time: Varies based on play schedule
		Club: Philosophy Club Sponsor: Massey Meeting Time: Varies (field trips, after school, weekends, and summer) *Starts 2nd Semester*	Club: YAG (Youth and Government) Sponsor(s): Dixon, Pott Meeting Time: Weekly/biweekly leading up to the convention *NOT ACTIVE FOR SY20-21*
		Club: Science Club Sponsor: Dwyer Meeting Time: Fridays and various field trips *NOT ACTIVE FOR SY20-21*	
		Club: Writing Club Sponsor: Roudebush Meeting Time: First and third Thursdays (may change based on group consensus) *NOT ACTIVE FOR SY20-21*	

Athletic Teams

*Weight room leader/monitor-Joe Spinks

Fall Season

Sport	Head Coach	Assistant Coach
Cheerleading	Cathy Krebs	N/A
Soccer, Boys	Ryan Robertson	Matt Hayman
Volleyball, Girls	Cheryl Carmon	Amber Jordan Bethany Nobbe
Cross Country	Ryan Rzeszutko	Joe Spinks
Girl's Softball	Michaela Mooney	Cathy Krebs

Winter Season

Sport	Head Coach	Assistant Coach
Basketball, Boys	Phil Hunt	Phil Stewart Shaquile Edwards
Basketball, Girls	Joe Miller	Shannon Hester
Cheerleading	Cathy Krebs	N/A
Wrestling	Brandon McClure	Tamara Cushman

Spring Season

Sport	Head Coach	Assistant Coach
Baseball	Jonathan Webb	Brandon McClure Brian Klar
Soccer, Girls	Amber Jordan	Bethany Nobbe
Track, Boys and Girls	Joe Spinks (B) Ryan Rzeszutko (G)	Chris Meyer Phil Stewart

MRH Activities

ACES (Academic Challenge for Engineering and Science)

formally WYSE

Sponsor: Kathleen Dwyer kathleen.dwyer@mrhschools.net

The ACES teams studies additional topics related to Biology, Chemistry, Physics, Math, Scientific Reading, Computer Science and Engineering. They complete examinations on these subjects at the regional, sectional and state level of competition. This group is limited to advanced students who are recommended by their teachers

The ACES team meets and competes during the second and third quarters.

Book Club

Sponsor: Kathleen Dwyer kathleen.dwyer@mrhschools.net

Members of this group select and read a book, then come together for discussion and activities related to the book. Anyone who is interested in reading the book is welcome to join, including students, teachers, staff and parents.

Book club dinner/discussions take place once per semester.

Esports

Contact: Kevin Grawer (Kevin.Grawer@mrhschools.net)

Benefits of esports

Your student is more than likely already playing video games. Encouraging them to participate in Esports gets them involved in school, communicating with other students and adults, and allows them to take

part in something they are passionate about within a safe, school setting. Moreover, they get to compete and show their skills off in front of family and friends!

This is not just about gaming. As educators working with students involved in Esports, we have seen the life changing benefits. We have witnessed students develop into leaders and forge friendships that will last forever. Our students are more engaged in the school setting resulting in an overall more positive experience and stronger academic performance. We have also had a number of our students receive college scholarships to play at the next level.

Video Game Ratings

There are video games out there that can be considered mature video games that are rated for 18 years of age or older. This being said, the MHSEA currently does not have any of those titles on our list of games that we play. We do have video games that are rated T for teen, which are 13 years of age or older. These sorts of video games, like Overwatch for example, are rated in such a way for fantasy violence. Fantasy violence is something that is not related to the real world environment and does not relate to everyday life.

Future Opportunities

We all know that our kiddos live in a digital world. Being in Esports helps kids prepare for their future in that digital world. Esports has many different roles within it. There is media production, broadcasting, graphic design and many more skills that students can learn in Esports. Also, there are 218 colleges in Missouri right now that offer scholarship opportunities for Esports. That is a ton! Esports is going to continue to grow at a fast rate and your kids get to be a part of something amazing that could forever change their future.



French Club

Sponsor: Madame Roman (michelle.roman@mrhschools.net)

Exploring the French cultures around the world: 300 million speakers worldwide in 29 countries

MRH French Club is for anyone who is interested in the French language

and French-speaking cultures around the world.

French language-Food-Music-Film



Maplewood Richmond Heights High School Future Business Leaders of America

What is FBLA?

FBLA helps high school students prepare for careers in business through academic competitions (FBLA Competitive Events), leadership development, and educational programs.

FBLA Membership Benefits

High school students that join FBLA receive benefits that include:

- Discounts
- Scholarships
- Awards and recognition programs

FBLA members also demonstrate their leadership skills through community service projects, fundraising activities, and chapter officer positions.

Why Join?

When filling out applications and resumes for scholarships, employment or other opportunities, it always looks good to have been a part of some activities other than just attending classes. Playing a sport, joining a club, or volunteering always sets you above the competition. If you are planning to major in business, especially, you should join us. We have business related activities, we will (hopefully) have social events, and we will have guest speakers this year to join our meetings.

How to Join?

There will be an informational meeting on Wednesday, September 30th at 3:00 via Zoom. [Click this link to attend.](#)

With sports on hold until the Spring and not having meetings before school, *what is your excuse NOT to join?* If nothing else, you will meet new people and have something else to add to your resume.

If you have questions, please email me at pam.withers@mrhschools.net. Hope to see you on the 30th!

GSA

Sponsor: Kathleen Dwyer kathleen.dwyer@mrhschools.net

The Genders & Sexuality Alliance (GSA) provides a safe and supportive community for members, bringing students of any gender or sexual orientation together to create a safe and accepting environment at MRH. Activities include discussions, schoolwide education campaigns, craft creation, and attendance at artistic events related to gender and sexuality issues.

The GSA meets biweekly on Wednesdays after school in the Research and Design Center.



Key Club

Sponsor: Trish Flanagan (trish.flanagan@mrhschools.net)

Key Club is a student-led, high school organization. Our members make the world a better place through service. In doing so, we grow as individuals and as leaders by answering the call to lead, summoning the courage to engage and developing the heart to serve.

- Over 270,000 members worldwide in 40 countries
- Partnership with Maplewood Kiwanis Club
- Monthly meetings TBD

Literary Magazine

Students on the literary magazine staff read submissions, decide which pieces will appear, and prepare the document for Mr. Schultejan's publications class, the group responsible for the images and design of the magazine. Staff members are welcome to submit their own writing as well as encouraging others to submit.

Sponsor: Derek Rowley
Derek.rowley@mrhschools.net

Mock Trial Team

Interested in the legal system?

Consider joining the MRH Mock Trial Team starting in October. The team is also coached by Mr. McCollum and Dr. Smith, with attorney advisors State Representative Gina Mitten and former MRH School Board Member Nelson Mitten.

How to Join?

- Send an email to Head Coach Rich McCollum (rich.mccollum@mrhschools.net), who also teaches English, World History and Public Speaking. Coach McCollum is assisted at practice and tournaments by Assistant Principal, Dr. Samantha Smith.



National Honor Society

Contact info:

Dr. Ben Nims (co-advisor) - ben.nims@mrhschools.net

Dr. Rob Welker (co-advisor) - robert.welker@mrhschools.net

What is NHS?

- One of the oldest and largest recognition programs for high school students in grades 10-12 in the United States
- Honors students who have demonstrated excellence in the areas of scholarship, leadership, service, and character
- Students are invited only once a year (in spring)

Characteristics of NHS

- Scholarship: Students must have a cumulative grade point average of 3.5 or better
- Service: Voluntary contributions made by a student to the betterment of the school or community
- Leadership: Resourceful, good problem solvers, and dependable both inside the school and in the community
- Character: Upholds principles of morality and ethics, cooperative, honest, courteous, and reliable

What does NHS do?

- Carry out the goals and obligations of your local NHS chapter
- Lead service projects in the school and community (complete 10 hours of service per year)
- Attend monthly meetings
- Grow as an individual

How can I be in NHS?

- Acceptance into NHS begins with meeting the requirement for Scholarship: 3.5 GPA
- Candidates complete the application and “share” with NHS advisors by 3:10 PM Monday, March 23, 2020
- Final selection is made by vote of a five-member Faculty Council, a selection committee appointed by the principal

NHS Inductions

- Students accepted into NHS will be honored through an official induction ceremony
- Induction ceremony will be in mid-April

Co-advisors: Dr. Rob Welker and Ben Nims

Meetings: First Friday of the month at 7:30 AM

Prom Committee

Sponsor: Mr. Cassell (mike.cassell@mrhschools.net)

Committee info out in January as we get closer to the event.

Speech and Debate Team

What is Speech and Debate?

- Speech and Debate is an extracurricular activity fully funded and supported by the high school. We compete against other schools in multiple events. Students participate in both speech and debate at a single tournament. Last year over 20 students competed with the team, winning awards at every competition.
- MRH Debate participates in Policy Debate on a single topic for the year. The 2020-2021 topic is criminal justice reform and policing.
- MRH Speech participates in a variety of events, including Informative Speaking, Persuasive Oratory, and Extemporaneous Speaking on current events.
- The team normally travels to tournaments at area high schools in St. Louis County and eastern Missouri. This year tournaments will be held online with Zoom and other video conferencing technology.
- After school practice starts in early September and the season lasts through March. Practices will be online until it is safe to meet in small groups at school.

Why Join?

- Speech and Debate develops public speaking, research and argument skills.
- Students interested in activism, politics and the law can learn about the issues they care about.
- Speech and Debate is a great extracurricular for college applications and scholarships.
- MRH students can meet and compete against students from all over the state, win trophies, and be cool.

- Athletes and those with other extracurricular interests are welcome; we work around scheduling conflicts.

How to Join?

- Send an email to Head Coach Rich McCollum (rich.mccollum@mrhschools.net), who also teaches English, World History and Public Speaking. Coach McCollum is assisted at practice and tournaments by Assistant Principal, Dr. Samantha Smith.

STUCO (Student Council)

What is Student Council?

- A leadership group for those interested in influencing school activities and culture.
- Student Council organizes major events for the high school including Homecoming and Field Day.
- The primary goal of the student council is to advocate for the student body's wants and needs; therefore, regular communications with peers is expected.
- Meeting times are ordinarily during Advisory, before, and after school (depending on upcoming events).

Why Join?

- Lend your voice and creativity to enhancing the school culture.
- Meet peers in other grades who also want to improve their school while also having fun.
- Put your organizational, performing, and creative skills to use.
- Show your school spirit.

How to Join?

Send an email to Ms. Roudebush (kris.roudebush@mrhschools.net).



SGORR (Student Group on Race Relations)

What is SGORR?

- Student Group on Race Relations (SGORR) is an organization of diverse high school students in MRH High School that promotes

positive social relations across all boundaries of difference by increasing self-awareness and empathy for others. We will learn by listening, speaking our truth, and valuing everyone's voice.

- SGORR members participate in a variety of activities including monthly meetings on topics of interest and field trips to museums, plays, movies, etc. relating to topics of diversity.
- This year monthly meetings will be held through Zoom until it is safe to meet in person. Any field trips will also be virtual.

Why Join?

- You'll meet new people and learn more about yourself and others! Specifically, SGORR helps students:
 - Gain a greater understanding and appreciation for the experiences of individuals from different backgrounds.
 - Develop self-awareness in relation to one's thoughts, biases, and actions.
 - Learn effective communication skills with an emphasis on hearing and valuing all perspectives.
 - Develop leadership skills in planning and organizing activities and facilitating discussions.

A Sample of SGORR's Group Norms

- We listen actively with the intent to understand.
- We know disagreement is not disrespect if done right.
- We use "I statements" and speak for ourselves
- We withhold judgment of our peers.

How to Join?

- Fill out this [Google Form](#). If you have any questions, contact Ms. Kravitz (debbie.kravitz@mrhschools.net), Counselor at MRH. Meeting notifications and reminders will be emailed to all interested students.

Theater



Contact Information: Holly Potthoff (holly.potthoff@mrhschools.net)

Philosophy

Theatre teaches skills that last a lifetime. Play productions involve more than memorizing lines and performing on stage. While you have been a member of our audience enjoying our shows, did you know we were learning life lessons? By working on stage and back stage, we grew in self-confidence, sacrifice, dynamics, and group decision-making. We also learned applications of practical skills, carpentry, and the use of power tools, costuming, make-up, accounting, visual effects, and sound and video techniques. Thank you for appreciating our creative efforts; and thank you for supporting the arts.

AFTER SCHOOL THEATRE

The MRH Blue Devil Players produce two main stages a year, a fall play and spring play.

Rehearsals typically (*but now always*) take place after school Monday – Friday from 3:30 – 6:00PM (depending on the show and the show's timeline). There are technical crews for each show as well, and they typically (*but not always*) meet after school Monday – Friday from 3:30 – 6:00PM, and some Saturdays (depending on the show and show's timeline).

Students do NOT need to be in a theatre class to participate in the after school theatre program; however, auditions for roles and interviews for tech crews do take place. Listen for announcements on upcoming auditions and tech interviews. Even though a pandemic is going on, the show must go on!

INTERNATIONAL THESPIAN SOCIETY

The International Thespian Society (ITS) is the Educational Theatre Association's student honorary organization. ITS recognizes the achievements of high school and middle school theatre students. Since 1929, EdTA has inducted more than 2 million Thespians into ITS. That number continues to grow, with more than 36,000 students from around

the country being inducted each year.

Students who participate for 100 hours with the after school theatre productions are eligible to be thespians and are inducted in the spring. It usually takes two – three mainstage shows to meet the 100 hours requirements.



WWLA (Women Who Look Ahead)

What is WWLA?

- Women Who Look Ahead (WWLA) is a group for students at MRH that focuses on empowering young women to become well-rounded individuals and leaders.
- Members attend monthly meetings and engage in educational and recreational activities with a focus on leadership, learning, service, positive peer relations, and fun!
- Past activities have included a self-defense class, making calming jars, mentoring at the ECC, attending a play at the Black Rep and baking cookies for public service workers.
- This year monthly meetings will be held through Zoom until it is safe to meet in person. Any field trips will also be virtual.

Why Join?

- Students get to participate in a variety of engaging activities and discussions focusing on personal growth, team-building, self-care, and service.
- WWLA brings students together across grade levels, providing an opportunity to connect with new students and to become part of a positive peer group.
- Being a part of WWLA fosters a connection to school as an extracurricular activity.

How to Join?

- Fill out this [Google Form](#). If you have any questions, contact Ms. Kravitz (debbie.kravitz@mrhschools.net), Counselor at MRH. Meeting notifications and reminders will be emailed to all interested students.

MRH Athletics



Baseball

Contact Information:

Head Coach: Jonathan Webb (jonathan.webb@mrhschools.net)

Assistant Coaches: Brandon McClure (brandon.mcclure@mrhschools.net)
and Brian Klar (brian.klar@mrhschools.net)



Basketball (Boy's)

Contact info:

Phillip Hunt Head Boy's Basketball Coach

email: phil.hunt@mrhschools.net

Phone: 618-789-0191

Boy's Basketball typically starts practice the first week of November and will last to early March. Games are played over the winter break typically. Players will need their physical form and MSHAA forms completed to participate. Players will also have to provide their own basketball shoes.

Practice: Typically takes place Monday-Friday anytime between 3:30 p.m. and 7 p.m. Practice typically is 1.5 hours. We will have a couple of practices early in the season on Saturday's that will typically take place in the morning.

How to Sign-up?

Once the first day of practice is established anybody who wishes to play

basketball can come out for the team. We DO NOT cut any players, we only ask that they have the appropriate forms (physical) to play, they meet all the academic requirements and that they can make most practices and games.



Basketball (Girl's)

Joseph Miller -Head Varsity Coach
Email: josephujmiller@yahoo.com
Phone: 314-685-5875

Shannon Hester- Head JV Coach
Phone- 314-489-5513

When: Practices start in November and go through February.

Where: Practice is on the high school basketball court during the season each weeknight with some possible weekend practices.

Time: 3:30-5:30

You will need the following to play:

- Current physical
- MSHSAA consent forms signed
- basketball shoes
- water bottle



Cheerleading

Coach Contact:
Coach Krebs (catherine.krebs@mrhschools.net)

The MRH Cheerleading squad is made up of enthusiastic school spirit oriented high school students who enjoy cheering on our basketball teams. Cheerleaders will cheer at all boys and girls basketball games both

home and away. The season runs from November to March.

Information meeting: October 19th at 3:15p

Practices: Start Nov 4th and will be Monday-Friday 3:15-5p in the gym lobby



MRH Cross Country

What is Cross Country?

- Cross Country is distance running! High school races are 5K in length, or about 3.1 miles.
- Races can be competitive, with top individuals receiving medals or qualifying for the State meet. A Varsity XC Team consists of up to 7 runners, and competes against other teams using a point system. The top 2 teams in every District qualify for State.
- Cross Country can also be very supportive and non-competitive! This sport places a lot of emphasis on personal improvement, and as long as you put in work, you will see yourself get stronger really quickly!

Why should I join Cross Country?

- It will make major improvements to your cardio, strength and endurance.
- Setting new personal achievements feels really good!
- Our team is very supportive, and is always open to new members.
- We send athletes to State every year, and we are building a Varsity program that is among the best in the state.

How do I join?

- Email Coach Rzeszutko at ryan.rzeszutko@mrhschools.net if you are interested in joining, or even if you just want more information



Soccer (Boy's)

- Contact- ryan.robertson@mrhschools.net
- Description- Varsity and junior varsity soccer team
- Practice times- Varies (Contact coach to sign-up with the coach beforehand, be placed on the roster, and receive team emails)
- How to sign up/get more info- E-mail ryan.robertson@mrhschools.net



Soccer (Girl's)

Amber Jordan-head coach

email: amber.jordan@mrhschools.net

Bethany Nobbe-assistant coach

email: bethany.nobbe@mrhschools.net

When: Practices start in March (May this year) and go through May (July 10th this year).

Where: Practice is on the stadium soccer field at the high school during the season each weeknight with some possible weekend practices.

Time: 3:30-5:30.

You will need the following to play:

- Current physical
- MSHSAA consent forms signed
- soccer cleats
- water bottle
- a pair of royal blue soccer socks (no stripes)
- a pair of all white soccer socks
- a pair of shin guards

Recent accomplishments:

- Girl's soccer team were district champs in 2018 and 2019.

Note: Once we are in person classes, open gyms in the morning will be offered on Wednesday's for all interested players.



Softball

Contact Info:

Coach Mooney michaela.mooney@mrhschools.net

Coach Krebs catherine.krebs@mrhschools.net

MRH Softball is in its 3rd season and we are looking to grow as a program! Girls softball will be playing a shortened spring season (we are usually a fall sport) due to COVID-19. Our season will run from Early March-May 1, and we will practice M-F after school on days we do not have games. This fall, we will have weekly workouts/practices (dates TBD) after school at the MRH Track or at Ryan Hummert Park.

Contact Amber Jordan (amber.jordan@mrhschools.net) or Coach Mooney (michaela.mooney@mrhschools.net) for more information!



Track and Field

What is Track and Field?

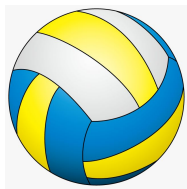
- Sprinting, Distance Running, Jumping, and Throwing. If you have speed, endurance, explosive ability or strength, track and field is for you!
- Races can be competitive, with top individuals receiving medals or qualifying for the State meet. We compete at many meets throughout the season throughout Missouri, and we have been very successful in the past.
- Track and Field can also be very supportive and we see dramatic improvements throughout the season. This sport places a lot of emphasis on personal improvement, and as long as you put in work, you will see yourself get stronger really quickly!

Why should I join Track and Field?

- It will make major improvements to your cardio, strength and endurance. Track is designed to make athletes explosive and can be beneficial to many other sports
- Setting new personal achievements feels really good!
- Our team is very supportive, and is always open to new members.
- We send athletes to State every year, have had impressive results recently (2nd in state in 2018, 4th in state in 2019). We are building a Varsity program that is among the best in the state.

How do I join?

- Email Coach Spinks at joe.spinks@mrhschools.net if you are interested in joining the MRH Track and Field Team



Volleyball

The MRH volleyball team accepts all female athletes who want to play. We have 3 levels of teams to try out for: C-team, JV and Varsity. Players will be placed on the team that matches their skill level. We don't make cuts - so everyone gets to play! We practice every day after school and times vary based on teams and the day. We have a big sister program that helps everyone feel connected and taken care of. We provide the uniform, you will need knee pads and shoes. (most athletes also buy their own spandex).

Coach Carmon (cheryl.carmon@mrhschools.net), Coach Jordan (amber.jordan@mrhschools.net) and Coach Nobbe (bethany.nobbe@mrhschools.net) are available if you have questions about volleyball.



Wrestling

Why wrestle?

Wrestling helps build character, develops self confidence, improve discipline, and strengthens your will to succeed. The life skills and success principles that young wrestlers develop while learning to wrestle are very valuable in progressing in life.

Coaches:

Brandon McClure - Head Coach

Email: brandon.mcclure@mrhschools.net

Tamara Cushman - Assistant Boys Coach and Head Girls Coach

Email - tamara.cushman@mrhschools.net

When:

Practices start in November and go through February.

Where:

Practice is in the high school wrestling room during the season each weeknight with some weekend practices.

Time:

3:30-5:30

There will be an interest meeting before the season starts that will cover the schedule and expectations. Time and date TBD. Please email coach Brandon McClure @ brandon.mcclure@mrhschools.net if you are interested in joining.