



St. Marys Junior High School
Sports and Activities
2022-23 School Year

Summer Offerings:

- Summer Strength and Conditioning
- Football Camp
- Football Workouts
- Volleyball Camp
- Volleyball Workouts
- Cross Country Summer Workouts
- Basketball Camp
- Basketball Workouts

All School Year Activities:

- Band
- Choir
- Student Council
- JH Scholars Bowl
- JH FCCLA
- JH FFA
- JH FBLA
- JH Bookclub

Fall Sports Offerings:

- Football
- Volleyball
- Cross Country
- Cheer (all year - try outs in the Spring prior to participation year)

Winter Sports Offerings:

- Girls Basketball
- Boys Basketball
- Wrestling
- Cheer (all year - try outs in the Spring prior to participation year)

Spring Sports Offerings:

- Track and Field

JH Summer Strength & Conditioning: (Mr. Schenk & Mr. Marple)

Dress for strenuous activities, including shoes. Please provide your own water bottle. Enter on the west side of the gym by the weight room. No need to sign up, come for all or any of the days you can! Coaches highly recommend participation in strength and conditioning for all sports.

DATES: June 6 - August 4 (Monday, Tuesday, Wednesday, Thursday)

TIME: 8:15am - 9:15 am

LOCATION: SMJSHS weightroom/gym

*MAKE-UP DAYS WILL BE EACH FRIDAY

no work-outs July 4-10

SMJH Football: (Mr. Marple)

During the 2022-23 school year, football season will begin with practice on August 15 and conclude in Mid-October. Practices will be primarily held each weekday after school during the season, and games will be (primarily) on Thursday evenings.

SUMMER CAMP INFORMATION:

DATES: July 11 - 15

Time: 9:15am - 10:30am

Location: SMJSHS football field

Cost: free

SUMMER FOOTBALL WORKOUTS:

DATES: Tuesdays beginning 6/7

Time: 9:15am - 9:45am

Location: SMJSHS gym

*JH Football camp is available to students entering junior high next fall. Contact marplec@usd321.com for more information.

SMJH Volleyball: (Hannah McDowell)

During the 2022-23 school year, volleyball season will begin in August and conclude in Mid-October. Practices will be primarily held each weekday after school and games will be (primarily) on Mondays and/or Thursdays. There will also be a couple of Saturday competitions for the season. Schedule will be released in August. Contact mcdowelh@usd321.com for questions.

SUMMER CAMP INFORMATION:

DATES: June 13-16

Time: 10:00am - 11:30am

Location: SMJH gym

Cost: \$12 for t-shirt

SUMMER Volleyball Conditioning:

DATES: Wednesdays beginning 6/8

Time: 8:00am - 9:00am

Location: SMJSHS gym

Cost: none

SMJH Cross Country: (Mr. McConaghy)

During the 2022-23 school year, the cross country season will begin in August and conclude in October. Junior High Cross Country trains with the high school team. High School competition is a 5K, while junior high competition is only 2 miles. The JH team will travel to all meets with the HS but will not necessarily compete in each meet. Summer workouts will provide team building games, while working on improving athleticism (how to be a better athlete while using less energy). Two focal points of summer will be - growing our abilities to help others and giving our best.

SUMMER WORK-OUT SCHEDULE:

DATES: Wednesdays - beginning June 8

Time: 9:30am

Location: begin at SMHS in front of the school

SMJH Girls Basketball: (Mr. Todd)

Basketball camp is available to girls entering junior high next fall. Camp will provide an opportunity to get to know each other and have fun. Players will work on skills of the game and implement drills and strategies for the upcoming junior high season. Please email Dallas Todd at toddd@usd321.com for questions or more information.

During the 2022-23 School Year, JH Girls Basketball season begins Mid-October and concludes in December. Practices will be held primarily each week day after school and games will be once or twice per week. There will also be a couple of Saturday competitions for tournaments during the school year season.

CAMP INFORMATION:

Date: June 20 - 23

Time: 10:00am - 11:30am

Location: SMJSH gym

Cost: free

SMJH Wrestling: (Mr. Jude Wilson)

During the 2022-23 school year, the JH wrestling season will begin in Mid-October and Conclude in December. Wrestling is open to both boys and girls. Practices will be held primarily each weekday after school during the season, and competitions include after school meets and Saturday meets. Schedule will be released at the beginning of the season.

SMJH Boys Basketball: (Mr. Marple)

During the 2022-23 School Year, JH Boys Basketball season begins in January and concludes Mid-February. Practices will be held primarily each week day after school and games will be once or twice per week. There will also be a couple of Saturday competitions for tournaments during the school year season. For more information, contact Mr. Marple at marplec@usd321.com.

SUMMER BOYS BASKETBALL WORKOUTS:

DATE: Mon.& Wed. (beginning 6/6)

TIME: 7:00am - 8:00am

LOCATION: SMJSH gym

SMJH Track and Field: (Mr. Medley)

During the 2022-23 school year, the JH track season will begin in March and conclude in May. Track and Field is open to all students. Practices will be held after school daily with track meets mostly happening on Thursdays. Students will participate in 7 track meets during the season. All students are encouraged to participate and try something new. Schedules will be handed out before spring break. For more information contact Mr. Medley at medleyr@usd321.com

JH Band: (Mrs. Holliday)

7th and 8th grade students have the opportunity to participate in Band at St. Marys Junior High. Band is an elective class that meets daily during school hours and is graded. Participation in Band requires performance at evening concerts during the school year, as well as other performance opportunities that may take place during the school day. The JH Band will also have the opportunity to march in the SMHS Homecoming parade in the fall. For more information please contact Mrs. Holliday at hollidal@usd321.com

JH Choir: (Mr. Yoho)

7th and 8th grade students have the opportunity to participate in Choir at St. Marys Junior High. Choir is an elective class that meets during school hours and is graded. Participation in Choir requires performance at evening concerts during the school year, as well as other performance opportunities that may take place during the school day.

JH Student Council: (Mrs. Brown)

7th and 8th grade students have the opportunity to "run for office" to be a part of Student Council. Anyone who is in good standing, shows great responsibility, has leadership skills, and has a positive attitude are invited to apply. An application process will be held at the beginning of the school year where teachers vote for those they feel will best represent St. Marys Junior High. As a member of student council, students will plan events, fundraise, decorate the halls, and other various things. For more information, please email the sponsor at brownk@usd321.com

JH Scholars Bowl: (Ms. Dieterman)

7th and 8th grade students have the opportunity to participate. Scholar's Bowl is an opportunity to test your memory of everything you've learned in school...and compete against other students to answer questions about everything from English to science to fine arts and sports. Practices will be held once a week during Flex times and after school

FFA: (Mrs. Lukert)

7th and 8th grade students can join FFA to begin Learning to Do, Doing to Learn, Earning to Live and Living to Serve. Our FFA members develop premier leadership, personal growth and career success through agricultural education. Students can participate in Middle School Leadership Academy and Agricultural Identification contest at Chapman, the Topeka Farm Show, and FFA Kiddie Barnyard. Students can compete in Agriscience Fair at the local, state and national level. Junior High FFA members are encouraged to participate in our community service events, leadership roles and our annual FFA Fruit and Meat sale fundraiser. Dues are required for membership and pay is due at the end of September and all members will receive a chapter t-shirt.

FCCLA: (Mrs. Graham)

7th and 8th grade students have the opportunity to participate in a variety of activities ranging from fun and creative leadership activities to competitive events that can lead them places all over the United States! Members will have the opportunity to participate in many local activities as well as district, state and possibly national leadership and competitive events. Making connections with other members not just in our chapter but in our district, all over the state and even the country will help you make memories you will have for a lifetime. Dues are required for membership and paid August-September.