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* Ames High has a large number of active clubs at any one time. Several new clubs are started throughout each year. Others disband for lack of interest. Any student may form a club by finding a faculty sponsor. Because of this fluidity, it is impractical to list all active clubs here. Clubs post meeting times in the daily bulletin and on posters throughout the building.

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ACADEMIC INTERSCHOLASTIC TEAMS

DEBATE

This is a varied activity with students researching various current topics and values, and then debating the issues with students both in the state and on a national level. There are also events that focus on public speaking, extemporaneous speaking, interpretive speaking--both with partner or alone, and congressional debate. There is a time commitment for this event with research, travel, and practice. There is also traveling across the state, meeting and talking with students from every area of the state, and a national tournament in Chicago that we attend as well.

Schedule: Debate has a long season, but people flow in and out based on other sports and activities. Debate starts in September and ends in March. Main tournaments are Friday and Saturdays, with practice during the week, and research on the students' own time. The team travels about 10 weekends a year. This includes travel to the Des Moines Metro Area.

How to join: Watch for signs or stop in Student Services to look at the Debate Board. Email the coach.

Cost: Debate can be an expensive activity, but no one will be turned away for inability to pay. There are plenty of fundraising opportunities should the student be interested, and students can choose which tournaments to attend. Also parent participation helps decrease costs as we have to pay for judges at tournaments. Costs include formal attire--suits or professional outfits--for the tournaments, registration fees, and travel expense. Again-NO STUDENT will be turned away or discouraged from participating in this event due to finances.

ACADEMIC INTERSCHOLASTIC TEAMS

DESTINATION IMAGINATION

Destination Imagination (DI) is the world's largest creative problem solving organization. It is focused around one of five different challenges each season:

There is always a vehicle challenge involving either small vehicles designed to accomplish various tasks or large vehicles designed to carry one or more team members while accomplishing some task. There is always a story challenge with a technical element that is central to the completion of a specific task or activity. This is mostly an acting challenge. There is always a classical skit type of challenge with some minor technical aspects designed around a specific set of requirements. This often includes some required twist, or a mysterious or suspenseful element. There is always an IMPROV challenge that provides a list of possible prop elements, materials, or implements, plus a list of possible characters, settings, or situations which are selected at the tournament and assembled into a six-minute skit during a 30-minute studio experience. There is always a structure challenge that involves creating a small (10-40 gram) structure, usually from balsa, designed to hold weight and be integrated into an eight-minute skit. All challenges except IMPROV are eight minutes; all except IMPROV have cost limits of approximately \$100-\$175.

Schedule: DI meets from October through April (unless qualifying for Global Finals, then through the end of May). Typically, we meet one to two days a week, two hours each practice, at the Ames Middle School, with three or more practices the week before both regional and state tournaments.

How to join: Announcements generate one or two organizational meetings in late September; teams form, and practices begin in early October.

Cost: Student activity fee applies to DI as well as other activities. Fundraising is necessary if we qualify for Global Finals (i.e. if we win first place at the State Finals). If a team qualifies for Global Finals, those families should expect to help cover travel and tournament expenses if fundraising efforts fall short.

ACADEMIC INTERSCHOLASTIC TEAMS

MATH GROUP

The Math Group meets weekly to explore special topics in mathematics and work on solving related problems. We also participate in a variety of contests, such as the Great Plains Math League and the Mandelbrot competition.

Schedule: The Math Group meets from mid-September through mid-May. The group selects a day for its meetings, which last about an hour. Competitions may take longer. Great Plains Math League contests are held on Saturdays and often involve travel to other schools.

How to join: All students are welcome to participate and can join at any time.

Cost: Students pay competition costs for Great Plains Math League, typically \$5 per contest.

MOCK TRIAL

Students role play as attorneys and witnesses for contrived civil and criminal cases in mock courts of law. The students use affidavits, evidence, legal rules/procedures. The participants learn how to exercise critical reasoning skills by arguing both sides of the case using the same evidence and affidavits. The participants also learn the fundamental rules governing courtroom procedures and decorum.

Schedule: Mock trial starts one week before winter break and runs through late March, and practices for an hour and a half each day.

How to join: Tryouts are held in early January.

Cost: \$0

ACADEMIC INTERSCHOLASTIC TEAMS

QUIZ BOWL

Quiz bowl is a game in which two teams compete head-to-head to answer questions from all areas of knowledge including history, literature, science, fine arts, current events, sports, and popular culture. The game is typically played with a lockout buzzer system between some number of teams, most commonly two teams of four or five players each. A moderator reads questions to the teams, whose players endeavor to buzz in first with the correct answer, scoring points for their team.

The defining feature of quiz bowl is the use of a “buzzer system that lets players interrupt the reading of a question when they know the answer. That element adds a dimension of confidence, anticipation, and rapid recall to what is primarily a game about knowing facts. Participants may benefit from studying a broad range of academic subjects, increasing memorization and study skills, and learning to work in teams.

Organized quiz bowl competitions take place on select Saturdays throughout the school year at various schools throughout the state. Ames High School is a frequent qualifier for the High School National Championship Tournament which typically takes place in Chicago at the end of May.

SCIENCE OLYMPIAD

Science Olympiad is an interscholastic science competition for grades 9-12 involving all disciplines of science.

Schedule: Science Olympiad meets from January through May. We practice Tuesday and Thursday evenings 6:30-8pm at the Ames Middle School.

How to join: Tryouts are held in November after an organizational meeting in October.

Cost to participate: If you make it to National competition, then the cost is \$150-\$300 depending on location of National competition.

ACADEMIC INTERSCHOLASTIC TEAMS

SPEECH CLUB

Speech Club allows students to participate in a plethora of events, both in a group and individual setting. There are several options to choose from, including TV or Radio News, Improvisation, Book Review, Poetry, Prose, or Acting. Students rehearse numerous large group and individual speech events and participate in district and state contests with other Iowa high schools. Large group events include: one-act play, readers' theater, ensemble acting, television news, radio news, musical theater, mime, and group improvisation. Individual events include: public address, original oration, after-dinner speaking, acting, interpretative prose and poetry, storytelling, radio news, review, expository speaking, spontaneous speaking, and improvisation.

Schedule: Speech club begins in late October and lasts through March. (Large Group runs late October through late January; Individual events run late January through late March.) Practices may be in the afternoons or evenings, depending on which events students participate in. Meetings and practices are usually after school, for around an hour, three nights a week. Large group practices typically run from 7 to 8 P.M. or 8 to 9 P.M., depending on the students' schedules. Individual practices are more flexible, and are 30 minutes three times a week.

How to join: There will be an announcement in October about an informational meeting. Everyone who wants to participate is welcome, we have events for everyone. Tryouts for one-act plays are in mid-November. Students sign up for events before Thanksgiving.

Cost: \$35.00

ATHLETICS

INTERSCHOLASTIC ATHLETICS

Fall Sports

Boys' Cross Country

Girls' Cross Country

Football

Boys' Golf

Girls' Swimming

Volleyball

Fall Cheerleading

Winter Sports

Boys' Basketball

Girls' Basketball

Boys' Swimming

Wrestling

Winter Cheerleading

Drill Team

Spring Sports

Girls' Golf

Girls' Tennis

Boys' Tennis

Girls' Track

Boys' Track

Boys' Soccer

Girls' Soccer

Summer Sports

Baseball

Softball

Schedule: Practice and game schedules vary according to sport and team.

How to Join: Some AHS teams welcome all students who would like to participate; others require students to try out for the opportunity to play.

Cost: Varies according to sport and team.

For detailed information about AHS Athletics, please go to: www.AmesHighAthletics.or

INTRAMURAL BASKETBALL (“I-BALL”)

AHS organizes teams for boys' and girls' intramural basketball.

Schedule: I-Ball runs from late November through February, with practices scheduled by the individual teams, and games held on various weekday evenings.

How to join: Listen for announcements in the fall.

Cost: \$0

For more info, contact: Judge Johnston, Athletic Director,
817-0611, jjohnston@ames.k12.ia.us

INTRAMURAL BOWLING

AHS organizes co-ed teams for intramural bowling.

Schedule: Winter and/or Spring

How to Join: Listen for announcements.

Cost: \$0

For more info, contact:

Judge Johnston, Athletic Director, 817-0611, jjohnston@ames.k12.ia.us

PERFORMING AND FINE ARTS

ART CLUB

This is a club for students interested in sharing ideas and information about contemporary art – especially performance and action art. Meetings involve viewing internet sites, watching DVDs, making action art, and visiting local art exhibits and galleries as schedules allow.

Schedule: The Art Club meets after school in Room “Art B” from October through March.

How to join: Listen to daily announcements to learn about meeting times, topics and art-making opportunities. The club tries to establish a list of members, yet encourages anyone interested to attend meetings.

Cost: Five to ten dollars to join. Some art-making activities may require an extra fee of several dollars to cover the cost of special supplies.

BAND PROGRAM

The AHS Band Program offers both curricular and extracurricular opportunities, including freshman band, concert band, symphonic band, jazz bands, marching band, pep band, and band tour. In addition, students may audition to participate in regional and state honor bands.

For detailed information about the AHS Band Program and all of its components, please go to: www.amesbands.org or <http://www.ames.k12.ia.us/AHS/Music/Band.html>

BATTLE OF THE BANDS

The Battle of the Bands is an annual concert featuring performances of Ames High School student-run bands. The evening is sponsored by the 100th Green Butterfly Environmental Club as a fundraiser for community and state environmental causes.

DRAMA PRODUCTIONS

Each fall, students plan, rehearse and present a full theatrical production.

Schedule: Rehearsals are held from September through early November, Monday through Friday after school until about 5:30. Performances are usually held the first weekend in November.

How to join: Cold-read auditions are held in late August or early September, and are open to all interested students.

Cost: none

For more info, contact:

Steven Woolery, steven.woolery@ames.k12.ia.us

PERFORMING AND FINE ARTS

ORCHESTRA PROGRAM

AHS offers both curricular and extracurricular opportunities in orchestral music, including playing in the full orchestra as well as small ensembles, orchestra tour, and the opportunity to audition for regional and state honor orchestras.

**For more detailed information about AHS Orchestra, please go to:
<http://www.ames.k12.ia.us/AHS/Music/Orchestra/AHSOrchestraCalendar.html>**

VOCAL MUSIC PROGRAM

The Ames High School Vocal Music Program offers both curricular and extracurricular opportunities, including freshman choir, concert choir, concert chorale, treble choir, treble chorale, bass chorus, madrigal dinner performance, winter musical theatre, and chorus tour. In addition, students may audition to participate in regional and state honor choirs.

For detailed information about the AHS Vocal Music Program and all of its components, please go to: <http://www.ames.k12.ia.us/AHS/Music/Choir/AHSchoir.html>

THEATER MUSICAL

Each winter, AHS students stage a full all-school musical production.

Schedule: Rehearsals are held from late November through early February, Monday through Friday after school until about 5:30. Performances are usually held the first weekend in February.

How to join: Vocal and cold-read auditions are held in late November, and are open to all interested students. Both singing and speaking parts are available.

Cost: none

SERVICE ORGANIZATIONS

100th GREEN BUTTERFLY

100th Green Butterfly is an environmental club. We run the paper recycling program at the high school. We also host a yearly Battle of the Bands, which is a fundraiser for environmental causes in the community and state. We participate in a highway clean-up (Adopt-A-Road program) twice a year. We usually have two to three other outings each year.

Schedule: The club meets all through the school year, generally on Wednesdays after school for paper recycling from 3:10 to about 4:15. We also meet five to six times during the year on weekends or after school for various activities.

How to join: Come to a Wednesday meeting in room #48.

Cost: Free! We ask only for your commitment.

For more info, contact:

Mike Lazere, mlazere@ames.k12.ia.us

KEY CLUB

Key Club is an organization that gives students a great opportunity to give back to the community through many, many volunteer activities.

Schedule: Key Club meets throughout the school year, September through May. We meet every Tuesday morning at 7:20 a.m. in the old multi-purpose room.

How to join: Students join at the beginning of the school year or may join anytime throughout the year.

Cost: Dues are \$12.00 a year.

For more info, contact:

Tim Seifert, tim.seifert@ames.k12.ia.us

SERVICE ORGANIZATIONS

NATIONAL HONOR SOCIETY

Membership in the National Honor Society is one of the highest honors that can be awarded to an incoming junior or senior high school student. The National Honor Society ranks as one of the oldest and most prestigious national organizations for secondary students. Chapters in more than 12,500 high schools across the nation strive to give practical meaning to the Society's goals of scholarship, leadership, service, and character. These four ideals are considered the basis for selection. No student is inducted simply because of a high academic average, but a cumulative GPA of 3.4 or above is used as a guide for invitations to apply for membership.

Schedule: National Honor Society meets for the entire school year. We meet during Friday noon lunches and for service learning events as planned throughout the year.

How to join: Invitations to apply for membership consideration are sent in late January or early February to qualifying sophomores and juniors. Selection is made by a faculty committee, which reviews the student's completed application, resume and essay.

Cost to participate: Time for service projects.

SADD (STUDENTS AGAINST DESTRUCTIVE DECISIONS)

Like the national organization of the same name, students plan and organize activities to promote healthy lifestyles that do not use alcohol, drugs or tobacco products. Raising awareness and offering social support for positive decisions are emphasized.

Schedule: SADD meets all year long at Wednesday lunches as well as at socials or awareness events as planned throughout the year.

How to join: Come to a meeting and get involved.

Cost: Just your time and talents.

SERVICE ORGANIZATIONS

SHEPH (*pronounced: “CHEF”*)

SHEPH (Students Helping Eliminate Poverty and Hunger) is a club for students interested in activities related to addressing poverty and hunger.

Schedule: SHEPH meets Thursday mornings at 7:20 from August through May.

How to join: Come anytime to participate.

Cost : \$0

For more info, contact:

Tim Mooney, tmooney@ames.k12.ia.us

SPECIAL INTEREST CLUBS

DECA

DECA is an organization that gives students a great work on any one of the following items---vocational understanding, leadership development, civic consciousness, and social development. Students also have the opportunity to compete at a district, state and international level.

Schedule: DECA continues throughout the school year, September through May, meeting as scheduled at the beginning of each school year.

How to join: Students may join at the beginning of the school year or at anytime throughout the school year. Membership in the DECA Chapter is open to all students grades 9-12. However, juniors and seniors must be enrolled in a business-related class during the school year.

Cost: Dues are \$40.00 per year, which includes local, state and national dues.

For more info, contact:

Tim Seifert, tim.seifert@ames.k12.ia.us

E-UNIT

E-Unit offers planned activities for students in the AHS Accelerated Learning Program (ALP) to Expand, Enrich, Enlighten, Enhance (etc. on the 'E' words) their life Experiences. Our activities have included touring the Martin Marietta Mines, going bowling, to the movies, out to eat, shopping, as well as other experiences. The ISU-YMCA provides support for E-Unit. ISU students join us for activities and share thoughts about college, career, and other life decisions. We like having them around and enjoy their company!! Also the Y has connections to many very cool things at the University such as the career exploration center, Virtual Reality, Vet Med Lab School, Glass Blowing, the Y-Lodge, etc. It has been a great partnership.

Schedule: E-Unit meets from October thru April. The ideal schedule includes two activities per month, with the schedule varying somewhat according to availability of desired event, weather, transportation, student interest, as well as students' work and sports schedules.

How to join: ALP students can join in on events that interest them provided they are in “good standing” with their affairs at school. There is usually a sign-up sheet because seating can be limited.

Cost: No cost, but sometimes students will bring their own money to purchase special items or extra snacks.

For more info, contact:

Sonja Hayes, AHS Family Resource Counselor, 817-0600 x288

I-PONG

I-Pong is a ping pong club for AHS students.

Schedule: I-Pong meets on Fridays September through May after school in the hallway near the auditorium/skywalk area.

How to join: Just show up anytime and play.

Cost to participate: No cost.

SPECTRUM

Spectrum is the AHS gay/straight alliance, a group that meets for support of lesbian, gay, bisexual, and trans-gendered students and their allies, and is involved in continuing education about LGBT issues and concerns.

Schedule: Spectrum meets on Wednesday mornings from September through May, with occasional movie showings after school, and one school-wide educational event. There are also opportunities to attend two annual conferences (Governors Conference on LGBT Youth and the Iowa Pride Network’s Gay/Straight Alliance Conference).

How to join: Students are invited simply to come to any Spectrum meeting.

Cost to participate: No cost. (Registration fees to attend conferences may be needed depending on current funds.)

For more info, contact:

John Burke, jburke@ames.k12.ia.us

STUDENT GOVERNMENT **AND CAMPUS EVENT PLANNING**

HOMECOMING COMMITTEES

Each spring, two co-chairs from the junior class are selected to head up Homecoming Week activities the following fall. Any juniors may apply. If you are interested in co-chairing Homecoming or one of the Homecoming Week events, let Wendi Reger in the main office know of your desire to help lead this student-run week of activities.

JUNIOR SENATE

This is a group for juniors interested in helping to fundraise for, plan, decorate and host the Junior/Senior Prom and Coronation. The Junior Senate raises funds through the publication and distribution of the AHS Student Directory as well as through one large fundraiser.

Schedule: The group meets from October through April on Wednesday mornings, with additional “work” meetings scheduled as needed (i.e., Saturdays closer to Prom).

How to join: In the fall, listen for announcements and watch for emails about this group. Attend meetings and get involved.

Cost: \$0

For more info about Junior Senate, contact:
Christine Hetz, chetz@ames.k12.ia.us

For info about Prom, contact:
Christine Hetz, chetz@ames.k12.ia.us
Kelly Micalone, kelly.micalone@ames.k12.ia.us

STUDENT GOVERNMENT **AND CAMPUS EVENT PLANNING**

SENIOR GIRLS' CLUB

The Senior Girls' Club plans and fundraises for the AHS Winter Formal, Senior activities, and women's causes.

Schedule: Senior Girls' Club meets weekly at 8:30 on Wednesday mornings and bi-monthly at 6 on Tuesday evenings. Meetings begin April of junior year and last through February of senior year.

How to join: Listen to daily announcements.

Cost to participate: \$0

For more info, contact:

Jacque Burkhart, 817-0603, Jacque.burkhart@ames.k12.ia.us

Linda Ward, 817-0620, lward@ames.k12.ia.us

STUDENT COUNCIL

AHS Student Council is a representative body of students whose three main purposes are philanthropy, policymaking, and serving as liaison between the student body and administration.

Schedule: Student Council meets Wednesday mornings (8:30 to 9:10) from September through May.

How to join: Interested students fill out an application in the fall. Students may also join at any time.

Cost to participate: \$0

For more info, contact:

John Burke, Guidance Counselor, jburke@ames.k12.ia.us

Allison DiBlasi, Guidance Counselor, adiblas@ames.k12.ia.us

STUDENT PUBLICATIONS

SCRATCH PAD

The *Scratch Pad* is a student-produced literary magazine that showcases a variety of writing by AHS students. A single issue is produced each year in the spring.

Schedule: *Scratchpad*'s editorial board meets from January through mid-April, usually for an hour or two, one to two times a week, more frequently closer to publication date.

How to join: Students can apply to serve on the editorial board in December. Students who would like to have their writing considered for publication may submit their work via the Scratch Pad collection boxes in each English classroom during second semester.

Cost: No cost.

SPIRIT (YEARBOOK)

The *Spirit* staff creates a professional quality book that covers the people and events that make up the school year.

Schedule: The staff meets from August through June, seventh period daily, plus some evenings and summer times.

How to join: Applications are accepted prior to each new semester.

Cost to participate: none

For more info, contact:

James Webb, English Teacher, jwebb@ames.k12.ia.us

STUDENT PUBLICATIONS

THE WEB (AMES HIGH STUDENT NEWSPAPER)

For more than 80 years, students in the Advanced Journalism class have produced *The WEB*. The editors are responsible for assigning stories, editing stories, and creating layouts for publication. Students interested in applying to be on the newspaper staff need to earn an “A” or a “B” in Introduction to Journalism.

Schedule: *The WEB* is printed every three or four weeks. In addition to the Advanced Journalism class time, the editors meet two afternoons and one night to complete the layouts for publication.

How to join: Students should indicate their interest when they schedule classes. Fall semester applications are due in May, and spring semester applications are due in December.

Cost: None

For more info, contact:

Advisor, Darin Johnson, djohnson@ames.k12.ia.us

TRAVEL OPPORTUNITIES

AMES HIGH UGANDA PROJECT

The Ames High Uganda Project includes fundraising for and a three-week service-learning trip to East Africa to help in the construction of schools.

Schedule: Applications are accepted in October for following summer. Trip is in June and/or July. We meet three to four times during the school year, fundraise, and then travel to Africa.

How to join: See Mr. Mooney in Room 107 in September or October for the following summer.

Cost: \$4,000, which includes construction materials. Many, if not most, students do fundraising to meet these expenses.

For more info, contact:

Tim Mooney, TMooney@ames.k12.ia.us

AMES-WULFRATH INTERNATIONAL AMERICAN-GERMAN EXCHANGE

This unique opportunity offers students the opportunity both to be and to host foreign exchange students on either a short or long term basis.

Schedule: Short term hosting opportunity in September-October. Short term travel opportunity in June. Please contact for long term opportunities.

How to join: Contact Sam Reichart, German Teacher.

Cost to participate: This varies. Please contact for more information.

For more info, contact:

Sam Reichart, German Teacher, sreichart@ames.k12.ia.us

TRAVEL OPPORTUNITIES

EUROPEAN ACADEMIC TOUR

The European Academic Tour visits five to six cities in Europe in June and lasts approximately 15 days. Tours are customized to follow the priorities of the AP European History and Western Civilization I and II courses.

Schedule: The first meeting is in late August; there are four to five other meetings throughout the year.

How to join: Students must have taken either AP European History or Western Civilization course; priority given to currently enrolled students. Students must fill out application form.

Cost: The cost depends on total participation, but roughly \$3,500.

For more information, contact:

Kirstin Sullivan, ksullivan@ames.k12.ia.us

FRENCH TRIP

The AHS French Trip is a two-week educational trip: one week in Paris and provinces of France with our American group, one week in French home.

Schedule: We take the trip every other year (2009,2011...) for two weeks in March (including the spring break week). Early bird registration by June 1 saves approximately \$100 off total price and earns free Eiffel Tower dinner. Final registration is due October 1. Students are required to attend ten to fifteen hours of pre-trip meetings throughout the late fall and winter.

How to join: Students must be enrolled in third or fourth year French at AHS, or receive permission from French teacher; students must complete application form which includes AHS teacher recommendation.

Cost: approximately \$2600; plus lunches and souvenirs.

For more info, contact:

Stacy Dobernecker, stacy.dobernecker@ames.k12.ia.us

TRAVEL OPPORTUNITIES

SPANISH TRIP

The AHS Spain Trip is a 10-day family stay in Madrid, Spain.

Schedule: We are usually in Spain the week before Spring Break through the Thursday of Spring Break. There are typically three or four meetings during the year, scheduled well in advance.

How to join: The Spain Trip is open to juniors and seniors currently taking Spanish. Listen for announcements for informational meetings.

Cost: varies from year to year

For more info, contact the Spanish teachers:

Jane Jurgensen jjurgensen@ames.k12.ia.us

Julie Camara julie.camara@ames.k12.ia.us