CCHS Activities, Sports and More - The Next Ten Pages

**Activities**

**American Design & Drafting Association**

*Eligibility Criteria:* 3.0 GPA and upper math course

*Selection Criteria:* Freshmen in Geometry are invited to apply by letters sent out by the advisor.

**Meeting Information**

*Starts:* During school year

*How Often:* Daily during class time

*Length:* 75-minute class period

*Travel Involved:* None

*Competition Times:* National contest drawings are prepared during and after school. Curriculum related projects require meetings. This program is part of our STEAM Pathway (Science, Technology, Engineering, Agriculture, and Math).

*Community Service:* 20 hours of drawing/planning support for a non-profit organization.

The American Design and Drafting Association (ADDA) was established in 1959 to provide educational programs and information for designers, drafters, educators, and other interested individuals and corporations in the design/drafting fields. ADDA also provides certifications to universities, colleges, technical institutes, and high schools. These training institutions must provide programs that combine higher-level math, science, computer, and design courses to train the design students for the design/drafting work place.

**Art Club**

*Eligibility Criteria:* None

*Selection Criteria:* None

**Meeting Information**

*Starts:* Beginning of school year

*How Often:* Once a week

*Length:* 1 hour

*Travel Involved:* None

*Competition Times:* Scholastic Art Show/Winter

Fremont County High School Art Show/Spring

*Community Service:* Varies from year to year

Art Club sponsors open art room time for students to work on individual art projects. Art Club members assist in preparing for the Fremont Art Show and other projects for school activities.

**Environmental Club**

*Eligibility Criteria:* None

*Selection Criteria:* None

**Meeting Information**

*Starts:* Beginning of school year

*How Often:* TBA

*Length:* 30 minutes

*Travel Involved:* Three conferences per year

*Competition Times:* TBA

*Community Service:* Community Service performed as club projects

The Environmental Club is open to all students who have an interest in learning about environmental issues and protecting the environment. In addition to trips to the Eco Park, we also take field trips to other areas of Colorado to learn about environmental issues. This is a service organization and an opportunity for the student to do volunteer work in Fremont County.
**FBLA - Future Business Leaders of America**

**Eligibility Criteria:** None

**Selection Criteria:** None

**Meeting Information**
- **Starts:** Beginning of school year
- **How Often:** Every other Thursday
- **Length:** 30-45 minutes
- **Travel Involved:** Two conferences
- **Competition Times:** Tuesdays
- **Community Service:** Community service projects

FBLA helps provide training in workplace competencies such as: communication, organization, finances, technology, and specific business skills. FBLA not only provides a place to learn these competencies but also a place to practice them within the organization and with other students from around the state. FBLA members are given an opportunity to learn about business from community business people and from nationally known speakers at various conferences.

**FCCLA - Family, Career & Community Leaders of America**

**Eligibility Criteria:** Participation Family & Consumer Sciences class.

**Selection Criteria:** None

**Meeting Information**
- **Starts:** Beginning of school year
- **How Often:** Twice a month – during lunch
- **Length:** 30 minutes
- **Travel Involved:** Two district meetings (October and January). State conference in Denver (April)
- **Competition Times:** January and April
- **Community Service:** Group community service projects

FCCLA is a dynamic and effective national student organization that helps young men and women become leaders while addressing important personal, family, work, and societal issues through consumer and family studies education. Chapter projects focus on a variety of youth concerns including teen pregnancy, parenting, family relationships, substance abuse, peer pressure, environment, nutrition and fitness, financial fitness, recycling and redesign, fashion design, interior design, and career exploration. The organization has 220,000+ members in nearly 7,000 chapters from 50 states. Over ten million youth have been involved in FCCLA since its founding in 1945.

**Fly Fishing Club**

**Eligibility Criteria:** Passing grade in all classes

**Selection Criteria:** Open to all students

**Meeting Information**
- **Starts:** During school year
- **How Often:** First and Third Tuesday
- **Length:** During lunch
- **Travel Involved:** Some traveling involved to reach fishing destinations. Students may need to pay some travel cost and meal cost when on a field trip.
- **Competition Times:** The fly fishing club is a non-competitive activity.
- **Community Service:** We focus on stream and river habitat improvement and partnerships with local Trout Unlimited chapters.

Basic fly fishing and fly tying instruction is provided. All gear, except wading boots, is provided.
**JROTC Color Guard and Drill Team**

**Athletic Fee:** Per Athletic Schedule

**Eligibility Criteria:** Students must remain eligible by CCHS, CHSAA and JROTC standards

**Selection Criteria:** Leadership Education Training - LET class enrollment one semester, a cumulative GPA of at least 2.0, no current failing grades in any class, and instructor approval

**Team Information:** Cadets will learn advanced drill and ceremonies. Perform during school and community events as well as in competition against other JROTC high school teams throughout Colorado.

**Practice Information:**
- Color Guard: Sept-May
- Drill Team: Jan-May
- How Often: TH Mornings
- Length: 60 minutes
- Travel Involved: TBD
- Fundraising: In JROTC class
- Competition Times: TBD

**JROTC Rifle Team**

**Athletic Fee:** Per Athletic Schedule

**Eligibility Criteria:** Students must remain eligible by CCHS, CHSAA, and JROTC standards.

**Selection Criteria:** Leadership Education Training (LET) class enrollment one semester, a cumulative GPA of at least 2.0, no current failing grades in any class, and instructor approval

**Team Information:** Students will be trained in novice, intermediate, and advanced air rifle marksmanship and range safety. Students will be presented opportunities to compete in both sporter and precision air rifle events. Teams will compete against other JROTC teams in the state, as well as Junior Olympic, American Legion, NRA, and other sanctioned events. Athletes will have all equipment (including rifles) provided by CCHS, except that precision athletes may require student/parent purchase of specialized clothing.

**Practice Info:**
- Starts late August, ends the following July.
- Daily practice: 6:30-7:30 a.m. and 3:00-4:30 p.m.

**Travel Involved:** Local competitions in Pueblo, Colorado Springs and locations throughout Colorado. Some out-of-state travel, including airline flights and extended stays. Student/parent funding of extended out-of-state travel may be required.

**Fundraising:** Required

**Competition Times:** See competition schedule on CCHS website. Competition events are typically scheduled throughout the school year and into the summer months.

**National Honor Society**

**Eligibility Criteria:** 3.7 (Cumulative) G.P.A. and meet all selection criteria for induction and continued membership. Eligibility will be reviewed quarterly.

**Selection Criteria:** Students who qualify academically (3.7 G.P.A.) must apply for membership after three semesters of enrollment at CCHS, or one semester if a new student is a sophomore or above. Selection for membership is by a Faculty Council, appointed by the principal, and is based on scholarship, character, leadership, and service. Once selected, members are responsible to continue to demonstrate these qualities. Students must attend an induction ceremony to complete the selection process.

**Dues:** $20 per year

**Meeting Information:**
- Starts: September
How Often: 2nd Thursday of each month before school in the DelPizzo Performing Arts Center
Length: All year
Travel Involved: For mentoring/tutoring at elementary schools; schools within walking distance
Community Service: TBA – 25 hours of community service required per year

Speech and Debate Team

Eligibility Criteria: 2.0 GPA
Selection Criteria: None
Meeting Information
Starts: Beginning of school year
How Often: Once per week, Monday through Thursday (after school and evenings, TBA)
Length: 1½-2 hours
Travel Involved: Up to 15 meets
Community Service: None

Speech and Debate is a multifaceted, competitive event that pays enormous rewards to those students willing to work hard. It is flexible in its scheduling so as not to restrict students from participating in other activities. Typically, competitors practice at least once per week, but many strive to raise their skills to a more rewarding level and practice every Monday through Thursday from 3:00 until 5:00 PM. Tournaments typically occur on Saturdays, and the season lasts from October through March. Lettering is an option.

Student Council

Eligibility Criteria: Full time CCHS Students and must remain eligible by CHSAA Standards
Selection Criteria: Student Election
Meeting Information
Starts: Student Lock-in prior to start of school year
How Often: Every Wednesday
Length: 30-45 minutes
Travel Involved: Summer and a Fall conference
Community Service: Community service projects

Student Council is a democratic leadership activity in which the student body elects their representatives for their class. For the freshman class, six representatives are elected, the sophomore class has six, eight are elected for the junior class, and eight for the senior class. The Student Council elects its leadership team at the beginning of the school year. The head boy and head girl, who are elected the spring before their senior year, are included as voting members of student council. Anyone can run for other positions in the council.

Student Government

Eligibility Criteria: Students must remain eligible by CHSAA standards
Selection Criteria: Student Election
Meeting Information
Starts: Beginning of school year
How Often: As needed
Length: 30-45 minutes
Travel Involved: None
Community Service: None

Student Government involves juniors to seniors. Each class is assigned a different task as shown in the following examples:
Senior Class Officers - Focus is to organize, budget, and promote attendance to senior functions.
1. Select and/or create the emblem to be used by the class at assemblies and graduation
2. Select date, speaker, and restaurant for the Senior Banquet
3. Decide on graduation gift from the class to the school
4. Senior Class President conducts tassel turn at graduation

Junior Class Officers - Focus is to “create” and work on a successful Prom.
1. Select theme, music and photographer
2. Organize and handle elections of Prom royalty
3. Plan and construct decorations
4. Create budget
5. Refreshments
6. After Prom activity
7. Cleanup
8. Correspondence (invitations, announcements, thank you notes, requests, etc.)

Thespians - Tiger Theatre and Drama Club

Eligibility Criteria: 2.0 GPA, good citizenship, participate in performances, fundraisers, and convention
Selection Criteria: Based on participation
Meeting Information
Starts: Beginning of school year
How Often: First Tuesday of every month
Length: 30-60 minutes
Rehearsals: Daily during production weeks
Travel Involved: Three-day convention in December
Production Times: Three performances (Fall, Fine Art of Christmas and Spring)

To become a Thespian one must earn ten Thespian points. Thespian points are earned by one’s community service hours to the Tiger Theatre Department; this involves Tiger Theatre productions, cleaning the wardrobe area, technical crew, or stage help. Every Thespian is involved in the Fall production, Christmas play, and the Spring musical in some way. Ten hours of service equals one Thespian point. At twenty points a Thespian letter is issued; at sixty points an Honor letter is awarded. An induction banquet will be held during the third week of January.
Athletics
Eligibility requirements for all athletes are listed in the Athletic Handbook. All athletes may be required to participate in team fundraising.

Boys’ Baseball

Selection Criteria: Tryouts during the first week of practice. Players are notified of team status.
Team Information: Varsity, Junior Varsity and Freshman Teams
Practice Information
Starts/Ends: Mid-February/TBA
How Often: Daily except Sunday
Length: Approximately 2-2½ hours
Travel Involved: 8 to 10 out of town games
Competition Times: After school and on Saturday

Boys’ Basketball

Selection Criteria: Tryouts to select each team
Team Information: Varsity, Junior Varsity, Sophomore, and Freshman Teams
Practice Information
Starts/Ends: November/TBA
How Often: Daily and Saturdays
Length: 1-3 hours
Travel Involved: 8 to 10 out of town games
Competition Times: Evenings on Tuesday, Thursday, Friday, and Saturday.

Girls’ Basketball

Selection Criteria: Tryouts occur during practices in mid-November
Competition Times: Performances and designated competitions
Team Information: Varsity, Junior Varsity and Freshman Teams
Practice Information
Starts/Ends: Open gym starts mid-September. Practice starts mid-November/TBA
How Often: Daily after school
Length: Approximately 2-2½ hours
Travel Involved: 8 to 12 out of town games
Competition Times: After school, during school and on Saturdays

Cheerleading

Selection Criteria: Selection will be based on tryouts in the Spring
Team Information: Varsity Team only
Practice Information
Starts/Ends: Summer and throughout the school year
How Often: TBA
Length: Approximately two hours
Travel Involved: Cheerleader travel will be limited to identified out of town events.
Competition Times: Three to four games weekly
**Boys’ and Girls’ Cross Country**

**Selection Criteria:**  Varsity (fastest 7 times), JV (complete course in at least 30 minutes)

**Team Information:**  Varsity and Junior Varsity Teams

**Practice Information**
- **Starts/Ends:**  Mid-August – end of October
- **How Often:**  Daily after school
- **Length:**  2 hours (3:00-5:00 p.m.)
- **Travel Involved:**  10 to 12 out of town meets
- **Competition Times:**  After school and on Saturday

**Girls’ Dance Team**

**Selection Criteria:**  Selection will be based on tryouts in the Spring

**Team Information:**  Varsity Team only

**Practice Information**
- **Starts/Ends:**  Second week in August and throughout the school year
- **How Often:**  Daily

**Football**

**Selection Criteria:**  Based on a rubric that evaluates the player’s character, academics, commitment to football, coach-ability, and football ability.

**Team Information:**  Varsity, Junior Varsity and Freshman Teams

**Practice Information**
- **Starts/Ends:**  Mid-August
- **How Often:**  Daily after school
- **Length:**  Approximately two hours
- **Travel Involved:**  Half of all games are away games
- **Competition Times:**  After school and on Saturday

**Boys’ Golf**

**Selection Criteria:**  Golfers will qualify for varsity meets

**Team Information:**  Varsity and Junior Varsity Teams

**Practice Information**
- **Starts/Ends:**  August/TBA
- **How Often:**  Nightly after school
- **Length:**  Approximately two hours
- **Travel Involved:**  19 of the 20 meets are out of town
- **Competition Times:**  During and after school and weekends

**Girls’ Golf**

**Selection Criteria:**  Golfers will qualify for Varsity meets

**Team Information:**  Varsity and Junior Varsity Teams

**Practice Information**
- **Starts/Ends:**  Mid-February/TBA
- **How Often:**  Monday through Friday
- **Length:**  1-1½ hours
- **Travel Involved:**  5 to 8 days during season
- **Competition Times:**  During and after school and weekends
Gymnastics

Selection Criteria: None
Team Information: Varsity and Junior Varsity Teams
Practice Information
Starts/Ends: Mid-August
How Often: Daily
Length: Approximately two hours
Travel Involved: 8 to 10 away meets
Competition Times: After school and on Saturday

Boys’ Soccer

Selection Criteria: Selected by Coach
Team Information: Varsity and Junior Varsity Teams
Practice Information
Starts/Ends: Mid-August/TBA
How Often: Daily after school
Length: Approximately two hours
Travel Involved: Half of all games are away games
Competition Times: After school and on Saturday

Girls’ Soccer

Eligibility Criteria: Students must remain eligible by CCHS and CHSAA standards
Selection Criteria: Selected by Coach
Team Information: Varsity and Junior Varsity Teams
Practice Information
Starts/Ends: Mid-February/TBA
How Often: Daily after school
Length: Approximately two hours
Travel Involved: Half of all games are away games.
Fundraising: TBA
Competition Times: After school and on Saturday

Girls’ Softball

Selection Criteria: Tryouts during the first week of practice. Players are notified at that point.
Team Information: Varsity and Junior Varsity
Practice Information
Starts/Ends: Mid-August/TBA
How Often: Daily (except Sundays)
Length: 2-2½ hours
Travel Involved: 8 to 10 out of town games a season
Competition Times: After school and on Saturday
Boys’ Tennis

Selection Criteria: Tryouts during the first week of practice. Players are notified at that point.

Team Information: TBA

Practice Information
  Starts/Ends: Mid-August
  How Often: Every day after school
  Length: Approximately 2 hours
  Travel Involved: 5 to 6 trips out of town are typical
  Competition Times: During school, after school and on weekends.

Girls’ Tennis

Selection Criteria: All interested athletes are encouraged to try out. Athletes will participate in a series of challenge matches that occur during the beginning of the practice schedule in order to determine their position on the varsity team.

Team Information: TBA

Practice Information
  Starts/Ends: Mid-February
  How Often: Monday through Saturday
  Length: Approximately two hours
  Travel Involved: Out of town matches up to twice a week
  Competition Times: Monday-Friday after school and Saturday mornings

Boys’ & Girls’ Track

Selection Criteria: Athletes are evaluated by ability, time, and effort throughout the season

Team Information: TBA

Practice Information
  Starts/Ends: Spring sport season
  How Often: Daily after school
  Length: Approximately two hours
  Travel Involved: Approximately nine varsity meets and six junior varsity meets out of town
  Competition Times: After school and on Saturday

Girls’ Volleyball

Selection Criteria: Tryouts during the first week practice. Players are notified at that point.

Team Information: Varsity, Junior Varsity and C-Team. (Seniors cannot play on JV or C-Team; juniors cannot play on C-Team).

Practice Information
  Starts/Ends: Mid-August, usually two weeks prior to start of school.
  How Often: Monday through Friday, some Saturdays & holidays
  Length: Approximately two hours
  Travel Involved: Up to 10 out of town matches
  Competition Times: After school and Saturdays
### Wrestling

**Selection Criteria:** Must wrestle-off in designated weight class

**Team Information:** Varsity, Junior Varsity and Freshman Teams

**Practice Information**

- **Starts/Ends:** Second week in November through last week in February
- **How Often:** Week nights and some Saturdays
- **Length:** 2-2½ hours
- **Travel Involved:** Away duels, usually gone all day on Saturdays
- **Competition Times:** Evenings and all day Saturday