Quarterly Activities Newsletter
Spring 2020

**Band Performances**

March 5, Liberty Theatre
7th Blue @ 6:00PM
7th Orange @ 7:00PM
8th grade @ 8:00PM

May 7, Liberty Theatre
6th Blue @ 6:00PM
6th Orange @ 7:30PM

May 12, Liberty Theatre
7th Blue @ 6:00PM
7th Orange @ 7:00PM
8th @ 8:00PM

May 14
Jazz Band @ 7:30PM at SHS

**Choir Concerts**

Mar. 9
8th Grade 7:00PM @ SHS

Mar. 10
7th Grade 7:00PM Liberty Theatre

May 5, Liberty Theatre
6th @ 6:00PM
7th @ 7:00PM
8th @ 8:00PM

**Orchestra**

May 19
6/7/8 Grade at 7:00PM at SHS

**School Year 20-21**

**7th Grade Mustang Choir**
This group is available to 7th grade orchestra and band students who also want to sing in choir. Interested students sign up with Mrs. Loree at the beginning of the school year. The group meets on Mondays and Tuesdays during MM+ and performs at concerts with 7th Grade Choir.

**8th Grade Mustang Choir**
This group is available to 8th grade orchestra and band students who also want to sing in choir. Interested students sign up with Mrs. Loree at the beginning of the school year. The group meets on Wed and Thurs. during MM+ time. They perform at concerts with 8th Grade Choir.

**6th Grade Mustang Choir**
This group is available to 6th grade orchestra and band students who also want to sing in choir. Interested students indicate interest during online registration during their 5th grade year. Infinity/Pathfinder mustang choir rehearses during MM+ on Mondays/Tuesdays. Team Amazon/Siberia Mustang Choir rehearses during MM+ on Wednesdays/Thursdays. They perform at concerts with 6th Grade Choir.

**Show Choir**
This auditioned vocal group is available to 7th and 8th grade choir students. Interested students audition in the spring and rehearsals are held Monday and Friday mornings at 7:40 a.m. The group will sing a variety of musical styles and will perform at choir concerts and community events.

**Jazz Band**
This is an auditioned group for interested 7th and 8th grade band students that meets twice a week before school. All band instruments are welcome to audition. In addition, band and orchestra students may audition for guitar and bass. Performing opportunities include: Liberty concerts, area band festivals, community outreach concerts.

**Chamber Orchestra**
This is a membership—by-audition orchestra for 7th and 8th graders that meets Tuesday and Thursday mornings at 7:30 am to play and perform a variety of music. Performances typically include school concerts and community event.
To ensure your child is eligible to participate, the following documents MUST be completed and returned to the Activity Desk no later than the first day of practice.

1. Sign-up ONLINE
2. Physical Form
3. Risk and Warning Acknowledgement form
4. Participation fees can be paid online under MySchoolBucks

All Physicals must be completed after April 15 to be credited for the next school year. Please turn in a copy of your physical to each school at which you are participating.

The forms are located at the Activity Desk, Activity Stand and/or on our website: https://www.west-fargo.k12.nd.us/Page/1016

Students are NOT allowed to participate in practice until all forms and fees are submitted. All forms should be turned into the Activity Desk. Students may not join any activity after the third day of practice.

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**SPORTS AT A GLANCE**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Start</th>
<th>Time</th>
<th>Location</th>
<th>Coach</th>
<th>Fee</th>
<th>Forms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baseball, Varsity</strong></td>
<td>Tryouts the week of March 16th</td>
<td>4:00-6:30PM</td>
<td>Lodoen/Rustads</td>
<td>Ryan Bodell</td>
<td>$60</td>
<td><a href="#">Risk Physical</a></td>
</tr>
<tr>
<td><strong>Form and Fitness III</strong></td>
<td>Mar. 9 – May 1</td>
<td>Daily 3:45 – 5:00PM</td>
<td>Fitness Room</td>
<td>Andrew Nack</td>
<td>$40</td>
<td><a href="#">Risk Physical</a></td>
</tr>
<tr>
<td><strong>Golf, Boys</strong></td>
<td>March</td>
<td>TBD</td>
<td>Village Green</td>
<td>Tom Kirchoffner</td>
<td>$60</td>
<td><a href="#">Risk Physical</a></td>
</tr>
<tr>
<td><strong>Softball, Girls</strong></td>
<td>March 16</td>
<td>6:00PM</td>
<td>LMS Gyms</td>
<td>Mark Woodbury</td>
<td>$60</td>
<td><a href="#">Risk Physical</a></td>
</tr>
<tr>
<td><strong>Soccer, Girls</strong></td>
<td>March 23-April 2: Optional Pre-conditioning Starts: April 6</td>
<td>M,T, &amp; TH 3:45PM to 5:00PM Wed. 3:45PM - 4:45PM No practice on Fridays</td>
<td>Gym / Outside</td>
<td>Eric Dobervich Holly Erickson</td>
<td>$40</td>
<td><a href="#">Risk Physical</a></td>
</tr>
<tr>
<td><strong>Tennis, Girls</strong></td>
<td>March 31</td>
<td>4:00-5:00PM</td>
<td>Independence/ Tintes Courts</td>
<td>Clara Jastram</td>
<td>$40</td>
<td><a href="#">Risk Physical</a></td>
</tr>
<tr>
<td><strong>Track and Field</strong></td>
<td>March 23</td>
<td>Daily 3:40 – 5:00PM</td>
<td>Steven Hay Samantha Notch</td>
<td>$40</td>
<td><a href="#">Risk Physical</a></td>
<td></td>
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</tbody>
</table>
Baseball, Varsity
8th grade boys. We will have a parent meeting March 3rd at 6:30 pm in the Sheyenne commons. Please have at least one parent in attendance. It would be great to see all the players there as well. If you can not attend the meeting, please let Coach Bodell know.

Our season will start with tryouts the week of March 16th. If we are inside, we will be at the Lodoen Center Monday, Wednesday, and Thursday. We were lucky enough to be able to rent out the Rustad Center on Tuesday from 4-6:30 and West Fargo is at the Rustad on Wednesday so we will be at the Lodoen from 4-6:30. I’m not sure of the times for the other days, because we share the Lodoen with West Fargo High, but will get them out as soon as possible. We will either have from 4-6:30 or 6:30-9. We will split the time between grades and/or positions so athletes will not be there the full 2.5 hours. If we are outside (cross your fingers) we will be at Sheyenne after school. Friday, March 20th we will have individual meetings at Sheyenne to tell the athletes which team they made. As of right now, we will have to cut some guys that tryout. It is the worst part of the job, but we only have 3 teams so we can only keep a certain amount of players.

Lastly, there are still open gyms from 6-8 pm on Sundays at the Lodoen Center. This is a great way for players to get more reps and start to get their arms in shape before the season. They are not mandatory, but everyone is encouraged to attend.

Please make sure you have all required paperwork competed and a physical before tryouts begin.
RBODELL@west-fargo.k12.nd.us

Form and Fitness
Session III: Mar 9- May 1
6th, 7th and 8th grade boys and girls can sign up to workout at the LMS Weight Room 2007. Workouts are from 3:45 to 5:00 pm. They are age appropriate for middle school students. A coach will work directly with the students on their lifting form, strength, endurance, footwork and overall fitness. Sessions are limited to the first 30 students who have paid the activity fee and turned in their Forms.

All Students should be picked-up from practice within 15 minutes of practice ending

Boys Golf
We will hold an informational meeting for all those interested in trying out for golf in the middle of March at Liberty. Tryouts will be held at Sheyenne over the course a few days the week prior to the start of the season. Details of the meeting will be included in the Daily Announcements for a week or so prior to the meeting.

Soccer, Girls
7/8 grade participants will work on developing soccer skills, such as: dribbling, passing, and receiving, proper shooting techniques, field positions and rotations along with other various skills. Proper attire would be gym clothes, tennis shoes, and shin guards.

All Students should be picked-up from practice within 15 minutes of practice ending

Varsity Softball
8th grade girls are welcome to try out for JV and Varsity Sheyenne Mustang Softball. Practice will begin Monday, March 16, 6:00PM at Liberty Middle School. Open to grades 8-12.

The week of March 16-21 will be tryouts. Bring a glove, gym shoes, and dress accordingly. Turn Risk form and Physical into the Activities Office before the first day of practice. The Parent Meeting will be on Tuesday, March 10th at 6:00pm in the SHS Theater.

Any questions contact Coach Woodbury at mwoodbury@west-fargo.k12.nd.us

Clay Target
Grades 7-12 can participate. You must have completed a state approved hunters education certification or pass the Student Athlete Firearms Education (SAFE) certification. You must have a shotgun, eye protections and ear protection. Information is available on the SHS Clay Target Website. Please contact sheyennetrapteam@gmail.com for additional information on the season, costs and registration process.

Girls Tennis
Attention all 7th and 8th grade girls: Would you like to learn a sport that would last a lifetime? If so, join the Liberty Middle School tennis program for the spring 2020 season. The season will begin March 31st. Matches will be played against other Fargo, Wahpeton, and Valley City teams.

All Students should be picked-up from practice within 15 minutes of practice ending

Track and Field
7th and 8th grade boys and girls. Track and field is a sport that consists of a variety of athletic events. These events involve running, jumping, and throwing. Running events include sprints, middle and long distance, hurdles, and relays. Field events include shotput, discus, long jump, high jump, and pole vault. This sport introduces and explores the various track and field disciplines, while working on physical skills and techniques.

All Students should be picked-up from practice within 15 minutes of practice ending
**6th Grade Boys and Girls Intramurals**

Sixth Grade athletic activities are offered at various times. Practice will be 2-3 times per week. A Risk form must be completed and returned to the Activity Desk prior to participation. Events are subject to cancellation due to low registration. Registration fees will be returned if it is cancelled. Sign-up ONLINE.

<table>
<thead>
<tr>
<th>Intramural</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Coach</th>
<th>Fee</th>
<th>Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball, Girls</td>
<td>Mar 2,3,4,5,6,9,10,11,12,18</td>
<td>3:45-4:45pm</td>
<td>Gym</td>
<td>Shaina Winning</td>
<td>$20</td>
<td>Risk</td>
</tr>
<tr>
<td>Basketball</td>
<td>Mar 2,3,4,5,6,9,10,11,12,18</td>
<td>3:45 – 4:45pm</td>
<td>Gym</td>
<td>Liz Pfeifle</td>
<td>$20</td>
<td>Risk</td>
</tr>
<tr>
<td>Track and Field</td>
<td>TBA</td>
<td>3:45-4:45pm</td>
<td>Outside</td>
<td>Multiple</td>
<td>$20</td>
<td>Risk</td>
</tr>
<tr>
<td>Form and Fitness</td>
<td>Mar. 9 – May 1</td>
<td>3:45-5:00pm</td>
<td>Weight Room</td>
<td>Andrew Nack</td>
<td>$40</td>
<td>Risk Physical</td>
</tr>
</tbody>
</table>

**Intramural Girls Volleyball**

6th grade participants will work to develop basic volleyball skills. This would include, but is not limited to: serving, passing, setting, spiking, and rotation. Proper dress includes gym clothes, gym shoes, and knee pads (optional). Come dressed the first day and be ready to have fun!

**Intramural Basketball (Boys and Girls)**

6th grade participants will work to develop basic basketball skills. This would include, but is not limited to: Ball Handling, shooting, rebounding, post moves, offensive and defensive strategies. Various games will provide an opportunity to apply skills practiced. Girls will also play one on one, three on three, and five on five games.

**Intramural Track and Field (Boys and Girls)**

6th grade intramural track participants will learn the basics of track and field events including speed, hurdles, long jump, throwing and relays. Practices will be held indoors and outdoors each time, so please dress accordingly. Be ready for a fun time of running!
<table>
<thead>
<tr>
<th>Club</th>
<th>Advisor/Coach</th>
<th>Day</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Art Club</strong></td>
<td>Sarah Dotzenrod</td>
<td>Thurs-after school</td>
<td>3:30 – 5:00pm</td>
<td>1143</td>
</tr>
<tr>
<td></td>
<td>Ashley Smalley</td>
<td>Friday during MM+</td>
<td>MM+ time</td>
<td>1143</td>
</tr>
<tr>
<td><strong>ASL (American Sign Language)</strong></td>
<td>Sarah Larson</td>
<td>Every other Tues.</td>
<td>3:35-4:35</td>
<td>2016</td>
</tr>
<tr>
<td><strong>FCA</strong></td>
<td>Hadley Steffen</td>
<td>Starts 9/19 Bi-Weekly on Thursdays</td>
<td>7:30 – 8:05am</td>
<td>3174</td>
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<tr>
<td><strong>FCCLA</strong></td>
<td>Sarah Larson</td>
<td>Wednesday</td>
<td>3:45- 5:00pm</td>
<td>2016</td>
</tr>
<tr>
<td><strong>Math Club</strong></td>
<td>Samantha Notch</td>
<td>Every other Wed OR Tues mornings</td>
<td>3:45pm</td>
<td>2181</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7:45am</td>
<td>2181</td>
</tr>
<tr>
<td><strong>First Lego League</strong></td>
<td>Tonya Hetland and Kaleb Kosak</td>
<td>Tuesdays</td>
<td>3:30-5:30pm</td>
<td>2172</td>
</tr>
<tr>
<td><strong>Student Council</strong></td>
<td>Shaina Winning</td>
<td>1st and 3rd Thursdays</td>
<td>3:30pm</td>
<td>1156</td>
</tr>
<tr>
<td><strong>Technology Student Association (TSA)</strong></td>
<td>Kristi Leverson</td>
<td>Mondays</td>
<td>5:35- 4:35pm</td>
<td>1138</td>
</tr>
<tr>
<td><strong>Yearbook</strong></td>
<td>Cameron Haaland and Amber. Schick</td>
<td>Wednesdays</td>
<td>3:45-4:30pm</td>
<td>2038</td>
</tr>
</tbody>
</table>

**Math Club**

Here at Liberty, we would like to give you the chance to share your interest in math with your peers. Math club will be time for students to do fun math activities that are not necessarily related to what they might be doing in their current math class. Students may have the opportunity to share any facts or interest in concepts they have about a certain area in math if they would like to do so. We will spend our time together working through various problems at various speeds. Feel free to join us whenever it works in your schedule. We meet every other Wednesday after school for 45 minutes or every Tuesday morning before school at 7:45. Hope to see you there! Contact Ms. Notch or visit her in room 2181 if you have questions.