



Congress Middle School

Session 4 Intramurals

FORMS DUE BY: Friday, April 5th!!!

Dear Parents and Students:

Congress Middle School is pleased to announce its intramural activities for Session 4. Intramurals will be held from 2:35 to 4:00 pm. After-activity buses leave Tuesdays and Thursdays at 4:10 pm. These buses are shared with Plaza and they run express neighborhood stops. **They do not run regular bus stops.** Students should look up their bus route in Infinite Campus under the transportation tab **prior** to the first night of intramurals.

Intramural forms will be collected by team teachers starting Tuesday, March 26th. Activities will be filled as they are received. For your best chance of being placed in the activity of your choice, turn your form in as soon as possible! Intramural descriptions can be found on the back of this form. Fees listed below are due on the first night.

If you have specific questions about the intramural offerings listed, please contact the intramural coordinator, Miss Hart, through email: harta@parkhill.k12.mo.us.

Intramural Permission Form

Session 4: Tuesday, April 9th -Thursday, May 9th

CIRCLE YOUR CHOICE BELOW. You can only circle ONE choice for each day. You may write in a second choice below if you choose (in case your first choice is full). You do not have to sign up for both days.

<u>Tuesdays</u>	<u>Thursdays</u>
Batman Movie Club (Hild)	
Box Wars: Chariots of Fire (Quick)	7 th Grade Homework Help (Kohmetscher)
8 th Grade Homework Help (Meier)	Run Club (Thyssen)
BBQ Society \$10 FEE (Langdon/Hoffmann)	Art Club (Wenzel)
Ukulele Orchestra (Cochran)	Solo and Ensemble Prep (Stapfer)
Walk and Talk (Dr. Richardson/Still)	Sports Mania (Meier)
Junior Sheriff's Academy (Deputy Ray/Faudere)	

I give my child (**PLEASE PRINT NAME CLEARLY**) _____ permission to participate in the activities listed above. My child will either ride the After School Bus or I will pick my child up at CMS by 4:10pm. **Failure to have a ride by 4:10 may prohibit future participation in intramurals.**

Parent Signature: _____ Date: _____

TEAM: _____ **LIFE ED TEACHER:** _____

****Receiving a bus conduct on the afterschool bus will result in suspension from late bus transportation for the remainder of the year.**** ****If you sign up, please show up. Failure to show up for intramurals may result in not being allowed to sign up next session!**

Tuesday:

Batman Movie Club: Ready for some action? Bring a snack, join with a friend, and watch Batman bring justice to Gotham City as he fights Scarecrow, Joker, Bane and others.

Box Wars: Chariots of Fire: Two teams will build chariots to race on the track. The engineering challenge is that they're made from cardboard, box tape, and hot glue. All are welcome, no building experience necessary.

8th Homework Help: This is open to any 8th grader who needs a little extra time, support, and a quiet place to work on homework. Please come with homework, study materials, questions, and a positive attitude.

Ukulele Orchestra: This fun intramural is for students who want to get better at the ukulele. We will cover the basics: strumming patterns and chord configuration. It is best if you can provide your own ukulele.

BBQ Society (\$10 FEE): Do you want to learn how to BBQ with the best in KC!? If so, the Congress BBQ Society is for you! We will teach you how to be a master K.C. griller! Come learn how to properly light a charcoal grill and a 600 lb smoker. We will prepare, cook and eat a multitude of meats. Come be a part of an old K.C. tradition and be a BBQ pro!

Walk and Talk: Are you looking for a little bit of fresh air? How about a little bit of cardio? Most importantly, can you walk and talk at the same time? Join Walk and Talk! Each Tuesday we will go for a nice walk around the surrounding neighborhoods and make a QUICK stop by QuikTrip for a tasty treat! You must bring your own money to purchase food at QT.

Junior Sheriff's Academy: Interested in a career in Law Enforcement or Crime Scene Investigation? Consider joining the Junior Sheriff's Academy hosted by the Platte County Sheriff's Office. Cadets will participate in sessions regarding crime scene investigation and law enforcement practices. Cadets will also use skills learned in the classroom and apply them in interactive scenarios. Applicants must be able to meet the following requirements: **Good academic standing, school citizenship (discipline), attendance, and a minimum of 2 teacher references.** Applicants meeting these requirements will advance to an interview with Deputy Ray. 20 applicants will be accepted. Please contact Deputy Ray (room 403) for an application. Deadline to complete this application is Thursday, April 3rd.

Thursday:

7th Homework Help: This is open to any 7th grader who needs a little extra time, support, and a quiet place to work on homework. Please come with homework, study materials, questions, and a positive attitude.

Run Club: Hey Congress Cougars! If you love to jog or run, or have never tried it, come join Ms. Thyssen for run club! We will be running anywhere from 2-4 miles and doing other fitness related activities around the Park Hill campus.

Art Club: Art Club provides materials, instruction and support for any student who is seeking to be the next Bob Ross or just looking for a creative outlet. During Art Club, seventh and eighth grade students will have the opportunity to explore a variety of materials, learn new skills and create individual as well as group artworks.

Solo/Ensemble Prep (band/orchestra students only): This intramural is open to any band or orchestra student who would like to have a place to practice where they can get feedback from an instrumental music teacher.

Sports Mania: Basketball? Football? Ultimate Frisbee? Mania? If you like any of these things and more, then Sports Mania is the place for you. Bring your A-game.