

# Duluth East Clubs and Activities

## ABO Hounds

Group meets to support Memorial Blood Centers blood drives here at East. Meetings will be a few weeks before each of the three blood drives.

## ANIMEE Club

The Duluth East Anime Club is a group of students who share a love for Japanese anime and manga. They divide their meetings between viewing anime and sharing manga (graphic novels). They also share their own original manga artwork.

## Association

Service and social organization that sponsors many events during the school year, including homecoming activities, talent show and the sweetheart dance.

## Birch Log Yearbook

The Birch Log staff is chosen each spring for the upcoming year. Students learn finance, layouts, marketing, photography and other skills while producing an award-winning yearbook for the student body.

## Business Professionals of America - DECA

An Association of Students taking the Business and Marketing classes at East. BPA/DECA participate in region, state and national competitions in business and marketing as well as community and school activities.

## Cadets

East has a number of opportunities for students to serve the school in office areas and certain teaching stations. Cadets may earn ¼ credit per semester for their service.

## Clay Target League

The Minnesota State High School Clay Target League is a non-profit corporation independent provider of shooting sports as an extra-curricular coed activity to high schools for students in grades six through twelve who have their Firearms Safety Certification.

## Duluth FFA

A national organization (previously known as Future Farmers of America) is for students enrolled in the agriculture classes: Forestry, Fish and Wildlife and Plant Science-Greenhouse. FFA's mission is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.

## Drama Club

The Drama Club assists with the production of the fall, winter and spring plays. The members participate in all aspects of play production, including acting, set-building, and lighting.

## Executive Board

An auxiliary branch of the Student Forum. The Executive Board is made up of Juniors and Seniors who are elected in the Spring for the upcoming school year. This group coordinates activities of the Student Forum for the school and community.

## FCS (Fellowship of Christian Students)

FCA promotes healthy living, service and scholarship through a Christian perspective. All are welcome.

## FCCLA-HERO Family Careers and Community Leaders of America/ Home Economics and Related Occupations:

Student leadership organization, nation-wide with competitions for Early Childhood, Culinary Arts, Fashion/Design, and more. If interested in this organization, register for Early Childhood and Education Professions and earn college credit. Active organization in community events, service learning, competitions state and national level.

## Gay Straight Alliance (GSA)

GSA is a diverse and caring group of students who have the intelligence and self esteem to be who they really are in the face of reality within a high school building. The groups focus on providing every person who walks in the door with the opportunity to tell a story share parts of our lives with each other in a safe, quiet and caring environment.

## German Club

An organization made up of students who are interested in learning more about the German language and culture!

## Green Club

As The Green Club, we aspire to impact our community, nation, and world, by educating, inspiring, and involving people. Our aim is to help people become more efficient and to help bring balance to their inner and outer environments in order to help them into a greener future.

## Greyhound Newspaper

The Greyhound is published by the journalism class, which is chosen each spring for the upcoming year. Students learn many aspects of journalism while producing an excellent newspaper provided free for the student body. Journalism is an English elective class for credit.

## Grill Team

Our goal is to spice up all the school events with the culinary arts and festive fun. We are here to bring a smile to the hungry, grill with us!

## HOSA Future Health Care Workers:

HOSA is a 100% health care orientated organization that builds leadership confidence to succeed in career goals. HOSA offers hands on application of professional and personal skills. Students compete in exciting health care competitions of their choice and attend seminars to become educated in health care fields.

## Hound Pack

Open to upperclassmen who want to mentor members of the Freshmen class. Leaders act as positive role models, motivators, student mentors and teachers helping guide the freshmen to discover what it takes to be successful during their high school transition.

## International Student Club (ISC)

Student exchange club - to improve our worldview lens. Meetings: Thursday after school in room 3027

## Intramurals

East High School promotes a strong Intramural Program to involve many students in several sports such as: Ultimate Frisbee, Dodgeball, Basketball, and Volleyball.

## Key Club

Duluth East Key Club is a Kiwanis sponsored organization. Our parent club is Kiwanis of Friendly Duluth. Our goal is to provide our members with opportunities to build character and develop leadership by creating a better community through the act of service.

## Knowledge Bowl

An academic team that competes in local and state meets

## Math Team

The Math team participates in local and state meets.

## National Honor Society (NHS)

An organization of students who meet the NHS guidelines for academic excellence. The NHS has tutoring for East students.

## Open Mind

A creative compilation of student work including poetry, prose, art, and photography. Students can participate by submitting works for publication and/or reviewing submissions and helping to create Open Mind issues. Meeting times vary.

## Robotics Team

Duluth East Robotics is part of FIRST robotics (For Inspiration and Recognition of Science and Technology) and the MSHSL. This is a program where science and sports meet. Every year we are given a new task or game to play. All teams have 6 weeks to build a robot to compete in the game. Our robot is our athlete but our students are the minds and bodies behind the robot. East robotics plans to compete in Duluth and Minneapolis this year.

## Rowing Club

Rowing is a great sport for building strength and conditioning. Join the Duluth Rowing Club on Park Point. Learn the basics, compete, and have fun! Beginners and experts both welcome.

## School Garden Group:

EHS Garden Committee is for students and staff interested in planning and implementing a school food garden on the East campus. The mission of the East High School garden is to empower students to be self-reliant, think critically, and establish healthy eating habits through hands-on learning in order to enrich our school and community".

## Scott Anderson Leadership Forum (SALF)

Leadership Organization for grades 10-12 designed to involve students in improving student and community life. Students aid other student organizations with special projects, work to create a positive East environment and reach out to local community groups to provide support through volunteerism.

# Seasons for Athletic Teams:

## 1. Fall: mid-August to mid-November

Girls Tennis, Girls Swimming, Boys & Girls Soccer, Girls Volleyball, Boys & Girls Cross Country Running, Boys Football, Cheerleading

## 2. Winter: mid-October to mid-March

Boys & Girls Hockey, Boys Swimming, Boys & Girls Alpine Ski, Boys & Girls Nordic Ski, Boys & Girls Basketball, Dance Team, Cheerleading

## 3. Spring: mid-March to early-June

Boys & Girls Track, Boys Tennis, Boys & Girls Golf, Softball, Baseball, Boys & Girls Lacrosse



## Student Forum

An organization representing all grade levels of the student body of East High School. Forum allows students to present and discuss their ideas and concerns. Students are selected through an application process and meet once per grade period with Executive Board members and participate in school and community projects.

## Spanish Club

An organization made up of students who take Spanish. If other students choose to participate they are also welcome! A few of the activities of this group include: Going to local elementary schools to teach Spanish with fun and interactive activities, providing presentations for community activities

## Speech

Speech Team is for drama stars, poets, politicians, history buffs, humorist performers and anyone who wants to be a part of a team that learns what it means to be a confident speaker. Speech is a MSHSL team that competes on Saturdays starting in January. No try-outs or cuts, if you want to be on the team there is a spot for you!

## Super Smash Club

The Super Smash club is a group of video minded people who love to get together, play video games, and laugh a lot. Meet weekly on Tuesday's from 3:30-4:30 in room #220. So if you like to play videogames, enjoy the camaraderie of other video lovers, this is the place for you!

## Students for the Future

Student group that promotes district wide events to create a sense of community. Create a connection with students/teachers/administrators/policy makers about decisions being made that will impact future students.

## Youth in Government

Is a must for politicians, history buffs, leaders, lawyers and anyone interested in politics or debate. Youth in Government offers two programs both in the cities, Model Assembly in the Minnesota Capitol (four days in January) and Model United Nations (Three days in March). If you have ever wanted to be a legislature, a judge, a lawyer, an ambassador or just want to debate then YIG is perfect for you!

## Visual/Media Arts Club

Join us in making ART more visible at Duluth East High School. We will have a wide variety of projects, collaborative and individual. Help design t-shirts, murals, posters. Meet guest speakers, plan field trips and an "Evening of The Fine Arts" and other art exhibits. Art contests and awards, bi-monthly featured art or artists on the morning announcements.

*"Widespread participation and outstanding performance in a variety of co-curricular activities bring the community closer to the schools and the students, thereby increasing awareness of and support for our students"*

# Activities

Duluth East High School is a member of the Minnesota State High School League (MSHSL) and follows its rules and regulations. Activities that have a defined season leading to MSHSL elimination tournaments, contests, or festivals, including inter-scholastic athletics, competitive speech, music, dance, and cheerleading are governed by the rules as set forward by the MSHSL. Anyone participating in MSHSL sponsored activities is responsible to abide by the rules set forth by the MSHSL and Duluth School District ISD 709.

**Activity Fees** for all MSHSL sanctioned co-curricular activities are:

1. Category One - \$500.00 Boys and Girls Hockey
2. Category Two - \$235.00 Baseball, Basketball, Football, Soccer, Softball, Speech, Volleyball, Swimming, Lacrosse, Debate
3. Category Three - \$185.00 Cross Country Running, Tennis, Track, Cheerleading (per year), Dance Team, Golf, Skiing-Alpine, Skiing-Nordic
4. Category Four \$60.00 Math Team, Knowledge Bowl, Drama/One Act

## Activities Department

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- ◆ Sophomores **MUST** have a current physical on file dated after June 1<sup>st</sup>
- ◆ Grades 7 – 9 must have a current physical on file in the Activities Office. (No physical = No Play)
- ◆ All participants must reside in the Duluth East attendance district.
- ◆ All exchange or transfer students must be cleared by the MSHSL and the East Activities office prior to ANY participation!
- ◆ All Fee must be paid prior to the first contest, no fee = no participation. Fees paid online.
- ◆ Students must inform their coach of any unserved penalties, suspensions, or eligibility issues.
- ◆ Online registration can be found on the East Activities Website - no paper copies accepted.

# Duluth East High School



## Sportsmanship Rules for all Students and Fans whom attend East Athletic Contests:

We ask that you abide by the rules and guidelines set forth by the Minnesota State High School League.

1. Respect our flag and National Anthem.
2. Use Appropriate Language: No profanity, negative chants, booing, trash talking, or name calling.
3. Respect Everyone: Treat each person the way you would want to be treated.
4. Personal attacks and taunting are unacceptable.
5. Respect the Game: Do not interfere with it.
6. No Signs, Flags or Noisemakers.



Home to State Champions  
and Scholar Athletes