

## Intramural/Co-Curricular Programs

Intramurals are incredible extracurricular opportunities to extend knowledge, exercise the mind and body, and develop social skills. Please browse the following intramural offerings and know there may be more coming especially in the second semester.

\* As part of our Three R's, we encourage interested students to take the **Responsibility** and contact the program sponsor themselves.\*

Please email sponsors with any questions.

See below the exciting Intramurals Patapsco will be offering this school year.

### Glee Club

- Open to 6th-8th Grade Singers IN THE VOCAL MUSIC PROGRAM
- Max of 30 students- BY AUDITION ONLY (Please sign up on Mr. Rainbow's door or email him directly to sing during an academic knight time)
- **Starting Tuesday September 27th**
  - Tuesdays from 3:00-4:15 in D10
- Come perform popular music from today, yesterday, and decades ago! This group focuses on performing music that has been popular or that is currently popular in a choral format. Ever heard of Pentatonix? This is the same thing just bigger 😊  
Please email Mr. Rainbow if you have any questions.

Sponsored by Mr. Rainbow [Michael\\_Rainbow@hcpss.org](mailto:Michael_Rainbow@hcpss.org)

### MESA

MESA students are able to see the real world applications of what they are learning in school, develop the STEM skills they will need in the future, and begin to see themselves in STEM careers. Held Monday and Wednesday. November - March. For more information email Ms. Stephenson

Sponsored by Ms. Stephenson [Danielle\\_Stephenson@hcpss.org](mailto:Danielle_Stephenson@hcpss.org)

### Tabletop and Miniature Games Club

Students will learn to play and have fun in many strategy tabletop and miniature games. Mr. Na will bring his favorite games and teach students how to play. The games include the following.

BlitzBowl          Settlers of Catan          King of Tokyo  
Dungeon Mayhem          Specter Ops

Also, students will have opportunities to learn how to paint miniatures using Mr. Na's airbrush, paints and brushes. You just simply need to bring your own miniature(s). This club will meet on Thursdays from 3:00 to 4:00 pm in Tech Ed room, F3. The dates are 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, and 11/17. Forms will be available in Mr. Na's room(F3), completed with parent signature, and returned to Mr. Na before 9/21. This club is offered to a maximum of 16 students.

**Sponsored by Mr. Seth Na** [seth\\_na@hcpss.org](mailto:seth_na@hcpss.org)

## **Heart & Sole**

Heart and Sole helps girls unleash their potential by focusing on five key things: body, brain, heart, spirit, and connection. Heart and Sole is the 6th-8th grade Girls on the Run program. Coaches inspire girls to value what makes them unique, and together, participants uncover confidence and understand the importance of physical and emotional health. Girls work on setting goals geared toward physical and emotional health, and actualize those goals through exercise, discussion, and connection.

The program runs from Monday, September 19th (first practice) to Saturday, December 3rd (5K). Each season ends with a noncompetitive 5K where girls celebrate who they are, how far they have come, and where they want to go. The program will run after school on Mondays and Thursdays from 2:50 pm - 4:15 pm.

Participants must register through Girls on the Run and can do so using the following link - [Heart & Sole Registration](#)

**Sponsored by Ms. Grace Kelly** [grace\\_kelly@hcpss.org](mailto:grace_kelly@hcpss.org)

## **Loomineers**

Students will meet in Trailer 1 from 3-4 every Wednesday starting on 9/28 and running until May. We will not meet on half days. Students will learn how to use circular looms to knit hats and bags for personal use, for gifts, and/or for donation. Mrs. Shaw will provide looms, loom tools, and a variety of donated yarn, but students may have more fun with their projects if they bring their own yarn. Students are welcome to borrow yarn, looms, and tools to take home and work on projects outside of the club, but they have to remember to bring them in every Wednesday. Students are allowed to have snacks and listen to music while they work. For more information email Ms. Shaw. Permission slips are located in the office.

**Sponsored by Ms. Shaw** [elizabeth\\_shaw@hcpss.org](mailto:elizabeth_shaw@hcpss.org)

## **Table Soccer**

A hands on board game of skill and fun that simulates soccer.

Dates: Oct. 12, 19, 26 Nov. 9, 16, 30 Time: 3-4PM. Permission slips are located in the office

**Sponsored by Mr. Eyes**