



# Sacred Heart

## A C A D E M Y

At Ursuline Campus

# 2008 - 2009 Clubs, Activities and Sports

## CLUBS AND ACTIVITIES

### AFRICAN AMERICAN VOICES

#### Open Enrollment

African American Voices provides opportunities for students to meet, discuss concerns, share ideas, and participate in social and service activities. A significant goal of the club is to raise awareness regarding African American history and the contributions of African Americans through assemblies, small group presentations, field trips and other activities.

### AMBASSADORS

#### Application only (So, Jr, Sr)

Ambassadors of Sacred Heart are students who take a great deal of pride in SHA and would like to share their enthusiasm with students and parents outside the Sacred Heart community as well as within the school itself. Ambassadors assist the director of admissions in recruitment of prospective students, i.e., visit elementary schools to present information about SHA, host recruitment events at SHA such as sport and pizza nights, call and write prospective students, and help with incoming freshmen. Interested sophomores, juniors and seniors apply by completing an extensive application. Membership requires a great deal of time, especially in September, October, and November. Students involved in other clubs, sports or jobs must be willing to make this club a priority.

### AMNESTY INTERNATIONAL

#### Open Enrollment

Amnesty International is a worldwide organization whose purpose is to promote the observance of human rights globally, believing that as individuals we have the right and responsibility to demand that governments ensure human rights for all people. Members write letters of petition to legislators, ambassadors, and other government officials to request the release of the wrongly imprisoned and to solicit help for those in need. Members meet regularly to complete these letters of petition and to work on other projects.

### ANIMAL RIGHTS CLUB

#### Open Enrollment

The Animal Rights Club (ARC) uses non-violent means to secure the rights of animals locally and globally. The members believe that all animals deserve to be treated humanely and with respect. Members discuss current events, write letters of petition to government officials concerning inhumane practices, and maintain contact with other state and national animal rights groups. Service projects include work with local shelters and animal adoption organizations. The club meets once a month.

### ART CLUB

#### Open Enrollment

The Art Club brings together creative students to enrich Sacred Heart Academy with art. Major projects include painting the hallways above the lockers and assisting others who ask for artistic help. Students are also provided new perspectives and insights from viewing the artwork of different artists through occasional field trips after school to local galleries. The Art Club meets twice a month. All students are welcome, including those not enrolled in art classes.



### ASIAN AMERICAN CLUB

#### Open Enrollment

The SHA Asian American Club is dedicated to raising awareness of Asian cultures. Club members attend meetings and activities each month. Activities include Asian cuisine, martial

arts, guest speakers, cultural presentations, craft-making, and other activities generated by member interest.

### BETA CLUB

#### Open Enrollment with qualifications

The Beta Club develops and nurtures individuals by providing opportunities and experiences for them to demonstrate character, achievement, service and leadership within their community. The Beta Club meets monthly to organize such events as the Dream Factory toy drive and the Dare to Care food drive. Open to sophomores, juniors, and seniors with a GPA of at least 3.3. A service component is required.

### BOOK CLUB

#### Open Enrollment

The Book Club is dedicated to enhancing the personal reading experience of its members. Meetings are held monthly for group discussions of each book read. The club focuses on both classical and contemporary literary works from Shakespeare's *Much Ado About Nothing* to Louis Carroll's *Alice's Adventures in Wonderland*. Reviews of works are written and submitted to the SHA newspaper, *the Rune*. The club also participates in movie viewings, book drives, and local events.

### CULINARY CLUB

#### Open Enrollment

The Culinary Club is for students with a passion for cooking or for students who simply want to learn the basics. Members will be taught kitchen safety and learn to cook full course meals as well as simple meals for college dorms. Meetings are held monthly.

### DIVERSITY LEADERSHIP TEAM

#### Application Only

The Diversity Leadership Team aims to help members of the Sacred Heart community grow in who they are meant to be by creating acceptance and awareness, breaking stereotypes, and broadening horizons, thereby strengthening Sacred Heart. This group hosts monthly forums to discuss issues of diversity in the community, and to organize programs to teach students about different aspects of diversity.

### DRAMA CLUB

#### Open Enrollment

The Drama Club is a support group for the Ursuline School for the Performing Arts. Drama club members serve as ushers and ticket-takers for plays. They also help with set design, lighting, and fundraising. Members may perform in one-act plays staged for local groups such as hospitals, day cares, and nursing homes, or attend a performance at a local theater.

### ENVIRONMENTAL SCIENCE CLUB

#### Open Enrollment

The Environmental Science Club offers students an opportunity to become involved in the protection of our ecosystem. Students participate in school-wide activities including recycling, environmental awareness, and various national and international environmental organizations such as National and International Wildlife Federation, and Greenpeace. The club participates in Louisville's Operation Brightside.

### EQUESTRIAN CLUB

#### Open Enrollment

The mission of the Equestrian Club is to provide an organization for Sacred Heart students to learn and share the different disciplines of horseback riding and to share their love and knowledge of horsemanship with the school and the community. Members are invited to go on trail rides, attend local horse shows, and help raise money for horse-related organizations. Meetings are twice a month.

### FELLOWSHIP OF CHRISTIAN ATHLETES

#### Open Enrollment

This club offers an opportunity for athletes to get together in Christian fellowship for prayer and encouragement. Meetings may include speakers who are athletes and live out their Christian values through sports. Members will actively encourage players in all sports.

### FRENCH CLUB

#### Open Enrollment

The French Club meets once a month to promote an interest in the study/appreciation of France, its people, language, and culture. Activities include guest speakers, dessert-making contests, meetings with other language clubs, games and crafts.

### FRENCH SCRABBLE

#### Enrollment: Junior Varsity-French II Varsity—French III / IV / V

This club provides a fun, competitive way for French language students on Junior Varsity and Varsity teams to put into use what they have learned in the classroom through bi-weekly French Scrabble matches with other high school students in the Louisville area. Matches run October through February.

### GEM CLUB

#### Open Enrollment

The Gem Club focuses on promoting awareness of and appreciation for semi-precious and precious stones. Activities include rock and stone identification, cutting and polishing techniques, presentations, and possible trips, as decided by members' interest. Meetings are monthly.

### GOVERNOR'S CUP ACADEMIC TEAM

#### Faculty Invitation

Governor's Cup Competition consists of eight events: five written assessment examinations (math, science, social studies, language arts, and general knowledge), a composition competition, Quick Recall and Future Problem Solving Teams. Students who participate are chosen by the faculty. District, regional, and state Governor's Cup Competitions take place in February and March.

### INTERNATIONAL ACTION

#### "INTERACT" CLUB

#### Open Enrollment

Interact is a combination service and social club in which students develop leadership skills while learning the value of teamwork. Members work to improve the quality of life in their own community and throughout the world. The club carries out two major service projects a year. One project serves the school or local community and one furthers international understanding. Smaller projects are also undertaken. Meetings are bimonthly; attendance is required. Nominal dues are collected.

### INTRAMURALS

#### Open Enrollment

SHA sponsors four intramural sports for students with varying degrees of skill: Volleyball, Flag Football, Basketball, and Ping-Pong. Students are encouraged to sign up for these fun-filled activities.

### MARKETING CLUB

#### Open Enrollment

The Marketing Club serves to enable peer to peer marketing of campus activities through an application of basic marketing concepts. The Marketing Club represents SHA in business competitions on a local and national level to increase member knowledge of basic business fundamentals and career options. The club also works in conjunction with the campus store to gain marketing experience.



### MATH TEAM

#### Enrollment limited to 25

This organization is for students who excel in math and enjoy academic competitions and the challenge of non-routine math problems. It is open to all students. SHA is a member of the Greater Louisville Math League, which has

competitions four times a year. Three students from each grade level participate in each competition. The math team usually meets twice a month from late September through March.

### MUSIC HONOR SOCIETY

#### Grade 10-12 Application only

The Tri-M Music Honor Society is the international music honor society for secondary school students with musical achievement. The criteria for membership are an "A" average for the previous semester in music, a "B" average in all other academic subjects, and character, cooperation, leadership and service. The primary goal is to raise awareness of and support for music education and musical performance opportunities. Students meet monthly.

### NATIONAL HONOR SOCIETY

#### Application only

National Honor Society is open to juniors and seniors by invitation only. Students who have a 3.75 cumulative GPA or rank in the top 20% of their class are mailed applications in the summer. To be eligible for membership, students must also illustrate the following: character by perfect conduct (no 2's or 3's), service by completing all SHA-required service hours, and leadership by involvement in at least three extra-curricular activities. Once accepted, members must maintain the above academic and character standards while also completing 10 hours via NHS service projects per year of membership.

### OPHELIA MENTORING PROGRAM

#### Enrollment open to Juniors and Seniors self-nominated or chosen by faculty

The Ophelia Project is a mentoring program in which juniors and seniors help sixth grade girls recognize and maintain their "true selves." After reading the book *Reviving Ophelia: Saving the Selves of Adolescent Girls* and participating in training, mentors bring their own experience and an entertaining experiential curriculum to local Catholic schools to help sixth grade girls deal with situations that might invite them to hide or change their true character and values.

### PEER LEADERS

#### Faculty Recommendation

The Peer Leader Program is an Archdiocesan program in area Catholic high schools. Peer leaders make a commitment to be alcohol, drug and tobacco free. They act as mentors and role models to other students by exhibiting healthy behaviors. To be a Peer Leader, the student must apply and get recommendations from faculty and other adults who are well acquainted with the student's values and behavior. Peer Leaders work with elementary schools and SHA's freshman religion classes.

### PHOTOGRAPHY CLUB

#### Open Enrollment

The Photography Club is for students who wish to expand their knowledge and understanding of the art of photography. Members explore different methods of film developing and negative printing. They learn about different photographers and their styles. Activities include field trips to special sites and galleries. Meetings are held as needed to develop and print photos and to discuss activities/projects.

### POLITICS IN ACTION CLUB

#### Open Enrollment

This club is open to students interested in politics and issues such as civil rights, the environment, campaign finance reform, and United States domestic and foreign policies. The purpose is to promote awareness of current and past political issues involving the United States. Activities include debates on U.S. domestic and foreign policies, service projects, mock elections, and writing to Kentucky's congressional representatives. Members must attend at least 50% of the monthly meetings, including, but not limited to, one debate and a service project.

### REDCROSS CLUB

#### Open Enrollment

The Red Cross Club hosts a yearly blood drive and a fundraiser to support the American Junior Red Cross. The club offers service opportunities for students interested in providing

educational programs to elementary age children on the Ursuline Campus. Members make tray favors for area nursing homes.



#### SCIENCE OLYMPIAD

##### Open Enrollment

Science Olympiad is an international organization devoted to promoting interest in the sciences. The organization hosts tournaments at the intramural, district, regional, state and national levels. Competitions are individual or team events and include topics such as electronic circuit design, disease detective, ecology, and practical science problem solving. Students discuss strategies, practice skills and design projects. Science Olympiad is open to all students with an interest in science.

#### SCRAPBOOK CLUB

##### Open Enrollment

The Scrapbook Club is for students who have a passion for photos and crafts. The purpose of the club is to make a scrapbook to promote school activities and clubs at Sacred Heart Academy. The meetings are once a month for approximately an hour to compose a yearly scrapbook by the end of the year.

#### SPANISH CLUB

##### Open Enrollment

The Spanish Club is designed to promote the study and enjoyment of Hispanic culture and language. Members raise money to help Hispanic immigrants in the Louisville area and needy groups in the Spanish-speaking world. The club has speakers, food-tasting parties, dance lessons, musicians, and crafts. It promotes interaction with Spanish clubs from other schools.

#### STUDENT ADVISORY BOARD

##### Elected by student body

This committee is composed of elected student representatives from each TEAM and two faculty members. The committee takes students' suggestions for improving the education and student life of our SHA community. It discusses ideas or concerns that are brought to it and presents its suggestions for actions or solutions to the administration or other appropriate groups.

#### STUDENT COUNCIL

##### Elected by student body

Student Council consists of one representative from each TEAM room who is elected in the fall of the year. The Executive Board of Student Council is elected in a school-wide general election in the spring of the year before they serve in office. Student Council meets weekly throughout the year. The Council is student-run and plans all student-generated activities sponsored by the Student Council. Activities include the Directory Cover Contest, Fall Guy Contest, and Christmas Card delivery. Auxiliary units of the Student Council are Agape, Community Awareness Committee, Student Activities Committee, and 100 Club. Each of these subsidiary groups has its own elected officers, responsibilities and faculty sponsorship.



#### STUDENT COUNCIL-AGAPE RELIGIOUS CLUB

##### Open Enrollment

This club is an auxiliary of the Student Council. Members of Agape help provide prayer opportunities for the SHA community. They plan liturgies and prayer services, lector, write petitions and prayers. They act as Eucharistic ministers, music ministers and take other roles

as needed. They select and read morning prayers over the PA, create banners, posters, etc. for liturgies. The Agape club president is a junior or senior elected position. Meetings are once a month (more often when closer to liturgical events). All students are welcome to participate.

#### STUDENT COUNCIL-COMMUNITY AWARENESS COMMITTEE (CAC)

##### Open Enrollment

CAC is an auxiliary of the Student Council and a school-wide service club that is open to every student. Meetings are held on the first and third Tuesday of each month. The main purpose of CAC is to give service to the local and world communities and to educate students about places where their gifts and talents can be shared. CAC may reach as far as Paraguay (with a dental drive helping a Peace Corps worker) to Appalachia (bringing Christmas to many families,) or to local St. Ann's with a tutoring program. Students who want to meet other students at SHA, and share in the heart by service to others, should come and join CAC. Make a Difference!

#### STUDENT COUNCIL-100 SPIRIT CLUB

##### Elected by student body

The 100 Club is an auxiliary of the Student Council and is the "100% Spirit Club" of SHA. The club consists of one elected representative from each TEAM room. Representatives announce and promote attendance at athletic events, plays, choral concerts and academic competitions. They also plan and participate in pep rallies and spirit weeks. These representatives are elected in the fall of each year. Officers (President, Vice President and Secretary) are elected in the spring of the year before they serve in office. Reps and officers meet once a week all year.



#### STUDENT COUNCIL-STUDENT ACTIVITIES COMMITTEE

##### Open Enrollment

This club is an auxiliary of the Student Council. The student coordinator is elected in a school-wide election. The club is completely student driven with assistance by a faculty sponsor. The club organizes assemblies for the student body. Members arrange student exchanges with other area high schools. The student activities committee also produces the Talent Show. Enrollment is open to all grade levels. Members must attend at least four meetings/activities to be considered active participants.

#### STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD)

##### Open Enrollment (with signed contract)

The SHA SADD Chapter is a student-led organization dedicated to eliminating underage drinking, and the use of drugs and other destructive decisions. SADD members work within the community and school to help peers realize the consequences of destructive choices. The club is dedicated to raising awareness, educating minds and saving lives.

#### STUDENT YMCA/KUNA/KYA

##### Open Enrollment

The Student YMCA is chartered by the Kentucky YMCA that promotes service, leadership, and character development through student-organized service to the school and community and through fellowship with peers, adults, and YMCA staff. Members are eligible to participate in KUNA, Kentucky United Nations Assembly and KYA, Kentucky Youth Assembly and other various Leadership Training Workshops. The Student YMCA is open to all students who wish to become servant leaders to their schools and communities and who accept the YMCA core values of caring, honesty, respect, and responsibility.

#### YOUTH FOR LIFE CLUB

##### Open Enrollment

The SHA Youth for Life Club is dedicated to respecting life from conception to natural death.. This includes the unborn, dying, aged, abused, poor, homeless, addicted, imprisoned, disabled, and those with AIDS. By getting involved with people in these various walks and stages, students heighten their awareness,

understanding and compassion towards all people.

## SPORTS

**BASKETBALL**-Tryouts begin October 15. Varsity, JV and Freshman teams are offered. The focus of the program is learning and executing the fundamentals of the game and applying them in game situations. There are tryouts for the very competitive spots on the teams. For those who do not make the team but wish to remain in the program, managers are always welcome. A school letter is awarded for those who complete the season.

**BOWLING** - The bowling season officially starts on November 1. Practice is every Tuesday from 3:30-5:30 at Ten Pin Lanes. Competitions begin in January. The state bowling finals are the second week in May and are held in Louisville.

**CHEERLEADING** -Tryouts are in the spring. Varsity and JV teams are offered. The team is chosen around the second week of May. Incoming registered freshman students are welcome to tryout. Team members attend camp in the summer, cheer for varsity and JV basketball games and other selected athletic events in the fall. A school letter is awarded to those who complete the season.

**CREW** - Tryouts begin in mid-February. The team practices at the Louisville Rowing Club boathouse on the Ohio River five days per week, with one early morning practice included. The team participates in one local regatta, a small regional regatta in Indianapolis, and two large regional regattas in Cincinnati. The rowing season lasts until mid-May.

**CROSS COUNTRY** - Conditioning begins July 15. Varsity and JV teams are offered. All students are welcome, and individual performance determines the top runners. The focus is the team and the annual goal is the state title. The Cross Country team practices everyday after school and competes in large meets on the weekends with several smaller meets during the week. Cross Country is an excellent way of getting in shape for another sport. A school letter is awarded for those who complete the season.



**DANCE TEAM** - Tryouts are in the spring. The main goal of the SHA Dance Team is to promote school spirit, to support all other SHA teams, to create a team friendship and unity, and to represent SHA in a positive and enthusiastic way. The Dance Team performs at pep rallies, basketball games, and other school functions. The team also performs at outside functions upon request. The team competes in regional and national dance competitions and summer camp.



**FIELD HOCKEY** - Tryouts begin July 15. Varsity, JV and Freshman teams are offered. Practice is four to five days a week in the late afternoon with games in the early evening once the season begins. A school letter is awarded for those who complete the season.

**GOLF** - Tryouts begin July 15. Golf is an individual as well as a team sport. The golf team is annually competitive for the regional and state titles. A school letter is awarded for those who complete the season.



**LACROSSE** - Lacrosse is a spring sport. The team is sponsored through the Kentucky Lacrosse Association at a cost per player which includes league fee, uniform, officials and membership in the US Lacrosse Association. Practice is on campus two to three times per week. The team has out-of-town trips for selected games. Players purchase their own equipment.



**SOCCER** -Tryouts begin July 15. Varsity and JV teams are offered. Team members practice five days a week. All students who work hard and are looking to improve their athleticism not just on the soccer field but in all sports are welcome to try out. A school letter is awarded for those who complete the season.

**SOFTBALL** -Tryouts begin February 15. Varsity and JV fast pitch teams are offered. Games start the last week in March and continue through May. A school letter is awarded for completion of the season.



**SWIMMING** -Training begins October 15. All students are welcome, and individual performance determines the top swimmers. All swimmers who want to work hard and improve their swimming are encouraged to participate. Practices are held five afternoons a week. A school letter is awarded to those who complete the season.

**STEP TEAM** - Tryouts are in the fall for this sport. The Step Team performs their routines at school pep rallies, open house, sporting events, and other school related activities.

**TENNIS** - Tryouts begin February 15. Tennis is an individual as well as a team sport, and all students are welcome to tryout. A school letter is awarded for a successful completion of the season.

**TRACK** - Conditioning begins February 15. Track is an individual as well as a team sport in which students compete against one another and other schools for top spots in invitational meets, regional, and state competitions. All students are welcome on the track team. Practice is held every day after school. Field events offered include high jump, long jump, shot put, discus, individual and team relay running events (100 meters up to 3200 meters). A school letter is awarded to those who complete the season.

**VOLLEYBALL** - Tryouts begin July 15. Varsity, JV and Freshman levels are offered. The season runs through early November, and practice times vary but are five days a week. The Varsity team takes some out-of-town trips on weekends. Those who do not make the team are welcome to stay in the program as managers. A school letter is awarded for those who complete the season.