

# **Southern Regional Middle School**

Clubs, Athletics, and Intramurals

2019-2020

Come be a part of the amazing opportunities

Southern Regional Middle School

has to offer each student.



**We  
Want  
YOU!**

## Table of Contents

<b>Activity Day Picnic</b> .....	3
<b>Athletics</b> .....	15
<b>Fall Sports</b> .....	16
Cross Country (Boys/Girls)	
Field Hockey	
Football	
Soccer (Boys/Girls)	
Volleyball (Girls)	
<b>Winter Sports</b> .....	17
Basketball (Boys/Girls)	
Cheerleading	
Wrestling	
<b>Spring Sports</b> .....	18
Baseball	
Softball	
Track (Boys/Girls)	
Volleyball (Boys)	
<b>Intramurals</b> .....	19
Fall, Winter, and Spring	
<b>Clubs</b>	
Academic Bowl .....	4
American Sign Language Club .....	4
Art Club .....	4
Builders’ Club .....	5
Chess Club .....	5
Computer Programming Club .....	5
Creators’ Club.....	6
Dance Club .....	6
David’s Dream and Believe .....	6
Drama Club (SRMS play/musical) .....	7
Ecology/Nature Club* .....	7
FCCLA (Family, Career, and Community Leaders of America) .....	7
F.I.T. (Fitness, Inspiration, and Teambuilding) Club* .....	8
History Buffs.....	8
Jazz Band .....	9
Leo Club .....	9
Math Club .....	9
National Junior Honor Society .....	10
Southern Writers’ Society .....	10
Student Council .....	11
Student Store .....	11
S.T.Y.L.E (Student Teambuilding Youth Leadership Experience) .....	11
Sunshine Club .....	12
Technology Club .....	12
Variety Show .....	12
Vocal Ensemble .....	13
Yearbook Club .....	13
Youth Canteen .....	14
Weight Room Club* .....	14
World Language .....	14

\* Represents a new club for the 2019-2020 school year.



## Activity Day Picnic

SRMS offers a wide variety of opportunities to explore your interests or gain new skills. Participating in clubs/sports/intramurals will allow you to build confidence, meet new friends, and share many laughs. Check out the amazing opportunities at SRMS.

*If you complete a sport season or participate in 10 meetings for one club or intramurals, you will be eligible to attend the Activity Day Picnic.*

We celebrate students involved in our extracurricular activities with the Activity Day Picnic. In May, we rent Veterans Park and take 750+ students to enjoy food, games, and fun.

## Academic Bowl



Academic Bowl is a head-to-head competition in which teams answer questions from all areas of knowledge, including history, literature, science, fine arts, current events, popular culture, sports, and more. Students from each seventh grade team are selected for the Academic Bowl by their team teachers. Six will be selected to attend the bowl competition in April and represent the 8th grade team the following year. Meetings are on Mondays until 3 p.m.

**Advisors:** Mrs. Kelly Bechold & Mrs. Susan Vilardi   **Contact:** kbechold@srsd.net; svilardi@srsd.net

## American Sign Language Club



American Sign Language Club provides the opportunity for students to learn the basics of signing as well as get a look into the world of deaf culture. This club offers a sampling of practical signing including the alphabet, everyday vocabulary and much more. Students will develop expressive and receptive language skills while practicing with each other. Everyone is welcome to come and join the fun of learning a new language. Meetings until 3:00 p.m. are held 2-3 times per month.

**Advisor:** Mrs. Barbara Palmieri   **Contact:** bpalmieri@srsd.net

## Art Club



The Art Club provides young artists the opportunity to work with mediums and processes that extend beyond the classroom experience. Members of the club work on individual art work as well as school and community projects. Presentation of artwork for group critique is a core practice in this club. Anyone interested in joining may apply by submitting the required application, recommendation form, and two samples of work. The club meets year-round every Thursday until 3 p.m. There are a few projects and activities that that require sessions until 5:15 p.m.

**Advisor:** Mrs. Megan Lister   **Contact:** mlister@srsd.net



## Builders' Club

The Builder's Club is a community service club. Proceeds from a Halloween raffle and a bake sale at the first school dance are used to fund community service activities such as the Thanksgiving Food Drive, gift bags for students in need, holiday cards for a local assisted living facility, community garden maintenance in Stafford, and a drive for supplies to help the animals at the Popcorn Park Zoo. The Builder's Club also awards a \$500 college scholarship to a graduating senior. On average this club meets twice a month until 3 p.m.

**Advisors:** Mrs. Marjorie Browning & Mrs. Eileen Cosentino

**Contact:** mbrowning@srsd.net; ecosentino@srsd.net



## Chess Club

The Chess Club provides a social atmosphere in which to play and practice the fundamentals of chess. The club covers classical opening theory, tactics, and strategy. In addition, students will learn to play several four-player versions of chess, such as Bughouse. There are no requirements to join the Chess Club. Chess Club is a great way to work out your brain while having fun after school! The club meets once a week until 3 p.m.

**Advisor:** Mr. Jon Astin      **Contact:** jastin@srsd.net

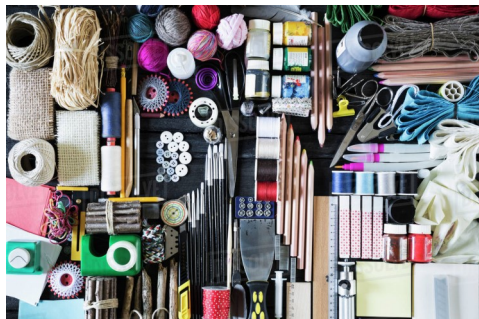


## Computer Programming Club

Students in the Computer Programming Club explore the remarkable world of computer programming using Lego MindStorms. During the year, members will build Lego models featuring working motors and sensors, and learn about mechanical design. Students program the robots and participate in unique challenges. The club is an excellent way to cultivate interest in science, technology, engineering, and problem-solving skills. The club meets 2-3 times per month until 3 p.m.

**Advisor:** Mrs. Caroline Murphy      **Contact:** cmurphy@srsd.net

## Creators' Club (Entrepreneurship)



Creator's Club is for the student who loves to create and craft things with their hands. The types of crafts are customized to meet the interests of club members. Last year the group worked on beaded jewelry to sell. Meetings occur once a month until 3:00 p.m. All are welcome!

**Advisor:** Ms. Caroline Garguilo **Contact:** cgarguilo@srsd.net

## Dance Club



Dance Club allows students to demonstrate their love for dancing and performing. After auditions, members will learn a dance to be performed in the Middle School Variety Show in early spring. The club meets weekly until 3 p.m. from November until April.

**Advisor:** Mrs. Kim Hargis **Contact:** khargis@srsd.net

## David's Dream and Believe



David's Dream and Believe Cancer Foundation is a local 501(c)(3) nonprofit organization that raises funds to provide financial assistance and services to local families who have been medically diagnosed with cancer. The students, advisors, and additional faculty (Mrs. Victoria Hannum and Mrs. Amy Justice) work closely with David Caldarella, Steve Crisalli, and the Board of Directors to promote awareness and to raise money for the foundation. Through this organization, students are active participants in local fundraisers and provide assistance to the foundation where needed. The club generally meets twice a month until 3 p.m.

**Advisors:** Mrs. Marissa Reynolds & Mrs. Beth Sicoli **Contacts:** reynoldsm@srsd.net; bsicoli@srsd.net

## Drama Club (SRMS play/musical)

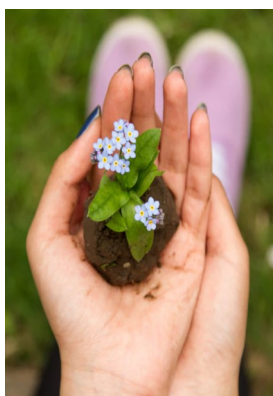


The Drama Club is an audition-based club to showcase theatrical talents in drama and/or music each year in the winter. Most meetings take place until 3 p.m. with a dress/tech rehearsal until 5:15 p.m. prior to opening night. Meeting days vary; a schedule is provided.

**Advisor:** Ms. Jannah Tabbacchino      **Contact:** jtabbacchino@srsd.net

## Ecology/Nature Club

**\*NEW**



The Ecology/Nature Club's goal is foster students' love of the natural world through hikes, educational/service trips, local garbage clean-ups, watching educational videos, and much more. The group will work to help students develop an appreciation of nature and the value community service. Meeting times will be held two to three times per month until 3:00 or 5:15, as activities require.

**Advisor(s):** Mrs. Sue Vilardi, Mrs. Eileen Cosentino

**Contact:** svilardi@srsd.net; ecosentino@srsd.net

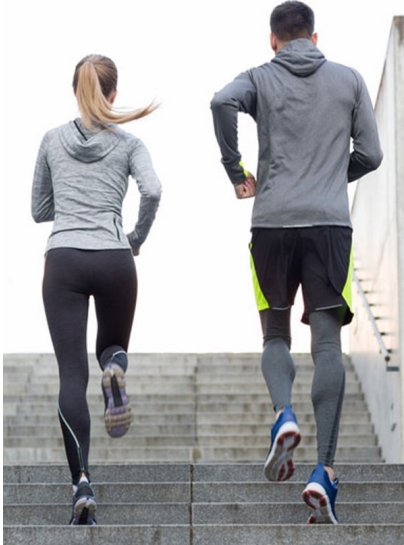


## Family, Career, and Community Leaders of America (FCCLA)

FCCLA is a national youth leadership organization for young men and women in grades 6-12. It is a Career and Technical Student Organization that has family as its central focus. Our mission is to promote personal growth and leadership development through Family and Consumer Sciences Education. At Southern Regional Middle School and in our high school chapter we focus on community service initiatives based upon student interest. We hold senior citizen parties, participate in state and national leadership competitions, raise funds for our school food bank, and help support the Ronald McDonald House. Every year there is something new to help us grow. FCCLA is nationally recognized for the development of leadership and service skills. For more information visit [www.njfcla.org](http://www.njfcla.org) and/or [www.fcclainc.org](http://www.fcclainc.org). This organization will meet every Tuesday until 3 p.m. with additional meetings as projects require. Project days and community service trips require students to stay until 5:15 p.m.

**Advisor:** Mrs. Sue Stinson      **Contact:** sstinson@srsd.net

## Fitness, Inspiration, and Teambuilding (F.I.T.) Club



Ever wanted to get FIT, yet needed someone to challenge and inspire you? Exercise provides both mental and physical health benefits. This club will bring together like-minded individuals that want to work together to improve overall fitness through exercise as well as developing overall wellness habits. The club also strives to help members develop a positive, healthy self-image. Meetings will be held twice per month and will include a variety of aerobic exercises and wellness tips. Feel free to bring a friend and all are welcome. Sneakers required!

**Advisor:** Ms. Gerilyn Heinz

**Contact:** [gheinz@srsd.net](mailto:gheinz@srsd.net)

## History Buffs



Calling all history enthusiasts! The History Buffs Club is an organization for those who are interested in learning about history and politics. We take fun, educational field trips to historical sites and museums. Past History Buffs Club experiences have included trips to Battleship New Jersey, the American Revolution Museum, the New Jersey State House, and the Old Barracks Museum. The History Buffs Club is also active in community outreach and fundraising for charitable organizations. All seventh and eighth grade students are welcomed and encouraged to join our club. In the words of Martin Luther King Jr., "We are not the makers of history, we are made by history." Club meetings typically last until 3:00 p.m. twice per month.

**Advisors:** Mr. Matthew Moore and Ms. Rachel Blood

**Contacts:** [mmoore1@srsd.net](mailto:mmoore1@srsd.net) and [rblood@srsd.net](mailto:rblood@srsd.net)



## Jazz Band



The Southern Regional Middle School Jazz Band is comprised of musicians seeking extra opportunities to perform. Each year the Jazz Band hosts guest artists and clinicians who are professional musicians and/or college professors. The group plays various styles including swing, blues, rock, and funk. This club runs two days per week from November through May. Most meetings are until 3:00 p.m., some will run until 5:15 p.m.

**Advisor:** Mr. Andrew Wright    **Contact:** awright1@srsd.net

## Leo Club

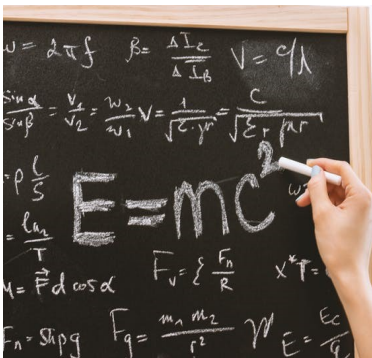
### (Leadership, Experience, Opportunity)

The Leo Club focuses on projects to brighten the lives of those in our school and community or for those in need. Projects range from making cards and crafts for our local nursing homes to collecting needed items for hurricane victims. Projects vary based on student interests. The club will meet twice monthly until 3 p.m. The SRMS Leo Club is sponsored by the Stafford Lions Club.



**Advisor:** Mrs. Katie Cherney    **Contact:** kcherney@srsd.net

## Math Club



The Math Club provides an opportunity for students to further develop math skills and knowledge by using games, activities, and mock competitions. Every spring the Math Club competes in the Ocean County Math League. Meeting times are twice a month, alternating Tuesdays and Thursdays, until 3 p.m.

**Advisors:** Mrs. Marjorie Browning & Mrs. Barbette Lovas

**Contact:** mbrowning@srsd.net; blovas@srsd.net

## National Junior Honor Society



The National Junior Honor Society is a group of 8th grade students who not only meet high academic standards but also embody the five pillars on which the organization is based: scholarship, service, leadership, citizenship, and character. To be eligible to apply for NJHS, the student must have a cumulative average of 94% or better in his/her 7th grade year. Eligible candidates will be invited to attend an informational meeting regarding the application process during October of their 8th grade year. The application is evaluated using a rubric for the following criteria: SRMS activities, outside activities, leadership positions, community service, awards, writing sample, and a staff survey. Members are expected to uphold high academic standing and continue to model those qualities upon which they were inducted. Once inducted, club members will meet on a monthly basis to complete various community service projects and other fundraisers.

**Advisors:** Mrs. Deneen Emanuel & Mrs. Shannon Manna

**Contacts:** demanuel@srsd.net; skelly@srsd.net

## Southern Writers' Society



The Southern Writers' Society is designed for students who love to write and would like a place to sharpen their skills, flex their creative writing muscles, and connect and share their ideas with other writers. Whether you have been writing your own stories for years or you just think it is something you might like to try, you are invited to become a part of the Southern Writers' Society. Meetings are held monthly until 3 p.m. and online student portfolios can be viewed through the [www.srsd.net](http://www.srsd.net) homepage.

**Advisors:** Mr. Scott Cooper

**Contact:** scooper@srsd.net

## Student Council



Student Council helps share students' ideas and interests while also helping raise funds for school-wide activities and/or community projects helping those in need. This club is responsible for running spirit weeks, holiday candy gram sales, the Arbor Day tree planting ceremony, and the Autism Awareness Campaign. Meetings are twice monthly until 3:00 p.m.

**Advisors:**

Ms. Gerilyn Heinz and Ms. Amanda Shives

**Contacts:**

gheinz@srsd.net; ashives@srsd.net

## Student Store



The Student Store sells SRMS merchandise and a variety of snacks after school. As part of this club, members learn retail skills such as how to wait on customers in a professional environment, how to use a cash register and make exact change, how to take inventory of various merchandise, and how to restock and purchase for the upcoming weeks.

**Advisors:**

Mrs. Ali Brown

**Contacts:**

abrown@srsd.net

## Student – Team Building – Youth – Leadership – Experience (S.T.Y.L.E.)

A smile is always in S.T.Y.L.E.



S.T.Y.L.E. cultivates student leadership. A teacher recommendation and application process is required. Within this group students develop skills in areas such as team building, leadership, building positive relationships, conflict resolution, and much more. This group collaboratively works with faculty, students of various age groups, SRMS sending districts, and the community. Students participate in the annual Peace Summit (field day for leadership). Meetings occur at least once a month until 3 p.m.

**Advisor(s):** Mrs. Marci Bleam (MS) and Mr. Mike Benson (HS)

**Contacts:** mbleam@srsd.net; mbenson@srsd.net



## Sunshine Club

Students Helping Other Peers

Do you have a friendly smile? Do you like helping others? Do you enjoy planning fun activities? Then Sunshine Club may be just the club for you! Sunshine Club focuses on the importance of friendship, no matter the differences. The Sunshine Club hosts holiday parties, organizes craft activities and games, and more. Friends are the sunshine of life. Meeting dates and times vary—check the announcements.

**Advisors:** Mrs. Michelle Breitweiser, Mrs. Kathryn Murphy, & Mrs. Jenelle Kreybig

**Contacts:** mbreitweiser@srsd.net; kmurphy1@srsd.net; jkreybig@srsd.net



## Technology Club

The Technology Club focuses on hands-on activities for middle school students. Members construct several projects for end-of-the-year competitions. Past projects completed by the Technology Club include rockets, mouse trap cars, functioning wooden hands, trebuchets, and much more. Join our club weekly on Tuesdays or Thursdays until 3 p.m.

**Advisor:** Mr. Joel Brower

**Contact:** jbrower@srsd.net



## Variety Show

The Variety Show (held in early spring) highlights the various talents of our students. Students audition any talent they have from singing, playing an instrument, dance, comedy, martial arts, magic, or anything else. We have small group practices, a tech/dress rehearsal, and the big show with full lights, audio, and a great audience! This fun and entertaining show also includes the Jazz Band, Vocal Ensemble, Dance Club, and Strings. Meetings occur weekly from January to March until 3 p.m. One tech/dress rehearsal until 5:15 p.m. is required.

**Advisors:** Mrs. Nancy Patterson & Mrs. Marissa Reynolds

**Contacts:** npatterson@srsd.net; mreynolds@srsd.net

## Vocal Ensemble



The Vocal Ensemble is an auditioned group that highlights around 20-25 female vocalists. Students who audition successfully must learn and perform challenging repertoire and are expected to hold a higher caliber of musical and performance knowledge. The group rehearses twice a week and performs in two concerts a year (fall and spring), along with various workshops, recordings, and community performances. Depending on the rehearsal schedule and/or content being covered, meetings run until 3:00 p.m. or 5:15 p.m.

**Advisor:** Ms. Jannah Tabbacchino    **Contact:** [jtabbacchino@srd.net](mailto:jtabbacchino@srd.net)

## Yearbook Club



The Yearbook Club is responsible for helping create Southern Regional Middle School's yearbook. Students interview teachers and students, promote the yearbook through flyers, and help create yearbook pages. Anyone interested is welcome to apply. Have fun helping to create a great yearbook that reflects your time at SRMS. Meeting times are usually once a week from December to March until 3 p.m.

**Advisors:** Mrs. Shana Kuchinsky & Mrs. Stephanie Mercurio

**Contacts:** [skuchinsky@srsd.net](mailto:skuchinsky@srsd.net) & [smercurio@srsd.net](mailto:smercurio@srsd.net)



SRMS School Dance

## Youth Canteen



Youth Canteen is a relaxed and welcoming atmosphere that plans, advertises and promotes school dances, as well as, runs the concession stand. Students may join at any time of the year and all are welcome. If you want to stay after school to help plan the dances and assist with the concessions stand during the dances, this club is for you.

**Advisors:** Mrs. Susan Hart & Mrs. Vikki Keenan

**Contact:** [shart@srsd.net](mailto:shart@srsd.net); [vkeenan@srsd.net](mailto:vkeenan@srsd.net)

## Weight Room Club

**\*NEW**



Want to utilize the C-12 fitness room equipment after school? This club provides an opportunity for students to make use of the weights, machines, and various workout and dance videos to build muscle and get in shape (and have fun!). We will meet two to three times per week until 3 p.m. Appropriate dress is required.

**Advisor:** Ms. Darcy Kolodziej **Contact:** [dkolodziej@srsd.net](mailto:dkolodziej@srsd.net)

## World Language (Spanish) Club



The World Language Club is for those who have a passion for Spanish-speaking cultures or other languages. All levels of foreign language proficiency are welcome. Activities center around language exposure and craft-making. Meetings occur monthly until 3 p.m.

**Advisors:** Ms. Caroline Garguilo

**Contact:** [cgarguilo@srsd.net](mailto:cgarguilo@srsd.net)

# Athletics



Leave your mark.

Be part of some of the most successful athletic programs in the state!

# Fall Sports



Cross Country (Boys)

**Coach:** Mr. Joseph Tomczuk

**Contact:** jtomczuk1@srsd.net

Cross Country (Girls)

**Coach:** Mrs. Tara Beverly

**Contact:** tbeverly@srsd.net



Field Hockey

**Coach:** Mrs. Sarah Evert

**Contact:** severt@srsd.net



Football

**Coach:** Mr. Jason Lister

**Contact:** jlister@srsd.net



Soccer (Boys)

**Coach:** Mr. Edmund Costa

**Contact:** ecosta@srsd.net

Soccer (Girls)

**Coach:** Mr. Matthew Moore

**Contact:** mmoore1@srsd.net



Volleyball (Girls)

**Coach:** Mrs. Laurette Ibe

**Contact:** libe@srsd.net



# Winter Sports



## Basketball (Boys)

**Coach:** TBA

**Contact:** TBA



## Basketball (Girls)

**Coach:** Ms. Jenna Lombardo

**Contact:** [jlombardo@srsd.net](mailto:jlombardo@srsd.net)



## Cheerleading

**Coach:** Ms. Kelly Sesta

**Contact:** [ksesta@srsd.net](mailto:ksesta@srsd.net)



## Wrestling

**Coach:** Mr. Kelly Frischmann

**Contact:** [kfrischmann@srsd.net](mailto:kfrischmann@srsd.net)

# Spring Sports



## Baseball

**Coach:** Mr. Tom Bucci

**Contact:** [tbucci@srsd.net](mailto:tbucci@srsd.net)



## Softball

**Coach:** Mr. Mike Roessner

**Contact:** [mroessner@srsd.net](mailto:mroessner@srsd.net)



## Track

**Boys Coach:** Mr. Joseph Tomczuk

**Contact:** [jtomczuk1@srsd.net](mailto:jtomczuk1@srsd.net)

**Girls Coach:** Mr. Andrew Beckett

**Contact:** [abeckett@srsd.net](mailto:abeckett@srsd.net)



## Volleyball (Boys)

**Coach:** Ms. Laurette Ibe


**Contact:** [libe@srsd.net](mailto:libe@srsd.net)



## **Fall, Winter, and Spring Seasons**

Interested in fun, friendly competition and the opportunity to participate in a variety of physical activities, sports and games? Depending on the season and weather, intramurals occur inside the gym and/or outside on the fields until 3:00 or 5:15 p.m. Listen to the announcements or check the sign posted by the C-12 fitness room door for updated meeting details.

<b>Season</b>	<b>Advisor</b>	<b>Contact Information</b>
FALL	Mr. Jon Power	<a href="mailto:jpower@srsd.net">jpower@srsd.net</a>
WINTER	Mrs. Nicole Astegher	<a href="mailto:nastegher@srsd.net">nastegher@srsd.net</a>
SPRING	Mr. Edmund Costa	<a href="mailto:ecosta@srsd.net">ecosta@srsd.net</a>

A photograph of a sandy beach with several footprints scattered across the surface. The footprints are of various sizes and orientations, suggesting multiple people walking. The sand is a warm, golden-brown color. The text is centered over the image in a bold, black, sans-serif font.

**What footprints  
will you  
leave behind  
at Southern Regional  
Middle School?**