

**Welcome
To
Conard High
School
2007-2008
Guidance Department
Activities, Clubs and Sports**

**WELCOME TO
CONARD HIGH SCHOOL**

High School is an exciting time characterized by change and is a great place to learn and grow. In making your transition to Conard High School, you will encounter many new challenges and opportunities. You should become involved in various activities or sports at Conard to complement your academic life. You will learn invaluable skills such as how to adjust to unfamiliar situations, how to make new friends and how to ask for help. These are skills you will draw upon again in your future.

High school gives you more choices

More classes are offered

Think about which subjects you want to focus on. For example, if you like science, find out about advanced courses in science, math, and computers.

Electives

Electives can help you discover your talents, explore new areas, and even decide what you want to do after high school. For example, you may want to consider taking courses in:

- Art
- Music
- Business Education
- Technology Education
- Family and Consumer Sciences

Study Halls

You can use Study Halls to:

- Do homework
- Get ready for your next class
- Use the Library
- Visit the Career Center
- See your School Counselor
- Get help in the Math Resource Center or the English Resource Center

How to succeed in high school

Get organized

Know when work is due. **Write down all of your assignments and tests in your agenda so that you can always see what is coming up.**

Studying

- Avoid distractions. Study in a comfortable place.
- Have plenty of light without glare.
- Put all of your study materials at your designated study location before you begin – paper, notebooks, textbooks, ruler, calculator, etc.

Taking class notes

- Arrive to classes on time.
- Listen carefully to directions.
- Bring notebooks and textbooks to class.
- Write clearly, so you can read your notes later.
- Note key terms and important ideas in your notes.
- Review your notes later in the day.

Writing assignments

- Begin by doing your research and reading.
- Make an outline.
- Write a first draft.
- Review and revise your draft. Take advantage of valuable resources available in school such as your English teacher and the English Resource Center.
- Carefully proofread your final draft.

Taking Tests

- Have several study sessions before the test.
- Pay attention to review sessions before tests.
- Don't cram the night before the test.
- Get plenty of sleep and eat a healthy breakfast.

Remember that your high school grades are important

Your freshman grades will become part of your high school transcript. This is your **permanent academic record**.

Colleges and employers will look at your high school transcript to determine whether you are the type of candidate they are looking for.

There are lots of people who can help you at Conard

Teachers

Assist with

- Academic issues
- Course selection
- Study techniques
- Extra help in a class

School Counselors

Assist with

- Social and personal issues
- Conflicts and crises
- College and career planning
- Planning your courses
- Academic issues

Other Resources

- Math Resource Center
- English Resource Center
- Career Center
- Library
- Academic Learning Center

Frequently Asked Questions

What do I do if...

I GET LOST?

Ask an adult for directions, or consult the map on the wall at a corridor intersection.

I LOSE MY SCHEDULE?

See any Secretary. She will print another copy of your schedule for you.

I FORGET MY LUNCH?

Make a friend quickly!

MY LOCKER WON'T OPEN?

Check the locker combination or see a secretary in the Main Office to get your combination again.

I MISS MY BUS HOME?

Call your parents from one of Conard's payphones or take the late bus home. The late bus runs at 3:45 p.m. and 5:00 p.m. on full days, and at 3:00 p.m. and 5:30 p.m. on short Wednesdays.

I HAVE A PROBLEM WITH MY SCHEDULE?

Make an appointment to see your School Counselor. However, you must follow your printed schedule until the changes have been made.

I GET SICK IN SCHOOL?

Ask your teacher for a pass to see the school Nurse. Never leave school without an official dismissal.

I COME TO SCHOOL LATE?

Before 8:00 a.m. go straight to your first period class. After 8:00 a.m. sign in at the Attendance window behind the Main Office.

I'M LATE FOR CLASS?

You may have to stay after school to serve a 15-minute detention for the teacher. Failure to serve a detention can result in an office referral.

I'M ABSENT FROM SCHOOL?

Have your parent or guardian call in your absence to the Main Office that morning. Call your teachers' voice mailboxes to get assigned homework. Also, you can request to have your teachers put your homework assignments in the homework drawer in the Main Office so that your parent or guardian can pick it up. Bring a note from your parent or guardian to the Attendance window behind the Main Office the day you return to school.

I LOSE MY BOOK?

Check the Lost and Found in the Main Office or Look in the Library. You are responsible for all lost library books and textbooks. Lost library books and textbooks are paid for through the Library Secretary. Lost textbooks must be paid for before a new textbook can be issued to you.

I NEED EXTRA HELP WITH MY CLASS WORK?

You can do any of the following:

- Make an appointment to see your teacher outside of class time.
- Go to the Academic Learning Center located in the library after school. A Conard staff member is available to assist you with your class work.
- Utilize the math and/or English Resource Centers.
- Ask your School Counselor about the availability of a CCSU tutor.

I NEED HELP WITH RESEARCH?

Go to the Library and ask the librarian for assistance.

I AM INTERESTED IN JOINING A CLUB OR SPORT?

See your School counselor, the Student Activities Director, or the Athletic Director for more information or to obtain a copy of the Student Activities Booklet.

I NEED TO OBTAIN A LUNCH TICKET FOR FREE OR REDUCED LUNCH?

Go to the Main Office to fill out an application.

I NEED A BUS PASS?

Apply in the Main Office.

WHAT IS A TYPICAL DAY LIKE?

A sample freshman year schedule may be:

Per.	Monday	Tuesday	Wednesday	Thursday	Friday
1	English 9	English 9	English 9	English 9	English 9
2	P.E.	Study Hall	P.E.	Study Hall	P.E.
3	Earth/Space Science	Earth/Space Science	Earth/Space Science	Earth/Space Science	Earth/Space Science
4	Orchestra	Orchestra	Orchestra	Orchestra	Orchestra
5	French III	French III	French III	French III	French III
6	Lunch	Lunch	Lunch	Lunch	Lunch
7	Algebra 1	Algebra 1	Algebra 1	Algebra 1	Algebra 1
8	World Civilization	World Civilization	World Civilization	World Civilization	World Civilization

WHAT ARE THE GRADUATION REQUIREMENTS AT CONARD?

You need a minimum of 21 $\frac{3}{4}$ credits to graduate from Conard. Many students accumulate more credits. Specific area requirements are four credits of English, three credits each of mathematics and Social Studies, two credits of Science, one credit of Fine Arts and/or Applied Arts, 1 $\frac{3}{4}$ credits of P.E. and Health combined, and seven additional elective credits. **It is important to note that though a student may have met Conard's graduation requirements, college admission requirements tend to be more rigorous and therefore require more credits (e.g. four years of Mathematics, three to four years of a foreign language).**

WHAT IF I AM INTERESTED IN EARLY GRADUATION?

Most students will graduate from Conard after completing four years (Grades 9-12) and having earned the required number of credits. A student considering graduating early should discuss this with his or her School Counselor by the end of the first semester sophomore year. If approved for early graduation, the student will then be moved into the junior class and his or her GPA will be considered within that framework. If the student does not complete the process by the end of the first semester sophomore year, the student will take the state CAPT with the sophomore class.

WHERE SHOULD MY PARENTS DROP ME OFF IF THEY GIVE ME A RIDE TO SCHOOL?

Your parents should drop you off in front of the main entrance of the school.

IS THERE HOMEROOM EVERY DAY?

No, your day at Conard always starts in the room of your scheduled first period class. Homeroom occurs only when there is a specific reason, and it is announced the day before as well as the day of the homeroom. Homeroom may be scheduled between first and second periods or at the end of the day, and the start and end times of classes are changed to accommodate the homeroom.

High school is an once-in-a-lifetime opportunity – Enjoy it and learn all you can!

CONARD HIGH SCHOOL

110 Beechwood Road

West Hartford, CT 06107

(860) 231-5000

ADMINISTRATION

Mr. Thomas Moore, Principal

Mr. Paul Vicinus, Assistant Principal

Mr. Matt Pace, Assistant Principal

Mrs. Rozena Haskins, Assistant Principal

GUIDANCE DEPARTMENT

Mr. Robert Segee
Department Supervisor - Guidance

SCHOOL COUNSELORS:

Mr. Julio Duarte	231-5028
Ms. Dawn Hoblet	231-5030
Mrs. Joyce Leibert	231-5027
Mr. Adam Linker	231-5025
Mrs. Kristin Mangini	231-5029
Mrs. Karen Mortensen	231-5031
Mrs. Marylou Shand	231-5024
Mrs. Marg Weaver	231-5026

CLUBS AND ACTIVITIES 2007-2008

Ms. Penni K. Grigoraitis
Student Activities Director
231-5082

AMNESTY INTERNATIONAL

Advisor: Mr. Sean O'Connor

How do you become a member? Attend a meeting.

Are freshmen encouraged to join? Yes.

When does this activity meet? After school on a day chosen by club members and the advisor.

What is the focus of this activity? To promote awareness of human rights and allow students to address their concerns through Amnesty International.

ANIME CLUB

Advisor: Ms. Kate Cappalla

How do you become a member? Come to meetings

Are freshmen encouraged to join? Yes

When does this activity meet? Once a week, alternating between Tuesdays and Thursdays

What is the focus of this activity? Watching and discussing Japanese animation films

BUSINESS CLUB

Advisor: Mr. Brian Cohen

How do you become a member? Open to all Conard students
Just come to a meeting.

Are freshmen encouraged to join? Absolutely.

When does this activity meet? About twice a month after school.

What is the focus of this activity? Exploring the business world, with a concentration on attending a state competition and planning and attending a trip to the financial district in New York City.

CAMP ANYTOWN

Advisor: TBA

How do you become a member? You need to pick up an application from Ms. Irizarry in February and complete it.

Are freshmen encouraged to join? Yes

When does this activity meet? Camp Anytown is a five-day youth diversity action-planning weekend (Memorial Day weekend.) After that, the group meets once a month to plan activities.

What is the focus of this activity? To encourage and promote diversity awareness.

CHESS CLUB

Advisor: Ms. Katy Klarnet

How do you become a member? Attend the meetings.

Are freshmen encouraged to join? Yes, absolutley

When does this activity meet? Thursdays after school in the library.

What is the focus of this activity? To play and/or learn to play chess and, possibly, to compete

CIRCLE OF FRIENDS

Advisors: Ms. Tracy Pulver

How do you become a member? Contact facilitator of program, leaving address, phone number and free periods (lunch, study hall, etc.)

Are freshmen encouraged to join? Yes, definitely.

When does this activity meet? The group meets depending on the needs of its members.

What is the focus of this activity? Circle of Friends is looking for students interested in making new friends. The program thrives on individuals open to reaching out and providing support and friendship to students with special needs. Although the organization is centered in school, its focus is on a social level, including activities enjoyed outside the walls of Conard.

COMMON GROUND

Advisor: Mr. Marc Richard

How do you become a member? Apply through Mr. Richard when either a freshman or sophomore, usually in May for the fall program and November for the spring program.

Are freshmen encouraged to join? No. May participate in either sophomore or junior year.

When does this activity meet? Wednesdays in Hartford locales from 3:00-6:00 p.m. plus one weekend at Camp Jewell in Colebrook, CT.

What is the focus of this activity? Develop leadership and service in a valuing diversity context. Meet with students from Hartford area public high schools and participate in community projects while developing public speaking skills.

CONARD WRITERS' CLUB

Advisors: Mr. Bill Antonitis, Mr. Mike Stepensky, Ms. Sharon Wendler

How do you become a member? Come to meetings.

Are freshmen encouraged to join? Yes, everyone is invited.

When does this activity meet? Once a month.

What is the focus of this activity? To discuss writers and writing and to write original pieces for peer critique and possible publication.

CONNECTICUT FORUM

Advisor: TBA

How do you become a member? See the advisor for information. Membership is always open.

Are freshmen encouraged to join? Yes.

When does this activity meet? Once a month at various schools throughout the Greater Hartford area. Transportation is provided.

What is the focus of this activity? To meet students from other high schools and to exchange thoughts and ideas about current issues and issues important to youth.

DRAMA CLUB

Advisor: Mr. T. J. Rush

How do you become a member? Attend meetings, audition for cast. Anyone can join crew.

Are freshmen encouraged to join? Yes. Freshmen can get any role; can also join crew.

When does this activity meet? It begins on the 2nd day of school. After school: M-T-TH-F.

What is the focus of this activity? Ten-week activity producing a fall play before Thanksgiving for those interested in acting and technical crew; stage crew also works January, February, March, on the musical.

EMPTY BOWLS

Advisors: TBA

How do you become a member? Attend the meetings and help on the various events throughout the year.

Are freshmen encouraged to join? All students are welcome to join at any time throughout the year.

When does this activity meet? Meets from September until April on a regular basis as announced.

What is the focus of this activity? This is a joint Conard/Hall community Service/learning project whose purpose is to educate students about hunger and poverty. Events are held during the year including school supplies and food drives, penny wars and a skating party. The project culminates in a banquet where soup, made by students, is sold to community members in handmade ceramic bowls, also made by students. Monies raised are donated to various hunger relief charities.

ENVIRONMENTAL CLUB

Advisor: Mr. Tim Decker

How do you become a member? Attend meetings

Are freshmen encouraged to join? Yes

When does this activity meet? To be determined by advisor and members

What is the focus of this activity? To hold discussions on a variety of environmental issues and to make Conard more environmentally aware.

FRESHMAN CLASS BOARD

Advisor: Ms. Julie Havens, Ms. Lucy Trost

How do you become a member? Interested freshmen may submit an application. Selection is based on interest, availability and commitment.

Are freshmen encouraged to join? Absolutely! Only freshmen may join.

When does the activity meet? As scheduled by the advisor.

What is the focus of this activity? Fundraising for the freshmen class and organizing class activities.

GAY & STRAIGHT ALLIANCE

Advisor: Dr. Tracey Wilson

How do you become a member? Come to a meeting and sign up.

Are freshmen encouraged to join? Yes.

When does the activity meet? After school every week.

What is the focus of this activity? A school-based opportunity to bring straight and gay students together in a safe environment for discussion and support. Activities can include movies, guest speakers, discussions, and student planned projects.

GENIAL (FRENCH CLUB)

Advisors: Ms. Julie Havens

How do you become a member? See your French teacher.

Are freshmen encouraged to join? Yes, all levels may participate.

When does this activity meet? Approximately once a month.

What is the focus of this activity? To offer opportunities to participate in French cultural activities such as: eating/making different foods, seeing movies, playing French games including preparing for a cross-town French competition involving a fast-paced game format. "Parlons francais, c'est genial!"

HABITAT FOR HUMANITY

Advisor: Ms. Karen Mortensen

How do you become a member? Attend meetings, usually held once or twice a month and sign the registration form.

Are freshmen encouraged to join? Yes, everyone is welcome.

When does this activity meet? Meetings are held after school once or twice a month. Builds are held every one or two months and fundraising activities are held sporadically throughout the year.

What is the focus of this activity? To volunteer for “builds” to help create housing for others in need and to fundraise to support the chapter’s dues and build activities.

INTERACT CLUB

Advisor: TBA

How do you become a member? Attend meetings

Are freshmen encouraged to join? Yes

When does this activity meet? After school on a day determined by the members & advisor

What is the focus of this activity? Interact Club organizes service projects and activities in order to give back to the community. It is affiliated with the West Hartford Rotary Club.

JUNIOR CLASS BOARD

Advisor: Ms. June DeGray, Ms. Ann Marie Houlihan

How do you become a member? Members are appointed based on interest, availability and commitment.

Are freshmen encouraged to join? No. This is a junior activity.

When does this activity meet? Meetings are held at the convenience of the Board, usually once or twice a month.

What is the focus of this activity? Plans and implements school activities for juniors with the primary focus on the Junior Prom.

MATH TEAM

Advisor: Mr. Mike Fadziewicz

How do you become a member? Students who possess a strong mathematical background and who enjoy the challenge of problem-solving are encouraged to join.

Are freshmen encouraged to join? Freshmen who have excelled in math during their middle school years are encouraged to join.

When does this activity meet? One afternoon every week from 2:30 until 3:30 p.m.

What is the focus of this activity? Competes in the Capital Area Mathematics League. Math Team meets are held once a month with 33 other high schools in the Capital area.

MOCK TRIAL TEAM

Advisor: Mr. Chris Islaub

How do you become a member? Attend meetings and participate in rigorous trial preparation.

Are freshmen encouraged to join? Yes.

When does this activity meet? Evenings on days announced.

What is the focus of this activity? Sponsored by the CT Bar Association, this is a group of students who are interested in learning more about court procedure. The team practices through March in preparation for a mock trial competition with schools throughout the state.

MODEL U. N.

Advisor: Mr. Greg Andrews

How do you become a member? Attend meetings regularly, research various countries and participate in lively discussions about world issues such as human rights and terrorism.

Are freshmen encouraged to join? Definitely!

When does this activity meet? Once a week, usually right after 8th period, in Room 164.

What is the focus of this activity? To bring together students interested in international affairs and participate in two Model U. N. conferences where Conard plays the role of assigned nations in international problem-solving. Highlight of the year is the annual UNA/USA Conference at the United Nations in May.

MULTI-CULTURAL CLUB

Advisor: Ms. Damaris Zimbleman, Ms. Valeria Morron

How do you become a member? Attend meetings,
Especially the first “welcome” meeting

Are freshmen encouraged to join? Yes

When does this activity meet? Thursdays at 2:30 p.m.

What is the focus of this activity? To recognize and
raise the awareness of different cultures and the diversity at Conard.

POW WOW (School Newspaper)

Advisor: Mr. T. J. Rush

How do you become a member? See the newspaper faculty advisor in the English Department, or talk to an editor of one of the sections. Articles and submissions are ALWAYS welcome from anyone. POW WOW is always looking for photographers and cartoonists.

Are freshmen encouraged to join? Yes.

When does this activity meet? Officially on Mondays after school, but informally quite frequently after school.

What is the focus of this activity? The newspaper is written and produced by the students. It reflects the talent and topics of interest of those willing to put some time into its production. Contributors may choose to work after school on the paper itself, or just drop off an article every now and then with the advisor.

SCRAPBOOKING CLUB

Advisor: Ms. Julie Havens

How do you become a member? See Mrs. Havens in Room 345. All interested students may participate.

Are freshmen encouraged to join? Absolutely!

When does this activity meet? Approximately two times a month.

What is the focus of this activity? To offer opportunities to create and/or continue a scrapbook. Some supplies are shared.

SECONIAN (Yearbook)

Advisor: Ms. Keri Albanese

How do you become a member? All seniors interested in working on the yearbook are welcome.

Are freshmen encouraged to join? No, it is for seniors only.

When does this activity meet? After school.

What is the focus of this activity? Includes all layouts, sorting of pictures and other jobs involved in creating the yearbook. Computer knowledge is helpful.

SENIOR CLASS BOARD

Advisor: Ms. Nicole Niland, Mr. Chris Islaub

How do you become a member? Appointment at the end of junior year.

Are freshmen encouraged to join? No. Seniors only.

When does this activity meet? As scheduled.

What is the focus of this activity? Coordinate senior class activities.

SOPHOMORE CLASS BOARD

Advisor: Ms. Sarah Willett

How do you become a member? Students are appointed based on interest, availability and commitment.

Are freshmen encouraged to join? No. This is a sophomore activity.

When does the activity meet? Once or twice a month.

What is the focus of this activity? Fund-raising and organizing sophomore class activities.

STUDENT COUNCIL

Advisor: Mr. Rich Mabey

How do you become a member? ANY STUDENT who wants to be active in knowing, doing or planning activities and shaping the future of Conard is welcome.

The Cabinet is appointed by the Executive Officers in line with certain expected behaviors. The Representatives are elected by each homeroom after a clear “job” description is read. The Executive Branch is elected in the spring by the entire student body after a series of campaign materials are developed, displayed and presented by interested students who meet certain established requirements.

Are freshmen encouraged to join? Freshmen who have an interest in making Conard a great place are strongly encouraged to get involved.

When does this activity meet? At least once every two weeks, usually after school and occasionally during the school day. The Council will also meet unexpectedly when it is necessary to meet deadlines, solve problems or plan significant events.

What is the focus of this activity? To make Conard a strong, well-informed, compassionate, student-influenced school, acting as an effective organizational body between our students, administration and the community.

TEAM DOUG

Advisor: Mrs. Susan Myers

How do you become a member? You need to complete an application packet, an interview and 2 brief orientation sessions.

Are freshmen encouraged to join? No, you must be a junior or senior.

When does this activity meet? A minimum of 3 hours a week is needed but the schedule is flexible and may be adjusted depending on student’s other commitments.

What is the focus of this activity? Team Doug is a group of teens who volunteer at Connecticut Children’s Medical Center and spend time with patients whose ages range from 9 to 19. Volunteers may visit after school, during the evening, on weekends and vacations. Timing of visits is flexible.

TENNIS CLUB

Advisor: Ms. Kim Hoffman

How do you become a member? Come to the Conard tennis courts, when the club is meeting, in sneakers. Balls are provided and some racquets are available.

Are freshmen encouraged to join? Open to all grades and abilities, even faculty!

When does this activity meet? One afternoon a week in the fall, weather permitting, between 2:30 and 4:00 p.m. on the Conard tennis courts

What is the focus of this activity? To play tennis

ULTIMATE FRISBEE

Advisor: Ms. Kim Hoffman

How do you become a member? Come to the Conard tennis courts, when the club is meeting, in sneakers.

Are freshmen encouraged to join? Open to all grades and abilities, even faculty.

When does this activity meet? One afternoon a week, in the fall, weather permitting, between 2:30 and 4:00 p.m. on the Conard tennis courts.

What is the focus of this activity? To throw a Frisbee.

UNIFIED THEATER

Advisor: Ms. Keely Connery

How do you become a member? The first meeting will be announced in advance. Rehearsal schedules will be distributed to all participants at the first meeting.

Are freshmen encouraged to join? Yes, definitely.

When does this activity meet? Twice a week in the evening for approximately 12 to 14 weeks once rehearsals begin.

What is the focus of this activity? Unified Theater was created to give special needs students the opportunity to participate in a theater production. Special needs students and regular education students work together to produce and perform a musical revue.

Y.E.S.

Advisors: Ms. Nancy Moran, Ms. Liz McManus

How do you become a member? Come to the meetings.

Are freshmen encouraged to join? All students may join.

When does this activity meet? After school, on a day chosen by the members and advisors.

What is the focus of this activity? To learn about and encourage students to pursue careers in education, with attendance at the statewide Y.E.S. Conference in May as the highlight of the year.

SPORTS

Ms. Betty Remigino-Knapp

Athletic Director

860-231-5063

FALL SPORTS

CHEERLEADING

Coach: Varsity: Ms. Danielle Bouvier

When does the sport begin? (Fall) August 25

Last regular season contest (Fall) November

When does the team practice? Daily.

Where is the practice held? Conard High School gym.

What equipment must the player provide? Shoes, personal clothing.

Are there different levels of this sport? Yes. Varsity, Junior Varsity.

Are there cuts made? Yes - depending on numbers.

CROSS COUNTRY (BOYS)

Coach: Mr. Brian Bishop

When does the sport begin? August 25

When does the season end? November

When does the team practice? After school every day.

Where is the practice held? Conard track, neighborhood and West Hartford Reservoir.

What equipment must the player provide? Running shoes, shorts, T-Shirt.

Are there different levels of this sport? No. Varsity only.

Are there cuts made? No.

CROSS COUNTRY (GIRLS)

Coach: Varsity: Leslie Hadra

When does the sport begin? August 25

When does the season end? November

When does the team practice? Daily after school.

Where is the practice held? Conard High School or West Hartford Reservoir.

What equipment must the player provide? Running shoes.

Are there different levels of this sport? No. Varsity only.

Open to all girls.

Are there cuts made? No.

FIELD HOCKEY

Coaches: Varsity: TBA
Junior Varsity: Mr. Tom Verrengia
Freshmen: Ms. Amy Fichman

When does the sport begin? August 25
When does the season end? November

When does the team practice? Daily 3:00–5:30 p.m.

Where is the practice held? Conard High School

What equipment must the player provide? Cleats, stick, personal clothing.

Are there different levels of this sport? Yes. Varsity, Junior Varsity, Freshmen.

Are there cuts made? Yes - depending on numbers.

FOOTBALL

Coaches: Varsity: Mr. Rob Cersosimo, Mr. Jeff Redman
Jr. Varsity: Mr. Steve Garneau
Freshmen: Mr. Ron Wziontko

When does the sport begin? August 21
When does the season end? November

When does the team practice? After school 2:50– 6:00 p.m.

Where is the practice held? Conard High School.

What equipment must the player provide? Shoes and personal clothing.

Are there different levels of this sport? Yes. Varsity, Junior Varsity, Freshmen.

Are there cuts made? No.

SOCCER (BOYS)

Coaches: Varsity: Mr. Adam Linker
Junior Varsity: Mr. Omar McFarlane
Freshmen: Mr. Juan Melian

When does the sport begin? August 25

When does the season end? November

When does the team practice? 3:00-5:30 p.m. on school days.

Where is the practice held? Varsity & Jr. Varsity – Conard Freshmen - Duffy Elementary School.

What equipment must the player provide? Ball, shoes, personal clothing.

Are there different levels of this sport? Yes. Varsity, Junior Varsity and Freshmen.

Are there cuts made? Yes - depending on numbers.

SOCCER (GIRLS)

Coaches: Varsity: Mr. Nicholas Moffo
Junior Varsity: Ms. Kerrie Massaro
Freshmen: TBA

When does the sport begin? August 25

When does the season end? November

When does the team practice? After school 3:00 - 5:30 p.m.

Where is the practice held? Varsity/Junior Varsity – Conard. Freshmen - Duffy School.

What equipment must the player provide? Soccer shoes, shin pads and personal clothing.

Are there different levels of this sport? Yes. Varsity, Junior Varsity and Freshmen.

Are there cuts made? Yes.

SWIMMING AND DIVING (GIRLS)

Coaches: Swimming: Mr. Sean O'Connor
Diving: Mr. John Helm

When does the sport begin? August 27

When does the season end? November

When does the team practice? Daily, 3:00-5:00 p.m.

Where is the practice held? Cornerstone Aquatics Center.

What equipment must the player provide? Bathing suits.

Are there different levels of this sport? No. Varsity only.

Are there cuts made? Depends on number of participants and space available.

VOLLEYBALL (GIRLS)

Coaches: Varsity: Ms. Kerry Roller
Junior Varsity: Ms. Stefanie Sebastiao
Freshmen: Mr. John Benyei

When does the sport begin? August 25

When does the season end? November

When does the team practice? 3:00 - 5:30 p.m.

Where is the practice held? Conard High School.

What equipment must the player provide? Sneakers, personal clothing.

Are there different levels of this sport? Yes. Varsity, Junior Varsity and Freshmen.

Are there cuts made? Yes, depending on numbers.

WINTER SPORTS

BASKETBALL (BOYS)

Coaches: Varsity: Mr. John S. Benyei
Junior Varsity: Mr. Sean McCann
Freshmen: Mr. Tom Verrengia

When does the sport begin? November 26
When does the season end? March

When does the team practice? Rotating weekly schedule:
Either 3:00–5:00 p.m. **or** 5:00–7:00 p.m.

Where is the practice held? Conard High School.

What equipment must the player provide? Sneakers, shorts, shirt.

Are there different levels of this sport? Yes. Varsity, Junior Varsity and Freshmen.

Are there cuts made? Yes.

BASKETBALL (GIRLS)

Coaches: Varsity: Mr. Nick Moffo
Junior Varsity: Ms. Sarah Foster
Freshmen: Mr. Ed Litos, Jr.

When does the sport begin? November 19
When does the season end? March

When does the team practice? Rotating weekly schedule:
either 3:00-5:00 p.m. **or** 5:00-7:00 p.m.

Where is the practice held? Conard High School.

What equipment must the player provide? Sneakers, shorts, shirt.

Are there different levels of this sport? Yes. Varsity, Junior Varsity and Freshmen.

Are there cuts made? Yes.

CHEERLEADING

Coach: Varsity: Miss Danielle Bouvier

When does the sport begin? (Winter) November 26

When does the season end? March

When does the team practice? Daily.

Where is the practice held? Conard High School gym **or** Duffy Elementary School.

What equipment must the player provide? Shoes, personal clothing.

Are there different levels of this sport? Yes. Varsity, Junior Varsity.

Are there cuts made? Yes - depending on numbers.

GYMNASTICS

Coaches: Varsity: Ms. Leigh Molyneaux,
Ms. Nicole Lalime, Assistant

When does the sport begin? November 26

When does the season end? March

When does the team practice? Mon.–Fri. 4:00–6:00 p.m.

Where is the practice held? Duffy Elementary School.

What equipment must the player provide? Leotards, hand grips.

Are there different levels of this sport? Yes. Varsity and Junior Varsity.

Are there cuts made? No.

ICE HOCKEY (BOYS)

Coaches: Varsity: Mr. Scott Gainey
Assistant: Mr. Jacob DeGenarro

When does the sport begin? November 26
When does the season end? March

When does the team practice? Early morning **or** late evening.

Where is the practice held? Veterans Memorial Rink.

What equipment must the player provide? Some hockey equipment.

Are there different levels of this sport? No. Varsity only.

Are there cuts made? Yes.

ICE HOCKEY (GIRLS)

(Cooperative Club - Hall & Conard)

Coaches: Mr. Bruce Woolley
Assistant: Ms. Jane Langlais

When does the sport begin? November 26
When does the season end? March

When does the team practice? Early a.m./late p.m.

Where is the practice held? Veterans Memorial Rink or Kingswood-Oxford Rink

What equipment must the player provide? Full hockey equipment

Are there cuts made? No.

INDOOR TRACK AND FIELD (BOYS)

Coaches: Varsity: Mr. Brian Bishop
Assistants: Mr. Schuyler Schuster, Ms. Jessica Kelley

When does the sport begin? November 26

When does the season end? March

When does the team practice? Mon.-Fri. 3:00 - 5:00 p.m.

Where is the practice held? Conard High School.

What equipment the must player provide? Running shoes/spikes.

Are there different levels of this sport? No.

Are there cuts made? No.

INDOOR TRACK AND FIELD (GIRLS)

Coaches: Varsity: Mr. Brian Bishop
Assistant: Mr. Schuyler Schuster, Ms. Jessica Kelley

When does the sport begin? November 26

When does the season end? March

When does the team practice? Mon.- Fri. 3:00-5:00 p.m.

Where is the practice held? Conard High School.

What equipment must the player provide: Running shoes/spikes.

Are there different levels of this sport? No.

Are there cuts made? No.

SWIMMING AND DIVING (BOYS)

Coaches: Swimming: T.B.A.

Diving: Mr. Dan Webster

When does the sport begin? November 26

When does the season end? March

When does the team practice? After school, 3:00-5:00 p.m.

Where is the practice held? Cornerstone Aquatics Center.

What equipment must the player provide? Suit & goggles.

Are there different levels of this sport? No. Varsity only.

Are there cuts made? Depends on number of participants and space available.

WRESTLING

Coaches: Varsity : Mr. Chris Glowacki

Junior Varsity: Mr. Dave Gabriele

When does the sport begin? November 26

When does the season end? March

When does the team practice? Daily 3:45-6:00 p.m.

Where is the practice held? Conard High School

What equipment must the player provide? Shoes.

Are there different levels of this sport? Yes. Varsity and Junior Varsity.

Are there cuts made? No.

SPRING SPORTS

BASEBALL

Coaches: Varsity: Mr. Sean McCann
Junior Varsity: Mr. David Volpe
Freshmen: Mr. Tom Carson

When does the sport begin? March 10

When does the season end? June

When does the team practice? Daily

Where is the practice held? Varsity and Junior Varsity - Conard High. Freshmen - Sedgwick Middle School.

What equipment must the player provide? Gloves.

Are there different levels of this sport? Yes. Varsity, Junior Varsity and Freshmen.

Are there cuts made? Yes.

GOLF (BOYS)

Coaches: Varsity: Mr. Charles George
Junior Varsity: Mr. Gregg Hannan

When does the sport begin? March 17

When does the season end? June

When does the team practice? After school, 3:00-5:00 p.m.

Where is the practice held? Rockledge Golf Course

What equipment must the player provide? Clubs and shoes.

Are there different levels of this sport? Yes. Varsity and Junior Varsity.

Are there cuts made? Yes.

GOLF (GIRLS)

Coach: Mr. Ted Holmes
Assistant: Mr. Gerry Gemmell

When does the sport begin? March 17
When does the season end? June

When does the team practice? After school. 3:00-5:00 p.m.

Where does the team practice? Buena Vista Golf Course
& Rockledge Golf Course.

What equipment must the player provide? Clubs & shoes.

Are there cuts made? Depending on numbers

LACROSSE (BOYS)

Coaches: Varsity: Mr. Bill Condon
Junior Varsity: Mr. Steve Garneau
Freshmen: Mr. John Benyei

When does the sport begin? March 17
When does the season end? June

When does the team practice? After school 2:50-5:00 p.m.

Where is the practice held? Conard/Duffy Elementary School.

What equipment must the player provide? Spikes, stick.

Are there different levels of this sport? Yes. Varsity, Junior Varsity, Freshmen.

Are there cuts made? Depends on number of participants & space available.

LACROSSE (GIRLS)

Coaches: Varsity: Mrs. Ashley Gengras
Junior Varsity: Ms. Katie Worth
Freshmen: Ms. Jenn Fischer

When does the sport begin? March 17
When does the season end? June

When does the team practice? 2:50-5:00 p.m.

Where is the practice held? Conard/Duffy Elementary School.

What equipment must the player provide? Sticks, spikes.

Are there different levels of this sport? Yes. Varsity,
Junior Varsity and Freshmen.

Are there cuts made? Depends on number of participants & space available.

SOFTBALL

Coaches: Varsity: Mr. Tom Verrengia
Junior Varsity: Ms. Sarah Foster
Freshmen: Mr. Ed Litos, Jr.

When does the sport begin? March 17
When does the season end? June

When does the team practice? Mon.–Fri. 2:50-5:00 p.m.
Evenings if weather or field conditions are poor.

Where is the practice held? Varsity - Conard High School.
Junior Varsity/Freshmen at Sterling Field.

What equipment must the player provide? Glove, cleated shoes.

Are there different levels of this sport? Yes. Varsity, Junior Varsity and Freshmen.

Are there cuts made? Yes.

TENNIS (BOYS)

Coaches: Varsity: Mr. Stephen Blanchfield

When does the sport begin? March 17

When does the season end? June

When does the team practice? After school 2:50-5:30 p.m.

Where is the practice held? Conard High School.

What equipment must the player provide? Racket and tennis shoes.

Are there different levels of this sport? Yes. Varsity, Junior Varsity.

Are cuts made? No

TENNIS (GIRLS)

Coaches: Ms. Kim Hoffman

Assistant: Ms. Diana Gascon

When does the sport begin? March 17

When does the season end? June

When does the team practice? 2:50-5:30 p.m.

Where is the practice held? Conard High School.

What equipment must the player provide? Racquet/sneakers

Are there different levels of this sport? Yes. Varsity, Junior Varsity and developmental squad.

Are there cuts made? No

TRACK AND FIELD (BOYS)

Coaches: Varsity: Mr. P. J. Foley
Assistant: Mr. Jeff Redman

When does the sport begin? March 17
When does the season end? June

When does the team practice? 3:00-5:30 p.m.

Where is the practice held? Conard High School track.

What equipment must the player provide? Sneakers, spikes.

Are there different levels of this sport? No.

Are there cuts made? No.

TRACK AND FIELD (GIRLS)

Coaches: Varsity: Mr. Brian Bishop
Assistant: Ms. Jessica Kelley

When does the sport begin? March 17
When does the season end? June

When does the team practice? After school, 3:00-5:00 p.m.

Where is the practice held? Conard High School track.

What equipment must the player provide? Running shoes/spikes.

Are there different levels of this sport? No.

Are there cuts made? No.

VOLLEYBALL (BOYS)

Coaches: Ms. Kerry Roller
Assistant: Mr. Steve Rivoira

When does the sport begin? March 17
When does the season end? June

When does the team practice? 3:00-5:30 p.m.

Where is the practice held? Conard High School.

What equipment must the player provide? Sneakers.

Are there different levels of this sport? Yes. Varsity, Junior Varsity.

Are cuts made? Depends on numbers.

UNIFIED SPORTS

Unified sports were created to give special needs students the opportunity to train and participate in sports activities. Special needs students are paired with regular education students and compete as a team. Unified Sports are under the direction of the CIAC, which govern high school athletics in Connecticut. The following sports are offered to member schools: Basketball, Softball, Soccer and Volleyball. Conard and Hall High Schools offers cooperative and coed teams in the following sports: soccer, basketball and volleyball.

Soccer

Coach: Mr. Tom Verrengia

When does the sport begin? Mid September
End? Mid November
Competition involves 2-3 tournaments.

When does the team practice? 2X a week, 3:00-4:30 p.m.

Where is the practice held? Hall or Conard High School.

What equipment must the player provide? Sneakers and cleats

Are there cuts made? No.

Basketball

Coach: Mr. Tom Verrengia

When does the sport begin? End of January
End? 2nd week March
Competition involves two to three tournaments

When does the team practice? 2X a week, 4:30-6:00 p.m.

Where is the practice held? Hall or Conard High School

What equipment must the player provide? Sneakers

Are there cuts made? No.

Softball

Coach: Mr. Tom Verrengia

When does the sport begin? April
End? May
Competition: Two tournaments

When does the team practice? 2X a week 4:00 - 5:30 p.m.

Where is the practice held? Conard and Hall High Schools

What equipment must the player provide? Sneakers

Are there cuts made? No.

Athletic Leadership Council

The purpose of the Athletic Council is:

- to promote high school athletics
- to serve as a vehicle for communication to all teams and parents
- to serve as liaison group between teams and the athletic administration
- to provide an opportunity for student-athletes to actively participate in many of the decisions, policies and functions of the athletic department
- to give student athletes opportunities to further develop their leadership skills

Athletic Leadership meetings are mandatory for all captains during their season.

Any student-athlete may participate in Athletic Leadership Council meetings and activities and is encouraged to do so. Athletic Leadership Council meetings are held on select Wednesdays immediately after school.

HONOR SOCIETIES

NATIONAL HONOR SOCIETY

Advisor: Ms. Candice Price

How do you become a member? Juniors or Seniors with a 3.6 GPA or better are selected by application and faculty recommendation.

Are freshmen encouraged to join? No.

When does this activity meet? After school as needed.
Otherwise, ongoing activities during and after school.

Students are selected by faculty committee on basis of scholarship, leadership, service, character and teacher recommendation. Juniors and seniors with a 3.6 GPA or better are eligible. Members are actively involved in academic peer tutoring at Conard and in various elementary schools.

FRENCH HONOR SOCIETY

Advisors: Ms. Julie Havens, Ms. Nancy Moran, Ms. Lynn Racz

The "*Societe Honoraire de Francais*" was established in 1949 by the American Association of Teachers of French. The aim of this honorary organization is to reward high scholastic attainments, to stimulate interest in the study of French, to create enthusiasm for, and an understanding of, francophone culture and civilization and to promote and perpetuate international friendship. Membership is restricted to those students who are actively engaged in the study of French in a secondary school and who have an academic average of at least 3.0 in all subjects and a 3.5 average in French for three consecutive semesters. Freshmen are not eligible.

LATIN HONOR SOCIETY

Advisor: Mr. George Coleman

The "*Collegium Linguae Latinae Peritorum*", the Association of Latin Scholars of Conard High School, has been established to honor those who have distinguished themselves in their study of Latin. Their efforts in the National Latin Exam and the Connecticut State Latin Exam have earned them medals and honors recognized nationwide. Those who have earned this distinction have maintained a 3.5 average in Latin over the course of three consecutive semesters and are judged to be promoters of learning within and beyond the classroom.

SPANISH HONOR SOCIETY

Advisor: Ms. Carmen Irizarry

The Ruben Dario Chapter of the "*Sociedad Honoraria Hispanica*" was formed at Conard to reward outstanding students of Spanish. In order to be eligible for membership, a student must have an academic average of 3.0 in all subjects and a 3.5 in Spanish. Outstanding students of Spanish, who have completed three semesters of high school Spanish, are nominated for membership by their Spanish teachers. While recognizing high achievement in Spanish, this society also fosters understanding and friendship between students at Conard and their contemporaries in other countries of the Spanish-speaking world.

Starting a new club or organization

Anyone who is interested in forming a new club can do so by following these procedures:

First, talk to friends and classmates to find out if others have the same interests and would like to start a club.

Your next step is to see the Student Activities Director to discuss your club and get approval. You will be asked to try to find an advisor by asking teachers or other staff members that you think may be interested. The Student Activities Director can also assist you in finding someone.

Finally, with administrative approval and an advisor, you are on your way to organizing your new extracurricular activity.