

Cabin John MS & RECEXtra After School Activities 2008-2009



sponsored by:

Cabin John PTSA
Cabin John Middle School

Montgomery County
RECREATION
DEPARTMENT

Cabin John Middle School and RecExtra After School Activities 2008-2009

Cabin John Middle School, the PTSA, and the Montgomery County Department of Recreation (MCRD) offer a variety of extra-curricular activities for students. While some activities meet during CAT, most activities are held after school from 2:45 p.m. to 4:00 p.m. A brief description of the activities, fees, and special requirements for participation are listed in this booklet. In some cases, students merely need to stay for an activity when it is scheduled. However, **in some cases, students must try out, register, or receive a special invitation to join.** After school activity bus transportation is provided for students on **most Tuesdays, Wednesdays, and Thursdays.**

Information, school conduct rules, and an activity bus schedule are included in this booklet. Additional information about various programs will be provided throughout the year by a monthly calendar, morning news show announcements, monthly PTSA Newsletters and information on the Cabin John Middle School and MCRD websites. These communications will provide specific meeting dates, events, and registration information for courses offered at Cabin John Middle School or through MCRD.



Activity Bus Routes



Bus #1 Bells Mill and Seven Locks

Bus #2 Cold Spring and Stone Mill

Scotland Community

Cold Spring Elementary School

Seven Locks Elementary School

Falls Chapel Way and Cold Spring Road

Seven Locks Road and Carteret Road

Shady Grove Road and Calabash Lane

Seven Locks Road and Lonesome Pine Lane

Shady Grove Road and Sweetwood Avenue

River Road and Rising Ridge Road

Shady Grove Road and Procera Drive

Kendale Road and Kentsdale Drive

Stone Mill Elementary School

Newbridge Drive and Snowhill Lane

Muddy Branch Road and Stonebridge View Drive

Stapleford Hall Drive and Paytley Bridge Lane

Rolling Green Way and Soft Wind Drive

Lake Winds Way and Rolling Green Way

See Cabin John website for any updates or changes to the After School Activity Bus schedule.

Lake Winds Way and Settlers Landing Way

Lake Winds Way and Forest Ridge Drive

Mills Farm Road and Piney Meetinghouse Rd

Travilah Road and Piney Meetinghouse Road

Cabin John Middle School After School Activities Bus Calendar 2008-2009*

<p><u>September</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">Tues</td><td style="text-align: center;">Wed</td><td style="text-align: center;">Thurs</td></tr> <tr><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;">10</td><td style="text-align: center;">11</td></tr> <tr><td style="text-align: center;">16</td><td style="text-align: center;">17</td><td style="text-align: center;">18</td></tr> <tr><td style="text-align: center;">23</td><td style="text-align: center;">24</td><td style="text-align: center;">25</td></tr> <tr><td style="text-align: center;">X</td><td colspan="2" style="text-align: center;">(Rosh Hashanah)</td></tr> </table>	Tues	Wed	Thurs	2	3	4	9	10	11	16	17	18	23	24	25	X	(Rosh Hashanah)		<p><u>October</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">Tues</td><td style="text-align: center;">Wed</td><td style="text-align: center;">Thurs</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">X</td></tr> <tr><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td></tr> <tr><td style="text-align: center;">21</td><td style="text-align: center;">22</td><td style="text-align: center;">23</td></tr> <tr><td style="text-align: center;">28</td><td style="text-align: center;">29</td><td style="text-align: center;">30</td></tr> </table>	Tues	Wed	Thurs	7	8	X	14	15	16	21	22	23	28	29	30	<p><u>November</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">Tues</td><td style="text-align: center;">Wed</td><td style="text-align: center;">Thurs</td></tr> <tr><td style="text-align: center;">X</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td></tr> <tr><td style="text-align: center;">X</td><td style="text-align: center;">X</td><td style="text-align: center;">13</td></tr> <tr><td style="text-align: center;">18</td><td style="text-align: center;">19</td><td style="text-align: center;">20</td></tr> <tr><td style="text-align: center;">25</td><td style="text-align: center;">X</td><td style="text-align: center;">X</td></tr> </table>	Tues	Wed	Thurs	X	5	6	X	X	13	18	19	20	25	X	X			
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After-school activities are not held when school is closed for any reason, including holidays, early release days (scheduled half days), professional days, winter and spring break, and when schools are closed early due to inclement weather.

*The Cabin John Middle School 2008 – 2009 After-School Activities Program and calendar were created in May of 2008. Please, check the Cabin John MS website periodically for any changes and additional information.

MCPS 2008-2009

2008			
Jul. 4	Friday	Holiday – Independence Day	Offices & schools closed
Aug. 19–22, 25	Tuesday-Friday, Monday	Professional days for teachers	No school for students
Aug. 26	Tuesday	First day of school for students	
Sept. 1	Monday	Holiday – Labor Day	Offices & schools closed
Sept. 29	Monday	Grading/Planning	Early release day K-12; students dismissed after lunch.
Sept. 30	Tuesday	Rosh Hashanah	No school for students and teachers
Oct. 9	Thursday	Yom Kippur	No school for students and teachers
Oct. 17	Friday	MSTA Convention	No school for students and teachers
Oct. 31	Friday	1st marking period ends	
Nov. 3	Monday	Professional day for teachers	No school for students. Some 10-month
Nov. 4	Tuesday	Holiday—General Election	Offices & schools closed
Nov. 11	Tuesday	Parent conferences. Report cards distributed.	Early release day K-12; students dismissed after lunch.
Nov. 12	Wednesday	Parent conferences	Early release day K-12; students dismissed after lunch.
Nov. 26	Wednesday	Day before Thanksgiving	Early release day K-12; students dismissed after lunch.
Nov. 27-28	Thursday & Friday	Holidays—Thanksgiving	Offices & schools closed
Dec. 24-25	Wednesday & Thursday	Holidays—Christmas	Offices & schools closed
Dec. 26, 29-31	Friday, Monday-Wednesday	Winter break	No school for students and teachers

School Year Calendar

2009			
Jan. 1	Thursday	Holiday—New Year's Day	Offices & schools closed
Jan. 2	Friday	Winter break	No school for students and teachers
Jan. 19	Monday	Holiday—Martin L. King, Jr., Day	Offices & schools closed
Jan. 23	Friday	2nd marking period ends	
Jan. 26	Monday	Professional day for teachers	No school for students. Some 10-month employees work.
Feb. 3	Tuesday	Report cards distributed	
Feb. 16	Monday	Holiday—Presidents' Day	Offices & schools closed
Feb. 27	Friday	Grading/planning	Early release day K-12; students dismissed after lunch.
Mar. 27	Friday	3rd marking period ends	
Mar. 30	Monday	Professional day for teachers	No school for students
Apr. 6-9	Monday-Thursday	Spring break	No school for students and teachers
Apr. 10 & 13	Friday & Monday	Holidays—Easter (Note: Passover begins at sundown on April 8)	Offices & schools closed
Apr. 16	Thursday	Report cards distributed	
May 25	Monday	Holiday—Memorial Day	Offices & schools closed
Jun. 16	Tuesday	Last day of school for students	Students dismissed after lunch
Jun. 17	Wednesday	Professional day for teachers	
Jun. 23	Tuesday	Report cards mailed	

MCPS After School Rules and Regulations

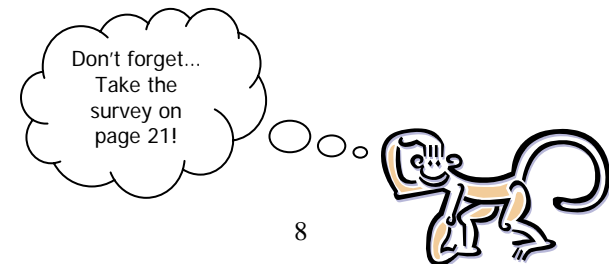
All students must follow school rules when participating in after school activities. In addition, students must be at their activity by 2:50 p.m. or future access may be denied. Students may not leave the building between the end of the school day and the beginning of after school activities. Daily attendance will be taken by activity leaders. If a student is repeatedly tardy to an activity, that student may lose the right to stay after school.

Students must arrange a ride home if they plan to stay after school to watch a sporting event. The after school bus is only for students in supervised after school activities.

If your child is not taking the activity bus, please pick up your child on the Bells Mill side of the school by 4:15 p.m.

PLEASE DO NOT PICK UP YOUR CHILD IN FRONT OF THE SCHOOL. IT IS A FIRE LANE AND THE LANE FOR THE AFTER SCHOOL BUSES. YOU CAN RECEIVE A TICKET FOR STOPPING OR PARKING THERE.

If your child is consistently being picked up after 4:15, he/she may lose the privilege to participate in after school activities.



MCPS Academic Eligibility

(Does not apply to RecExtra Programs)

The MCPS policy establishing eligibility standards for participation in extracurricular activities is very clear (Policy IQD, Regulation IQR-RD for Middle School Students). In summary, it reads: *Students in grade 6-12 must maintain a 2.0 grade point average with no more than one "E" in the previous marking period to be eligible to participate in the listed activities. A student's report card will state whether he/she is eligible for extra curricular activities. The policy will not apply to 1st quarter for 6th grade students or any student entering MCPS schools for the first time. It also does not apply to students engaged in activities which are extensions of a graded course.*

Extracurricular Activities Fee Collection Procedures

Montgomery County Public Schools (MCPS) requires a fee for all middle school and high school students interested in participating in extracurricular activities. This yearly **fee of \$30** covers all activities that a student may choose to participate in during the school year. An extracurricular activity is defined as any activity for which there is an adult supervising students beyond the instructional day in a school-sponsored activity.

*A fee is not required for students receiving academic assistance such as homework clubs and math help.

Pre-printed extracurricular Activity Fee (ECA) forms are available in the main office or on the MCPS website:

www.montgomeryschoolsmd.org

Payment should be sent directly to the address listed on the form (please, do NOT send payment to the school).

There will be no refunds.

The ECA fee is based on household income. It is as follows:

- Household income greater than \$35,000 per year -- Fee \$30
- Household income less than \$35,000 per year – Fee \$15

Cabin John Sponsored Programs

MONTGOMERY COUNTY RECREATION DEPT. REGISTRATION IS **NOT REQUIRED FOR SCHOOL SPONSORED PROGRAMS.**

Activity	Sponsor	Meeting Days			Beginning Date	Special Instructions
		Tues	Wed	Thurs		
Instrumental Music	Mr. Herman	X	X	X	Sept.	Sept. - June
Newspaper Club	Ms. Torres				Sept.	Sept - June
Computer Club					TBD	
Shakespeare	Ms. Wolf Ms. Larrain	X	X	X	April	April - May
Green Team	Ms. Garner				Sept.	Two meetings per month
6 th Grade HW 7 th Grade HW 8 th Grade HW					Sept.	Teacher Recommendations
SGA	Ms. Cruz				Sept.	Sept – May All grades
Science Club	Ms. Geer Ms. Hinkle Ms. Pivinski				Sept.	
Math Team	Ms. Sabatino				Sept.	Sept. – April Tryouts required
Talent Show	Mr. O'Halloran Ms. Larrain	X	X	X	Sept.	Sept - Dec
Tech Ed Club	Mr. Pozonsky				TBD	Oct. - May
Art Club	Ms. Falls				TBD	Oct. - April
Best Buddies	Ms. Schneider Ms. Garner	Varies			TBD	Once a month, Oct. - June
Step Team	Ms. Bishop				TBD	Tryouts required
Cross Country	Ms. Scaringi				Sept.	For 7 th and 8 th grade students
Interscholastic Sports	Mr. Fritz, Athletic Coordinator	X	X	X	Sept.	For 7 th and 8 th grade students Tryouts and schedule information are on the CJMS website
Basketball Shoot-Out	Ms. Tao	X	X	X	Sept.	Sept – Oct All grades
Track Challenge	Mr. Sansom	X	X	X	TBD	March – May All grades
Tennis Intramurals	Ms. Tao	X	X	X	TBD	Spring All grades
FLES (Spanish)	TBA				Oct.	Program runs until the end of May

***The Cabin John Middle School 2008 – 2009 After-School Activities Program and calendar were created in May of 2008. Please, check the Cabin John MS website periodically for any changes and additional information.**

Any questions please contact Carolyn McPherson.
Carolyn_D_McPherson@mcpsmd.org

**RecExtra Registration Begins
September 8, 2008**

RecExtra after school rules and regulations follow those of MCPS listed on pages 8 and 9.

Not following the rules may result in the loss of after school activity privileges.

Please note that additional activities maybe added during the school year. Club sponsors will notify students about the formation of a new club or activity. It should be also noted that clubs may be canceled if there is insufficient enrollment.

Students must attend each class of the session which they are enrolled. Missing more than one class may lead to automatic withdrawal without notification due to the high volume of registrants.

Free Programs!

Registration is Easy!!!

Four Ways to Register for RecExtra

1. **RecWeb** Online registration at <http://recweb.montgomerycountymd.gov>
(It takes approximately 72 hours to receive your PIN number. If anyone in your family has participated in an activity with the Recreation Department, you already have a customer number and PIN. Call (240) 777-6840 to get it.)
2. **Full Service in person** at ALL Regional Service Centers
3. **Mail or drop off**
MCRD Headquarters Office, Attn: Registrar
4010 Randolph Road
Silver Spring, MD 20902
4. **Fax: (240) 777-6818**
Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.

Questions?

Call (240) 777-6840

Session 1: October – December

Session 2: January – February

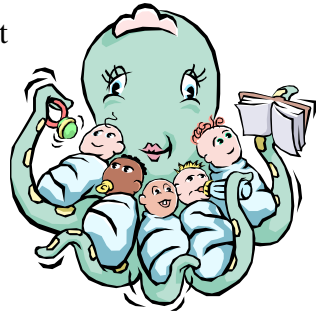
Session 3: March – April

6 classes per session

Activities are NOT held on half-days, days with weather closings, or days when school is not in session.

Babysitting

For boys and girls! Learn to master accident prevention, emergency actions and basic care of infants and children. For aspiring mother's helpers and babysitters. Shady Grove Hospital will give a certificate of completion when the entire course is completed. **Max: 12 students**



Instructor: Shady Grove

Session 1: Tuesday, Wednesday, Thursday: 12/16, 12/17, 12/18
Course #: 227564

Cartooning

In this class, students learn techniques for drawing cartoon people, animals, situations, and scenarios using easy-to-learn effective drawing methods and tricks. Anyone can learn how to draw cartoons with appropriately placed shapes and lines.

Max: 20 students



Instructor: Enrichment Center

Session 2: Tuesdays: 1/13, 1/20, 1/27, 2/3, 2/10, 2/17

Course #: 227565

Chess Club

Students in Chess Club will play against their peers as they learn the different techniques and strategies of the game of chess. All students are welcome, regardless of their experience level!

Max: 25 students

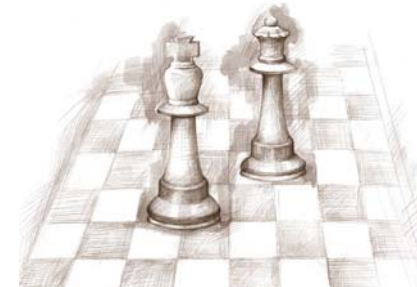
Instructor: TBA

Session 2: Wednesdays: 1/14, 1/21, 1/28, 2/4, 2/11, 2/18

Course #: 227566

Session 3: Tuesdays: 3/17, 3/24, 3/31, 4/14, 4/21, 4/28

Course #: 227567



Cooking

Students will work in groups of 3 or 4 each week to prepare tabletop dishes. Students will learn kitchen safety, knife skills, basic cooking techniques, an overview of the food pyramid and healthy nutrition. Some dishes will include: Omelets with assorted fillings, sloppy turkey joes, fettuccini from scratch, and crepes with chocolate sauce. **Max: 12 students**



Instructor: Great Taste

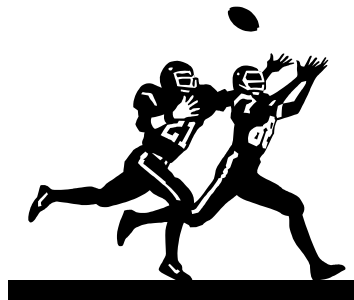
Session 2: Thursdays: 1/15, 1/22, 1/29, 2/5, 2/12, 2/19
Course #: 227568

Explosive Performance - Football

This exciting football program will help students to improve their 40 yard dash, agility, speed, power and confidence on the field. The kids will practice drills and scrimmage each day.
Max: 20 students

Instructor: Explosive Performance

Session 1: Thursdays: 10/16, 10/23, 10/30, 11/6, 11/13, 11/20
Course #: 227571



Gardening Terrariums

Kids will improve their communication, self-esteem, order and logical thinking, all while relaxing and having fun creating and taking care of their Terrarium plants! Projects are completed during the session and ready to take home. **Max: 15 students**

Instructor: Ms. Claggett

Session 3: 6th grade – Tuesday 3/24
Course #: 227573

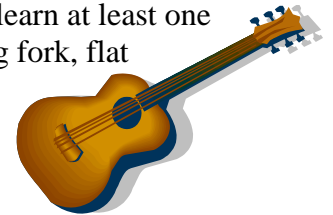
7th grade – Wednesday 3/25
Course #: 227574

8th grade – Thursday 3/26
Course #: 227575



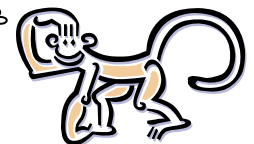
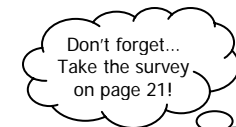
Guitar

Learn how to tune the guitar, pick and strum, identify notes on the fret board, and play chords. Students will learn at least one song. Materials needed are an A440 tuning fork, flat picks, guitar (preferably a folk guitar), and pencil and journal for notes.
Max: 15 students



Instructor: Brian Gross

Session 3: Wednesdays: 3/18, 3/25, 4/1, 4/15, 4/22, 4/29
Course #: 227576



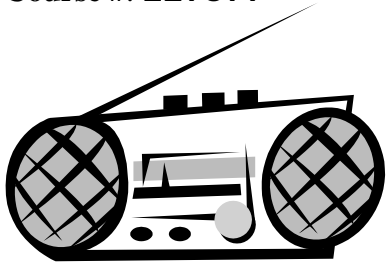
Hip-Hop

Students in this class will be educated in the urban dance style of hip hop, popping, locking, B-boying/B-girling (otherwise known as break dancing), and the rich cultures and principles that surround urban dance. **Max: 20 students**

Instructor: Urban Artistry

Session 3: Thursdays: 3/19, 3/26, 4/2, 4/16, 4/23, 4/30

Course #: 227577



Performance Lacrosse

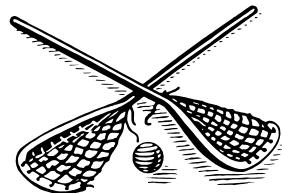
A unique blend of functional conditioning and lacrosse skills proven successful for all ages. Performance Lacrosse is dedicated to helping players become the best performing athletes AND lacrosse players. Students will learn lacrosse specific skills, game sense, enhanced speed, quickness, strength and power.

Max: 25 students

Instructor: Performance Lacrosse

Session 1: Tuesdays: 10/7, 10/14, 10/21, 10/28, 11/18, 11/25

Course #: 227578



★ Y.E.A.H. Program – Pike's Peak ★

Get in shape for the annual Pike's Peak 10K & fun run! Work out with a professional trainer from the Y.E.A.H. program who will also be running with the group. This program will help runners to improve their endurance and speed. This program is for anyone who is up for the challenge! The Pike's Peak 10K will be held on a Sunday toward the end of Session 3 and will cost students \$35 to participate. **Max: 25 students**

Students must attend every week.

More information about Pike's Peak will be handed out to students in Session 3.

Instructor: Y.E.A.H. Program

Session 2: Thursdays: 1/15, 1/22, 1/29, 2/5, 2/12, 2/19

Course #: 227569

Session 3: Tuesdays: 3/17, 3/24, 3/31, 4/14, 4/21, 4/28

Course #: 227570



Yoga

A basic, experiential yoga class that gives students ample opportunity to try basic techniques and discuss how they feel afterwards. This is a great way for students to learn relaxation, concentration, and agility. **Max: 20 students**

Instructor: Thrive Yoga

Session 1: Wednesdays: 10/8, 10/15, 10/22, 10/29, 11/5, 11/19
Course #: 227579

Session 2: Wednesdays: 1/14, 1/21, 1/28, 2/4, 2/11, 2/18
Course #: 227580



Register today!!!

<u>Activity</u>	<u>Session</u>	<u>Course #</u>	<u>Page</u>
Babysitting	1	227564	13
Cartooning	2	227565	14
Chess Club	2	227566	14
	3	227567	14
Cooking	2	227568	15
Explosive Performance	1	227571	15
Gardening Terrariums	3	227573 (6 th)	16
		227574 (7 th)	16
		227575 (8 th)	16
Guitar	3	227576	16
Hip-Hop	3	227577	17
Performance Lacrosse	1	227578	17
Y.E.A.H. Program	2	227569	18
	3	227570	18
Yoga	1	227579	19
	2	227580	19

Your thoughts matter to us...

There are a lot of fun and exciting after school activities for you to do this year. As we continue to refine our program, we need to have your input.

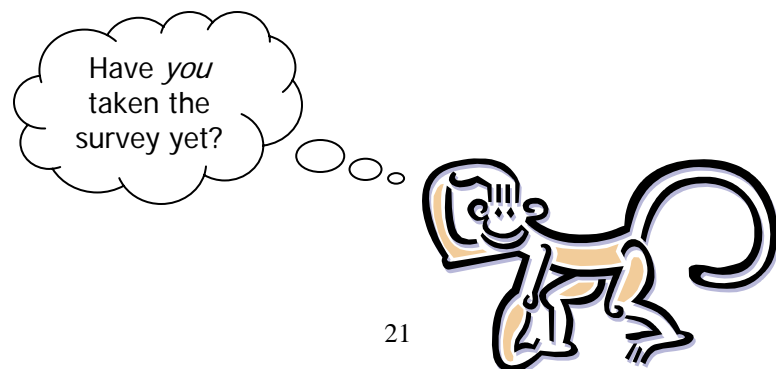
We have designed a survey that will give us the feedback we need to improve our program. Which activities do you love? Which could be better?

Please be sure your RecWeb Online Registration account includes your most up to date email so we can send you a reminder to complete the survey.

Your opinion matters to us.

Please go to the link below to fill out our RecExtra survey.

http://www.surveymonkey.com/s.aspx?sm=CP50_2f5f_2bHuOhBBYbVgnwcQ_3d_3d



Are you looking for a part time job or volunteer opportunity that is fun, exciting and convenient?

If you enjoy outdoor activities, sports, performing arts, fitness, crafts or even have a hidden talent that you would like to expose the students to; then this job is for you!

Volunteer and staff positions are limited for the future 2009-2010 school year, so contact us today! All potential employees must be fingerprinted and undergo a background check in order to be employed by the Montgomery County Recreation Department.

Staff will be compensated a competitive hourly wage and enjoy a flexible schedule. All programs must be held on site from 2:45 P.M. to 4:00 P.M. on Tuesdays, Wednesdays or Thursdays.

Contact Sheryl Greenfield if you are interested in a position.

Sheryl.greenfield@montgomerycountymd.gov
(240) 777-6985



Montgomery County
DEPARTMENT
RECREATION



Teen Teams
11315 Falls Road
Potomac, MD