







# APOLLO ACTIVITES

2020 - 2021

### Table of Contents

### Clubs

- 1 ..... Welcome Letter
- 2 ..... Apollo Student Union
- 2 ..... Apollo Trap Team
- 3 .... Art Club
- 3 .... Book Club
- 4 .... Bowling Club
- 4 .... CARE Club
- 5 .... French Club
- 5 ..... Future Problem Solvers
- 6 ..... GSA
- 6 ..... German Club
- 7 ..... Knowledge Bowl
- 7 .... Link Crew
- 8 .... Luna Creative Arts Magazine
- 8 .... Math League
- 9 .... Mock Trial
- 9 ..... Robotics
- 10 ... Rock Climbing
- 10 ... S.A.D.D.
- 11 .... Spanish Club
- 11 .... Speech
- 12 ... Theatre
- 12 ... WE Act
- 13 ... Yearbook
- 13 ... Contact Information

### **Athletics**

- 14 ..... Welcome Letter
- 15 .... Adapted Soccer
- 15 .... Adapted Hockey
- 16 .... Adapted Softball
- 16 .... Alpine Skiing
- 17 .... Baseball
- 17 ..... Basketball (Boys)
- 18 .... Basketball (Girls)
- 18 .... Cross Country
- 19 .... Dance Team
- 19 .... Football
- 20 .... Golf (Boys)
- 20 ..... Golf (Girls)
- 21 ..... Gymnastics (Girls)
- 21 .... Hockey (Boys)
- 22 ..... Hockey (Girls)
- 22 .... Lacrosse (Boys)
- 23 .... Lacrosse (Girls)
- 23 .... Nordic Skiing
- 24 .... Soccer (Boys)
- 24 .... Soccer (Girls)
- 25 .... Softball
- 25 .... Swimming & Diving (Boys)
- 26 .... Swimming & Diving (Girls)
- 26 ..... Tennis (Boys)
- 27 ..... Tennis (Girls)
- 27 ..... Track & Field
- 28 ..... Volleyball
- 28 ..... Wrestling

# What clubs are offered at Apollo High School?

Apollo High School offers many opportunities for you to pursue your passions, learn something new, and share enjoyable experiences all year long! This year, Apollo is offering 23 clubs ranging from competitive Speech to Trap Shooting and many things in between.

Clubs meet before school or after school, and some of these extracurricular opportunities meet weekly.

The vast majority of the clubs offered at Apollo High School require no previous experience.

By joining a club, you are giving yourself an opportunity to meet new people, make new friends, and gain new skills along the way.

This yea<mark>r, purs</mark>ue your passions and join a club! Or two :)

We look forward to meeting you!

Sincerely,

Apollo High School Club Advisors

# Apollo Student Union

### Leadership

#### **Advisor**

Fee: N/A Karina Sebastian

Requirements: Elected by Peers Karina.Sebastian@isd742.org

When: Year-Round

### **Description**

ASU is an organization designed to develop behavioral evidence of good citizenship, scholarship, leadership and service. ASU also improves channels for student involvement and provide orderly direction of school activities. ASU consists of an elected president, vice president, secretary, treasurer, and representative from each grade level. ASU meets twice a week and has a separate Planning Room.

# Apollo Trap Team

### Competitive

#### **Advisor**

Fee: Independent Provider Please visit the Activity Office.

Requirements: Firearm Safety Certificate

When: March - June

### **Description**

Apollo Trap Team has a mission of educating and training students in grades 7 - 12 in the extra-curricular activity of shooting sports. We provide education and training for how to safely handle firearms while competing in socially acceptable shooting sports. We participate as a team in the Minnesota State High School Clay Target League. Note: the fee is the cost of joining the league; please contact the advisor to learn more.

### Art Club

### **Non-Competitive**

#### **Advisors**

Fee: N/A

Andrea Burris

Requirements: N/A

Andrea.Burris@isd742.org

When: October - Early Spring

### **Description**

Art Club meets most Tuesdays from 3:30 - 5:00 PM. Art Club gives students an opportunity to work on their individual or group art projects, and to explore a variety of media and processes in a relaxed and fun environment. All ability levels are welcome!

### Book Club

### **Non-Competitive**

#### **Advisor**

Fee: N/A

Requirements: N/A

Andrea Telega

Andrea.Telega@isd742.org

When: Year-Round

### **Description**

Ever laughed aloud while reading? Gasped in horror? Started to cry? Wanted to talk with someone who has read the same book and is feeling ALL the feels? The solution is at hand - just join the Apollo Book Club. Manga, graphic novels, novels in verse, banned books - this is NOT your mother's book club. 7:30 a.m., the second Tuesday of each month, hang out in the RC and discuss that month's book with others. Problem solved see you there!

# Bowling Club

### Competitive

Fee: Independent Provider

Requirements: N/A

When: September - November

#### **Advisor**

Sean Adams

Sean8jr@yahoo.com

Pete Schwegal

PSchwegal@CSBSJU.edu

Advisor

### **Description**

Apollo's Bowling Club offers both Varisty and Junior Varsity, but all skill levels are welcome! We bowl twice per week at Southway Bowl and our meets are on Saturday afternoons. We bowl in a baker format and we offer all students the opportunity to participate in our bowling club. Please email the advisor to learn more about the cost to participate.

### CARE Club

### **Non-Competitive**

Vanessa VanLaanen

Requirements: N/A Vanessa.VanLaanen@isd742.org

When: Year-Round

Fee: N/A

### **Description**

CARE Club is open to any student who understand the necessity of promoting, accepting, and celebrating diversity of all students and staff. One of our most important activities is Culture Week, a time for students to get together and experience a wide array of diverse cultural experiences.

### French Club

### **Non-Competitive**

#### Advisor

Fee: N/A Julie Christenson

Requirements: N/A Julie.Christenson@isd742.org

When: Year-Round

### **Description**

The main purpose of French Club is to promote everything FRENCH! We provide cultural activities for all students - no French experience required!

### Future Problem Solvers

### Competitive

#### **Advisor**

Karlyn Doyle

Fee: \$70.00; Reduced/Free Lunch: \$35.00

Requirements: N/A Karlyn.Doyle@isd742.org

When: November-April

### **Description**

Founded in 1874 by creativity pioneer, Dr. E. Paul Torrance, FPS stimulates critical and creative thinking skills, encourages students to develop a vision for the future, and prepares students for leadership roles.

Components of FPS include: Global Issues Problem Solving, Scenario Writing, Scenario Performance, and Community Problem Solving. To learn more, visit FPSPI.org.

### GSA

### **Non-Competitive**

#### Advisor

Fee: N/A Vanessa VanLaanen

Requirements: N/A Vanessa.VanLaanen@isd742.org

When: Year-Round

### **Description**

LGBTQ and Allies are ALL welcome to our safe space! Meetings are typically held after school and we discuss, celebrate, and advocate for ourselves and for others.

### German Club

### **Non-Competitive**

#### Advisor

Fee: N/A Vanessa VanLaanen

Requirements: N/A Vanessa.VanLaanen@isd742.org

When: Year-Round

### **Description**

Willkommen! Welcome! You don't need to speak German or be enrolled in German to be involved. Learn more about the German-speaking world and their culture. Play games, listen to music, watch films, celebrate holidays, eat, and sometimes cook or bake German cuisine!

Additional Opportunities: Host a German Exchange Student or Study Abroad!



# Knowledge Bowl

### Competitive

#### **Advisor**

Fee: \$70.00; Reduced/Free Lunch: \$35.00 Jen Lessinger

Requirements: N/A Jennifer.Lessinger@isd742.org

When: November-April

### **Description**

Knowledge Bowl is a team effort where a group of four competes against other teams by taking a written test and competing in four oral rounds. Scores are tallied between rounds and teams are ranked to compete against others with similar scores. Practices are on Wednesdays and meets are usually held on Saturdays.

### Link Crew

### Leadership

#### **Advisors**

Fee: N/A Nick Ferguson

Requirements: Junior/Senior Application Nicholas.Ferguson@isd742.org

When: Year-Round/Summer Training Aaron.Voronyak

Aaron.Voronyak@isd742.org

### **Description**

Link Crew is a high school transition program that welcomes freshmen and makes them feel comfortable and confident throughout their first year of high school. This proven leadership program trains students to be positive role models, mentors, and community leaders. By helping our freshmen, Link Leaders are helping themselves!

### Luna Creative Arts Magazine

### **Non-Competitive**

#### **Advisor**

Fee: N/A

Requirements: N/A

When: Year-Round

Nick Ferguson

Nicholas.Ferguson@isd742.org

**Advisor** 

Veronica Lunde

**Description** 

The Luna Creative Arts Magazine is one of the oldest clubs at Apollo - it began just a year or two after Apollo opened! This club is open for anyone who appreciates the creative arts, from photography, to creative writing, to art. When we meet every-other-Tuesday, we practice a new form of creative writing. In the Spring, we collect student-work to be published in our annual magazine AND we host an Art Crawl in May!

# Math League

### Competitive

Fee: \$70.00; Reduced/Free Lunch: \$35.00

Requirements: N/A Veronica.Lunde@isd742.org

When: October-March

### **Description**

Math League is a competitive activity to challenge even our best math students. Students select topics such as Algebra, Geometry, Trig, and other advanced topics. Students also work with others on a team test. Students are expected to participate in at least five meets.

### Mock Trial

### Competitive

**Advisor** 

Fee: \$70.00; Reduced/Free Lunch: \$35.00

Jane Keenan

Requirements: N/A

Jane.Keenan@isd742.org

When: October-March

### **Description**

Mock Trial helps students develop a practical understanding of the American legal system. It improves basic skills such as listening, speaking, reading, and reasoning, and strengthens students' intellectual skills of critical thinking and oral advocacy. Mock Trial encourages cooperation among the legal and educational communities, and also increases students' understanding of their rights and responsibilities.

### Robotics

### Competitive

Fee: \$70.00; Reduced/Free Lunch: \$35.00

Requirements: N/A

When: Year-Round

### **Advisor**

Sara Laudenbach, VEX

Sara.Laudenbach@isd742.org

Tony Lavalle, FIRST

anthony.lavalle@isd742.org

### Description

There are two different Robotics Clubs offered at Apollo: FIRST and VEX. Robotics teams look for students who have an interest or a talent with robotics, writing, editing, math, science, computer programming, web design, CAD, photography, video recording and production, animation, electronics, machining, welding, manufacturing, problem solving, organization, and motivation!

# Rock Climbina

#### **Non-Competitive**

#### **Advisor**

Fee: \$95.00/Trimester

Matt Stockinger

Requirements: Basic Fitness

Matthew Stockinger@isd742.org

When: Year-Round

### **Description**

Our club is dedicated to the safe pursuit of rock climbing. We meet weekly to climb indoors and twice a year we take road trips to outdoor climbing destinations. Sometimes, we also enter competitions. For pictures and more information, please visit our website at ApolloClimbing.Rocks.

### S.A.D.D.

### Leadership

#### Advisor

Fee: N/A

Requirements: N/A

Cathie Helminick Cathie.Helminick@isd742.org

When: Year-Round

### **Description**

Students Against Destructive Decisions is a student-driven group that helps raise awareness about making safe choices. Every other year, we create and perform a Mock Crash for the Junior and Senior classes. Our group works with the Police Department, an Ambulance provider, the Fire Department, the St. Cloud Hospital, a Funeral Home, Life Link Helicopter, the State Highway Patrol, a towing company and a videographer to share the scenario with the students

### Spanish Club

### **Non-Competitive**

#### **Advisor**

Fee: N/A

. IN/ A

Requirements: N/A

Jane Keenan

Jane.Keenan@isd742.org

When: Year-Round

### **Description**

The main purpose of the Spanish Club is to promote the different cultures of the Spanish-speaking world. Spanish Club provides cultural activities for all members and no Spanish language knowledge is required. This club is open to all students and we have additional opportunities to volunteer and earn an academic letter.

### Speech

### **Competitive (MSHSL)**

Fee: \$70.00; Reduced/Free Lunch: \$35.00

Requirements: N/A

When: November-March

#### **Advisor**

Please visit the

Activities Office.

### **Description**

The Apollo Speech Team is open to all students, grade 9-12. There are currently 13 categories ranging from interpretation and public speaking, to creative expression and discussion.

### Theatre

### **Non-Competitive**

#### Advisor

Fee: \$70.00; Reduced/Free Lunch: \$35.00

Linda McGowan

Requirements: N/A

Linda.McGowan@isd742.org

When: Two Main Stage Productions/Year.

### **Description**

Apollo's Theatre philosophy is to nurture and celebrate artistic expression for all students who are interested in the magic of the performing arts. Apollo Theatre produces a broad range of theatrical presentations of the highest possible quality. We provide top-notch learning experiences in all aspects of theatre production: lights, sound, costuming, special effects, props, set building, singing, dancing, and acting.

### WE Act

### **Non-Competitive**

#### **Advisor**

Fee: N/A

Cathie Helminick

Requirements: N/A

Cathie.Helminick@isd742.org

When: Year-Round

### **Description**

We Act is a student-driven social justice group. We know that every person can make a difference in this world, so we help create change by working on local and global issues and projects. In the past, we've helped by collecting food for We Scare Hunger, created a food shelf that we will run this year, participated in We Are Silent, We Create Change, had a We Day Connect viewing at Apollo for four schools, and worked with five area schools and SCSU on Communicating Common Ground.

### Yearbook

### **Non-Competitive**

#### Advisor

Fee: N/A Laura Doberstein

Requirements: Enroll in the Course Laura.Doberstein@isd742.org

When: Year-Round

### **Description**

Yearbook offers the unique opportunity for students to enroll in the class, earn credit, and develop Apollo High School's Yearbook. Students are expected to attend a minimum of 8 sporting and academic events each trimester. To join Yearbook is to take a serious role in celebrating and commemorating all students and all activities at Apollo High School.

### Any Questions?

#### **Activities Office**

Theresa Loch-Thoele

**Apollo Activities Coordinator** 

Theresa.Loch-Thoele@isd742.org

Peter Hammerlink

**Interim Activities Director** 

Peter. Hamerlinck@isd742.org

### **Apollo Contact Information**

Main Office ..... (320) 370 - 8650

Activities ...... (320) 370 - 8661

**Guidance** ...... (320) 370 - 8662

# What athletics are offered at Apollo High School?

Approximately 30% of Apollo High School students are involved in extracurricular activities, and with over 30 different competitive athletic opportunities, we believe we have something for everyone.

Research indicates that leadership is developed through activities. You do better in school when you are involved with extracurricular activities. Being connected with a group creates teamwork, collaboration, and problem-solving skills. It gives you something to be identified with and something to take pride in.

See you at practice,

Apollo High School Coaches

### Family Payment Cap:

Each family has a payment cap of \$700.00. This means that once a family reaches the \$700.00 cap, any further activity fees will be waived. This is available each year.

Fees are subject to change.

### Adapted Soccer

### **Fall Sport**

Coach

Fee: \$140.00

Mike Bakken

Reduced/Free Lunch: \$35.00

Michael.Bakken@isd742.org

### **Description**

Adapted Soccer is a competitive varsity sport. All adapted sports are geared towards students that are Cognitively Impaired. Our teams are made up of players from Sauk Rapids, Sartell, and St. Cloud who are in grades 7-12. Most of the teams we compete against are from the twin cities area.

# Adapted Floor Hockey

### **Winter Sport**

Coach

Fee: \$140.00

Mike Bakken

Reduced/Free Lunch: \$35.00

Michael.Bakken@isd742.org

### **Description**

Adapted Floor Hockey is a competitive varsity sport. All adapted sports are geared towards students that are Cognitively Impaired. Our teams are made up of players from Sauk Rapids, Sartell, and St. Cloud who are in grades 7-12. Most of the teams we compete against are from the twin cities area.



# Adapted Softball

### **Spring Sport**

Coach

Fee: \$140.00

Mike Bakken

Reduced/Free Lunch: \$35.00

Michael.Bakken@isd742.org

### **Description**

Adapted Softball is a competitive varsity sport. All adapted sports are geared towards students that are Cognitively Impaired. Our teams are made up of players from Sauk Rapids, Sartell, and St. Cloud who are in grades 7-12. Most of the teams we compete against are from the twin cities area.

# Alpine Skiing (Girls & Boys)

### **Winter Sport**

Coach

Fee: \$25.00

Chris Longtin

(due to an independent provider)

C\_Longtin76@msn.com

### **Description**

The St. Cloud Breakaway's Alpine Ski Team is a co-op of several schools in the St. Cloud and surrounding area. You do not need to know how to race in order to join. We are happy to work with all skill levels from beginner to very advanced racers. You will definitely have fun, meet many new friends and feel a part of the team. Our team, the Breakaway, is all about team building and everyone is included!

### Baseball

### **Spring Sport**

Coach

Fee: \$140.00 Adam Savolainen

Reduced/Free Lunch: \$35.00 Adam.Savolainen@isd742.org

### **Description**

Our baseball program exists to provide student athletes with a well-rounded high school experience, and the diamond is no different from the classroom. Baseball is a learning experience - a chance to mature through self-discipline, competition, sportsmanship, achievement, and failure. We have 3 teams that players can try out for: 9th Grade, Junior Varsity, and Varsity.

# Basketball (Boys)

### **Winter Sport**

Coach

Fee: \$140.00 Jason Allen

Reduced/Free Lunch: \$35.00 Jason.Allen@isd742.org

### **Description**

The goal of Apollo Boys Basketball is to provide character development and direction to student athletes so they may achieve a high level of skill as well as an appreciation for discipline, sportsmanship, and teamwork. There are four levels of basketball to compete on: 9th Grade, Junior Varsity 2, Junior Varsity 1, and Varsity. Tryouts are in Mid-November and the seasons goes until Mid-March.

### Basketball (Girls)

Coach

Coach

### **Winter Sport**

Fee: \$140.00 Abby Notch

Reduced/Free Lunch: \$35.00 Abby.Notch@isd742.org

### **Description**

The mission of Apollo Girls Basketball is to develop athletic skills while teaching life skills. Our program offers 3 levels of competition: C Squad, Junior Varsity, and Varsity. Our goal is to have all of our athletes complete and grow while developing a love for the game of basketball! We provide a positive environment where our athletes feel safe to grow and develop into well-rounded young adults.

# Cross Country (Boys & Girls)

### **Fall Sport**

Fee: \$140.00 Justin Darrow

Reduced/Free Lunch: \$35.00 Justin.Darrow@isd742.org

### **Description**

Cross Country Running is an individual and team activity where all kids get to compete in all events and run with athletes of the same gender. The high school race is a 5K and the junior high race is 2 miles. We condition you to run this distance and everyone will have the opportunity to run 8-10 races during the season. Try to run faster than you ran the last race!

### Dance Team

### **Winter Sport**

Coach

Fee: \$140.00 Courtney Gordon

Reduced/Free Lunch: \$35.00 Courtney.Gordon@isd742.org

### **Description**

The Apollo Astronettes compete in both jazz and kick styles at many central Minnesota invitationals, central lakes conferences, and section competitions. The team also has the opportunity to perform at school functions throughout the year.

### Football

### **Fall Sport**

Coach

Fee: \$140.00 Michael Beehler

Reduced/Free Lunch: \$35.00 Michael.Beehler@isd742.org

### **Description**

The Apollo Football team is open to all athletes. Players that go out for football will have a chance to practice 4 days a week and play 1 game per week in September and October. Apollo Football offers 3 teams: 9th Grade, Junior Varsity, and Varsity. All of the equipment to play football is provided by the school, and the school provides top-of-the-line helmets and pads to keep all players safe. Check out a great sport and have the chance to meet a lot of new friends while learning about sportsmanship, leadership, and hard work!

# Golf (Boys)

### **Spring Sport**

#### Coach

Fee: \$140.00 John Scharenbroich

### **Description**

The Apollo boys golf team works as a co-op with Tech High School for students in grades 7-12. We are a competitive sport with both Junior Varsity and Varsity teams. We are also a member of the Central Lakes Conference. Basic elements of swing, stance, rules, etiquette, and course management are taught and fostered, and our team has a wide range of experience and ability. Practices are both indoor and outdoor.

### Golf (Girls)

### **Spring Sport**

#### Coach

Fee: \$140.00 Shannon Koskinen

Reduced/Free Lunch: \$35.00 Shannon.Koskinen@isd742.org

### **Description**

Our team is open to 7-12th graders at any skill level; from total beginner to advanced, everyone is welcome! We practice daily in the spring at Territory Golf Course and have many meets against other area golf teams. Transportation to practice and meets will be provided if necessary.

# Gymnastics (Girls)

### **Winter Sport**

#### Coach

Fee: \$140.00

Joel Stark-Haws

Reduced/Free Lunch: \$35.00

Joel.Stark-Haws@isd742.org

### **Description**

Gymnastics is a cooperative team of students from Apollo High School, Tech High School, and Cathedral High School who compete in beam, floor exercise, bars, and vault. Our season runs from November - February. Gymnastics is a 7-12 program and transportation to practice and meets will be provided.

# Hockey (Boys)

### **Winter Sport**

Coach

Fee: \$140.00

Pete Matanich

Reduced/Free Lunch: \$35.00

Pete@PremierHomeSearch.com

### **Description**

The Saint Cloud Boys Hockey teams consist of players from both Apollo and Tech High School. The season begins in mid-November and goes until the beginning of March. Team tryouts for both Junior Varsity and Varsity teams are held the first week of practice.

# Hockey (Girls)

#### **Winter Sport**

Coach

Fee: \$140.00

Tony Holcomb

Reduced/Free Lunch: \$35.00

Anthony. Holcomb@isd742.org

### **Description**

The St. Cloud Icebreakers is a cooperative team of players from Apollo, Tech High School, and Cathedral High School. All home games and practices are held at the St. Cloud MAC.

# Lacrosse (Boys)

### **Spring Sport**

Coach

Fee: \$140.00

Matt Keil

Reduced/Free Lunch: \$35.00

Matthew.Keil@isd742.org

### **Description**

Boys Lacrosse is offered from April - May and welcomes students from Apollo, Tech High School, Cathedral High School, and Holdingford High School. Practices and games take place at Tech. Equipment is provided upon request.

### Lacrosse (Girls)

### **Spring Sport**

Spring Sport

Reduced/Free Lunch: \$35.00

Fee: \$140.00

#### Coach

Greg Zandlo

STCGLAX19@gmail.com

### **Description**

We are a competitive program consisting of Varsity and Junior Varsity.

Our season begins in late March and ends in late May. We are a
cooperative team consisting of students from Apollo, Tech High School,
and Cathedral High School. Equipment is provided upon request.

# Nordic Skiing (Boys & Girls)

### **Winter Sport**

Fee: \$140.00

Reduced/Free Lunch: \$35.00

### Coach

Nicholas Snavely

Nicholas.Snavely@isd742.org

### **Description**

Our Nordic Skiing program consists of both Varsity and Junior Varsity teams. We are a cooperative team consisting of players from both Apollo and Sauk Rapids High School. Students are able to borrow equipment when they begin Nordic Skiing.

# Soccer (Boys)

### **Fall Sport**

Coach

Fee: \$140.00

Chad Keller

Reduced/Free Lunch: \$35.00

ChadsFishin@yahoo.com

### **Description**

We have very competitive Junior Varsity and Varsity teams. We won the CLC last season and we hope to repeat this year along with a run at state. We work hard but also have a lot of fun while we're at it! Our season begins in August and runs through October.

### Soccer (Girls)

### Fall Sport

Coach

Fee: \$140.00

Stephanie Skaalerud

Reduced/Free Lunch: \$35.00

Stephanie.Skaalerud@isd742.org

### **Description**

Our team focuses on all the different components of the game of soccer, like passing, defending, shooting, and teamwork. We have two teams: Junior Varsity and Varsity. We play a 16 game schedule with the first game in late August and the last in late October.

### Softball

### **Spring Sport**

Coach

Fee: \$140.00 Harold Alexander

Reduced/Free Lunch: \$35.00 Harold.Alexander@isd742.org

### **Description**

The Apollo Softball program offers both Junior Varsity and Varsity teams. We each play a full 20 game schedule that includes two weekend tournaments in May. Apollo Softball is about respect, personal responsibility, and growth. In teaching the game of softball, we also strive to impart life skills.

# Swimming & Diving (Boys)

### **Winter Sport**

Coach

Fee: \$140.00 Alex Badger

Reduced/Free Lunch: \$35.00 Alexandra.Badger@isd742.org

### **Description**

The goals of the Apollo Boys Swim and Dive Team are to develop and improve athletes' technical skills and abilities, Provide personal and social development for lifelong skills, and create a fun and enjoyable environment for athletes. We define our success in a number of ways: improved technique, personal best times and scores, outstanding support of teammates, and personal enjoyment of the sport.

We are excited to share our passion with you!

# Swimming & Diving (Girls)

### **Fall Sport**

Coach

Fee: \$140.00

Evan Shanley

Reduced/Free Lunch: \$35.00

Evan.Shanley@isd742.org

### **Description**

The Apollo Girls Swimming and Diving program is a Varsity sport at Apollo. We are a close-knit group of girls who work hard to accomplish individual and team goals. Our season consists of dual meets, invitationals, conferences, state sections, and true team sections. All of our athletes have a chance to compete and participate at most meets!

# Tennis (Boys)

### **Spring Sport**

Coach

Fee: \$140.00

0.00 Jamie Hatlestad

Reduced/Free Lunch: \$35.00

JamieHatlestad@gmail.com

### **Description**

Try tennis! Tennis is a lifetime sport and you only need one other person to play. You can even practice by yourself against a wall! Beginners welcome! Tennis is a "no-cut sport" and everyone gets plenty of playtime. Practices are after school from 3:45 - 5:30 at the Apollo tennis courts. We have approximately 16 meets and travel about 5 or 6 times.

# Tennis (Girls)

### **Fall Sport**

Coach

Fee: \$140.00

Jamie Hatlestad

Reduced/Free Lunch: \$35.00

JamieHatlestad@gmail.com

### **Description**

Try tennis! Tennis is a lifetime sport and you only need one other person to play. You can even practice by yourself against a wall! Beginners welcome! Tennis is a "no-cut sport" and everyone gets plenty of playtime. Practices are after school from 3:45 - 5:30 at the Apollo tennis courts. We have approximately 16 meets and travel about 5 or 6 times.

### Track & Field

### **Spring Sport**

Coach

Fee: \$140.00

Reduced/Free Lunch: \$35.00

Justin Darrow

Justin.Darrow@isd742.org

Jill Lipp

**Description** 

Jill.Lipp@isd742.org

Want to prove to your friends who is the fastest or the strongest? Maybe you think you can jump the farthest or the highest? Or maybe you just want to get faster or stronger and make new friends. Come and join Track and Field! Everyone has something they can participate in - running, throwing, sprints, hurdles, pole vaulting, and long distance races! Not only is track a lot of fun, but the training helps you in all other sports at Apollo. We are one big family and love team building activities.

### Volleyball

### **Fall Sport**

Coach

Fee: \$140.00 Sean Roquette

Reduced/Free Lunch: \$35.00 Sean.Roquette@isd742.org

### **Description**

It is our mission to provide young women an opportunity to challenge themselves and to be challenged by others mentally, physically, and emotionally, in the context of the game of volleyball. Above all, it is our mission to instill an unshakable framework of excellence, teamwork, and competitiveness to build upon in life.

# Wrestling

### **Winter Sport**

Coach

Fee: \$140.00 Travis Holt

Reduced/Free Lunch: \$35.00 Travis.Holt@isd742.org

### **Description**

Wrestling is a cooperative program with students from Apollo, Tech High School, Cathedral High School, and Granite City Baptist Academy. It is a folkstyle amateur 7-12 grade program.

### Any Questions?

#### **Activities Office**

Theresa Loch-Thoele

**Apollo Activities Coordinator** 

Theresa.Loch-Thoele@isd742.org

Peter Hammerlink

**Interim Activities Director** 

Peter. Hamerlinck@isd742.org

### **Apollo Contact Information**

Main Office ..... (320) 370 - 8650

**Activities** ...... (320) 370 - 8661

Guidance ...... (320) 370 - 8662



### Thank You!



