



# FMS BEYOND THE BELL

Co-Curricular Programs are an integral part of student life at Frelinghuysen Middle School. Our primary goal is to augment the academic, social and emotional development of our entire student body through offering a variety of athletic, artistic, literary, musical, and philanthropic activities. We encourage every student to get involved!

## ACTIVITIES AT A GLANCE

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### Year-Long Activities and Clubs

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  - [+ African American Heritage Club](#)
  - [+ Biology Club](#)
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### Seasonal Activities and Clubs

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#### Fall

- [+ HSA Fall Clubs](#)
  - [+ Fall Art Honor Club](#)
  - [+ Fall Athletics :](#)  
[Cross Country](#), [Field Hockey](#)  
[Boys Soccer](#), [Girls Soccer](#)
- 

#### Winter

- [+ Art Club](#)
  - [+ Battle of The Books](#)
  - [+ Chess Club](#)
  - [+ Spring Musical](#)
  - [+ HSA Winter Clubs](#)
  - [+ Winter Athletics:](#)  
[Boys Basketball](#), [Girls Basketball](#),  
[Cheerleading](#), [Drill Team](#), [Wrestling](#)
- 

#### Spring

- [+ Fencing](#)
- [+ Spring Athletics :](#)  
[Baseball](#), [Boys Lacrosse](#), [Girls Lacrosse](#), [Softball](#), [Track and Field](#)

## Year-Round Activities and Clubs

### ALL IN

ALL IN (Allies In Learning & Leading-Inclusive Network) is a social group that emphasizes that all students belong and that we should celebrate our differences. ALL IN hosts monthly events to foster relationships, which enhance our lives, school, and community. There is also a student board for ALL IN who attend board meetings to help plan, create and run the activities for their peers.

**Advisor:** Kelly Kennedy

**Time & Place:** Monthly, Wednesdays, cafeteria

### Melanin Minds

Melanin Minds Club is open to ALL FMS students who have an appreciation and respect for African American culture and experiences. The purpose of this club is to provide a platform for students to share, discuss and analyze issues relevant within the African American community. Additionally, this organization aims to heighten both inter and intra cultural awareness through guided discussions based on personal experience, history, current events and mediums that focus on African American culture.

**Advisors:** Warren Kersey & Dayjahnae Rogers-Martin

**Time & place:** Wednesdays 2:30-4pm Room 119, (Schedule to be provided to students).

### BIOLOGY CLUB

From healthcare to engineering, from farming to psychology, from training an athlete to saving the oceans, Life Science has a very important role in the world around us. In the FMS Biology Club, students will have the opportunity to collaborate, research,

experiment, and engineer as they follow their own interests in life science (which includes ecology, genetics, microbiology, zoology, botany, anatomy, and more). In addition to using science equipment and engineering materials, students will be able to work and research in the FMS Garden and other outdoor spaces.

**Advisor:** William Majestic

**Time & Place:** Day Thursday 2:30 - 4:00 Room 208

### CHAMBER ORCHESTRA

The Chamber Orchestra is an audition based group comprised of FMS Orchestra students in the 6th, 7th, and 8th grade. This ensemble performs challenging repertoire and is designed for self-motivated students who love music and are looking to improve beyond what is allowed within the scope of the school day. This group rehearses weekly and participates in a variety of community events and performances throughout the school year.

**Advisor:** Ms. Tomblin

**Time & Place:** 2:30-4:00, Orchestra Room 216, Wednesdays

### FALCON ALLIANCE

The Falcon Alliance is a student-run club that provides students with the opportunity to talk about the LGBTQ+ community and the hardships members of that community face in society. Students will engage in conversations that aim to generate ideas of how we can better support members of the LGBTQ+ community inside and outside of FMS. Meetings are held every Friday for the entirety of the school year.

**Advisor:** Gillian Erlenborn

**Meetings:** Friday 2:30 - 4PM Cafeteria

### FALCON PRESS

All students are eligible to audition to become a member of the yearlong newspaper staff. The group produces a high-quality online school newspaper. The students are responsible for and are involved in every aspect of the design, writing, editing, and production of each publication. Advisor: Rachel Varughese  
**Time & Place:** 2:30-4, room 109, Tuesdays

### FALCON JAZZ BAND

The Falcon Big Band is an opportunity for students to expand their musical talents through the study and performance of large ensemble swing, Latin jazz, and rock/funk repertoire. It is open to all students grades 6-8.

**Advisor:** Mr. Ocasio

**Time & Place:** 6:00-8:00PM, Rm 146, Tuesdays Sept-June

### MODEL UNITED NATIONS

Model UN is an authentic simulation of the United Nations General Assembly and special committees, which provides students the opportunity to develop their skills in public speaking, networking, negotiation, diplomacy, and decision-making. Students assume the role of an ambassador from one of the UN's member countries and debate current issues on the UN's vast agenda. When feasible, this program culminates in a Model United Nations conference in New York City between middle schoolers from around the globe.

**Advisors:** A. Lefkovits

**Meetings:** 2:30 - 4PM, Tuesdays, Room 151

### National Society of Black Engineers

The National Society of Black Engineers Jr. (NSBE Jr.) club is open to all 6th, 7th and 8th graders who are interested in exploring, creating, discovering and imagining. NSBE Jr. is designed to stimulate the interest in science,

technology, engineering, and mathematics fields, or STEM. Our program provides activities to help students discover firsthand how engineering and technology relate to the world around them and discover the excitement of academic excellence, leadership, technical development and teamwork.

**Advisor:** Leslye Folmar  
**Start date:** October 19, 2022  
**Time Every Wednesday from**  
**2:30pm- 4pm**  
**Place:** Room 205

### **SELECT CHORUS**

Select chorus is an audition-based group comprised of FMS Chorus students who have achieved vocal proficiency beyond grade level. The repertoire is challenging. Creativity, musicality, teamwork and dedication are integral aspects of membership. The group performs at a variety of school concerts and competes in state and regional programs.

**Advisor:** Gillian Erlenborn  
**Time & Place:** 2:30–4PM,  
Wednesdays weekly Choir Room

### **STUDENT COUNCIL**

Student Council is a student-run organization that supports and promotes student life at Frelinghuysen. Students work in committees to collaborate on ideas for Spirit, Fundraising, and School Improvement ideas for the school. Student Council members develop and implement social and service initiatives for our students and staff.

**Advisors:** Ms. Greenstein  
**Time & Place:** 2:30-4PM room 142  
Wednesdays

### **TECH STUDENT ASSOCIATION**

Technology Student Association (TSA) is a national organization of middle and high school students who are engaged in science, technology, engineering, and mathematics

(STEM). TSA provides guidelines for 60+ middle school state and national competitions in which students are challenged to use their STEM skills in areas such as communication, design and engineering, environment, and more. The TSA team will meet weekly and prepare to enter state and local competitions.

**Advisor:** Mr. Scheerer  
**Time & Place:** Rm 154, Thursdays

### **WIND ENSEMBLE**

The Wind Ensemble is comprised of selected musicians from the 6th, 7th, and 8th grade band classes who wish to further their abilities. The group rehearses in the afternoon, and performs at school concerts and events. They also compete in local and regional competitions.

**Advisor:** Mr. Ocasio  
**Time & Place:** 2:30-4PM, Thursdays  
room 146

### **YEARBOOK**

This group is open to any student who would like to be involved in the production of the Frelinghuysen Middle School yearbook. The students will be responsible for: developing a yearbook theme, creating a layout design, taking photographs, writing and editing captions and articles, advertising for yearbook sales, and critiquing the final product.

**Advisor:** Mrs. Rodrigues  
**Time & Place:** 2:30-4PM, Rm 214,  
rotating meetings based on workload;  
calendar provided at informational  
meeting

## **Seasonal Clubs Activities and Athletics**

### **FALL ATHLETICS**

#### **CROSS COUNTRY**

The cross country team is comprised of 6, 7, and 8th grade girls and boys. This is an interscholastic program with seventy plus openings on the team roster. The number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, and school spirit.

**Coach:** Dayjahnae Rogers-Martin  
**Length of season:** Sept. – Nov.  
**Time & Place:** 2:25-4PM, school  
grounds Equipment required: running  
shoes and practice clothes

#### **FIELD HOCKEY**

The field hockey team is open to all 6th, 7th and 8th grade girls. This is an interscholastic activity with sixty plus openings on the team roster. The number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, developing field hockey fundamentals, and school spirit.

**Coach:** Mr. Manahan  
**Length of season:** Sept. – Nov.  
**Time & Place:** 2:25-4PM, school  
grounds Equipment required: mouth  
guard, eye protection, shin guards,  
stick, cleats and practice clothes  
(uniform provided)

#### **BOYS SOCCER**

The boys' soccer team is open to all students who wish to try-out during the first several days of school. This is an interscholastic program with an emphasis on conditioning, teamwork, developing soccer fundamentals, and school spirit. Practice or games will be held every day during the season.

**Coach:** Mr. Vargas  
**Length of season:** Sept. – Last week  
in October  
**Time & Place:** 2:25-4 PM, school  
grounds Equipment required: soccer  
cleats, shin guards, and practice  
clothes (uniform provided)

## **GIRLS SOCCER**

The girls' soccer team is open to all girls who wish to try out during the first several days of school. This is an interscholastic activity with an emphasis on conditioning, teamwork, developing soccer fundamentals, and school spirit.

**Coach:** Mr. Cahill

**Length of season:** Sept. – Nov.

**Time & Place:** 2:25-4PM, school grounds Equipment required: soccer cleats, shin guards and practice clothes (uniform provided)

## **Fall Clubs**

### **HSA AFTER SCHOOL CLUBS**

Each fall, winter, and spring the Frelinghuysen Home & School Association, in cooperation with FMS staff, offers a variety of clubs taught by FMS teachers for a nominal fee. Clubs range from sports to academics to technology and more. Clubs meet weekly, immediately after school, and run for 6 weeks. You can explore club offerings and register online by visiting the HSA website, [fmshsa.com](http://fmshsa.com), during the open registration periods, usually in October and December.

### **FALL ART HONORS CLUB**

The Art Club provides 25 students with the opportunity to develop and enhance their artistic talent in painting, drawing, and sculpture. Students bring in projects that they want to work on. The teacher provides help with the next step or enhancement of the project. In this club all types of artists can share their creative ideas. The Art Club is to stimulate, foster and promote public interest in the arts. As well as, help students express their feelings and emotions that words alone cannot. The Art Club is a place where anyone who wishes to pursue

an art can realize his or her full potential.

**Advisor:**

**Time and Place:** 2:30-4 Wednesdays room 212 Starts 10/12/22 12 sessions

## **WINTER ATHLETICS**

### **BOYS BASKETBALL**

### **BOYS BASKETBALL**

The boys' basketball team is open to all students who wish to try out. This is an interscholastic program with limited openings on the team roster, and the number of participants is determined by the coaching staff each year. Emphasis is on Teamwork, learning and developing individual basketball fundamentals, and school spirit.

**Coach:** A Harris Length of season: Nov. – Jan.

**Time & place:** 2:25-4PM, school grounds, practice or games daily Equipment required: basketball sneakers and practice clothes (uniforms provided)

### **GIRLS BASKETBALL**

The girls' basketball team is open to all students who wish to try out. This is an interscholastic program with emphasis on school spirit, conditioning, teamwork, and developing basketball fundamentals

**Coach:** Jake Cahill

**Length of Season:** Nov. – Jan.

**Time & Place:** 2:25-4PM, school grounds, practice or games daily Equipment required: basketball sneakers and practice clothes (uniforms provided)

### **CHEERLEADING**

The cheerleading squad is open to all girls who wish to try-out. This is an interscholastic program with limited openings on the team roster. The number of participants covers all three grade levels and is determined by the coaching staff after tryouts.

Opportunity to practice the required cheers before try-outs is offered and all candidates must attend those three days. Emphasis is on teamwork, learning and developing cheerleading fundamentals and school spirit.

**Coach:** Nicole Bischoff

**Length of Season:** Nov. – Jan.

**Time & Place:** 2:25-4:PM, on-site practice or home games Equipment required: white sneakers and practice clothes (uniform provided)

### **DRILL TEAM**

The Drill (STEP) Team offers students an opportunity to pursue their interests in participating on a team that performs synchronized STEP programs at our indoor sports events. The team is limited to approximately twenty members and try-outs are held.

**Coach:** Dayjahnae Rogers-Martin

**Length of Season:** Fall/Winter

**Time & Place:** 2:25-4PM, school grounds Equipment required: none

### **WRESTLING**

The wrestling team is an interscholastic program comprised of sixth, seventh, and eighth grade students. The number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing wrestling fundamentals, and school spirit. **Coach:** Mr. Manahan

**Length of Season:** Nov. – Jan.

**Time & Place:** 2:25-4PM, school grounds, daily Equipment required: wrestling gear as per Coach Manahan (uniforms provided)

### **ART CLUB**

#### **ART CLUB**

The Art Club provides up to 25 students with the opportunity to develop and enhance their artistic talent in painting, drawing, and

sculpture. It also provides students with the integration of art and computer technology. Students bring in projects that they want to work on. The teacher provides help with the next step or enhancement of the project. In this club all types of artists can share their creative ideas. The Art Club is to stimulate, foster and promote public interest in the arts. As well as, help students express their feelings and emotions that words alone cannot. The Art Club is a place where anyone who wishes to pursue an art can realize his or her full potential. Advisors: Nicole Escobedo, Time & place: 2:25-4PM, Rm 213

### **CHESS CLUB**

Chess Club is offered to all grades and all students at FMS. Chess Club is for students that want to learn to play chess or already know how. Chess Club will have individual games, round robin, and tournament style games. Have fun, make new friends, and play chess!!

**Advisor:** Mr. Rosso

**Time & place:** 2:25-4PM, room 113, Tues & Thurs. Starts 12/20 and runs into Feb.

### **MUSICAL WINTER/SPRING**

All students in grades 6, 7, and 8 are invited to produce or perform in the musical. An introductory meeting is held after school the week before auditions to acquaint all interested students with specific skills, talents, and materials they will need for auditions or to be a part of the crew. The audition process requires all performers to read, sing and dance, after which every auditioning student is awarded a part in the play. The crew will have an application that includes artwork, an essay, and teacher recommendations before they are afforded a space backstage. Crew is a cut position

because of the lack of backstage space. Rehearsal schedules are posted online weekly. Attendance at rehearsals is mandatory. Beginning in January, students in the crew are required to attend after-school and Saturday work parties to build and paint scenery, learn lighting and scenery moves, and other aspects of production.

**Advisor:** Mrs. Montague, Director

**Time & Place:** Specific times/dates are provided in Nov/Dec. Please check Canvas and morning announcements. (You will be required to make evening and weekend time commitments to the program.)

### **WINTER**

#### **HSA AFTER SCHOOL CLUBS**

Each fall, winter, and Spring the Frelinghuysen Home & School Association, in cooperation with FMS staff, offers a variety of clubs taught by FMS teachers for a nominal fee. Clubs range from sports to academics to technology and more. Clubs meet weekly, immediately after school, and run for 6 weeks. You can explore club offerings and register online by visiting the HSA website, [fmshsa.com](http://fmshsa.com), during the open registration periods, usually in October and December.

### **SPRING ATHLETICS**

#### **BASEBALL**

The boys baseball team is comprised of 6th, 7th, and 8th-grade students. This is an interscholastic program with limited openings on each team roster. The number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing baseball fundamentals, and school spirit.

**Coach:** Mr. Manahan

**Length of Season:** March – June, Tuesday-Friday (possibly 1 Saturday)

**Time & Place:** 2:25-4PM, school grounds Equipment required: baseball glove, practice clothes, and cleats (uniform provided)

#### **GIRLS LACROSSE**

The girls' lacrosse team is an interscholastic athletic team that competes in the Greater Morris County Junior School Coaches Association league. It is a developmental program geared towards learning and mastering the basic fundamentals of the game.

**Coach:** Ms. DeSalvo

**Length of Season:** April – June

**Time & Place:** 2:25-4PM, school grounds Equipment required: sneakers and practice attire (uniforms provided)

#### **BOYS LACROSSE**

The lacrosse team is an interscholastic athletic team that competes in the Greater Morris County Junior School Coaches Association league. It is a developmental program geared towards learning and mastering the fundamentals of the game.

**Coach:** Dominic DeVitto

**Length of season:** April – June

**Time & Place:** 2:25-4PM, school grounds Equipment required: sneakers, cleats and practice jersey (uniforms provided)

#### **SOFTBALL**

The girls softball team is comprised of sixth, seventh and eighth students. This is an interscholastic program with limited openings on each team roster; the number of participants is determined by the coaching staff each year. Emphasis is on conditioning, teamwork, learning and developing fundamentals, and school spirit.

**Coach:** Mrs. Daly & Mr. Cahill

**Length of Season:** March – June,  
Tues.-Fri.

**Time & Place:** 2:25-4PM, school  
grounds Equipment required: softball  
glove, practice clothes, and softball  
cleats, helmet (uniform provided)

### **TRACK AND FIELD**

The team is comprised of sixth,  
seventh and eighth grade student  
athletes. This is an interscholastic  
program with limited openings on the  
team roster, and the number of  
participants is determined by the  
coaching staff each year. Emphasis is  
on conditioning, teamwork, learning  
and developing track and field  
fundamentals, and school spirit.

**Coach:** Caroline Leung

**Length of Season:** April – June

**Time & Place:** 2:25-4PM, school  
grounds, home meets held at MHS  
Equipment required: sneakers,  
practice attire

## **Spring Activities**

**HSA Clubs:**

**TBD**