

MILFORD
MILL
ACADEMY

EXPRESS
YOURSELF

STUDENT CLUBS
&
SPORTS
OFFERINGS

2009-2010
HANDBOOK

PURPOSE

The purpose of this *Express Yourself Handbook* is to acquaint students with after school clubs and sports opportunities available at Milford Mill Academy. These extra-curricular activities not only help students gain an edge during the college admissions process, they also help build character, leadership skills, self-discipline and self-awareness. More importantly, they help students to better focus on succeeding in their academic and personal lives.

It is suggested that students read the offerings and find those that expresses their personal interests, then speak with an advisor or coach for more information and an application. The back page is a commitment form that allows students to start making plans for their extra-curricular activities and to begin the process or take action.

Club Offerings

Alpha Nu/Nu Alpha Junior Fraternity and Sorority

Mr. T. Robinson, Advisor

Wednesdays - 2:30 p.m., Rm. 239

This is a Christian Fraternity and Sorority created by Alpha Nu Omega, Inc. which facilitates community service and outreach events, as well as a step team designed to promote spirituality.

Chess Club

Ms. D. Sutton-Echols, Advisor

Second Wednesday of each month - 2:30-3:30, Rm. 115 from October - April

Students learn the fundamentals of how to play chess and compete against each other in challenging chess games.

Debate Team

Ms. M. Lewis, Advisor

Meeting schedule TBA, Rm. 115

Academic forensics and debate teams take part in a variety of oral communication competitions. Members of the team research, develop, practice, and deliver their performances which include speeches, interpretations or dramatizations of literature, and debates.

DECA - An Association of Marketing Students

Ms. D. Ransom & Ms. M. Johnson, Advisors

Every Wednesday, 2:30 -3:00 p.m., Rm. 116

Membership Fee \$15

This is a national marketing organization that prepares students to compete in local, state and national events. See Ms. Ransom or Ms. Johnson for an Application.

Fashion Club (MMA)

Ms. C. Hollis, Advisor

Every Tuesday, 2:30-3:30 p.m.

Membership Fee: decided by members.

Students will learn the fundamentals on all facets of fashion. Fundraisers, community service and weekly fun fashion facts play a part in the Milford Mill Academy Fashion Club.

FBLA (Future Business Leader's of America)

Ms. D. Ransom, Advisor

Wednesdays, 2:30-3:00 p.m., Rm. 116

Membership Fee: \$20

FBLA is the largest student run business organization in the world. Its primary focus is to help transition students from school to work and/or the world of entrepreneurship. This is done through activities such as fundraisers, local, state and national competitive events, state leadership conferences, and activities initiated at the school level including round table discussions, student lead business workshops, trips and community outreach. Please go to room 116 for application.

HOSA (Health Occupations Students of America)

Ms. G. Mason, Advisor

Monthly meetings after school

For any Magnet students interested in health careers.

The International Club

Mrs. N. Lewis-Hirald, Advisor

Wednesdays, 2:30 -4:00 p.m. Rm. 113

Membership Fee: \$15 per month

An after school club that develops and promotes an awareness of multiculturalism through the exploration of global culture. We are considered the ambassadors of international cultural at Milford Mill Academy by hosting cultural activities and trips.

It's Academic

Mr. M. Lindsey, Advisor

Meeting dates and times TBA

Sponsored by Giant Food and Morgan State University, this is a T.V. general knowledge based quiz program. Students seeking to be in this club should want to acquire general knowledge in all subject areas and have a desire to be on TV. Knowledge of jeopardy games would be helpful.

Key Club

Ms. D. Ransom, Advisor

Wednesdays, 3:00 -3:30 p.m., Rm. 116

No Fee

This is a civic community leadership club. Students determine a target market, and plan and implement a community project. See Ms. Ransom in room 116 for an application.

Morning Miller Show

Mr. T. Price, Advisor

Be a part of the broadcasting news team at Milford Mill Academy. If you are interested in becoming a member, see Mr. Price.

Milford Mill Academy Acting Ensemble

Ms. D. Bowles, Advisor

Wednesdays, 3:00-5:00 p.m.

Membership Fee: TBA

The resident drama club Milford where you learn everything theatre, take trips, perform, etc.

Milford Mill Academy Concert Chorale

Mr. T. Price, Advisor

Mondays and Thursdays

The Milford Mill Concert Chorale has become one of the most sought after high school ensembles in the nation. With a repertoire which spans several centuries but highlights spirituals, gospel, and “message music” this choir always aims to please! Beyond the music this choir encourages youth to pursue their dreams and goals, proudly embrace their spirituality, remain focused on their educations, and prepare students for higher learning and a collegiate education.

Milford Mill Dancing Team

Mr. D. Jones & Ms. D. Bowles, Advisors

Membership Fee: TBD

Membership dates & times: TBD

The Milford Mill Academy Dance Team is a performance group dedicated to school spirit. The team is registered as a club offering, not considered a school sport, not funded by the school or athletic Department. Their performances which integrate jazz, hip-hop , and other traditional dance forms are choreographed by team members. You can see the Dance Team perform at some school functions and various community events.

Milford Mill Spartan Band

Mr. J. Gough, Advisor

Tuesdays & Thursdays 2:30 -5:30 p.m. and Wednesdays, 4:00-8:00 p.m.

Membership may be required.

All students are welcome to join. Milford Mill Academy Spartan Band is one of the top groups on the east coast. Over the last fifteen (15) years, the Spartans have received numerous accolades. Many students have received scholarships to various colleges and universities throughout the United States.

MESA (Math, Engineering and Science Association)

Advisor TBA

Thursdays, 2:30-3:30 p.m.

Membership Fee: \$10.

Prepare students to compete with designs of bridges, airplanes, trebuchet and simple machines on a local, state and national level.

National Art Honor Society

Ms. C. Potts, Advisor

Membership Fee: TBD

Meets weekly.

Identified students will engage in creating displays, *Arts Alive*, exploring media and will perform community service.

National Honor Society

Ms. L. Burkley, Advisor

Meet once every other week (day determined at first meeting)

Membership Dues: \$20 initially - then \$10 annually.

National organization based on leadership and community service which honors students for their academic achievement.

NSBE - National Society of Black Engineer

Mr. J. McNeill & Mrs. B. Birt, Advisors

Thursdays, 2:30-3:15 p.m., Rm. 120.

Membership Fee: \$5

Mission is to increase the number of culturally responsible Black Engineers who excel academically, succeed professionally and impact the community positively. NSBE is the largest student run organization in the U.S. and is comprised of more than 270 chapters on college and university campuses.

National Technical Honor Society

Ms. S. Cohen, Advisor

First Wednesday of every month at 2:20 p.m., Room 123

Membership Fee \$30

NTHS encourages higher scholastic achievement, cultivates a desire for personal excellence, and helps top students find success in today's highly competitive workplace.

SGA – Student Government Association

Ms. J. Johnson (Librarian), Advisor

The SGA promotes and provides leadership development opportunities to prepare and empower student leaders. The SGA works for the school by helping students, staff, and the community reach shared goals. The SGA is “The Mind, Heart, and Hands” of school activities. It promotes school spirit and pride; develops leadership; develops positive student morale; solves problems and serves as the voice of the student body.

Tech Savvy Computer Club

Ms. A. Kumar, Advisory

Every other Thursday 2:30-3:30 p.m., Room 121

Students will learn basic and advanced features of computer and internet skills in order to be successful in an increasingly technology oriented world. Club members also assist staff members to create Web pages and provide help in trouble shooting computer related tasks.

OTHER CLUBS – Advisors TBA

SADD (Students Against Destructive Decisions)

VICA (Vocational Industry Club of America) Skills USA)

CLASS ADVISORS

Freshman Class Advisors – *Mr. T. Price & Ms. D. Bowles*

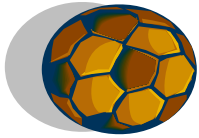
Sophomore Class Advisor – *Ms. M. Cole-Burnett & Ms. T. Johnson*

Junior Class Advisor – *Ms. M. Johnson*

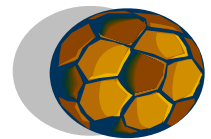
Senior Class Advisor – *Mr. T. Price & Ms. L. Donaldson*

SPORTS OFFERINGS

Note: Physicals and tryouts are required for all sports



Joseph A. Sargent, CMAA
Athletic Director
Phone: 410-922-7195
Schedules: viewmyschedule.com



Coach 'Go' Green
Academic Advisor for Sports

BOYS

| | |
|------------------------|--|
| <u>Baseball</u> | V (Coach Dixon), JV (Coach White) |
| <u>Basketball</u> | V (Coach Holley), JV (Coach Silverman) |
| <u>Cross Country</u> | V & JV (Coach Simms) |
| <u>Football</u> | V (Coach White), JV (Coach Royster) |
| <u>Golf</u> | Coach Stephan |
| <u>Indoor Track</u> | Coach S. Johnson |
| <u>Lacrosse</u> | V (Coach Silverman) |
| <u>Soccer</u> | Coach Guity & Coach Freeburger |
| <u>Track and Field</u> | V (Coach Johnson), JV (Coach Harris) |

GIRLS

| | |
|------------------------|---|
| <u>Basketball</u> | V (Coach McAliley), JV (Coaches Jeter & Rogers) |
| <u>Cross Country</u> | V & JV (Coach Johnson) |
| <u>Golf</u> | Coach Stephan |
| <u>Indoor Track</u> | Coach Simms |
| <u>Lacrosse</u> | V (TBA) |
| <u>Soccer</u> | V (Coach Malenski) |
| <u>Softball</u> | V (Coach Gillespie), JV (Coach Johnson) |
| <u>Track and Field</u> | Coach Simms |

CO-ED

| | |
|---------------------|--|
| <u>Cheerleading</u> | V Coach Ms. T. Williams |
| <u>Tennis</u> | Coach Lindsey |
| <u>Volleyball</u> | V (Coach McAliley & Assistant Coach Jeter), JV Coach Gillespie |

OTHER

Intramatural Weight Training

Coach Silverman

Workouts on Mondays and Wednesdays from 2:30-3:30 p.m.

Allows students to enhance overall fitness levels by participating in weight training and conditioning workout programs.

Planning Commitment Form

*I'm Interested in the following
clubs and/or sports:*

First Choice: _____

Second Choice: _____

Third Choice: _____

Fourth Choice: _____

I will contact the following Advisors or coaches:

_____ Room# _____

_____ Room# _____

_____ Room# _____

_____ Room# _____

My next step will be to complete an
application and *express myself*
at a meeting or tryout.