

Frost After School Program - Club Descriptions - 23-24

| Club Name | Description | Day, Time, location club meets | Sponsor |
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| Updated 10/2/23 | | | |
| Acapella Club | Join us for Karaoke, Harmonizing, and Singing games. | MONDAY 2:30 - 3:30 Room J112 | Ms. Lee |
| Art Club | Art Club operates in an open studio format, where students work self-paced, on art projects of their choice: drawing, painting, sculpture, printmaking, and collage. | WEDNESDAY 2:30 - 4:30 Room J126 | Ms. Morgan |
| Baking Club | Do you like to Bake? If you do, then this is the club for you. Every Tuesday we will bake delicious desserts from cookies, to cake, pie, muffins and more. | TUESDAY 2:30 - 4:30 Room D114 | Ms. Metzker Ms. Gregory |
| Basketball Club | Join us on Thursdays to play Basketball | THURSDAY 2:30 - 4:30 7th Grade Gym | Mr. Stamp |
| Chess Club | All students are welcome to learn the game of chess and improve thir skills. The club meets once a week for friendly play and discussion of strategies and tactics. | TUESDAY 2:30 - 4:30 Room D207 | Mr. Perlin |
| Chill Zone | Chill Zone is a club for students to socialize and hang out with friends, listen to music, and play games in a safe & supervised environment. | TUESDAY & THURSDAY 2:30 - 4:30 Room G106 | Ms. Morrobel |
| College & Career Exploration (6 week sessions in the Fall, Winter & Spring) | College & Career Exploration welcomes everybody interested in getting a jumpstart on preparing for their future! The club's activities include: interest inventories for students, learning what colleges are looking for, discovering all of the resources available to help students find the best college for them, attending sessions with guest speakers, career exploration, and visiting a college or university. | MONDAY 2:30 - 3:30 Lecture Hall | Ms. Avina Ms. Morris |
| Cooking Club | On Fridays, we will cook a variety of dishes for breakfast, lunch, or dinner and dessert. | FRIDAY 2:30 - 4:30 Room D114 | Ms. Metzker Ms. Gregory |
| Debate Club | This is a club where students can get together and practice arguing/debating over set topics. | MONDAY 3:30 - 4:30 Room G106 | Ms. Gregory |

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| Dungeons & Dragons | Meet up with your friends and play Dungeons & Dragons - who will be the Dungeon Master? | MONDAY 2:30 - 4:30 Room E113 | Mr. Beekman |
| Football & Weight Training (spring only) | Football & Weigh Training will begin meeting in early spring. | MONDAY & WEDNESDAY 2:30 - 4:30 Cafeteria | Woodson Football Staff Mr. Smith & Mr. Richeson |
| Frost Minds Matter | Frost Minds Matter is a student-led club that empowers school communities to change their culture around mental health. | THURSDAY 2:30 - 4:30 Room B216 | Dr. Zabel |
| FTC | <i>FIRST</i> Tech Challenge teams (up to 15 team members, grades 7-12) are challenged to design, build, program, and operate robots to compete in a head-to-head challenge in an alliance format. | TUESDAY 2:30 - 4:30 Room G112 | Mr. Fox Mr. Wiseman & Frost student leaders |
| Kpop Club | K-pop or Korean Pop is the internationally popular, aesthetic-driven, style-bending, trendsetting, music genre of the 21st century. We will listen to & discuss K-pop music and culture. | MONDAY 2:30 - 4:30 Room E108 | Ms. Kim |
| Library Homework Club | The library will be open every day for students to do homework, use the computers for research, socialize quietly with friends, work on projects, read and enjoy a light snack. | EVERYDAY 2:30 - 4:30 Library | Ms. Peterson |
| Maker Space Club | We will offer different STEAM activities including Snap Circuits, Robotics, Lego robotics, bridge building, Arduino, origami, Budda Boards, Keva Planks, art & crafts and Legos. We will have a music making station, 3D Printing station, Cricut Design/project and much more. | MON, WED, THURS 2:30 - 4:30 Maker Space in the Library | Mr. Fox Ms. Gregory |
| Math Counts | What is MathCounts? The MATHCOUNTS Competition Series is the only competition program of its kind, with live, in-person events in all 50 states, as well as U.S. territories and schools worldwide through the U.S. Department of Defense and State Department. The Competition Series is ideal for students who have a talent and passion for math who need to be challenged. Students will engage in exciting "bee-style" contests in which they will compete against and alongside other bright, motivated students. Starts 2nd quarter. | WEDNESDAY 2:30 - 3:30 Rooms D-108 & D-109 | Ms. Warnick Ms. Shin |
| Model United Nations | Are you interested in taking the role of a delegate representing a country and debating about numerous global affairs topics? Do you want to play the role of one of the Avenger members and discuss what to do about Thanos or be a participant in the Trojan Wars and plan an attack on your enemies? You can do all of that and so much more in Model UN, all while making many new friends, improving your public speaking and leadership skills, and learning about global affairs. | THURSDAY 2:30 - 3:30 Lecture Hall | Ms. Pepper & Frost students leaders |

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| Movie Club | Enjoy movies with your friends. We will watch popular movies and discuss them. Movie Club will meet <u>once a month</u> , on the following dates: 1ST SEMESTER - Oct 12, Nov 16, Dec 14, Jan 18 (2nd Semester dates TBD) | THURSDAY 2:30 - 4:30 Room D-215 | Ms. Little |
| Movie & Film Making Club | The Movie & Film Making Club is a thrilling opportunity for young filmmakers to explore their passion for storytelling, visual arts, and the magic of cinema. The club provides a platform for students to learn, collaborate, and create their own films while honing their film-making skills. | TUESDAY 2:30 - 4:30 Room A201 | Ms. Grooms |
| Open Gym Sports | Open Gym Sports include Basketball, Soccer, Football, Badminton, Volleyball | EVERYDAY 2:30 - 4:30 8th Grade Gym | Ms. Antayhua Mr. Stamp |
| Photography Club | Photography Club will help students develop and exhibit their creativity by capturing moments that they can cherish for a lifetime through photography. | MONDAY 2:30 - 3:30 Room E115 | Ms. Sohn |
| Ping Pong Club | Do you like to play Ping Pong? Then this club is for you. Come play with your friends and enjoy some friendly ping pong competition. | WEDNESDAY 2:30 - 4:30 Room G106 | Ms. Pflugrath |
| Poetry Club (Most clubs will be VIRTUAL) | "If you're intrigued by what you just read, if you know which of those poems wasn't a haiku, try Poetry Club. We'll have games, slams, prizes, guest poets, Hamilton tributes, and fifty yet-to-be-discovered things." Most meetings will be virtual, but sometimes we will meet in person | TUESDAY 3:00 - 4:00 Must join the Group in Schoology for Zoom link Room J128 | Mr. Verbicar Schoology join code HPCR-5D5K-R2B9Z you can email Mr. Verbicar at: mcverbicar@fcps.edu |
| Pride Club | Pride club will provide a safe environment for students to build community, self-confidence, and resiliency while further developing social/emotional wellness. This will be a support group for students that identify as LGBTQ and/or students that wish to be a part of this community of support. | THURSDAY 2:30 - 4:30 Room B201 | Mx. Brewster |
| Rubik's Cube Club | In the Rubik's Cube Club, members work with the Rubik's cube to improve their hand-eye coordination as well as develop their spatial and mathematical reasoning. We will even have speed competitions. Whether you've never solved a cube before or you've been solving for years, we are open to everybody. Come join us! | MONDAY 2:30 - 3:30 Room G-106 | Ms. Gregory |

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| Science Olympiad | Science Olympiad offers students the opportunity to improve their understanding in science, technology, engineering and mathematics (STEM) and to work together in teams to learn new skills. | WEDNESDAY 3:30 - 4:30 Lecture Hall | Frost Parents Ms. Metzker |
| Soccer Club | For students who enjoy play soccer, or want to learn soccer, to be able to come and just play - no fitness, no drills, just the game. Students who barely know each other, get together and become friends because of a common interest, soccer. | THURSDAY 2:30 - 4:30 8th grade Gym | Ms. Antayhua |
| Sports/Game Club | We walk, run, leap & lunge - packing as many fun activities as you can in 120 minutes. Activity List: Basketball, Soccer, Taboo, Catchphrase, Charades, Flag Football, Capture the Fried Chicken, School-wide Ping Pong Tournament, Pizza Party, Asian Extravaganza, Oaxacan Food Fest, Steal the Snack Food, Spoons, Gaga, & more. | WEDNESDAY 2:30 - 4:30 Room J128 | Mr. Verbicar |
| Strategic Game Club | Strategy board games are games where your decision-making skills are put to the test. Every decision you make can lead to your victory, or your defeat. Plus, strategy board games bring out our competitive side—we want to win against our family and friends, after all. See how your critical thinking and planning skills compare to others by playing these strategy board games. | MONDAY 2:30 - 3:30 Room G-106 | Ms. Gregory |
| Swiftie Club | Are you a Taylor Swift Fan? If so, join us on Wednesdays in Room E109. We will listen to her music, and discuss everything Taylor Swift. | WEDNESDAY 2:30 - 3:30 Room E109 | Ms. Champagne |
| Teacher Academic Help | Students can stay after with their teachers for additional help, make up tests and work on projects - Students must ask teacher what days they are staying after each week | EVERYDAY 2:30 - 4:30 VARIOUS ROOMS | Frost Staff |
| TSA Technology Student Association | The mission of the TSA Association is to prepare our membership for the challenges of a dynamic world by promoting technological literacy, leadership, and problem solving, resulting in personal growth and opportunity. Student members of TSA develop aptitudes, interests, and abilities pertaining to functioning in a technical world. TSA's program of leadership development and competitive events provide students opportunities beyond the traditional classroom setting which add to their increased knowledge and understanding of technology and its role in our society. | THURSDAY 2:30 - 3:30 Room G-1114 | Mr. Wiseman |
| VEX Robotics | VEX Robotics will be a competitive club that learns about robotics concepts and builds a robot with plans to compete in the VEX IQ Global Challenge. | MONDAY 2:30 - 3:30 Room G114 | Mr. Wiseman |
| Video Game Club | Do you enjoy playing Video games? If you answered yes, then the Video Game Club is the place for you. We have Switch, Xbox, & Wii U. | EVERYDAY 2:30 - 4:30 Room G-105 | Ms. Morrobel |

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| Volleyball Club | Join us on Mondays to play Volleyball to improve your skills & have fun playing with friends. | MONDAY 2:30 - 4:30 7th Grade Gym | Ms. Withington |
| Writing Club | Welcome to Frost Roadways and Revelations! This is Frost's very own Newspaper and Literature Magazine. If you enjoy writing creatively, learning about current events in our school community and the world, and meeting new friends-this is the place for you! You will be able to experience having your writing published and shared with the Frost community. | MONDAY 2:30 - 3:30 Room E109 | Ms. Champagne Ms. Sharma |
| Unified Special Olympics | Special Olympics defines Unified Sports as "Dedicated to promoting social inclusion through shared sports training and competition experiences, Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding. The athletes are participants with intellectual disabilities and the partners are the peers training on the same team. The club will run in two sections, basketball in the fall and track in the spring. **Partners will be limited to participation in the fall OR spring. Club members will develop partnerships and friendships as they work together to learn the game of basketball and practice and develop basketball skills. | TUESDAY 2:30 - 3:30 7th Grade Gym | Ms. Peterson Mr. Stamp |