

Carl Sandburg Middle School



ExtraCurricular Opportunities

At Carl Sandburg Middle School, our students have the chance to participate in a number of clubs, activities, and sports throughout the school year. While each student has different interests, there is surely something for everyone. We encourage every student to get involved in at least one club or activity every year!

Please be advised that information contained within this pamphlet is subject to change



PROCEDURES

- Before School - Students must be dropped off in the front parking lot, where they proceed to the main doors in the front of the school. Students must remain with their advisor(s) until they are allowed to leave for AM homeroom.
- After School - Students staying after school must remain in homeroom until all buses are called. Late buses are available Monday to Friday at 4PM, and Monday to Thursday at 5PM. Students can also be picked up by a parent/guardian at door 35 in the front of the school building next to the gymnasium. Please be advised that a parent/guardian must come into the building at door 35 to retrieve their child, as students will only be dismissed to the care of a responsible adult. For events lasting beyond 5:00 PM (ie: games, performances, etc.), students must be picked up by a parent/guardian.
- Weekends and Nights – Students must get dropped off and picked up by a parent/guardian.
- Attending an Event as a Spectator – Students must take their regular bus home and be driven to the event by a parent/ guardian.
- Late Buses – Late bus routes and bus stops may not be the same as your child's regular AM/PM bus. After school bus numbers and stops are posted in the hallway by the late bus exit. Please review the street name/neighborhood CSMS late bus grid (page 3) to familiarize your child with the late bus they should ride home.

CSMS LATE BUS AREA GRID

AREA 1

NIEW AMSTERDAM
PARKWOOD Apts.
LONDON TERRACE
MADISON PARK
BREWSTER CIRCLE
CEDAR VIEW

AREA 2

SOCIETY HILL-MAIDEN WOODS -
ROSEGATE - ROSEWOOD
COTRELL ROAD
OLD BRIDGE MEWS
ARBORS
STRATFORD APTS.
RACHEL COURT
CENTRAL PARK
MADISON GARDENS
SPRINGHILL VILLAGE

AREA 3

GLENWOOD
WHISPERING PINES
OLD MATAWAN ROAD
ENGLISHTOWN ROAD -
3RD, 5TH, 7TH, HILLARD,
BROOKSIDE & CENTRAL,
INDEPENDENCE
LOWELL MANOR
WEST GREYSTONE
PT VALLEY ROAD

AREA 4

DEEP RUN
FOXBORO
MARLBORO ROAD
SOUTHWOOD
CIRCLE MANOR
PINE-OAK-BIRCH
MAPLE STREETS
MAPLE VIEW APTS.

VAN 1

THE COUNTRY TEXAS, HAWKINS, PENSION,
MATCHPONIX, WOODHAVEN, ROCKY CREEK

AREA 5

YARDLEY MANOR
CEDAR RIDGE EST.
TICETOWN ROAD
COUNTRY PLACE
LAKERIDGE WEST
TRANS OLD BRIDGE
VALLEY VALE
OAKWOOD
POINT OF WOODS
SAYERWOODS SOUTH
THROCKMORTON LANE

AREA 6

TREVOR PLACE
CHERRY CREEK
THE COMMONS
DISBROW ROAD
HIGHVIEW EAST
FOREST GARDENS
BARCLAY SQUARE
VILLAGE DRIVE
CHARLTON VILLAGE
SCHOOL HOUSE LANE
CHEESEQUAKE EST.
CHEESEQUAKE WOODS
TARA ESTATES

AREA 7

OXFORD ESTATES
BRAMBLE RUN
ELLEN HEALTH
HAMPTON COURT
GENOA
CLIFFWOOD BEACH
COOPER SCHOOL
LAURENCE HARBOR
BRIDGEPOINTE
BUTTONWOOD ARMS CANYONWOODS

VAN 2

HIGHPOINTE
MERWIT ESTATES LAMBERSTON FARRINGTON
AMBOY ROAD LAKERIDGE,
LEONIA PARK, KNOLLWOOD &
CARRINGTON COURTS

CLUBS & ACTIVITIES



Builder's Club

- **Advisor:** Dr. Griffin (sgriffin@obps.org)
- **Details:** We are a community service based club that provides students with opportunities to develop leadership, improve self-esteem, increase civic engagement and learn life skills through service. Club members make an impact by selecting projects that meet their communities' needs whether it is neighborhood, state, country or worldwide. We are affiliated with the Kiwanis of Old Bridge. Students need to be able to commit one day per month, currently, on the third Tuesday of the month.





CHINESE CULTURE CLUB

- **Advisor:** Ying Yang (yyang@obps.org)
- **Details:** Provides opportunities for students to explore Chinese calligraphy art & paper art. Every other week, students will rotate the tasks of Chinese paper cutting, brush pen writing, paper folding, music, folk tale & dancing, celebrating Chinese holidays, and more.

CHOIR



- **Advisor:** Kim Moscariello (kmoscariello@obps.org)
- **Details:** Choir meets before and after school several days a week. They perform Winter and Spring concerts in addition to the District Arts Festival and Music in the Parks.

COLORGUARD

- **Advisor:** Laura Nee (lnee@obps.org)
- **Details:** Students in colorguard learn the basics of spinning a flag while using elements of dance. Performances include district events and the Laurence Harbor Memorial Day Parade.



COUGAR CHRONICLE



- **Advisor:** Mr. Burica (cburica@obps.org)
- **Details:** The Cougar Chronicle is a student-run digital newspaper that aims to celebrate and embrace the many highlights, milestones, and events that Sandburg students experience both inside school and around their community. Students in Newspaper are provided with an opportunity to enhance their collaboration and communication skills, understand the writing process, and learn to work towards creating a multimedia, interactive product.
- Newspaper meetings are generally held once a week, but students must show dedication to their given article through the process of research, interviewing, potentially becoming a part of the event, collaborating with other peers in and outside school, and potentially working on their article through Office 365 at home.

Cougars Connect Mentoring Program

This is a structured mentoring program that meets weekly with meaningful activities including sports, speaker and trips. Members benefit from weekly time spent with their mentors developing a positive relationship to support the student academically and emotionally. The intention is for these students to find hope and build trust through connection with caring adults.

ENVIRONMENTAL CLUB

- **Advisor:** Ms. Georger (lgeorger@obps.org)
- **Details:** Environmental club encompasses activities and education based on environmental science and environmental issues. We focus on recycling, preserving the planet, importance of Earth Day (every day), water quality issues, climate change, pollution, nature and wildlife preservation, and environmental awareness in the school and community. Students will be able to share ideas of environmental concerns, listen to guest speakers and presenters, and be a part of an environmental field trip usually once per year. Students will also create eco-friendly items out of recyclables, be a part of school and community environmental activities, and help the school become aware of the importance of recycling and saving energy. Students will also run fundraisers, and part of the money is given to an environmental organization, such as the World Wildlife Foundation or for school purchases like recycling containers.

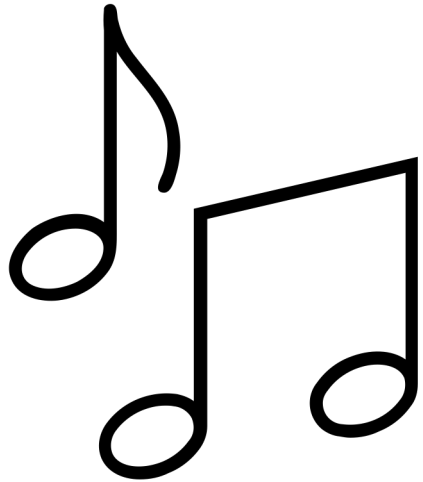


LAYERS OF SAND - LITERARY MAGAZINE

- **Advisor:** Mrs Shelley (lshelley@obps.org)
- **Details:** Layers of Sand is for students in 7th and 8th grade who have a passion for writing. Layers of Sand features original poetry, stories and artwork of students in grades 6th through 8th.



SPRING MUSICAL



- **Advisor:** Mrs Moscariello (kmoscariello@obps.org)
- **Details:** The students exhibit their talents and perform a spring musical. Throughout the experience, students make friendships and demonstrate responsibility as part of a group. In the beginning, rehearsals are usually 3-4 days per week from 3:00-4:00 PM or 3:00-5:00 PM, and as it gets closer to play, there are Saturday practices 9:00 AM-1:00 PM. Rehearsals the week of the play is until 9:00 PM.

National Junior Honor Society

- **Advisor:** Fran Capone (fcapone@obps.org)
- **Details:** The National Junior Honor Society (NJHS) is the nation's premier organization established to recognize outstanding middle school students. More than just an honor roll, the NJHS serves to honor those students who have demonstrated excellence in the areas of scholarship, service, leadership, character, and citizenship. Members of the Carl Sandburg Middle School Chapter are recognized not only for their accomplishments, but are challenged to develop further through active involvement in school activities and community service. The group meets once monthly and participates in a service project to give back to the community.
- Eligible students who meet the academic requirements will be notified of application deadlines and additional requirements for consideration during their 7th grade year.



PEER LEADERSHIP

- **Advisors:** Megan Going (mgoing@obps.org) and Julianna Bravo (jbravo@obps.org)
- **Details:** PEER are the 8th grade leaders that work together to do things for the school and community promoting positivity. We have our assembly in October, participate in many fundraisers helping in the community, work with the students in school on anti-bullying, and participate with Light the Candle. Commitment is 2-3 days per week until the end of October prior to the assembly. After the assembly, meetings are on Thursday's 3:00-4:00 PM.
- **How and when to sign up:** In 7th grade, they need to fill out an application around April or May and complete an interview. Approximately 23-25 students are selected.

PEP CLUB

- **Advisor:** Sara Marcus (smarcus@obps.org)
- **Details:**

Pep Club gathers to promote school spirit at various events throughout the school year. Students will attend at least one home game per season to cheer on the #SandburgSquad. Go Cougars!

PLAY UNIFIED

- **Advisors:** Dan Antoniazzi (dantoniazzi@obps.org) & Jenna D’lorio (jdiorio@obps.org)

- **Details:**

The Play Unified campaign is a way to excite and engage young people to come out and play Unified Sports®.

Play Unified expresses the movement’s ambition to be recognized as an inclusive community where people with and without intellectual disabilities (ID) have the opportunity to enjoy and appreciate each other’s gifts, both on and off the playing field.

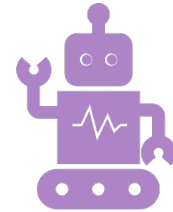
Play Unified activities are informal and could include pickup games, halftime Unified Sports® demonstrations, basketball shooting contests, dancing contests, corn hole tournaments—any “unified” activity that’s fun and fluid in nature, vs. competitive play.

Play Unified is not intended as a specific call to play Special Olympics Unified Sports®. Unified Sports® is just one of the many ways that people with and without ID can engage with the Special Olympics movement.



ROBOTICS

- **Advisor:** Briana Pheifer (bpherifer@obps.org) & Mike Smith (msmith@obps.org)
- **Details:** The Robotics Club is a fun, inclusive club for students with any or no experience with robotics. We work together to build remote control cars, do some simple coding, and tinker with different projects. We meet once a week to get creative with some hands-on fun!



SCHOOL STORE

- **Advisor:** Helen Thompson (hthompson@obps.org)
- **Details:** School Store club meets 2 times a month on Wednesday afternoons. During club time, students design store themes and sales ideas, inventory the store items, count and deposit sale earnings, and get to pick the new items to sell at the store. The store is open at lunch 2 days a week during lunch. Club members will be in charge of running the store during their lunch period.

STUDENT COUNCIL

- **Advisors:** Maria Lidondici (mlidondici@obps.org) & KerryAnn Silvestri (ksilvestri@obps.org)
- **Details:** The role and function of the student council is to work together with the school community toward common goals. The council helps to coordinate and run school activities and community services/connections. The council provides a forum where other students can discuss problems and questions about the school environment, and acts as a liaison between the student body and faculty or administration.
- Students can choose to run for student council representative for their homeroom. Each homeroom will have two representatives, and voting takes place in September.

TABLETOP GAMING

- **Advisor:** Mr. Jodelka (bjodelka@obps.org)
- **Details:** Students can get together to play their favorite "unplugged" games such as Yu-Gi-Oh, Magic, Pokémon, and other board games. Students have the opportunity to enjoy their favorite games and hobbies with like-minded people in a safe, friendly environment. Meetings are once or twice per month.



YEARBOOK



- **Advisors:** Rebecca Jaeger (rjaeger@obps.org) & Alexandra Rivera (arivera@obps.org)
- **Details:** We enhance photography skills, graphic design, and public relations, and specifically work on yearbook photography and design. Students should be able to stay after school for sports pictures and attend night school events.

Yoga for Preteens/ Teens

- Advisor: Mrs Giordano (cgiordano@obps.org) & Mrs Pischercia (lpischercia@obps.org)
- Do you want to feel more relaxed, balanced and focused? Do you want to discover more about your mind, body and emotions? Do you want to learn something new and improve your flexibility and coordination too? Then Yoga is for you!
- Come breathe with Mrs G and Mrs P as we practice Yoga for Teens!

Athletics



FALL

Boys Soccer
Girls Soccer
Girls Volleyball
Girls Field Hockey
Boys & Girls Cross
Country

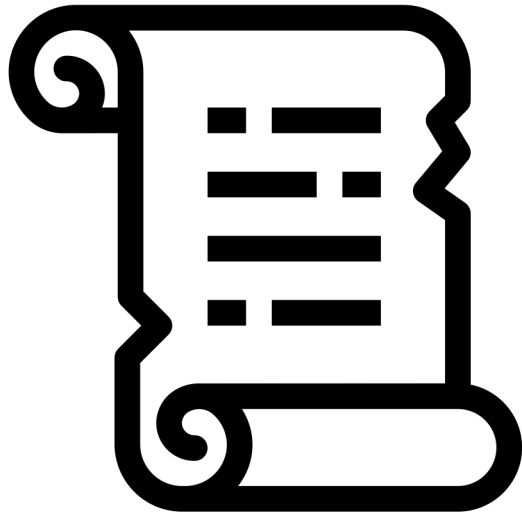
WINTER

Boys Basketball
Girls Basketball
Cheerleading
Wrestling

SPRING

Boys Lacrosse
Girls Lacrosse
Baseball
Softball
Girls & Boys Track
Boys Volleyball

HOW TO SIGN UP



1. Approved SPORTS Physical
2. Select your sport(s) on Realtime
3. Fill out Health History Form (each season)

Any additional questions or concerns;
reach out to your coach

Cross Country

- **Coach:** Mr. Donnelly (sdonnelly@obps.org) and Mr. LoNigro (clonigro@obps.org)
- **Details:** Cross country is a no cut sport that runs from early September to the end of October. It tests a runner's endurance and dedication as athletes train to run long distance. Our goal is for the kids to have fun and improve their time as the season goes on. Everyone makes the team and competes in the meets. It is a sport where we train to run longer distances. Practice is Monday-Friday typically lasts until 4:00 PM. There are two meets per week, and athletes get home between 5:00 PM and 5:30 PM. We usually have about 8-10 races (1.5 miles) races per season and run on courses in parks throughout the area. Our home meets are held at Phillips Park. The only equipment needed is a pair of running shoes and a desire to be trained. We have a Championship event at the conclusion of the season and the season concludes with a pasta party at CSMS the night before the GMC championships. All runners participate in this Saturday race. There are two levels of races that day. There is a Varsity race for the top 7 fastest runners on the team and then the Novice race. Medals are awarded for the top 50 runners in each race. Team trophies awarded to the top 3 teams in each race. Boys and girls race separately. If you like to run or can run for a long time (10-15 minutes) without stopping, this might just be the sport for you.

Field Hockey

- **Coach:** Mr. Roberts (kroberts@obps.org)
- **Details:** During the season, girls in grades 6-8 learn all necessary skills needed to compete against other teams in field hockey while also preparing to play in high school. Practice is every day after school until 4:00 PM or 5:00 PM, and there are typically 2-3 games a week once the season starts. All girls are encouraged to try the sport.



GIRLS VOLLEYBALL



- **Coach:** Mr. Porta (rporta@obps.org)
- **Details:** The girls' volleyball team is a competitive middle school team that practices daily until 5:00 PM (Fridays are until 4:00 PM) and travels to other towns for formal games. This sport runs from the beginning of September to the end of November.

BOYS SOCCER



- **Coach:** Mr. Comitini (wcomitini@obps.org)
- **Details:** Students who participate on the Sandburg Boys Soccer Team enjoy playing at a higher-level because they play against boys who, at times, are older than them. Boys have the opportunity to make friends on the team and work together on a competitive level. Students on the soccer team typically have two games a week, and we have practices the days we do not have games. Games are home (at Higgins field) and away (in Middlesex county). Students who make the team are expected to attend all practices and games.

GIRLS SOCCER

- **Coach:** Ms. Garner (jgarner@obps.org)
- **Details:** The girls who make the team, practice after school and play soccer against other schools in the county. The girls will become part of a team that enables them to learn about to work together with girls they may not know. It is a very rewarding experience for all involved. They learn how to deal with defeat when we lose, and how to win as a team. Girls are expected to be at every practice and game starting the 2nd week of school through the end of October. It is Monday-Friday with practices until 5:00 PM and games until around 5:30-6:00 PM.



BOYS BASKETBALL

- **Coach:** Mr. Roberts
(kr Roberts@obps.org)
- **Details:** Our goal is to improve as a team and as basketball players so that we can succeed, have fun and be more prepared for when the boys get to the high school level. Students must be committed for 5 days a week (until 5:00 PM for practice) and late nights on days of games.



GIRLS BASKETBALL

- **Coach:** Mr. Tivald (ativald@obps.org)
- **Details:** Our goal is to improve as a team and as basketball players so that we can succeed, have fun and be more prepared for when the girls get to the high school level. Students must be committed for 5 days a week (until 5:00 PM for practice) and late nights on days of games.

CHEERLEADING



- **Coach:** Danielle Pearce
- **Details:** We participate at basketball games and wrestling matches as we jump, tumble, stunt, and cheer. During the first couple of weeks, we practice almost every day until 5:00 PM to learn the cheers. Once we start attending games, cheerleaders are expected to be there until 5:00 PM on designated game days. We typically attend two games a week. Cheerleaders are expected to be enthusiastic, positive, and team-oriented people. We look for someone that is willing to learn new stunts and work with everyone on the team. We have a lot of fun at the games while stunting and performing half time cheers. Most cheerleaders feel a sense of confidence from performing and connect with their teammates during the season.

WRESTLING

- **Coach: Mr.Cousens (kcousens@obps.org)**

Details: This sport is meant to test an athlete's desire and dedication to pushing himself or herself beyond their comfort zones. All levels of wrestlers are welcome to join, and we have rookies to expert wrestlers every season on our team. Wrestling lasts from the end of October to the beginning of February, and it is the winter's only non-cut sport. The coaches do not pick the starting lineup, as the wrestlers compete every week in wrestle offs for their spots. Whoever wins the wrestle off is the starter for that weight class for that week. There are 20 weight classes that wrestlers are divided into for matches. The weight classes start as light as 70 pounds and go all the way up to 275 pounds. We have about 12-14 matches a season. We train every day until 5:00 PM except on Friday when we train until 4:00 PM. There is a spot for everyone on the wrestling team.



GIRLS LACROSSE

- **Coach:** Ms Aaonsen (aaaonsen@obps.org)
- **Details:** Girls Lacrosse is currently the fastest growing sport in the United States, and all girls at Sandburg have the opportunity to compete for a spot on this team. Approximately 25 girls make the team each year, and all girls are encouraged to try the sport. During the season, girls will learn all necessary skills needed to compete against other teams. Practice is every day after school until 5:00 PM, and most games are held on Tuesdays and Thursdays.

BOYS LACROSSE

- **Coach:** Mr Tivald (ativald@obps.org)
- **Details:** With some calling lacrosse "The fastest game on two feet", the lacrosse team competes against local teams. There is practice every day after school until 5:00 PM.



BASEBALL

- **Coach:** Tyler Hopman
- **Details:** Athletes will have fun and learn the proper techniques and skills of baseball while hitting, base running, pitching, throwing, and fielding. Baseball tryouts are in March with the season ending in late May.



SOFTBALL



- **Coach:** Ms. Sporer (jsporer@obps.org)
- **Details:** Athletes will have fun and learn the proper techniques and skills of softball while hitting, base running, pitching, throwing, and fielding. They will gain a better understanding and be challenged using the concepts of softball to help them improve not only their athletic skills but also become well-rounded students as well as citizens.

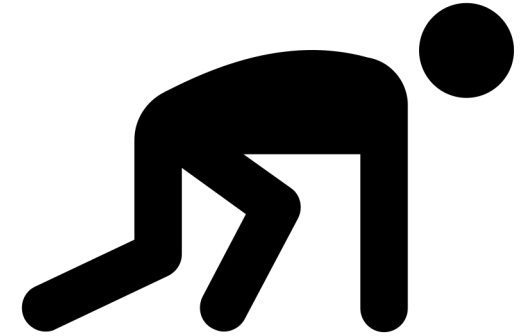
BOYS VOLLEYBALL



- **Coach:** Mr. Porta (rporta@obps.org)
- **Details:** The boys' volleyball team is a competitive middle school team that practices daily until 5:00 PM (Fridays are until 4:00 PM) and travels to other towns for formal games. This sport runs from the beginning of March to mid May.

TRACK

- **Coaches:** Mr. Donnelly (sdonnelly@obps.org), Mr. Roberts (kroberts@obps.org), and Mr. LoNigro (clonigro@obps.org)
- **Details:** Track starts in the beginning of March and lasts until the end of May. It is the spring's only non-cut sport and is the only spring sport that has a Championship invitational meet at the end of the season. It is both a team and individual competition, and the top 3 athletes in each event get a medal while the next 3 get ribbons. The top 3 teams also get trophies. We have many different events for all different types of runners and athletes. We have 4 sprint races and 2 distance races and also events for jumpers and throwers. All athletes compete in all home meets while a select group of boys and girls are selected for the away meets. We usually have one meet where we combine our best runners with Salk to create an Old Bridge team, and we compete against some of the best competition in the area in Northern Central New Jersey. All you need is a pair of running sneakers and a desire to train and push your body past its limits to become the best runner or jumper you can.



How Will You Get Involved?

We highly encourage all students to get involved in at least one extracurricular activity or sport. There is something for everyone at Sandburg! If you have a special interest and would like to start a new organization, please see a teacher or administrator for support! We are continuously looking to strengthen student leadership and Cougar PRIDE.

