

Activities/Athletics Report for School Board

December 2024

PHS Volleyball

PHS Volleyball completed their season finishing 3rd at the Regional Tournament in Craig. Congratulations on a great season and thank you to the families, parents, and community for supporting the Volleyball program.

PHS Wrestling

Just returned from the Regional Tournament in Haines and heading to state. Qualifiers to come!

Thank you to all who came to support the PHS Wrestling team at their home tournament!

Coach Certifications Pushing for Level 1

We will move to get all our Coaches and Advisors to full level 1 certification with the NFHS. This is in the works to become mandatory through the state association.

Title VI Indian Education

Planning our Title VI Indian Education Cultural and Future planning trip for February 13-Feb 16.

ASAA Calendar Change

ASAA has made an update to the 2025-2026 Calendar of Events. The 2026 State Basketball Tournament will take place on March 12-14, 2026. This is an adjustment to the previous draft dates of March 19-22, 2026.

I am currently returning from the National Interscholastic Athletic Administrators Association Meetings and will give a report in January. Looking to bring in a new program for the remainder of the school year of 2024-2025 and continue to build leadership with our students in activities with a program entitled SALT. This is a growing program across the country to build leadership skills and unity amongst all students involved in extra-curricular activities.

***Season Schedules are available online at www.pcsd.us Activities & Athletics page.**

PHS & MMS GEAR

Get Viking Gear at the Viking Store online. The link can be found on any of the PHS & MMS Activities & Athletics web pages. New items have been added to the Petersburg Viking Store.

BENEFITS OF EDUCATION-BASED ACTIVITIES

A few credible facts about the benefits of student activities from Performing Arts to Athletics that the National Federation of High School State Associations is publishing. The governing body of all high school activities.

COST-BENEFIT

At a cost of only one to 5 percent (or less in many cases) of an overall school's budget, school activity programs are one of today's best bargains. It is in these vital programs – sports, music, speech, theatre, art— where young people learn lifelong lessons that complement the academic lessons taught in the classroom. From a cost standpoint, activity programs are an exceptional bargain when matched against the overall school district's education budget.

- *Activities Support the Academic Mission of Schools. They are not a diversion, but rather an extension of a good educational program. Students who participate in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates, and fewer discipline problems than students generally.*
- *Activities are Inherently Educational. Activity programs provide valuable lessons and skills for practical situations – like teamwork, fair play, and hard work. Through participation in activity programs, students learn self-discipline, build self-confidence, and develop skills to handle competitive situations. These are qualities students need if they are to become responsible adults, productive citizens, and skilled professionals.*
- *Activities Promote Health and Well-being. Mental and physical health is improved through activities. Self-concept, self-image, physical activity, and weight management are a few of these health benefits realized through activity participation.*
- *Activities Foster Success in Later Life. Participation in high school activities is often a predictor of later success – in college, a career, and becoming a contributing healthy member of society.*