

Activities/Athletics Report for School Board

October 2024

PHS Cross Country

State Champions!!! Amazing season and congratulations to Coach Gates and the team!

PHS Swimming

The season is coming to an exciting finish. Region 5 Swimming Championships will be here in Petersburg on November 1-2, 2024

PHS Volleyball

Next home events are coming up. Triangular with Ketchikan and Juneau-Douglas. Schedule TBA soon. Oct 25-26. North Seeding Tournament November 7-9.

PHS Wrestling

Started! The first event will be in Hoonah who is hosting for the first time in many years.

MMS Basketball & Cheer

The Home Stikine Tournament will be held on Nov 15-16. We were attempting to try and avoid the VSC meet, however we had no officials in town to make it happen. Our away trip is going to be WRG and we are working on dates currently to head over.

Coach Certifications Pushing for Level 1

We will move to get our Coaches a full level 1 certification with the NFHS. The benefit of all this education will allow for the possibility of waiving participation fees for state events. New this year, all non-PCSD coaches are required to take the Protecting Students from Abuse Course. This course goes over mandatory reporting responsibilities and what to do in the event a coach is notified about situations in that manner.

Credit Recovery

Credit recovery, new program to work with students and assist students that need that support system. It is off to a great start.

Title VI Indian Education

October 28, 2024 - PING Meeting Update for our plan for our Native American and Native Alaskan Students on our cultural and post-secondary visits and plans.

UPCOMING EVENTS

October 22, SE Honors Music Performance - 7:00 pm - \$5.00 Admission

October 25-26 - Home Volleyball with Ketchikan and Juneau-Douglas

November 1-2 - Region 5 Swimming Championships

November 7-9 - North Seeding Volleyball Tournament

November 15-16 - Stikine MS Basketball Tournament

Scheduling of seasons with Coaches and Budgets. - Explanation of how activities are scheduling away events within their budgets.

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

PHS GEAR

Get Viking Gear at the Viking Store online. The link can be found on any of the PHS 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.*