



Mount Greylock Regional School District

1781 Cold Spring Road
Williamstown, MA 01267

www.mgrhs.org

Contact: Lindsey von Holtz, Activities Director
lvonholtz@mgrhs.org, (413) 458-9582 x185

ATHLETIC OPPORTUNITIES

The athletic program at Mount Greylock is an important part of the school's educational curriculum. Student participants benefit from an enriched educational experience and are provided with lifelong and life quality learning experiences. Athletes are able to develop confidence, a solid work ethic, and stronger leadership skills while increasing their level of self-discipline, responsibility, and sportsmanship. Participation helps with organizational skills, dealing with pressure, and handling the successes and disappointments in competition all the while enhancing the student's achievement of educational goals.

Fall Athletic Program Opportunities

Cross Country (Boys)*	Coach: Larry Bell (lbell@mgrhs.org)
Cross Country (Girls)*	Coach: Scott Burdick (sburdick@mgrhs.org)
Football	Coach: Andrew Agostini (aagostini@mgrhs.org)
Golf	Coach: Brian Gill (brgill@mgrhs.org)
Soccer (Boys)	Coach: Blair Dils (bdils@mgrhs.org)
Soccer (Girls)*	Coach: Tom Ostheimer (tostheimer@mgrhs.org)
Volleyball (Girls)*	Coach: John Albano (jalbano@mgrhs.org)

Winter Athletic Program Opportunities

Basketball (Boys)	Coach: Robert Thistle (rthistle@mgrhs.org)
Basketball (Girls)	Coach: John Jacobbe (jjacobbe@mgrhs.org)
Hockey (Wahconah Co-Op)	Coach: Don Disbrow (ddisbrow3@msn.com)
Nordic Skiing (Boys)*	Coach: Hiram Greene (higreene@mgrhs.org)
Nordic Skiing (Girls)*	Coach: Hilary Greene (hgreene@mgrhs.org)
Swim (St. Joe Co-Op)	Coach: Eryn Brewer (ebrew14@gmail.com)
Wrestling*	Coach: Ray Miro (rmiro@mgrhs.org)

Spring Athletic Program Opportunities

Baseball*	Coach: Steve Messina (smessina@mgrhs.org)
Lacrosse (Boys)	Coach: Brandon Asplundh (basplundh@mgrhs.org)
Lacrosse (Girls)*	Coach: Lindsey von Holtz (lvonholtz@mgrhs.org)
Softball*	Coach: June Blake (jblake@mgrhs.org)
Tennis (Boys)	Coach: Stephen Bryant (sbryant@mgrhs.org)
Tennis (Girls)	Coach: John Jacobbe (jjacobbe@mgrhs.org)
Track & Field (Boys)*	Coach: TBD
Track & Field (Girls)*	Coach: Brian Gill (brgill@mgrhs.org)

*Denotes a great opportunity for Middle School students. For all other programs, please contact the coach listed to determine if openings are available for middle school students this year.

GET INVOLVED!



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IMPORTANT ATHLETIC REGISTRATION INFORMATION

Any student interested in participating on an Athletic Team this year should attend the **Mandatory Parent/Athlete Meeting on August 25th @ 6:30PM** in the School Auditorium. Individual meetings for each fall sport will occur following this meeting.

Prior to each season of athletic participation, all students must have:

- ✓ An **updated physical exam** on record at the school (within 13 months).
- ✓ **Completed the online registration** (<https://www.familyid.com/mount-greylock-athletics>).
Tip: Complete NFHS Concussion Course prior to registration (<http://nfhslearn.com/courses/61037>).
- ✓ Submitted the appropriate **participation fee** (\$120 High School, \$95 Middle School).

» » **Students will be unable to participate in any practice or contest until all information has been received. Please take care of this prior to the pre-season meeting to avoid having to sit out during a tryout. Missing a tryout may affect a student's ability to participate on a team.**

Important Dates:

August 18 th , 2015	7:00PM	Gymnasium	Football Preseason Meeting
August 24 th , 2015	8:00AM	Practice Field	First Day of Football Practice
August 25th, 2015	6:30PM	Auditorium	Required Parent/Athlete Meeting
August 27 th , 2015	TBD	Practice Areas	First Day of Golf, Soccer, Volleyball & XC
November 18 th , 2015	6:00PM	Meeting Room	Winter Parent/Athlete Meeting
November 30 th , 2015	3:00PM	Practice Areas	First Day of All Winter Sports
March 16 th , 2016	6:00PM	Meeting Room	Spring Parent/Athlete Meeting
March 21 st , 2016	3:00PM	Practice Areas	First Day of All Spring Sports

Questions??

Contact Director of Co-Curricular Activities & Athletics Lindsey von Holtz
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CO-CURRICULAR OPPORTUNITIES

» » The following list includes the current co-curricular offerings at Mount Greylock. During the school year additional organizations are often added through student proposal or removed due to lack of interest. To learn more about both the existing groups and new offerings this year or to sign up for a co-curricular activity, students should attend the **CLUB FAIR on September 15th, 2015** during both lunch periods.

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Performing Arts Opportunities

Shakespeare Performance*

Shakespeare's plays provide a unique opportunity for artistic exploration and expression. This is a nine week program that allows Greylock students to not only perform for their families and peers, but also collaborate and interact with nine other area high schools. Students have the opportunity to be actors, stage managers, or on the technical or publicity crews. Auditions for Shakespeare Cast and Crew will begin in mid-September, and performances will be held in mid-November. Additionally, students will have the opportunity to perform during the Fall Festival of Shakespeare in Lenox, MA with other local schools the last weekend of November.

Middle and High School Musical*

Advisor: Jeff Welch (jwelch@mgrhs.org)

Each winter, the students at Mount Greylock present a musical play carefully selected to highlight student talent. Students have the opportunity to be actors, to play in the orchestra, or to be crew members. Past performances have included "South Pacific", "Oklahoma", and "Wonderful Town". Rehearsals begin in **early December** and this year's performance will likely be held in mid-March.

Spring Drama Performance*

Advisor: TBD

The spring performance at Greylock requires no experience and no musical ability. Students work together to produce and perform a creative production. Recent performances have included "Dearly Departed", "12 Angry Jurors", and "Pass the Butler". Rehearsals begin in mid-March after the completion of the School Musical and students will perform for two evenings in late May.

Middle School Drama Program*

A short-term program is provided for Middle School students in the late spring focusing on age appropriate theater projects. Students will remain at Mount Greylock after the completion of the school day and participate in various workshops and rehearsals while preparing to perform a small student created and produced show.

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Publication/Writing Opportunities

The Echo

Advisor: Peter Niemeyer (pnemeyer@mgrhs.org)

The school newspaper is a student run and student produced publication, which features articles pertaining to the school and its surrounding communities. Some popular features include: "1 in 650," a spotlight on varying Greylock students, the sports section, which offers updates on Greylock teams, and the news section with current information regarding school and community events. **New last year, an online news source regularly updated by MG students can be found at <http://greylockecho.mgrhs.org>.**

Writing Club*

Advisor: Liza Barrett (lbarrett@mgrhs.org)

Get together and share ideas and writing with friends and students from Williams College in a relaxed, non-academic environment. This group meets once a week after school in the library and is open to any female student grade 7 - 10.

Yearbook

Advisor: Jess Casalinova (jcasalinova@mgrhs.org)

This committee works year round to put together a book filled with memories that seniors and other members of the school can keep for the rest of their lives. Students spend meeting time working on theme and design ideas, page layout, and taking pictures to capture exciting school moments. Students receive training focusing on how to create a yearbook, task assignments, and meeting deadlines. This year, students will begin work on a digital version of Mount Greylock memories.

Leadership Organization Opportunities

National Honor Society (NHS)

Advisor: Crystal Williams (cwilliams@mgrhs.org)

A national organization comprised of students who have achieved a high academic standard and who have displayed excellence in character, service and leadership in their community. After an application process, students are selected by a faculty council based on academic records, faculty evaluations, character, and leadership traits. Members assist with school events and must spend time volunteering within the community.

Positive Energy People (PEP Club)*

Advisors: Nichole Russell (nrussel@mgrhs.org) and Jess Casalinova (jcasalinova@mgrhs.org)

A group open to any student interested in making the school a more positive place by spreading school spirit via pep rallies, evening activities and dances, picnics, and making and posting signs promoting "The Greylock Way" and all school-sponsored events.

Student Council

Advisor: TBD

A group of five elected students from each class who work together to better serve the school. Members are selected in late spring after an application process including a speech to students' classmates. The Student Council serves as a bridge between students and administration, bringing ideas to and from the school community and working to improve the high school experience for all students.

Students Organizing Change (SOC)*

Advisors: Liza Barrett (lbarrett@mgrhs.org) and Amy Kirby (akirby@mgrhs.org)

This organization is the one of the few clubs at Greylock designed specifically for Middle School students. Based on an all-inclusive philosophy, and led by different students for each activity, members work together to arrange community service projects and organize community spirited activities (dances and spirit days) to help raise funds for different charity organizations of their choice.

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Language Organizations

Junior Classical League (JCL)*

Advisor: Marj Keeley (mkeeley@mgrhs.org)

A Latin association that operates on a state-wide scale. Every year members participate in various Massachusetts JCL events- most notably- the State Convention, a State Classics competition. Additionally, Mount Greylock hosts the annual JCL Kick-Off Event. This year, this interscholastic event which includes Catapult, Certamen, Gladiator, and Hula-Hoop Contests will happen on October 17th.

Spanish Club*

Advisor: Cristina Fernandex (cfernandez@mgrhs.org)

Join a vibrant group of students who share an enthusiasm for the Spanish language and culture. Activities include: international service projects, tutoring, dance lessons, piñata making, cooking, political discussions, movies, and more.

Additional Student Run Organizations/Opportunities

Gay Straight Alliance (GSA)*

Liaison: Geri O'Brien (gobrein@mgrhs.org)

A supportive group of Mount Greylock students, of all different orientations, that welcome anyone who wants to join. GSA aims to educate the student body and to foster a feeling of acceptance in the community regarding gender and sexuality. Members work to create awareness and foster activism.

Glee Club*

This student created and student run performing arts group meets once a week to relax, laugh and sing. Interested in Rock, Pop, Country; Student participants will select song choices for each week. The group serves as a meeting place and creative outlet for artists and other creative types. Actors, singers, dancers, and musicians, and writers are all welcome.

Model United Nations

Liaison: Drew Gibson (dgibson@mgrhs.org)

This student run organization has been a subsection of the Student Council and is based off the national organization. The society seeks to enable students to become part of the increasingly interconnected global community by giving them experience with public speaking, debate, and global initiatives.

Outing Club (Middle School Specific)*

This group is designed for middle school students only. It is led by two Mount Greylock High School students and a member of the Overland staff. Students participate in monthly outings, including hikes, ultimate Frisbee competitions, and camping adventures.

Youth Environmental Squad (YES)*

Liaison: Karen Lobdell (klobdell@mgrhs.org)

Join this group to help Mount Greylock continue to be environmentally conscious. Planned during monthly meetings, YES aims to raise awareness about environmental issues through community outreach, environmentally-themed fundraisers, and participation in community events.

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