



Antelope High School Student Bulletin



February 07, 2017

Quote of the day: "You can be whatever size you are, and you can be beautiful both inside and out. We're always told what's beautiful and what's not, and that's not right."

Serena Williams

VOLLEYBALL PRACTICE THIS WEEK

Tuesday JV @ 3:30pm, Varsity @ 5pm

Wednesday Everyone @ 8pm

Thursday Everyone @ 8pm

Friday JV @3:30pm, Varsity @ 5pm

TRACK AND FIELD

Practice today after school, rain or shine. Meet after school on track.

COMMUNITY COLLEGE NIGHT

Come out February 9th 5:30-7:30 in the cafeteria to get information on Community Colleges. There will be admissions representatives there to answer any questions. You can get help filling out and submitting your applications. We will have Sierra and ARC here!

ATTENTION ALL FOOTBALL PLAYERS

Anyone interested in playing football next year that is not in a weight training class here at Antelope high School or participating in a Spring/Winter sport needs to be at OSP(Off Season Program(lifting) in the weight room starting today. OSP will run from 3:00-3:45 Monday –Wed. Attendance will be taken.

HEY JUNIORS!

Are you considering attending the University of Rochester in New York? You could be considered for a free application and a merit scholarship! Let Ms. Goudy in the College & Career Center know if you are interested!

NEED VOLUNTEER HOURS?

Barret Ranch is having a Valentine's Dance and needs your help! The event will take place on Saturday, February 11th, from 3-7 pm. Text or email Tiffany Robinson at 916-768-1782 or tarobinson@dcjesd.us to volunteer!

SCHOLARSHIP OPPORTUNITY!

Does someone in your life have Alzheimer's? If so, your experience with it could help you get a scholarship for up to \$5,000! See Ms. Goudy in the College & Career Center for more details.

SINGING VALENTINES

will be sold for this week during both lunches on the inside stage. Singing Valentines are \$5 and \$10 with a teddy bear, you can send them to friends, boyfriends, or girlfriends and they can be made anonymous. They will be delivered during school on Valentine's day. The songs to choose from are: I'll be there for you, my guy, stupid cupid, you are the one that I want, what makes you beautiful, count on me, and 1234.

LOCAL SCHOLARSHIPS AVAILABLE!

Hey Seniors! The Local Scholarship Program is open! Head onto the Naviance or the College & Career Center website (anhscandccenter.weebly.com) to check out all of the great scholarships that are only available to students in OUR DISTRICT! See Ms. Goudy if you have any questions.

TITAN DANCE CLUBS!

Polynesian- Wednesdays from 3-4:30

Breakdance - Thursdays 3-4:30

Hip Hop Fridays from 3-6PM.

SWIM TEAM IMPORTANT DATES:

- Practice Schedule: Mon.-Fri. 2:45-5:15 pm

- 1st practice in the pool Mon. 2/6/2017

- Fri. 2/10/2017

Parent Meeting

(All orders are due)

At the Antelope pool

Time: 6pm

- Thur. 2/23/2017

Splash of the Titans

Time Trials Invitational

At Antelope (volunteers needed)

ATTENTION TITANS

There will be Red Zones for boys and girls basketball and soccer. So join us with your titan pride on the following dates:

2/10 girls basketball at Whitney @ 5:30

2/10 boys basketball at Whitney @ 7:00

2/15 boys basketball vs Bella Vista @ 7:00

SENIORS

Are you planning on borrowing your cap and gown for graduation? If so, please come to the front office ASAP and fill out the borrowing agreement. Once you have **fully** filled it out, please turn it in to the front office.

ANTELOPE LEARNING LAB (ALL):

Do you need help with homework? A quiet place to work? Access to technology? Tutoring? ALL of the above?! Then come to the Antelope Learning Lab (ALL), offered Tuesday, Wednesday, and Thursday from 2:45-4:30 pm in the Library. This free service is available to ALL students, especially those who need academic support and/or English language development support. Please contact Ms. Raatz in the library for more information.

Weekly Athletic Schedule Winter 2016-17 February 6 to February 11; Pg. 1

DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	Departure	SPORT	LEVEL
2/6	MON	3:30 PM	Del Campo HS	Del Camp Stadium			Soccer- Boys	Frosh
2/6	MON	5:30 PM	Del Campo HS	Del Camp Stadium			Soccer- Boys	JV
2/6	MON	7:30 PM	Del Campo HS	Del Camp Stadium			Soccer- Boys	VAR
2/7	Tue	4:00pm	Del Campo	Antelope HS			Basketball- Boys	Frosh
2/7	Tue	5:30pm	Del Campo	Antelope HS			Basketball- Boys	JV
2/7	Tue	7:00pm	Del Campo	Antelope HS			Basketball- Boys	VAR
2/7	Tue	4:00PM	Del Campo	Del Campo			Basketball- Girls	Frosh
2/7	Tue	5:30 PM	Del Campo	Del Campo			Basketball- Girls	JV
2/7	Tue	7:00 PM	Del Campo	Del Campo			Basketball- Girls	VAR
2/7	Tues	3:30pm	Del Campo	Antelope	N/A	N/A	Soccer- Girls	FROSH
2/7	Tues	5:30pm	Del Campo	Antelope	N/A	N/A	Soccer- Girls	JV
2/7	Tues	7:30pm	Del Campo	Antelope	N/A	N/A	Soccer- Girls	VAR
2/8	WED	3:30 PM	Bella Vista HS	Bella Vista Stadium			Soccer- Boys	Frosh
2/8	WED	5:30 PM	Bella Vista HS	Bella Vista Stadium			Soccer- Boys	JV
2/8	WED	7:30 PM	Bella Vista HS	Bella Vista Stadium			Soccer- Boys	VAR
2/9	Thurs	3:30pm	Bella Vista	Bella Vista	1pm	1pm	Soccer- Girls	FROSH
2/9	Thurs	5:30 PM	Bella Vista	Bella Vista	1pm	1pm	Soccer- Girls	JV
2/9	Thurs	3:00pm	Bella Vista	Bella Vista	1pm	1pm	Soccer- Girls	VAR

Date and/or location change

Weekly Athletic Schedule Winter 2016-17 February 6 to February 11; Pg. 2

DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	Departure	SPORT	LEVEL
10	Fri	4:00pm	Whitney	Antelope			Basketball- Boys	Frosh
10	Fri	4:00 PM	Whitney	Whitney			Basketball- Boys	JV
10	Fri	7:00pm	Whitney	Whitney			Basketball- Boys	VAR
10	Fri	5:30 PM	Whitney	Antelope			Basketball- Girls	JV
10	Fri	5:30 PM	Whitney	Whitney			Basketball- Girls	VAR
09	Thurs	All Day	CVC League Tournament	Whitney	TBD	TBD	Wrestling	VAR
