

CO-CURRICULAR ACTIVITIES

2023-2024
5783-5784

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Dear Parents and Students:

Some of the most exciting and educationally enriching aspects of one's high school experience take place outside the classroom and after regular school hours. Yeshivat Frisch encourages each of our students to explore and develop his/her talents in the areas of artistic creativity, journalism and writing, athletics, community service and Chessed, scientific discovery, politics and so much more.

Each year as the adults at Frisch interact with our students, we are impressed by their accomplishments, leadership, spirit and initiative. We invite and encourage you not only to be involved in some of the activities described in this co-curricular guide but also to come to us with ideas for new activities and endeavors. Some of the best, most successful activities are initiated each year by students.

Please do not hesitate to contact Rabbi Joshua Schulman, Director of Co-Curricular Activities, with new ideas or to ask for help or advice to get yourself involved in one or more of these wonderful opportunities.

Sincerely,

A handwritten signature in black ink, appearing to be 'Eli Ciner', with a long, sweeping horizontal line extending to the right.

Rabbi Eli Ciner
Principal



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ARTS & MUSIC

ART CLUB: STUDIO ART AND SCULPTURE

The Frisch Art Club gives students a forum to express their artistic talents. Students can study media which include: acrylic paint and canvas, pastels, charcoal, pencil, watercolor, mixed media wire and other two and three-dimensional media. The instructor helps students develop and refine their techniques as well as their personal means of artistic expression. Instruction is individualized and based on student interest. Technical skill development in realistic drawing, perspective and advanced color theory is also available.

Advisor:
Mrs. Mira Levy
Fee Required
Meeting Time:
Weekly

BEADING CLUB

In the Beading club, students learn different beading techniques, and implement them to create jewelry and other items.

Advisor:
Mrs. Ahuva Winslow

COUGAR CHORUS

The Cougar Chorus, Yeshivat Frisch's Choir, provides the opportunity for students to sing and exhibit musical talents. The students learn songs from a variety of genres, including: contemporary, Jewish, Israeli and Broadway. Students also learn about their respective parts in the choir - soprano, alto, tenor, bass - and how to sing in harmony. The Choir performs at venues such as: The Frisch School Annual Dinner and Evening of the Arts.

** Criteria for Membership: No prior musical experience is necessary. However, students must demonstrate an ability to sing at an audition.*

Advisor:
Mrs. Randi Wartelsky
Meeting Time:
Weekly

DRAMA SOCIETY

The Drama Society is famous for its annual spring production. During the school year, students study acting methodology, script/character analysis, directing techniques, set/light design, theatrical protocol, mime and improvisation. Auditions are held and committees are formed. Publicity, lighting/sound, set/props, production assistants, and tech staff are just some of the essential committees needed to ensure the success of the play.

** Criteria for Membership: Audition Required.*

Advisor:
Mr. Danny Hoffman
Meeting Time:
Weekly

ARTS & MUSIC

FILM CLUB

Students study and critique films. Each year, students choose a few themes to study. Film techniques, genre, character and plot development, social commentary and specific directors and producers are studied. Students arrange to watch the movies at home and analyze them in a group discussion.

Advisor:
Dr. David Winkler
Meeting Time:
Monthly

GLEE CLUB

Work on a performance piece of your choice alone or with a group, centered around a theme. Learn vocal technique, breath control, and all the elements needed for strong vocal expression. Performance Showcase (for girls) takes place approximately every six weeks.

Advisor:
Mrs. Randi Wartelsky
Time: Weekly

JAZZ BAND

The Jazz Ensemble helps students develop the skills necessary to perform jazz and blues music. At practices, students develop an appreciation for the jazz art form by listening to jazz recordings and studying jazz history. Jazz theory is also taught to help students develop the skills necessary to solo on jazz tunes. The advisor and the students work on arrangements for the music, and take home sheet music to prepare songs for the following week. The Jazz Ensemble performs at Evening of the Arts and at other events.

** Criteria for Membership: Students must exhibit musical competency. Auditions required.*

Advisor:
Mr. Steve Bill
Meeting Time:
Weekly

KNITTING CLUB

Join us at breakfast to explore knitting, crocheting and more. Come to learn, improve and grow your skills in a fun and relaxed environment.

Advisor:
Mrs. Ahuva Winslow
Time: Weekly

PERFORMANCE ENSEMBLE

Students who enjoy classical music and play a musical instrument may perform in the Frisch Performance Ensemble. The Ensemble performs music from the Baroque, Classical, and Romantic eras. During each rehearsal, students gain experience working with and performing with

Advisor:
Mr. Steve Bill
Meeting Time:
Weekly

ARTS & MUSIC

other student musicians. Students are expected to practice each week at home. Students showcase their talent at the Frisch Evening of the Arts.

* **Criteria for Membership:** Students must audition. Students must show competency on their instruments, currently take lessons with an approved teacher, and be able to come to each practice session.

PHOTOGRAPHY CLUB

*Advisor:
Mr. Zush Heinrich*

In the Photography Club, students study the process of photography, camera technique, composition, light, color contrast and harmony, space, texture and other artistically useful perceptions. Students are introduced to digital cameras and computer manipulation of photographs. They also study various genres of photography including photojournalism, black and white, portrait, landscape, nature and cityscape. Photographs are exhibited throughout the school.

SEWING CLUB

*Advisor:
Mrs. Vivian Burns
Fee Required
Meeting Time:
Weekly*

Learn to sew professional looking clothing in no time. Beginners will learn sewing skills that establish a solid foundation on which to build. First projects include designing and constructing a skirt and t-shirt using knit fabrics. Advanced students are introduced to woven fabrics, are taught to create darts, put in invisible zippers, set in sleeves and create a variety of hems, among other skills. Individual projects are chosen with guidance, and essentially, students are given the skills to bring their designs to life.

ATHLETICS

The Frisch Athletics Program includes 27 teams, 12 clubs and 4 intramural programs. All teams and some clubs require tryouts, while other clubs and intramural programs are open to all students. Due to scheduling needs, each student must decide which one team or club is his or her priority and let the coaches know at the beginning of the season. Practice sessions are after school, prior to and during the season. Official games take place in the evenings and on Sundays.

*Athletic Director:
Mrs. Tali Zelenetz*

TEAM SPORTS

The fall season for teams runs from September through March (7 months). The spring season runs from March through June (4 months). Most teams practice twice per week. All teams compete in a league, with the exception of girls swimming and wrestling. Varsity teams include players from 11th and 12th grades. Junior varsity teams include players from 9th and 10th grades. All teams conduct mandatory tryouts at the beginning of the season.

Students are allowed to play on one team per semester.

Current teams include:

| | |
|--------------------|------------------------------------|
| Baseball: | Boys |
| Basketball: | Boys and Girls JV and Varsity |
| Dance: | Girls |
| Hockey: | Boys JV and Varsity, Girls Varsity |
| Ice Hockey: | Boys and Girls |
| Soccer: | Boys and Girls JV and Varsity |
| Softball: | Boys JV and Varsity, Girls Varsity |
| Swim: | Girls |
| Tennis: | Boys and Girls |
| Track: | Boys and Girls |
| Volleyball: | Girls JV and Varsity, Boys Varsity |
| Wrestling: | Boys JV and Varsity |

ATHLETICS: CLUBS & INTRAMURALS

CLUBS SPORTS

Club sports have a short season, and do not compete in a league. The Boys and Girls Outdoor Soccer clubs hold tryouts; other clubs and intramural programs are open to all students. Clubs meet once or twice per week.

Current clubs include:

| | |
|------------------------|----------------|
| Bowling: | Boys and Girls |
| Fencing: | Boys and Girls |
| Golf: | Boys and Girls |
| Ice Hockey: | Boys and Girls |
| Lacrosse Club: | Boys and Girls |
| Outdoor Soccer: | Boys and Girls |
| Spike Ball: | Boys and Girls |
| Track: | Boys and Girls |

INTRAMURAL SPORTS

IFL Advisor: TBD

Frisch currently offers intramural leagues for boys basketball (FBI), boys JV and Varsity football (IFL) and boys hockey. All of the various intramurals combine intensity and fun, competition and sportsmanship. They are also a great way to make new friends and create long-lasting memories.

COMMUNAL SERVICE

CHESSD SOCIETY

The Chessed Society provides a way for Frisch students to enhance the lives of others in the wider community. The Society organizes various initiatives throughout the year, including, but not limited to, Thanksgiving and Pesach food drives and a Chanukah toy drive.

*Advisor:
Mrs. Elana
Lefkovitz*

DISCOVERY READ ALOUD

The goal of Discovery Read Aloud is to improve literacy throughout the world. Students record and create videos of themselves or their friends reading children's books, and post the videos to the club's Youtube channel. The club was initially created to help mitigate the issue of young children falling behind during the Coronavirus-induced shutdowns. The club partners with schools inside and outside of our community to help bolster literacy.

*Advisor:
Dr. David Sclar
Meetings Time:
Weekly*

FRIENDSHIP CIRCLE

Frisch hosts Friendship Circle events every week after school, with Frisch students leading Jewish special needs children through a host of activities geared toward their needs and interests. Working with Friendship Circle children deepens Frisch students' sensitivity and strengthens our community of kindness.

*Advisor:
Rabbi Joshua
Schulman
Meetings Time:
Weekly*

GIFT OF LIFE

The Gift of Life Marrow Registry is a stem cell and bone marrow registry that saves lives through matching blood cancer patients with potential marrow donors. Participants in this club help set up the annual bone marrow testing drive at Frisch, where participants get swabbed and join the registry.

*Advisor:
Rabbi Josh
Wald*

GLAMOUR GIRLS

Frisch students visit Care One in Teaneck to provide companionship, conversation, and beauty makeovers to the senior residents.

COMMUNAL SERVICE

iSHINE

iShine is a project affiliated with the organization Chai Lifeline. In this club, Frisch students serve as “big brothers” and “big sisters” to children who have a family member suffering from a terminal illness or who has passed away. Frisch students help with homework, play games with the kids, and eat dinner with them on Mondays and Wednesdays after school.

*Advisor:
Mrs. Michal Zahtz*

Seniors Only

KAHAL

Kahal promotes Jewish life at Frisch and sponsors activities to benefit Jewish causes and organizations. Each year, Kahal runs a “three-on-three” basketball tournament and organizes other fundraisers whose proceeds go to tzedakah. Students select which Jewish tzedakah fund the proceeds will benefit.

*Advisor:
Rabbi Eli Ciner
Meeting Time:
Monthly - Additional
meetings as needed*

PEER TUTORING

Peer Tutoring is a program where a student who needs help in a particular subject is paired up with someone who has successfully completed that subject and feels competent providing help. Students who wish to be peer tutors, as well as students who need peer tutoring, may contact the faculty advisor (Dr. Blanck) to get involved. The faculty advisor will then match up two students appropriately with the input of the Guidance Department and email both parties. It is then up to both parties to email each other and arrange a convenient time to meet.

*Advisor:
Dr. Jennifer
Blanck
Meeting Time:
As needed*

RANDOM ACTS OF KINDNESS

The Random Acts of Kindness Club is a source of wholesome kindness for our school. A “random act of kindness” is a small, unplanned action taken out of the goodness of one’s heart, in order to make the world a better place. Giving a compliment, cleaning up trash, helping a friend study, or lending someone lunch money are just a few examples. At club meetings, students discuss and encourage ways to help friends, family, or even strangers.

*Advisor:
Mrs. Elana
Lefkovitz
Meeting Time:
Weekly*

SHARSHERET

Students work on various initiatives over the course of the year - including Sharsheret Pink Day - to benefit Sharsheret, an organization providing

*Advisor:
Student-Run*

COMMUNAL SERVICE

support for families dealing with breast and ovarian cancer.

SOUP FOR THE SOUL

Soup for the Soul runs collection drives at different points of the year for various items, including a book drive, Thanksgiving food drive, and collecting personal care products in conjunction with other local charity organizations.

*Advisor:
Mrs. Elana
Lefkovitz
Meeting Time:
Weekly*

YACHAD

Yachad, the National Jewish Council for Jewish Disabilities, promotes inclusion for all people in our community. Students who volunteer with Yachad go on Monday nights to the Mendel Balk Yachad Center in Teaneck, where they socialize, form friendships, and take part in programs with individuals who have disabilities and special needs.

*Meeting Time:
Weekly*

COMPETITIONS

CHESS TEAM

Students play chess against their peers in an organized setting. During meetings, students learn strategies that will help them improve their chess game. The Chess Team competes as part of the Metropolitan Yeshiva Chess League.

Advisor:
Ms. Diana Tulman
Meeting Time:
Weekly
League contests -
monthly

COLLEGE BOWL

Students possessing a wide range of knowledge enjoy answering questions in a fun-filled, educational framework. The team competes against students from other yeshivot from the tri-state area. Various schools in the league host the four annual meets.

** Criteria for Membership: There is a written test of forty questions on information ranging from calculus to entertainment. The students who score the highest on the written exam are invited back for the second cut, in which they compete with buzzers against other prospective team members. The best prospects are chosen to go out there and make us proud.*

Advisor: TBD
Meeting Time:
As needed

DEBATE TEAM

The varsity and junior varsity Debate Teams are composed of students who learn to research, think, and speak effectively on serious topics. Students participate in competitions for which they research and prepare arguments on an assigned topic. Public speaking skills, working with a partner, meeting deadlines and reasoning abilities are strengthened through participation on the Debate Team. Mock debates are held after school to prepare for the tournaments. At the mock debates, returning team members help new members formulate plans and sharpen skills. The Debate teams are members of the North Jersey Debate League.

** Criteria for Membership: Students must try out. They must demonstrate the abilities to do research, think on their feet and orally express themselves in a clear and concise manner.*

PLEASE NOTE: Students may try out for all teams but can only participate in either Debate, Mock Trial or Model UN.

Advisor:
Ms. Nina Cohen
(varsity) Meeting
Time: Bi-Monthly
Maximum Number
of Members:
Varsity: 14 debaters
and 8 judges. /
Junior varsity: 18
debaters and 8
judges.
Fee Required

ENVISION SHAKESPEARE

Envision Shakespeare is a competitive Yeshiva League club that provides

Advisor:
Ms. Lauren
Burstein

COMPETITIONS

an opportunity for students to act and direct an assigned scene from a Shakespeare play. Participation culminates in a day of competition, where students not only perform their scene, but also engage in interactive workshops and acting classes with students from the other competing schools.

HISTORY BOWL

In History Bowl, students who are passionate about history have the opportunity to test their knowledge as a team in a competitive league. Competitions are multi-round and focus on various categories of historical knowledge.

Advisor:
Dr. Yaelle
Frohlich
Meeting Time:
As Needed

MATH LEAGUE

Outstanding math students participate in state and national math contests and competitions such as: The New Jersey Math League; The American High School Mathematics Examination (AHSME); and the American Invitational Mathematics Examination (AIME).
** Criteria for Membership: Students in grades 9-12 who have advanced math ability are invited to compete.*

Advisor:
Mrs. Sabrina
Bernath
Meeting Time:
Weekly
Six contests per
year

MOCK TRIAL

The Frisch Mock Trial team consists of students who are interested in learning about and being trained in our nation's judicial system. Positions on the team include: lawyers, witnesses, and jurors. Lawyers are responsible for creating and organizing their cases and preparing their witnesses, based on a set of facts about a hypothetical case. The Mock Trial team participates in a statewide competition sponsored by the New Jersey State Bar Association. Students compete against other schools in a court case before a judge in a local courthouse. The Frisch Mock Trial team, in addition to its teacher advisor, has a trial lawyer who helps to prepare students for their cases.

** Criteria for Membership: Students must try out. Students will be chosen based on their ability to express themselves orally in a clear, concise manner, and on their ability to analyze and assess specific situations.*
PLEASE NOTE: Students may try out for all teams but can only participate in either Debate, Mock Trial or Model UN.

Advisor: Mrs.
Elana Lefkovitz
Meeting Time:
Weekly

COMPETITIONS

MODEL CONGRESS

Model Congress allows students who are interested in politics and public policy to research important, hot-button issues facing United States lawmakers and propose how best to address them. Students have the opportunity to debate proposed policy in a competition against other schools.

MODEL UNITED NATIONS

Students learn about the function and operation of the United Nations, as well as the intricate workings of the various groups and committees of the UN. At meetings, students research and familiarize themselves with the country they have been appointed to represent. The culmination of this club is a three-day trip to the Yeshiva University-sponsored Model United Nations. At this exciting and stimulating event students use skills such as negotiating, crisis management and public speaking.

**Criteria for Membership: This club is open to all 10th, 11th and 12th grade students. Students meet with the faculty advisor who will assess the student's ability to summarize and then defend or oppose an opinion from a New York Times Op-Ed article. Students are also evaluated on their expression, articulation, confidence, and motivation.*

PLEASE NOTE: Students may try out for all teams but can only participate in either Debate, Mock Trial or Model UN.

*Advisor:
Mr. Eitan Kastner
Meeting Time:
Meets weekly
during lunch,
and evenings
during the
weeks preceding
the Model UN
convention*

POETRY CLUB

The Poetry Club meets monthly and is geared toward students who would like to learn more about poetry and practice their poetry skills. Club members read a selection of contemporary American poetry and discuss it. Those students who would like to flex their poetry writing and recital skills are also invited to read during the meetings and receive critical feedback on their work. Students are also invited to participate in poetry competitions that occur against other yeshivot three times during the academic year.

*Meeting Time:
Monthly*

ACTIVISM

ANTI BULLYING

Student-Run

The Anti-Bullying club is a student-led club dedicated to the value of our community of kindness. The club involves both education and activism.

COUGARS FOR ISRAEL (AISAC)

Advisor:

TBD

Meeting Time:

Weekly meetings during school, monthly meetings after school

Cougars for Israel promotes Israel awareness within the Frisch community and the Jewish community at large. Media Watch, an important committee of Cougars for Israel, sponsors letter-writing campaigns to help refute inaccurate reporting. Cougars for Israel writes and distributes a newsletter entitled Acheinu, and a bulletin board is maintained to keep students and faculty informed. Information from CAMERA, current news, and a focused topic are posted. Cougars for Israel members help arrange rallies when issues arise. Cougars for Israel members have also attended the Cougars for Israel Mission to Washington, DC. Monthly meetings of Cougars for Israel take the form of a debate where two members choose opposing sides, research their positions and debate the issues.

ENVIRONMENTAL CLUB

Advisor:

Dr. Meryl Feldblum

The purpose of the Environmental Club is to raise awareness of environmental issues in our school and wider community, and take action. For example, the club is responsible for the dedicated paper recycling bins and water bottle refilling stations around the school. Many students participate in local communal events, such as clean up and protest events.

OCEAN PRESERVATION CLUB

Student-Run

*Meeting Time:
Bi-Weekly*

The Ocean Preservation Club meets weekly to learn about different endangered ocean species and strategies that can help preserve them. The club also raises money for the World Wildlife Fund each year.

RACISM AWARENESS

Advisor:

Dr. David Sclar

Students will discuss and learn about contemporary and historical issues related to various forms of racism and their impact.

ACTIVISM

STUDENT COUNCIL

Student Council members serve as liaisons to the administration of Frisch and promote student involvement in major issues arising within the Frisch community and beyond. Student Council also attempts to improve student life at Frisch. At the meetings, minutes are read, issues are debated and decisions are made. Some Student Council activities include: pep rallies, Big Brother/Big Sister programs, Frisch clothing drive, student ID's, student directory, sale of Dunkin Donuts, and the election assembly. Two representatives per grade are elected each year. Four executive officers are also elected for a total of 12 members.

** Criteria for Membership: To qualify as a candidate a student must maintain a B average and receive faculty approval. Representatives campaign and are voted in by the students.*

*Advisor:
Rabbi
Jonathan Spier
Meeting Time:
Monthly*

PUBLICATIONS

BE'ER SHAVUA

Be'er Shavua is a weekly newsletter filled with student and faculty Divrei Torah. Students write Divrei Torah on a wide variety of topics including Parashat Hashavua, Yom Tov, Rosh Chodesh, and halachic issues. Positions at Be'er Shavua include: editors-in-chief, treasurer, editing staff, contributing staff, as well as layout and distribution staff. Be'er Shavua is printed and distributed weekly.

*Advisor:
Rabbi Yaakov
Blau
Meeting Time:
Weekly*

COUGAR NATION NETWORK

The Cougar Nation Network is our student-run online broadcasting channel for sporting events across many social networks, including YouTube, Facebook, and Instagram. Students utilize various mediums, including live video, audio and streaming technology, to create compelling broadcasts. They utilize graphic design tools to create logos, overlays, and other visual objects to creatively communicate with their public viewing audience. Students communicate globally via our YouTube channel and our website, <http://cougarnationnetwork.com>, in order to reach a wide audience. They work as a team, assigning various roles including producer, director, camera person, announcer, and statistician. They reach out to experts in professional sports broadcasting to further learn, refine, and revise their product.

*Advisor: Rabbi
Tzvi Pittinsky
Meeting Time:
Weekly*

FRISCH NEWS NETWORK

The Frisch News Network produces a regular mini newscast, providing updates on school news, upcoming events, and special features. Students gain experience newswriting, newscasting, conducting interviews, producing, and operating the camera/mic. No prior experience necessary.

*Advisor:
Mrs. Randi
Wartelsky and
Rabbi Tzvi
Pittinsky*

FRISCH TORAH JOURNAL

The Frisch Torah Journal is a club which teaches the skills required to create an insightful d'var Torah. It culminates in the publication of an annual collection of original Torah-based articles researched and written by Frisch students. Participants are expected to attend several training sessions on how to properly research a Torah topic. Writers then pick a topic of interest, submit outlines and drafts and, hopefully, end with a product worthy of publication.

*Advisor:
Rabbi Yaakov
Blau
Meeting Time:
As needed*

PUBLICATIONS

** Criteria for Membership: Editorial positions are open to juniors and seniors.*

ISRAEL JOURNAL

The Israel Journal is a student publication covering news from and about Israel, publishing regular issues throughout the year.

KALLIOPE (LITERARY MAGAZINE)

Students are able to participate in Kalliope by contributing original work: short stories, poetry and essays, as well as art and photography that reflect and enhance the literature. Positions on Kalliope include: editors-in-chief, as well as editors for short stories, essays, poetry, art and layout. Each editor has a staff of two to seven members. Cooperating, organizing, planning, designing, proofreading, editing, critiquing and writing are some of the essential skills Kalliope members must possess for the production of the literary magazine.

** Criteria for Membership: Students who are interested in writing and/or art may sign up for Kalliope. Editorial positions are reserved for students with highly-developed literary skills and experience.*

*Advisor:
Ms. Lauren Burstein
Meeting Time:
Bi-monthly or as
needed*

THE PAW PRINT

The The Paw Print is the school newspaper, which is published on a weekly basis. The Paw Print is written by a combination of our staff members and student contributors. Busy students need a quick and accurate update on the news, but they also need it to be relevant to their lives. We give students the opportunity to write about the news, both at school and around the world, that most interest them. With this in mind, we invite you to come and write for us and explore the world through journalism. All students are welcome and we hope that you join our staff or contribute a piece!

*Advisor:
Dr. Anne Berkman*

YEARBOOK

One way to keep Frisch memories alive is through the yearbook. Students work throughout the year designing, compiling, editing, and revising the yearbook. Positions available include: editors, artists, photographers, historians, writers, layout and advertising staff.

*Advisor:
Mrs. Ruth Wang-
Birnbaum
Meeting Time:
Twice a week,
additional
meetings as
needed*

PUBLICATIONS

**Criteria for Membership: Staff members and seniors that are organized, able to complete tasks in a timely manner, and have the necessary skills required for their positions.*

SCIENCE AND ENGINEERING

ANATOMY & PHYSIOLOGY

Advisor: Mr. Evan Silberstein

In this club, students with a special interest in various biological systems delve deeper into the function and form of living organisms.

BIO RESEARCH

Advisor: Dr. Mindy Furman

In this club, students with a special interest in biology research get together to learn, discuss and debate cutting edge research in all fields of biology. Speakers will be invited to discuss their personal experiences researching biology and the medical field.

CHEMISTRY

*Advisor:
Dr. Jennifer Blanck*

In the Chemistry club, students with a passion for chemistry deepen their knowledge about this scientific discipline beyond the classroom.

CIJE ROBOTICS CHALLENGE

*Advisor:
Mrs. Rifkie Silverman
Meeting Time:
Weekly*

CIJE Robotics Challenge is the first Yeshiva Day School robotics league. A team of students will be chosen to participate and compete in the design and construction of robots to meet proposed challenges.

** Criteria for Membership: Students must be in the robotics program to be eligible to participate in the challenges.*

CODING CLUB

*Meeting Time:
Weekly*

Students will work with the club advisor and with peer mentors to expand their understanding of current web technologies and the design of modern apps. The club consists of two parts, a learning stage and a project-design stage, with the goal of competing in inter-school coding challenges ("hackathons"). Technologies of interest include Python, Java, HTML5, and iOS/Android app development. No prior experience necessary.

COUGARS CREATE

*Advisor:
Mr. Michael Preston
Meeting Time:
Weekly*

Cougars Create is an opportunity to explore the design of functional objects that may be used in school or at home. Participants come up with

SCIENCE AND ENGINEERING

design ideas and materials with which to produce their creations, and carry out their projects in the Frisch Fab Lab. Students in Cougars Create will also be working on the sets and props for the Drama Society's annual spring production. Instruction on the safe use of tools is paramount. The club is open to all students, and no prior experience is necessary.

DENTIST

Student-led

In the Dentist Club, students learn about the field of dentistry and learn from a variety of dentists practicing today.

EMS

Student-led

In the EMS Club, students will get to learn lifesaving first aid techniques that are key in crisis situations.

GIRLS WHO CODE

Girls Who Code is a national nonprofit organization dedicated to closing the gender gap in technology. Girls meet with a GWC instructor to learn programming skills in Python, HTML, CSS and Javascript. Girls work in groups to design and develop coding projects, and have guest lecturers and site visits with women in technology.

*Advisor:
Mrs. Rifkie
Silverman and
Ms. Sahrena
London
Meeting Time:
Weekly*

FRISCH ANATOMY

In the Frisch Anatomy Club, students learn about anatomy and various medical ailments through clips from Grey's Anatomy and other medical shows.

*Advisor: Dr.
Sandra Hoenig*

HACKATHON TEAM

Students who join the Hackathon Team gain valuable knowledge and put their computer skills to the test by participating in the annual CIJE Hackathon, an inter-yeshiva league competition.

*Advisor: Mrs. Rifkie
Silverman*

SCIENCE AND ENGINEERING

NURSING

In the Nursing Club, students learn about different careers and contemporary topics in the nursing field, while forming connections with nursing professionals in a variety of subspecialties. In the past, students have attended the annual Orthodox Jewish Nurses Association (OJNA) conference in Manhattan.

*Advisor:
Mrs. Leah
Shteingart*

PREMED SOCIETY

PreMed Society is a club geared toward those students who have an interest in medicine. During the course of the year, there are guest speakers from different fields of medicine with whom students can interact. Students may also take part in “practical” sessions (i.e. taking vitals, CPR, etc.) as well as discussions regarding the necessary steps in gaining admittance to Medical School. Each year there is a fundraiser for an agreed-upon charity.

*Advisor:
Mr. Evan
Silberstein
Meeting Time:
Monthly*

ROBOTICS - BEGINNER AND ADVANCED

In the Yeshivat Frisch Robotics program, which includes Robotics FTC and Robotics VEX, students will be introduced to microcontrollers, programming, sensors, and actuators. The curriculum is project-based. Various projects are assigned to the students who not only have to build robots with sensor attachments, but also have to design algorithms to solve problems and then write computer programs to implement them. Each project highlights a different challenge using different sensors. In addition to programming, the course covers mechanical and structural design, touch sensors, color and light sensors, ultrasonic sensors, gears and power, motors and other actuators, and some computer architecture.

** Criteria for Membership: No prior experience needed for the beginners group. Advanced group requires prior participation in the robotics program or strong coding skills.*

*Advisor:
Mrs. Rifkie
Silverman & Mr.
Travis Merritt
Meeting Time:
Weekly*

SCIENCE OLYMPIAD

Science Olympiad is an academic club in which students train for various science-oriented team events and compete against other Yeshiva High

SCIENCE AND ENGINEERING

School students in a tournament held in March. The Students compete in events from a wide range of disciplines including biology, earth science, chemistry, anatomy, physics, geology, mechanical engineering and technology. Emphasis is placed on problem solving techniques, lab work and group participation.

SPECIAL INTERESTS

AFC: ALLERGY FRIENDLY COMMITTEE

The Allergy Friendly Committee is a club dedicated to discussing different allergies, as well as allergy-friendly recipes and ingredient substitutions.

*Meeting Time:
Bi-Monthly*

AMERICAN SIGN LANGUAGE CLUB

The ASL Club focuses on teaching vocabulary based sign language to help people get involved in this beautiful language. Using frequently-used signs and songs with easy vocabulary, we work to help provide a basic understanding of American Sign Language.

*Student-led
Meeting Time:
Bi-Monthly*

ARABIC CULTURE AND LANGUAGE

The Arabic Club provides members with an authentic window to the Arab world. Students learn about the complex and fascinating Arabic Culture, as well as learn the Arabic language. Meetings consist of a culture tour, where students explore different, unique aspects of the Arab world, a language lesson, where they learn the alphabet and the spoken language, and even munch on delicious Arab delicacies!

*Advisor:
Rabbi Yair
Shahak
Meeting Time:
Bi-Monthly*

BALANCE IS KEY

Come learn about nutrition and living a healthy, balanced life in general!

*Advisor:
Dr. Karen
Lopata*

BOOK CLUB

The Book Club is a way for students to connect over literature outside of class. The club selects works by contemporary authors, and meets every two weeks at breakfast to discuss the books.

*Advisor:
Ms. Lauren
Burstein
Meeting Time:
Bi-Monthly*

BRACKETOLOGY

The Bracketology club follows college sports games throughout the year, assessing and predicting who will be victorious. It peaks in March with March Madness.

Student-led

SPECIAL INTERESTS

BUSINESS

The Business club brings together different students who seek success in the world of business one day. Students hear from different members of the business business community about their careers and trajectories.

*Advisor:
Ms. Esther Gewirtz
Meeting Time:
Bi-Monthly*

FASHION

In the Fashion Club, students discuss contemporary and historical trends in the world of fashion.

Student-led

FINANCE CLUB

Students will learn about the world of finance, market trends, and how the economy is influenced by consumer spending. Students will participate in mock competitions, and will prepare for the Stock Market Tournament that is hosted by Yeshiva University in the Spring.

Student-led

FRISCH FARM

The Frisch Farm is an 800-square-foot organic vegetable farm located on campus. The Farm Club meets weekly to grow vegetables, tend to the compost, and enjoy the fruits of their labor! We learn Farm Torah too, helping us connect to Hashem through the earth.

*Advisor:
Mr. Yosef Gillers
Meeting time:
Weekly*

HOTEL MANAGEMENT

In the Hotel Management Club, students study various aspects of the hospitality industry and get to hear from industry professionals. Topics have included property management, real estate selection, building up hotel occupancy, and more.

*Advisor:
Ms. Danielle
Druck*

INVESTMENT (STOCK CHARTING & TRADING)

In the Investment Club, students interested in the world of finance discuss and stay atop of developments in the stock market.

Student-led

SPECIAL INTERESTS

LEGO

In the LEGO Club, students get to have fun building LEGO with friends.

*Advisor: Mr.
Michael
Preston*

MENTAL HEALTH AWARENESS

The Mental Health Awareness club is for students who want to break stigmas around mental health, as well as learn and educate others on the difficulties of mental illness and how to engage sensitively with others who may face these struggles.

*Advisor:
Rabbi Simcha
Willig*

PAWS FOR A CAUSE

In Paws for a Cause (PFAC), Frisch students learn about various dog breeds through informative weekly slideshows. Included at the end of each slideshow is a student's dog of that week's breed!

Student-led

PHILOSOPHY

In the Philosophy club, students discuss moral and existential questions that have been debated for centuries, utilizing classic philosophical texts and concepts.

*Advisor:
Ms. Nina Cohen*

PING PONG

In the Ping Pong club, students meet weekly to have fun by playing ping pong.

Student-led

*Advisor:
Rabbi Daniel
Rosen*

PUBLIC SPEAKING

In this club, students learn public speaking techniques to engage an audience, deliver a clear and persuasive message, and become a more skilled presenter overall.

REAL ESTATE

In this club, students learn about the real estate market, different careers associated with the wider field of real estate, such as real estate investment

*Advisor: Rabbi
Sheldon Morris*

SPECIAL INTERESTS

and different areas of expertise. Students also get to hear from professionals in the field.

SELF CARE

Advisor: Mrs. Leba Pollock

Take time out to care for yourself, live a healthy and mindful life, and learn about relaxation and beauty!

SPANISH CULTURE CLUB

Advisor: Mr. Alejandro Meneses

There are over 41 million Spanish speakers in the USA, and 559 million across the globe. In this club, learn about the cultures, foods, holidays and more in the Spanish speaking world!

SPORTS ANALYTICS & DEBATE

Student-led

In this club, students look at forms of statistical analysis that indicate strength and weaknesses of athletes and their teams, in various sports. Students debate which forms of statistical analysis have merit, and which players have more value to/higher rankings on their teams.

SPORTS MANAGEMENT

*Advisor: Rabbi Jonathan Spier
Meeting Time: Weekly*

The Sports Management Club gives students who are interested in sports management an opportunity to hear and learn from different professionals working in the industry. Topics range from the logistics of the business to the experience of being Jewish in the world of sports.

TRAVEL

Advisor: TBA

In the Travel Club, students get to explore different destinations from the comfort of West Century Road. See the world, right from Frisch!

VETERANS CLUB

Advisor: Ms. Danielle Druck

In this club, students hear from different speakers who have served in the military, and learn from them about their experiences serving.

SPECIAL INTERESTS

WAY WITH WORDS

This is a club for students who love to write, providing an ongoing forum for students to express themselves through writing and discuss their work.

*Advisor: Dr.
David Sclar*

YOUNG POLITICIANS CLUB

Students who are interested in politics meet to discuss and debate various political issues.

Student-led

YOUNG PROGRESSIVES CLUB

Students interested in progressive political issues meet to discuss and debate various topics.

*Advisor:
Dr. Meryl Feldblum*

ZOOLOGICAL SOCIETY

The Zoological Society focuses on the investigation and experience of the animal world. Students are exposed to and become familiar with interesting and exotic creatures, and develop an appreciation of technology and unique adaptations found in nature. They also learn about individual and collective responsibility with regard to the environment. Over the course of the year, the society aims to take a number of trips to different zoos and animal parks, as well as share information about upcoming exotic animal expos.

*Advisor: Mrs.
Esther Ruskin
Meeting Time:
Weekly*

TORAH

BAYRISH SCHREIBER Z"l MISHMAR PROGRAM

Thursday evening Mishmar attracts 600+ students on a weekly basis. Students pick a shiur to attend from a variety of topics such as Parsha, Letters of the Rambam, Nature & Torah, and many more.

*Advisor: Rabbi
Joshua Wald
Meeting Time:
Weekly*

CHIDON HATANACH

Students prepare to compete in the regional and national Chidon HaTanach (National Bible Contest).

**Criteria for Membership: Students must demonstrate an understanding of Tanach*

*Advisor:
Rabbi Asher
Bush
Meeting Time:
As needed*

MODEL BEIT DIN

In Model Beit Din students prepare, investigate and formulate halachic responsa addressing a current issue. Students explore how the halachic approach differs at times from the secular-legal approach. Examples of issues that have been studied in the past include: Can you torture a terrorist for information? Who has the authority to make end-of-life medical decisions? The research culminates in a symposium with other schools at which the team presents their research before the Beit Din of America.

*Advisor:
Rabbi Gedaliah
Jaffe
Meeting Time:
Weekly*

NIGHT SEDER

Night Seder is a student-led Torah learning program that takes place after school during the week. Chavruta learning is capped off by shiur, delivered by different faculty members. Various topics are covered.

TORAH BOWL

Students compete against other high schools and demonstrate their expertise in Torah knowledge. Various schools host the four yearly competitions.

** Criteria for Membership: Students must try out and demonstrate an understanding of Chumash.*

*Advisor:
Rabbi
Gedaliah Jaffe
& Ms. Adina
Rosenberg
Meeting Time:
As Needed*

TORAH

YU BEKIUT PROGRAM

Students learn a Masechet of Gemara along with students from other participating schools in the Bronka Weintraub High School Bekiut Program, organized by Yeshiva University.

*Advisor:
Rabbi
Jonathan
Feldman*

YU PROGRAM/GIRLS NIGHT OUT

These programs take place once every month and provide a way for Frisch students to engage in additional Torah learning outside of class. In the YU Program for Boys, boys travel to Yeshiva University in Manhattan to learn with Frisch alumni in the YU Beit Midrash. They also hear from a YU Rosh Yeshiva and get dinner at one of the local kosher restaurants. In Girls Night Out, girls have the opportunity to learn, followed by a fun activity. Past activities have included Torah-themed paint nights, kumzitzes and challah baking.

*Boys Advisor:
Rabbi Sheldon
Morris
Girls Advisor:
Mrs. Racheli
Israeli and
Mrs. Randi
Wartelsky*

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