

CO-CURRICULAR ACTIVITIES

2025-2026
5785-5786

The Mordecai & Monique Katz Academic Building

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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 Yoni Pollock, 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 horizontal flourish extending to the right.

Rabbi Eli Ciner
Principal



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Ski Racing - Boys and Girls
Spin - Girls
Ultimate Frisbee - Boys

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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

ART THERAPY

In Art Therapy Club, students learn about how art activities and exercises can be used to help people heal and cope with a variety of struggles. In club meetings, after learning about the hows, whys and whats of what art therapists do and how it helps patients, we will do a mini activity featuring what we learned. Come learn, do art and have fun!

Advisor:
Mrs. Ahuva Winslow

BEADING CLUB

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

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

COUGARS SHRED

Cougars Shred meets bi-weekly on Wednesday mornings during breakfast and brings together Frisch's community of guitar players. The club offers a space to share performance videos, exchange tips, discuss

Advisor:
Rabbi Willig
Meeting Time:
Bi-Weekly

ARTS & MUSIC

music theory, and learn from one another. Whether you're looking to improve your skills or showcase your talent, Cougars Shred is a creative and collaborative space for all guitar enthusiasts.

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.*

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.*

*Meeting Time:
Weekly*

ARTS & MUSIC

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

ME & U-KELELE

It's a guitar! It's a lute! Actually, it's a ukelele! Learn and have fun playing this beautiful and portable string instrument.

Meeting Time:
Weekly

MUSIC PRODUCTION

Learn how to produce your own music using the state-of-the-art Frisch music studio! Club members will also have the opportunity to work with local artists.

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 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

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.

Advisor:
Mr. Zush Heinrich

ARTS & MUSIC

SEWING CLUB

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.

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

SPORTS PHOTOGRAPHY

The Sports Photography Club will focus on teaching the arts of sports photography, such as learning about the camera, the basics of sports photography, composition and angles, shooting techniques, lighting, post-processing (editing), social media development, creating a portfolio, and ethics/etiquette. Additionally, we will occasionally have speakers. After developing basic skills we will be photographing live Frisch games. Join the Sports Photography Club to capture the excitement and intensity of school sports while sharpening your skills behind the lens.

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.

TEAM SPORTS

*Athletic Director:
Mrs. Tali Zelenetz*

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 exceptions of 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 JV and Varsity, Girls JV and Varsity
Golf:	Boys and Girls
Hockey:	Boys JV and Varsity, Girls Varsity
Ice Hockey:	Boys and Girls
Indoor Soccer:	Girls JV
Outdoor Soccer:	Boys and Girls
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

ATHLETICS: CLUBS & INTRAMURALS

CLUB 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:

Crew:	Boys and Girls
Dance:	Girls
Fencing:	Boys and Girls
Figure Skating:	Girls
Fitness:	Girls
Flag Football:	Boys and Girls
Pickleball:	Boys and Girls
Rock Climbing:	Boys
Running:	Boys and Girls
Ski Racing:	Boys and Girls
Spin:	Girls
Ultimate Frisbee:	Boys

INTRAMURAL SPORTS

Frisch currently offers intramural leagues for boys basketball (FBI), boys JV and Varsity football (IFL) and boys hockey (FHL). 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

CHESSSED 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.

DOROT

In DOROT, Frisch students have the opportunity to connect with elderly people in our community, forming friendships and meaningful connections across generations.

*Advisor:
Mrs. Elana
Lefkovitz*

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.

*Advisor:
Mrs. Elana
Lefkovitz*

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*

COMMUNAL SERVICE

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
Lefkowitz
Meeting Time:
Weekly

SACH (SAVE A CHILD’S HEART)

In the SACH Club, we educate and fundraise for Save a Child’s Heart, and aim to inspire others to get more involved in this life-saving organization.

SHARSHERET

Students work on various initiatives over the course of the year - including Sharsheret Pink Day - to benefit Sharsheret, an organization providing support for families dealing with breast and ovarian cancer.

Advisor:
Student-Run

COMMUNAL SERVICE

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 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.*

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 an opportunity for students to act and direct an assigned scene from a

Advisor:
Ms. Lauren
Burstein

COMPETITIONS

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

The National History Bowl is a competition for students throughout the USA who are passionate about history and want to test their knowledge. Students are able to compete in teams of up to four. Competitions are multi-round and focus on different categories of knowledge. (Please bear in mind that the number of opportunities for National History Bowl participation in any given year may vary due to scheduling conflicts with Shabbat.)

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

Advisor: Mrs.
Elana Lefkovitz
Meeting Time:
Weekly

COMPETITIONS

participate in either Debate, Mock Trial or Model UN.

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

COUGARS FOR ISRAEL (AISAC)

*Advisor:
Dr. Yaelle
Frohlich*

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 activism events.

FACT (FRISCH ANTISEMITISM CLUB, TOGETHER)

*Advisor:
Mrs. Sabrina
Bernath
Meeting Time:
Monthly*

FACT (Frisch Antisemitism Club, Together) meets monthly and empowers students to advocate for the Jewish people and defend Israel in the face of rising antisemitism and misinformation. Through education, discussion, and hands-on resources, members learn how to respond thoughtfully and effectively to antisemitic and anti-Israel rhetoric, especially on social media.

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.

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 David
Goldfischer
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 CONVERSATIONS

Cougar Conversations meets bi-weekly on Thursday mornings during breakfast and produces a student-run podcast that highlights voices across the Frisch community. Each episode features interviews with faculty and students who play meaningful roles in the school but may not always be in the spotlight. The club offers a unique platform for storytelling, connection, and creativity while giving Frisch its very own podcast.

Meeting Time:
Bi-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

PUBLICATIONS

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.

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

Advisor:
Rabbi Yaakov
Blau
Meeting Time:
As needed

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

MATH JOURNAL

The Math Journal provides an opportunity for students to explore various topics in the field of mathematics, and share their work in print.

STEM & ETHICS JOURNAL

The STEM and Ethics Journal was created by students to explore ethical issues surrounding current innovations and to critically evaluate them in an ethical, responsible manner. Some of these innovations include, but are not limited to, in vitro fertilization, CRISPR, the use of embryonic stem cells in medicine, self-driving cars and artificial intelligence in medicine.

PUBLICATIONS

THE PAW PRINT

Advisor:
Dr. Anne Berkman

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!

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.

**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.*

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

SCIENCE AND ENGINEERING

3D MODELING

Learn fundamentals in CAD 3D design and make your creations come to life with one of Frisch's seven 3D printers.

ASTROPHYSICS

Explore the wonders of space through hands-on projects such as building a radio telescope and model rockets. Each semester, club members vote on an exciting new project to delve into, providing an opportunity to both understand the universe and learn the engineering behind the devices that help us explore it. Whether you're passionate about astrophysics or simply curious about the cosmos, this club offers a unique, interactive way to dive into space science.

BIO RESEARCH

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.

*Advisor: Dr. Mindy
Furman*

CHEMISTRY

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

*Advisor:
Dr. Jennifer
Blanck*

CIJE ROBOTICS CHALLENGE

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.*

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

SCIENCE AND ENGINEERING

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 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.

DERMATOLOGY

Come learn about the many aspects of dermatology, as well as hear from professionals in the field!

EMS

Student-led

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

FRISCH ANATOMY

*Advisor: Dr.
Sandra Hoenig*

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

SCIENCE AND ENGINEERING

GIRLS WHO CODE

Advisor: Mrs. Rifkie Silverman

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.

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 and
Ms. Sahrena London
Meeting Time:
Weekly*

NEUROLOGY

Come to Neurology Club, where we discuss neuroscience and psychology and their intersections to better understand the field of neurology.

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*

ODA (ORGAN DONATION AWARENESS)

ODA club is about raising awareness about to organ donation/transplants, specifically from live donors (eg kidney transplants). We talk about the process, the effects on both the recipient and the donor, and the halachot that surround live organ donation.

PREMED SOCIETY

PreMed Society is a club geared toward those students who have

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

SCIENCE AND ENGINEERING

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.

PSYCHOLOGY

Come learn about the many aspects of psychology, as well as hear from professionals in the field!

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
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 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.

*Advisor:
Dr. Jennifer
Blanck*

SCIENCE AND ENGINEERING

SOCIOLOGY

Sociology is the study of social life, social change, and the social causes and consequences of human behavior. The club dives into how sociologists investigate the structure of groups, organizations, and societies, and how people interact within these contexts.

SPORTS MEDICINE

Come learn about various topics and careers in Sports Medicine!

VETERINARY CLUB

Founded from a shared enthusiasm for animal care, the Frisch Veterinary Club aims to provide hands-on experiences, educational opportunities, and a deeper appreciation for the vital role veterinarians play in our communities. We strive to inspire and inform our members about the various aspects of veterinary science and animal healthcare through guest speakers, workshops, presentations, and visits to veterinary clinics and animal shelters.

WOMEN IN STEM

Join The Women in STEM Club to connect with like-minded peers who are interested in STEM, career opportunities in the field, and to hear from women professionals in various STEM disciplines!

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*

AV (AUDIO-VISUAL) CLUB

The AV Club is comprised of volunteers who help make Frisch's sound the best it can be. We set up and maintain all the speakers in Frisch, both for on-campus events and school trips such as the Israel Day Parade.

BALANCE IS KEY

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

*Advisor:
Dr. Karen
Lopata*

BOARD GAME

Hang out with friends old and new during lunch, while playing your favorite board games!

*Advisor:
Dr. Michal Agus
Fox*

SPECIAL INTERESTS

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

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 community about their careers and trajectories.

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

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

FRIENDSHIP BRACELETS

Come hang out and make friendship bracelets with your friends, while learning cool new techniques for creating this popular jewelry!

Student-led

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*

SPECIAL INTERESTS

INVESTMENT BANKING

In the Investment Banking Club, students learn about the ins and outs of the field, and get to hear from professionals in the investment banking world.

INVESTMENT (STOCK CHARTING & TRADING)

Student-led

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

KARAOKE

Girls at Frisch are invited to have fun singing with friends at the Karaoke Club!

KICKBALL

Come get some exercise and have fun playing kickball!

LEGO

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

*Advisor:
Mr. Michael
Preston*

MARKETING & ADVERTISING

Marketing and advertising are cornerstones of the business world. Come explore the field and hear from marketing and advertising professionals!

MEDIA LITERACY AND CURRENT EVENTS

*Advisor:
Ms. Nina Cohen*

Critical thinking in our click-baiting world is crucial. Join the Media Literacy and Current Events Club to develop the skills to navigate today's complex media landscape, separate fact from fiction, and stay informed on the issues that matter. We will teach you how to dissect events using different media portrayals, highlighting what to look out for so that you get the clearest and most accurate understanding.

SPECIAL INTERESTS

MOTIVATIONAL MONDAYS

Motivational Mondays is a club that pulls you up when you're down, and helps you realize your true potential. Club members can lean on daily motivation and weekly meetings to help overcome roadblocks on the pathway to their goals. Im lo achshav, eimatai?

PAWS FOR A CAUSE

Student-led

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!

PHILOSOPHY

*Advisor:
Ms. Nina Cohen*

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

PING PONG

Student-led

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

PUBLIC SPEAKING

*Advisor:
Rabbi Daniel
Rosen*

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

SPECIAL INTERESTS

SEPHARDIC HERITAGE SOCIETY

*Meeting Time:
Monthly*

The Sephardic Heritage Society meets monthly on Tuesday mornings at 8:30 and celebrates the rich history and culture of Sephardic communities around the world. Each session focuses on a different country or region, exploring unique traditions such as food, music, and clothing while highlighting the diversity within Sephardic Jewry.

SONGS OF THE SOUL

Songs of the Soul is a club that allows you to explore the deeper meaning of song lyrics and apply their lessons into your life. Each session, we review a different song and discuss how the lyrics can be interpreted far beneath the surface.

SOUP4MISHMAR

*Advisor: Mrs. Toby
Moses
Meeting Time:
Bi-Weekly*

Soup4Mishmar meets bi-weekly on Friday mornings during breakfast. Participants prepare soup that is frozen and later served at Mishmar the following Thursday. The club combines practical cooking skills with a fun way to support the community and enhance the Mishmar experience.

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

SPECIAL INTERESTS

professionals working in the industry. Topics range from the logistics of the business to the experience of being Jewish in the world of sports.

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*

WOMEN IN BUSINESS

In Women in Business we learn about the journey and challenges of female entrepreneurs and business leaders and their impact on the business world. We learn about their early lives, how they started their careers and how they empower women in the business world. Women in Business meets biweekly before breakfast. Whether you want to learn about business, how to work effectively in groups or what qualities you need to be successful in life, this club is for you!

WOMEN'S HEALTH

Women's Health Club promotes knowledge and awareness of various issues in women's health.

YOGA CLUB

Yoga Club meets bi-weekly on Tuesday mornings during breakfast and offers a guided introduction to the benefits of daily yoga. Each session focuses on how just 10 minutes a day can promote relaxation, reduce stress, and support overall well-being. No prior experience is required.

*Advisor:
Mrs. Michal
Levin
Meeting Time:
Bi-Weekly*

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*

SPECIAL INTERESTS

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*

NACH YOMI

Hungry for the word of Hashem? Curious about the end of days? Seeking everyday wisdom for life's twists and turns? Nach has it all, plus some great Jewish heroes to boot. Join Nach Yomi and learn a portion of Nach every day. Over the course of the year, you will have accomplished learning a sizable amount of Neviim and Ketuvim.

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

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 Kramer
Meeting Time:
As Needed*

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 BOYS 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. Randi
Wartelsky*

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2025-2026

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