



*Antelope High School
Student Bulletin*



February 4, 2016

Quote of the day: "We may encounter many defeats but we must not be defeated."

Maya Angelou

CRUSH GRAM

Hello Titans do you have a crush on someone or simply want to send a treat to a friend? Well starting 2/2-2/9 during both lunches in the inside stage 'crush grams' will be sold for \$1.50 to stay anonymous or \$1.00 for it not to be. For further information go to the stage during both lunches in the cafeteria.

BOYS VOLLEYBALL

Boys volleyball meeting after school in the small gym, Thursday 2/4

REDZONE ALERT

Attention all Titans, there will be a red zone this Friday for boys basketball vs Cosumnes Oaks at 7:00. Pre party with snacks is at 6:20. Hope to see you all there dressed in red!!!

ATTENTION ALL FOOTBALL PLAYERS

All Students that are interested in Playing Football in the 2016-2017 Season that are not in one of our 4 daily lifting classes and not playing a sport at ANHS will need to report to the weight room for OSP. It will start Tuesday Feb 9th at 3:00-4:00 every M-TH that school is in session for the rest of the year. Roll will be taken. Anyone that is either not lifting in one of our classes or playing a sport will not be allowed to play football if they do not get there OSP hours in. If you have any Questions please come and see Coach Ray. Thank you

BOYS TENNIS

1st day of practice is Tuesday, February 9th from 3:00 PM to 5:30 PM at the tennis courts behind the school on court #4. Get your athletic physical now. Forms in the front office. No physical means you cannot participate. Coach Mark. Titan Tennis Rocks!

SWIM

The first day of swim practice is Friday, February, 5th right after school. Make sure you have your physical prior to practice.

WINTER SPORT PICTURE DAY

Winter sport picture day will be February 4th

330 - Wrestling

400 - Girls Frosh

415- Girls JV

430 - Boys JV

445 - Boys Varsity

500 - Boys Frosh

515 - Girls Varsity

DIVING

“Do you love water and enjoy flipping around? Diving season begins soon. Our first practice will be Monday February 8th @ 6pm at the Oakmont Pool.

Please make sure you have all the necessary paperwork turned in and are cleared for sports. Any questions please feel free to contact Coach Erica by email: egstricker@att.net “

2016 CAP & GOWN ORDER INSTRUCTIONS

Attention Senior Class of 2016, the deadline to purchase or borrow your cap & gown is February 26th. It is important that you use the website listed below to place your order.

If you plan on borrowing a cap & gown, you can pick up the Borrowed Item Agreement form in the front office. The completed form must be faxed to Jostens at 916-989-3920.

If you have any questions regarding the ordering process please contact our Jostens representative via the information below.

Jostens – Ken & Lori Caldeira

To place all graduation orders: www.jostensnorcal.com

To contact via email: customerservice@jostensnorcal.com

To contact via phone: 916-989-3909

ATTENTION JUNIORS

Junior prom is Saturday, March 19th from 8:00-11:00. The theme is Black Jack Ball. Guest passes will be available for \$10 and must be turned in by 3:30 pm, March 9th. There will be game tables, photo booth & more!

We hope to see you there! Ticket prices are as follows:

Feb 11/12 \$20 w/ASB \$22 without \$38 couple w/ASB \$40 without

Feb 15-19 \$25 w/ASB \$28 without \$48 couple w/ASB \$50 without

Feb 22-26 \$30 w/ASB \$33 without \$58 couple w/ASB \$60 without

Feb 29-Mar 4 \$35 w/ASB \$38 without \$68 couple w/ASB \$70 without

Mar 7-11 \$40 w/ASB \$43 without \$78 couple w/ASB \$80 without

Mar 14-18 \$45 w/ASB \$48 without \$88 couple w/ASB \$90 without

\$50 at the door day of prom`

SEAL OF BILITERACY:

Applications for the Seal of BiLiteracy are available from Sra. Quinonez or Mrs. Cook. If you think you might qualify for this recognition, stop by and pick up an application. Applications are due **MARCH 11, 2016 by 3:00pm – NO EXCEPTIONS!!!!**

STUDENT STORE

Attention Titans! Just a reminder that the Student Store is open every Monday, Wednesday, and Friday during both lunches. Keep an eye out for new apparel coming soon!

AP COMPUTER SCIENCE AT ANTELOPE HIGH

Earn college credit in Computer Science! Learn Java!

Our school is offering the AP Computer Science course **to any student that wishes to sign up**. The course is open now and closes May 3, 2016. Students can sign up anytime between now and January 10, 2016 and still complete the course and take the AP test. This is an online course and students who successfully complete the course have an excellent chance of passing the AP Exam!

It is highly recommended that students have at least two high school math classes completed prior to taking this AP class. **For more information, contact Mr. Stinson.**

ANTELOPE LEARNING LAB

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

ATTENTION ALL ADVANCED PLACEMENT STUDENTS!

You may sign up for your AP Course exam that will be given in May. The testing schedule is on the web site and posted in the window of the Assistant Principal's office.

To order the proper number of tests from the College Board it will be necessary for you to sign up as soon as possible. The cost is \$92 for each exam taken.

Students that qualify for free and reduced lunch may apply for a student fee reduction, but a form must be filled out and submitted for approval. Forms may be picked up from Mrs. Odd in the Assistant Principals' office, and returned there as well for approval.

The deadline to sign up for all exams including having your fee reduction forms turned in is Monday, March 28th – NO EXCEPTIONS.

If you have questions, please see Mr. Fernandes in the Assistant Principals' office or call 916-726-1400 ext. 6060.

AP TEST DATES

May 2 - Environmental Science - Cafeteria – 8:00 AM
 May 2 - Chemistry - Library – 8:00 AM
 May 2 – Psychology - Library – 12 PM
 May 3 – Computer Science – Front Conference Room - 8:00 AM
 May 3 – Spanish Language – L111 - 8:00 AM
 May 3 – Physics 1 – Library - 12:00 PM
 May 4 - English Literature & Comp - Cafeteria - 8:00 AM
 May 5 - Calc AB & BC - Library - 8:00 AM
 May 6 - US History - Cafeteria - 8:00 AM
 May 6 - European History - Cafeteria - 12:00 PM
 May 9 - Biology - Library - 8:00 AM
 May 10 - US Government - Cafeteria - 8:00 AM
 May 11 – Lang & Comp - Cafeteria - 8:00 AM
 May 12 - Statistics - Cafeteria – 12 PM
 May 13 – Human Geography – Library- 8:00 AM



ATHLETIC DEPARTMENT

Home of the Titans



Weekly Athletic Schedule Winter 2015-16 February 1 to February 6

DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	BUS TIME	SPORT	LEVEL
Feb 1	Mon	4:00pm	Oakmont	Oakmont HS	TBA	TBA	Basketball-Boys	Frosh
Feb 1	Mon	5:30pm	Oakmont	Oakmont HS	TBA	TBA	Basketball-Boys	JV
Feb 1	Mon	7:00pm	Oakmont	Oakmont HS	TBA	TBA	Basketball-Boys	VAR
Feb 1	Mon	4:00 PM	Oakmont	Antelope	TBA	TBA	Basketball-Girls	Frosh
Feb 1	Mon	5:30 PM	Oakmont	Antelope	TBA	TBA	Basketball-Girls	JV
Feb 1	Mon	7:00 PM	Oakmont	Antelope	TBA	TBA	Basketball-Girls	VAR
Feb 2	Tues	6:00 PM	Oakmont	Antelope	TBA	TBA	Wrestling	JV
Feb 2	Tues	7:00 PM	Oakmont	Antelope	TBA	TBA	Wrestling	VAR
Feb 3	Wed	4:00pm	Roseville	Roseville HS	TBA	TBA	Basketball-Boys	Frosh
Feb 3	Wed	5:30pm	Roseville	Roseville HS	TBA	TBA	Basketball-Boys	JV
Feb 3	Wed	7:00pm	Roseville	Roseville HS	TBA	TBA	Basketball-Boys	VAR
Feb 3	Wed	4:00 PM	Roseville	Antelope	TBA	TBA	Basketball-Girls	Frosh
Feb 3	Wed	5:30 PM	Roseville	Antelope	TBA	TBA	Basketball-Girls	JV
Feb 3	Wed	7:00 PM	Roseville	Antelope	TBA	TBA	Basketball-Girls	VAR
Feb 5	Fri	4:00pm	Cosumnes Oaks	Antelope HS	TBA	TBA	Basketball-Boys	Frosh
Feb 5	Fri	5:30pm	Cosumnes Oaks	Antelope HS	TBA	TBA	Basketball-Boys	JV
Feb 5	Fri	7:00pm	Cosumnes Oaks	Antelope HS	TBA	TBA	Basketball-Boys	VAR
Feb 5	Fri	4:00 PM	Cosumnes Oaks	Cosumnes Oak	TBA	TBA	Basketball-Girls	Frosh
Feb 5	Fri	5:30 PM	Cosumnes Oaks	Cosumnes Oak	TBA	TBA	Basketball-Girls	JV
Feb 5	Fri	7:00 PM	Cosumnes Oaks	Cosumnes Oak	TBA	TBA	Basketball-Girls	VAR