

Academic teams at SFHS are offered to students who seek an intellectual challenge, personal growth, and the benefits of team membership. Most teams are one year, two-credit courses that meet after school. Attendance, participation in team events, positive attitude and support for team members are used for student assessment. Some teams hold tryouts and/or require applications. For all others, students may sign up in August.

BENEFITS OF MEMBERSHIP

Participants develop academic and professional skills and knowledge beyond the classroom. They practice team building and cooperative planning, build friendships and camaraderie with classmates, and interact with motivated and positive students from other schools. Full commitment over a period of two to four years also adds to a student's resume for college, and many teams exist in some form at the university level, often with scholarships. Finally, academic teams provide opportunities for new experiences and fun activities!

NEW MEMBERS ENCOURAGED

We invite new freshmen and new and returning students to join any of the Academic Teams, typically at the beginning of the school year. No background or previous experience is required, however applications and auditions and/or interviews are held for many teams.

TEAMS TO JOIN



Academic Decathlon



Cybersecurity



Mock Trial



Robotics



Speech



The Certamen



Mathletes



Model United Nations



Science Olympiad

ACADEMIC DECATHLON

The "Aca Deca" experience offers students the opportunity to gain a broad understanding of a new topic each year, e.g. the French Revolution or the Great Depression. The team competes against other local high schools across a variety of areas (Economics, Art, Music, Language and Literature, Mathematics, Science, and Social Science) in an annual competition including subject tests, speeches, essay, and the Super Quiz. Students from all GPA ranges needed! Interested students should contact coaches in April or May, as some meetings are held over the summer.

THE CERTAMEN

Veniemus, Videbimus, Vincemus! The Certamen (ker-ta-men) team prepares students for competition at Junior Classical League events. Students learn all aspects of classical society, history and mythology, and test their knowledge against high school teams from across the state. Events include: academic tests (e.g. history, mythology, grammar, vocabulary, Roman daily life); speech events; catapult and chariot; essay and story writing. The premier event is the Certamen, a team quiz contest.

CYBERSECURITY

The Cybersecurity Academic Team learns about specialized areas of Cybersecurity: including network security, cryptography, digital forensics, programming, and much more. While obtaining professional cybersecurity certifications and training to gain real-world experience, the team competes online at multiple statewide and nationwide competitions. Guest speakers and mentors help guide the team and help students explore new areas and possibilities to discover.

MATHLETES

Mathletes meets weekly to practice problem solving techniques and general math principles. The team puts this practice to use at monthly competitions against other Sacramento area high school teams, including Jesuit, Christian Brothers, and Mira Loma. Competitions include problems from a variety of math levels. No prior experience necessary!

MOCK TRIAL

Coached by faculty and parent attorney mentors, Mock Trial students prepare to prosecute and defend a single case, serving as pretrial counsel, trial attorneys, witnesses, defendant, court clerk, and bailiff. Students compete against area teams in six rounds of simulated trial at the Gordon D. Schaber courthouse.

MODEL UNITED NATIONS

The St. Francis High School Model United Nations (MUN) academic team simulates the crucial business of the United Nations assembly. Students role-play UN delegates representing an assigned country in competitive conferences hosted by universities. SFHS students serving on various committees (World Trade Organization, Security Council, UNESCO, etc.) engage in pre-conference research on assigned topics, their country's position, and their country's economics, politics, culture, and laws. This work culminates in weekend-long diplomatic simulations scored by the college students who chair each committee. SFHS attends one to three conferences per school year. SFHS also hosts a middle-school conference as the capstone activity of the year.

ROBOTICS

As members of SFHS' MATE (Marine Advanced Technology Education) Robotics, one of a few all-girls teams in the United States, specialize in project engineering, program management, electronics, computer programming, CAD, and web design. As participants in MATE's Ranger Class, students respond to real-world challenges, work collaboratively as a team, master time management, and strengthen communication skills. Team members meet Saturdays from late September through May at Jesuit High School. The team participates in a regional competition in May.

SCIENCE OLYMPIAD

The Science Olympiad team competes in a series of team events that encourage learning in biology, earth science, chemistry, physics, problem solving and technology. While some events require knowledge of scientific facts and concepts, others rely on science processes, skills or applications. All events involve teamwork and collaboration. In the high school division, teams have a maximum of 15 students and may have additional members who participate in all practices and serve as back-ups as needed at the annual competition. Most of the time, we create a second team for these additional members so that all can compete. Applicants should demonstrate high achievement in the sciences, the ability to work well with others in team effort, and must be able to attend weekly practices and all events. Applications are typically available in summer for the following year and students may be interviewed. Priority will be given to last year's members in good standing. Meetings are Fridays after school with occasional Saturday meetings. The competition is in early March.

SPEECH

The Speech team provides opportunities for students to develop public speaking abilities while furthering their critical thinking and analytical skills. Through a variety of speaking opportunities to choose from, students may write original pieces, interpret published scripts or speeches, respond to prompts about world events, or compete impromptu. Students who want to improve presentation skills, enjoy drama/theater, have a passion for world events and can choose or write scripts are encouraged to audition! The team meets Wednesdays after school and participates in 4 tournaments per season, mostly on Saturdays. Freshmen auditions are scheduled for the beginning of school in August. Watch for postings.