

UPPER SCHOOL  
**CO-CURRICULAR  
CATALOG**

**2023-2024**



# **Dear Student,**

In this Co-Curricular Catalog you will find brief descriptions about all of our clubs, extracurriculars, academic teams, and publications. We hope you will use this as a guide to discover more about what you want to gain from your high school experience, and how to get more involved in our Bermunitiy.

These opportunities are divided into categories:

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- > Athletic Teams
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- > Clubs
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Please reach out if you have any questions or concerns.  
We're looking forward to a great year ahead!

**Ms Hametz and Mrs Zaghi**



## Arts

3D Printing Club | Digital Arts | HADAS

## Academic Teams

Chidon HaTanach | Coding | Debate | Math League  
Mock Trial | Model UN | Robotics

## Athletic Teams

Baseball | Basketball | Cross Country | Soccer | Softball  
Tennis | Track | Volleyball

## Chesed Clubs

Friendship Circle | Imadi | Shalva | Smart Sacks

## Clubs

Aviation | Baking & Cooking | Berman Beats | Matanotes  
Broadcast | Climbing | eSports | Espionage | Dunkin Daf  
Hagbah & Psukei | IAC (Israel Action Committee) | Linguistics  
Medical | Medical Ethics | Movies | Pickleball  
Rocketry | Shtick | Slam Poetry | Spikeball

## Publications

Hamodiya | New Leaves | Yearbook

## Student Government

Grade Council | Student Council



# Arts

## 3D Printing Club

Unleash the power of imagination through the intricate world of our high school 3D Printing Club. Assembled regularly, our members delve into the realm of additive manufacturing, pushing boundaries to transform digital designs into tangible marvels. Join us to master the art of crafting in three dimensions, and witness your ideas materialize into awe-inspiring objects that bridge the gap between virtual dreams and physical reality.

**Contact:** Rabbi Hametz | [hametzt@mjbha.org](mailto:hametzt@mjbha.org)

## Digital Arts and Design

Immerse yourself in a world of artistic expression within our high school Digital Arts and Design club. With a palette of pixels and a canvas of creativity, we convene regularly to fuse technology and imagination, crafting captivating visuals, animations, and multimedia projects. Whether you're a budding artist or a tech-savvy visionary, there's a place for you to bring your ideas to life.

**Contact:** Rabbi Hametz | [hametzt@mjbha.org](mailto:hametzt@mjbha.org)

## HADAS

HADAS stands for the Hebrew Academy Dramatic Arts Society, and under the leadership of Ms Claudia Rosales Waters, works to put on 1 to 2 plays or performances throughout the school year. Whether you want to work backstage on props, costumes, lighting or audio or if you want to be the lead in the school play, get involved with HADAS!

**Contact:** Mrs Claudia Rosales Water | [rosaleswatersc@mjbha.org](mailto:rosaleswatersc@mjbha.org)



# Academic Teams

## Chidon HaTanach

Our Chidon HaTanach team is led by our indomitable senior, Tamar Dahan, the winner of the National Championship in 2022 and 4th place winner in the International Chidon Hatanach competition in Israel in 2023! Spend time learning Tanach with other like-minded students.

**Contact:** [Tamar Dahan | tamar.dahan@mjbha.org](mailto:tamar.dahan@mjbha.org)

## Coding

Embark on a digital journey with our high school coding team, where aspiring programmers unite to explore the realms of software development. From crafting elegant algorithms to designing interactive websites, we gather regularly to sharpen our coding skills, tackle real-world challenges, and pave the way for a tech-driven future.

**Contact:** [Rabbi Hametz | hamezt@mjbha.org](mailto:hamezt@mjbha.org)

## Debate

Our debate team competes throughout the fall. Join debate to build up your public speaking and oration skills! This is a no-cut team. The first match will be held September 27!

**Contact:** [Mrs Jacobs | jacobsel@mjbha.org](mailto:jacobsel@mjbha.org)

**Ariella Parness and Ayelet Solomon |** [ariella.parness@mjbha.org](mailto:ariella.parness@mjbha.org), [ayelet.solomon@mjbha.org](mailto:ayelet.solomon@mjbha.org)

## Math League

BHA US participates in the Maryland Math League. Math League has 6 contests throughout the year, monthly from October to March. Each “contest” consists of 6 math questions that the students have 30 minutes to complete. The questions range in difficulty and vary in math topics. The contests are challenging, but they are designed to be solvable by high school students in grades 9-12. No tryouts necessary. **Contact:** [Sharon Graff | graffsh@mjbha.org](mailto:graffsh@mjbha.org)



# Academic Teams

## Mock Trial

Our competitive mock trial team immerses our students in the world of legal strategy, as they develop their advocacy skills while presenting compelling cases in a realistic legal setting. Tryouts will be in the fall, and the mock trial team competes throughout the winter.

**Contact:** Ms Goldstein and Mrs. Jacobs, Ava Cohen

[nicoleelangoldstein@gmail.com](mailto:nicoleelangoldstein@gmail.com), [jacobsel@mjbha.org](mailto:jacobsel@mjbha.org),  
[ava.cohen@mjbha.org](mailto:ava.cohen@mjbha.org)

## Model UN

Join our 1st place BerMUN team as they train for, and then compete in, Yeshiva University's National Model United Nations tournament in February. Model UN empowers high school students to step onto the global stage, where they simulate international diplomacy, debate critical issues, and craft impactful solutions.

**Tryouts: October 15, 10-12 PM**

**Contact:** Zara Rosenbaum, co-captain | [zara.rosenbaum@mjbha.org](mailto:zara.rosenbaum@mjbha.org)

Rafi Sloan, co-captain | [raphael.sloan@mjbha.org](mailto:raphael.sloan@mjbha.org)

## Robotics

Join the ranks of innovation as a member of our high school robotics team, where engineering enthusiasts collaborate to build cutting-edge automatons. Guided by curiosity and creativity, we meet regularly to construct, program, and fine-tune our robots, competing in thrilling competitions that test our designs' mettle and ignite our passion for robotics.

**Contact:** Rabbi Hametz | [hamezt@mjbha.org](mailto:hamezt@mjbha.org)



# Athletic Teams

Please contact our **Athletic Director, Coach Yonah Singer (singery@mjbha.org)**, with any questions about our athletic teams or program.

## Baseball

Our male baseball team competes competitively in the spring. Keep an eye out for information about tryouts!

## Basketball

Our male and female varsity and JV basketball teams have tryouts in the fall, and compete throughout the winter. Keep an eye out for information about tryouts!

## Cross Country

Cross Country is a no cut team. To participate on the team, Sunday practices are mandatory. There will be practice every weekday from 4:40-6:15 pm. Runners will only be required to attend 2 of the 4 weekday practices of their choice. There will be no practice on Monday the first week of school.

### **Practice Schedule:**

- Sunday, August 27: 4:00 PM - 6:00 PM
- Tuesday, August 29: 4:40 PM - 6:15 PM
- Wednesday, August 30: 4:40-6:15
- Thursday August 31: 4:40 PM- 6:15 PM

## Soccer

Our male and female varsity soccer teams compete in the fall, with tryouts at the end of August.

### **Female Varsity Soccer Tryouts:**

- Sunday, August 27: 9:00 AM - 10:30 AM
- Tuesday, August 29: 4:40 PM - 6:10 PM

### **Male Varsity Soccer Tryouts:**

- Sunday, August 27: 10:30 AM - 12:00 PM
- Monday, August 28: 3:00 PM - 4:30 PM



# Athletic Teams

## Softball

Our female softball team competes in the spring. Keep an eye out for information about tryouts!

## Tennis

Our female varsity tennis team competes in the fall, with tryouts at the end of August.

### **Girls Varsity Tennis Tryouts:**

- Sunday, August 27: 1:30 PM - 3:00 PM
- Tuesday, August 29: 4:40 PM - 6:10 PM

Our male tennis team competes in the spring. Keep an eye out for information about tryouts.

## Track

Our track team competes in the spring. Track is also a no-cut team with mandatory practices. Keep an eye out for information about tryouts!

## Volleyball

Our female varsity volleyball team competes in the fall, with tryouts at the end of August.

### **Girls Varsity Volleyball Tryouts:**

- Sunday, August 27: 3:00 PM - 5:00 PM
- Wednesday, August 30: 6:00 PM - 7:30 PM

Our male volleyball team competes in the spring. Keep an eye out for information about tryouts.



# Chesed Clubs

## Friendship Circle

Our Friendship Circle Club consists of students who are passionate about volunteering with Friendship Circle, providing support and assistance to the families of children who have disabilities.

**Contact:** Dana Lazar | [dana.lazar@mjbha.org](mailto:dana.lazar@mjbha.org)

## Imadi

Our Imadi club is open to 11th and 12th graders who love volunteering with children that have disabilities and their siblings, providing support, love, and comfort to all.

**Contact:** Tzvi Haber | [thaber@imadi.org](mailto:thaber@imadi.org)

## Shalva

Shalva is an amazing organization that provides a range of services for children and adults with disabilities. Each year, we have a group of students who fundraise for Shalva, and then travel to Israel to run in the Jerusalem Marathon as part of Team Shalva.

**Contact:** Etzy Skromne, former participant | [etzy.skromne@mjbha.org](mailto:etzy.skromne@mjbha.org)

## Smart Sacks

Our Smart Sacks club meets weekly at school to pack food bags for children in need. This is a fun way to volunteer with others, and make a real difference in others lives!

**Contact:** Nava Frenkel, President | [nava.frenkel@mjbha.org](mailto:nava.frenkel@mjbha.org)



# Clubs

We are always interested in adding new clubs that would be valuable for our student body. Please be in touch with Mrs. Zaghi ([zaghim@mjbha.org](mailto:zaghim@mjbha.org)) if you have an idea you would like to bring to fruition!

## Aviation Club

Learning about planes, space and more, all while expanding our knowledge on our future in space. Will we get to Mars? What is happening with the Artemis missions? There are so many questions about the world out there! Why shouldn't we do all the exploring and discovering that we can?!

**Contact:** [Etzy Skromne](#) | [etzy.skromne@mjbha.org](mailto:etzy.skromne@mjbha.org)

## Baking & Cooking Club

Based on the popular cookbook: Salt, Fat, Acid, and Heat the participants will be cooking or baking dishes at home, and discuss the process with members of the club. Overtime, everyone will learn more about cooking, and different styles to it.

**Contact:** [Ozzie Hollander](#) | [oscar.hollander@mjbha.org](mailto:oscar.hollander@mjbha.org)

## Berman Beats

Love to sing? Love acapella? Join the Berman Beats for performances and singing opportunities.

**Contact:** [Daniel Winters](#) | [daniel.winters@mjbha.org](mailto:daniel.winters@mjbha.org)



# Clubs

## Broadcast Club

Be the director of the action and the voice of the moment in our high school Livestream Club. Convening regularly, we're the architects behind the scenes, capturing and broadcasting the pulse of school events and sports with precision. Dive into the world of real-time storytelling, mastering the art of live streaming techniques and tools, while forging unforgettable connections between audiences and the captivating happenings that define our school's vibrant atmosphere.

**Contact:** Rabbi Hametz | [hamezt@mjbha.org](mailto:hamezt@mjbha.org)

## Climbing Club

Our climbing club meets weekly at a local rock climbing and bouldering gym. They are a group of students who are passionate about climbing, and all things having to do with climbing!

**Contact:** Natan Stein | [natan.stein@mjbha.org](mailto:natan.stein@mjbha.org)

## Dunkin Daf

Daf Yomi is a world-wide phenomenon! This club will promote the joy of studying daf and connecting with Jews around the world. ITS GESHMAK TO DO THE DAF.

**Contact:** Shia Herzfeld and Erez Zaghi |  
[shia.herzfeld@mjbha.org](mailto:shia.herzfeld@mjbha.org), [erez.zaghi@mjbha.org](mailto:erez.zaghi@mjbha.org)

## Espionage Club

We will run a large year long game (or multiple short games) where 2 teams of spies, and 1 team of counter espionage people compete to be the first to achieve their respective objectives, decoding messages, and trying to keep their identities secret the whole time, and having a blast!

**Contact:** Mayer Frenkel | [mayer.frenkel@mjbha.org](mailto:mayer.frenkel@mjbha.org)



# Clubs

## ESports

The newest Berman sport@ It'll be a great chill and we might have the chance to compete against other schools.

**Contact:** Eitan Janus | [etan.janus@mjbha.org](mailto:etan.janus@mjbha.org)

## Hagbah & Psukei Club

Want to become more confident in your leading of psukei d'zimrah? We are here to help you! We are also going to work on stronger arm muscles and lifting the Torah for hagbah by practicing with weights.

**Contact:** Aviel Kahn and Akiva Kranzler |  
[aviel.kahn@mjbha.org](mailto:aviel.kahn@mjbha.org), [coby.kranzler@mjbha.org](mailto:coby.kranzler@mjbha.org)

## IAC (Israel Action Committee)

The Israel Action Committee meets regularly to discuss the issues facing Israel, and they discuss together how to be stronger advocates for the state of Israel. They work on campaigns to bring more awareness for the issues going on there, and to rally support for our beloved state.

**Contact:** Rafi Sloan | [raphael.sloan@mjbha.org](mailto:raphael.sloan@mjbha.org)

## Linguistics Club

Learn about the languages of the world and how they work.

**Contact:** Simcha Katzoff | [simcha.katzoff@mjbha.org](mailto:simcha.katzoff@mjbha.org)

## Matanotes

We are bringing back our co-ed acapella group! Join our talented student singers in this noteworthy group!

**Contact:** Amy Hollander | [amy.hollander@mjbha.org](mailto:amy.hollander@mjbha.org)



# Clubs

## Medical Club

The Medical Club gives students the opportunity to hear from medical professionals in various fields to get a sense of what different specialties entail. We invite Doctors and other medical professionals to speak to the students about their job.

**Contact:** Zara Rosenbaum and Atara Kanovsky |  
[zara.rosenbaum@mjbha.org](mailto:zara.rosenbaum@mjbha.org), [atara.kanovsky@mjbha.org](mailto:atara.kanovsky@mjbha.org)

## Medical Ethics Club

The Medical Ethics Club explores the ethics and morality behind medical practices, topics, and experiments in modern medicine today. We bring in speakers and experts from both Jewish and secular backgrounds to explore this topic further.

**Contact:** Zara Rosenbaum and Hadar Carmel |  
[zara.rosenbaum@mjbha.org](mailto:zara.rosenbaum@mjbha.org), [hadar.carmel@mjbha.org](mailto:hadar.carmel@mjbha.org)

## Movie Club

A casual movie club where similar to a book club we choose a movie a month to watch, and then meet and discuss.

**Contact:** Ayelet Solomon | [ayelet.solomon@mjbha.org](mailto:ayelet.solomon@mjbha.org)

## Pickleball

The Pickleball Club is formed of students who are passionate about all things pickleball. Games will be played every 2 weeks (weather permitting).

**Contact:** Jordan Pinchot, Kira Lowenstein, Sarah Baron, Eden Hanik |  
[jordan.pinchot@mjbha.org](mailto:jordan.pinchot@mjbha.org), [kira.lowenstein@mjbha.org](mailto:kira.lowenstein@mjbha.org),  
[sarah.baron@mjbha.org](mailto:sarah.baron@mjbha.org), [eden.hanik@mjbha.org](mailto:eden.hanik@mjbha.org)



# Clubs

## Rocketry Club

Learn how to build model rockets! Permits pending for launching rockets.

**Contact:** Benjy Book | [benjamin.book@mjbha.org](mailto:benjamin.book@mjbha.org)

## Shtick Club

THE place to be for shtick. We plan and do spontaneous acts of shtick throughout the school year!

**Contact:** Mayer Frenkel | [mayer.frenkel@mjbha.org](mailto:mayer.frenkel@mjbha.org)

## Slam Poetry Club

Our Slam Poetry club is made up of students who enjoy writing, discussing, and performing poetry of all kinds, especially slam poetry. They participate in a couple of slam poetry competitions as part of the Yeshiva Poetry Society throughout the school year.

**Contact:** Johanna Antine | [johanna.antine@mjbha.org](mailto:johanna.antine@mjbha.org)

## Spikeball Club

The Spikeball Club consists of students who enjoy playing spikeball together. They meet to have regular spikeball games, and tournaments, and occasionally will organize a spikeball competition in school.

**Contact:** Gavi Bienstock | [gavi.bienstock@mjbha.org](mailto:gavi.bienstock@mjbha.org)



# Publications

## Hamodiya

Hamodiya is our student newspaper, carefully curated by students from all across the high school. You can check out their most recent edition at <https://www.bermanhebrewacademy.org/2023/07/hamodiya-summer-2023/>.

**Contact:** Ms Lisa Traiger | [lisatraiger@aol.com](mailto:lisatraiger@aol.com)

## New Leaves

New Leaves is our student led and run Literary Magazine. They look for writers, artists, poets, and designers to contribute!

**Contact:** Mrs Sarah Antine | [antines@mjbha.org](mailto:antines@mjbha.org)

## Yearbook

Our senior led yearbook is carefully curated by our Editors in Chief, who strive to create a memorable keepsake that is meaningful not just to seniors, but to the whole student body.

**Contact:** Emma Loshin and Eliana Reiter, Co-Editors in Chief | [emma.loshin@mjbha.org](mailto:emma.loshin@mjbha.org), [eliana.reiter@mjbha.org](mailto:eliana.reiter@mjbha.org)



# Student Government

Contact **Mrs Zaghi** ([zaghim@mjbha.org](mailto:zaghim@mjbha.org)) with any questions you may have about student government and leadership opportunities.

## Grade Council

Students have the opportunity to run for their grade council in the middle of May for the following school year. 9th grade council elections happen in September. The grade councils work closely with their Grade Level Coordinators to work on putting together meaningful grade programming.

## Student Council

“Big Council” works together with our Student Activities team to plan for high school wide programming, whether that is Kickoff, shabbatonim, or Chanukah spirit week. Being on council is an amazing way to play an active role in your school community, and contribute positively and proactively to creating our school culture.

