Coaching can be a very rewarding profession, but there are long hours that are required. Most people begin with the dream to become a coach in public schools. If that is the case, then you must first begin with a teaching certificate. According to the Occupational Outlook Handbook, many coaches in high schools are primarily teachers of academic subjects who supplement their income by coaching part time. Schools usually prefer to hire teachers willing to take on the jobs part time. Many coaches begin their careers as assistant coaches to gain the knowledge and experience needed to become a head coach. Head coaches at public secondary schools must have a bachelor’s degree. Employment of coaches will increase with expansion of school programs. Persons who are state-certified to teach academic subject in addition to physical education are likely to be the best prospects for obtaining coaching and instructor jobs. Median annual earnings in May 2004 for college, university and professional schools is $36,610 and in elementary and secondary schools is $21,970. Earnings vary by level of education, certification, and geographic region. If you are interested in coaching in a school as a career, you must decide what area you would like to teach. Elementary in most schools includes K-6th grades and usually requires a Physical Education degree. Secondary schools include 7th-12th grades. In secondary schools a specific teaching area such as math, science, social science, etc., is needed. If you would like more information on coaching, you can go to www.bls.gov/oco/ocos251.htm.

It’s beginning to look a lot like Christmas!

Christmas is fast approaching and thanks to Upward Bound you will have the opportunity to kick off December with “A Very Merry Pops”, the Philharmonic’s celebration of Christmas featuring holiday music, dance and humor. You will receive an itinerary in the mail, but here is a quick overview:

<table>
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<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>11:00 a.m.</td>
<td>Arrive on Campus</td>
</tr>
<tr>
<td>11:15</td>
<td>Depart for OKC</td>
</tr>
<tr>
<td>12:15</td>
<td>Lunch @ Golden Corral</td>
</tr>
<tr>
<td>1:15</td>
<td>Arrive @ Civic Center</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Leave for W‘ford</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Arrive @ W‘ford</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Depart for home</td>
</tr>
</tbody>
</table>

When: Sat., Dec. 1, 2007

Dress should be skirts and slacks or dresses. No jeans, please. If you have to wear jeans, make sure they have no holes.

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Student Spotlight-Izaac Izaguirre

Izaac Izaguirre is a senior at Clinton High School. He thinks Clinton is best known for its football team. Izaac’s birthday is January 25th. Three things he can’t live without are his family, his cell phone, and food. Oscar de la Hoya is Izaac’s idol because he is a great champion boxer and he also helps the youth. Izaac describes himself as being honest, happy and loving. If he could have any super power, he would be Superman because he has super strength, speed and X-ray vision. Izaac’s favorite subject in school is Math, and his least favorite is English. He works at a veterinary clinic “pushing cattle”. In his spare time he likes to work out and hang out with his friends. His plans include going to Southwestern or Wyoming Tech after graduation. What he likes best about Upward Bound is the people.

Student Spotlight-David Garza

David Garza is a junior at Ft. Cobb-Broxton Schools. He says that Ft. Cobb is best known for sports and the state park. David was born on January 16th, and three things he can’t live without are food, transportation and his family. He describes himself as being outgoing, funny and random. David likes to play golf, is a member of Art Club and FCCLA. He is a clerk at Ft. Cobb State Park and likes to hang out with his little brother and his girlfriend, Tiffany. His plans after completing high school are to attend college and to own his own home. Upward Bound is like a second home to him, and he always looks forward to the meetings.

Student Spotlight-Dalton Holdge

Dalton Holdge is a junior at Ft. Cobb-Broxton Schools and was born on January 10th. According to Dalton, his hometown is best known for the people and how close everyone is. He can’t live without his car and music. Dalton’s Mom is his idol because she has remained strong through tough times. His favorite food is pizza. Three words that Dalton says describes him are crazy, dependable and organized. Dalton has two favorite classes, Trigonometry and Chemistry. He is active in 4-H, Beta Club, Student Council, Art Club, Spanish Club, and is a member of the Academic Team. His plans after graduating are going to SWOSU to further his education.
Rebecca Partl is a junior at Ft. Cobb-Broxton High School. Her birthday is April 5th and according to her, Ft. Cobb is best known for “the best lake ever” and sports. Three things that she can’t live without are her cell phone, food and her friends. Rebecca’s Dad is her idol because he has been there for her since she was a baby and he’s still going strong for her family. She describes herself as funny and outgoing. She would love to have flying as a superpower so that she could save gas. Her favorite food is a cheeseburger, and her favorite subject is Family and Consumer Science. She is active in FCCLA, basketball and softball. Rebecca works at Mustang Stop, which is a convenience store. In her spare time she likes to hang out with her friends or play sports. After completing high school Rebecca plans on going to college to become a forensic scientist or a science teacher and softball coach. Rebecca thinks the best thing about Upward Bound is waking up early to RUN!

Upcoming Meetings and Reminders

**Bus Routes**
Watonga bus route
Watonga-8 a.m.
arrive @ SWOSU-8:45 a.m.

Elk City bus route
Elk City-7:30 a.m.
Burns Flat-8 a.m.
Clinton-8:20 a.m.
arrive @ SWOSU 8:45 a.m.

Carnegie bus route
Mountain View-7:20 a.m.
Carnegie-7:35 a.m.
Ft. Cobb-7:50 a.m.
Binger-Oney-8:15 a.m.
arrive @ Anadarko-8:45 a.m.

**2008 Saturday Academies**

January 12
January 26

**Campus meeting**

December 1, 2007

**ACT Registration Deadline**
January 4, 2008
March 7, 2008
May 9, 2008

**ACT Test Dates**
February 9, 2008
April 12, 2008
June 14, 2008

*Do Not be late for the bus!
*Please make sure and let Jamie know if you will not be able to make a meeting.
*Remember, you can only miss THREE meetings!

**November Birthdays**
Tara Dupler 11/05
Cheyenne Tsotaddle 11/11
Jessica Sawyer 11/22

Happy Thanksgiving from the Upward Bound Staff
Upcoming Meetings and Reminders

2007 Saturday Academies

October 20
November 3
November 17
**Meeting time is 9 a.m. to 12 p.m.

Campus meeting
December 1, 2007
**We will mail a letter detailing information mid-November.

ACT Test Dates

Registration Deadline
November 2, 2007
January 4, 2008
March 7, 2008
May 9, 2008

Test Dates
December 8, 2007
February 9, 2008
April 12, 2008
June 14, 2008

Bus Routes
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Ft. Cobb-7:50 a.m.
Binger-Oney-8:15 a.m.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European mar-

College Terms

Concurrent Enrollment- HS Juniors and Seniors can enroll in college classes if admission requirements are met. SWOSU waives tuition for all concurrent students!

Workstudy- The Federal Work Study (FWS) Program is a government subsidized student employment program designed to assist students in financing their post-secondary education.

Don’t forget to use your fee waivers! Juniors may request a fee waiver from us for a January ‘08 or later test date.

October Birthdays!

Beaux Perry
10/7

Sebastian Price
10/16

Kristen West 10/27
Tabitha Harper
10/30