

# WILDCAT ROAR

For the entire wildcat community at Carolina Day School



by Westray Keeler, Class of 2021



## FIELD HOCKEY, VOLLEYBALL DEFEAT ASHEVILLE SCHOOL IN OPENING WEEK

**FH WINS IN DOUBLE OT, VOLLEYBALL WINS IN 5 SETS**

Last week marked the official start of fall games. Coaches, teammates, and families all had to adjust to the new changes, but the season is looking great so far! Volleyball played Rabun Gap Nacoochee School and Asheville School. Field Hockey played Christ Church Episcopal School and Asheville School, and Varsity Cross Country successfully raced in a Conference meet on Wednesday at Asheville School.

Field Hockey had an exciting game against the Asheville School Blues on Wednesday 9/23. The teams were tied 1-1 by the end of the game (Ashlyn Browne '21 scored for the Wildcats!), leading the teams into overtime and then double overtime. As the stakes were high, Jenna Hunter ('24) scored, defeating Asheville School 2-1 for the first time in several years! Kylie Landolfi '21, who has been on the Field Hockey team since freshman year, says that her favorite thing about playing for CDS is the community, noting her time on the team has flown by so fast that "it simply doesn't feel real".

On Thursday, September 24th, the Varsity Volleyball team traveled to Asheville School to battle the Blues and came away with a hard-fought, 3-2 victory.

"What a nail-biter this one was," said head coach Kristin Peppel. "We saw some of our best and worst play of the season and learned a lot about our team in the process." Peppel credits their team mentality and focus for providing the ability to dig deep to change the momentum when they were down. Ultimately, Peppel says, "we learned that we can win."

CDS girls XC beat Asheville School and Rabun Gap last Wednesday, Sept 23rd. The team was led by a trio of upperclassmen: Lia Sprouse (2nd), Erin Hovendon (3rd), and Katie Rudins (4th). Also in cross country, CDS 8th grader Caroline Barton ran 20:01 at McAlpine Park in Charlotte. This ranks her as the #3 runner in the NCISAA 3A at this point in the season.

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### Upcoming Events:

**TUESDAY 9/29**  
4PM V G TENNIS VS ACA  
5PM JV VBALL VS ACA  
6PM V VBALL VS ACA

**WEDNESDAY 9/30**  
4:30 PM V B SOCCER @ ACA  
4:30 PM V FIELD HOCKEY VS WEBB SCHOOL  
V CROSS COUNTRY  
V GIRLS GOLF

**WATCH THE GAMES  
FROM HOME  
HERE**

# COACH CORNER

**CHANDLER WAGNER**  
**VARSITY FIELD HOCKEY**  
**ASSISTANT COACH**



Coach Chan, who has been with the Wildcats since 2019, is excited for the start of the field hockey season, especially since many new additions to the team will have their first chance to play this year! During the game against Christ Church on Monday, she noted that she was "incredibly grateful they made the drive [from Greenville]," considering that Field Hockey has few local teams to play this season.

Coach Chan thinks that the team has done well adjusting to change and will continue to improve throughout the season! As a former collegiate Cross Country runner, she is most impressed by the team's fitness this year. "We were able to outlast Asheville School and that sealed our victory!"

# EDITORS CHOICE ...

**NCISAA RELEASES RETURN TO SPORT GUIDELINES FOR ATHLETES WHO ARE RETURNING FROM COVID-19**

On September 24th, the NCISAA SMAC (Sports Medicine Advisory Committee) proposed a return to play process that complements the care for student-athletes. As medical professionals continue to study and learn more about the impacts of COVID-19, schools are seeking guidelines for bringing students back to competition. As a result, the NCISAA provided a step-by-step process that allows a conscientious approach to activity after recovering from the COVID-19 virus. All of the following information can also be found the [Health & Safety page](#) of the NCISAA website.

1. [The COVID Flowsheet](#) – This document diagrams the path for return depending on the variance of symptoms.
2. [COVID-19 GRTP](#) – This document provides protocol for a gradual return-to-play for student athletes with mild to moderate symptoms of COVID-19. The protocol includes 6 stages of progression with activity recommendations and a doctor's permission before beginning Stage 2 and before returning to normal training & participation.

**“ My experiences on the Field Hockey team have been some of my best memories at Carolina Day!**

ASHLYN BROWNE

**”**

# SENIOR CAT IN THE HOT SEAT

**20 QUESTIONS IN 60 SECONDS**

**Abigail Crowder**

Varsity Field Hockey  
Team Captain  
7th year in the team  
College: undecided





# LAST WEEK'S SENIOR NIGHTS!!!



*Congrats!*