



# GIMME FIVE!!

WHITMAN ATHLETICS NEWSLETTER

Follow Whitman Athletics on Twitter:



**Gimme Five!! provides five quick updates from Whitman Athletics. Each newsletter will be formatted to provide links to relevant information . Gimme Five!! will be published two times each month and distributed via email to families with children participating in Athletics. It will also be shared via the Whitman Athletics Twitter page and Whitman Facebook page.**

## ① Fall Sports are just around the corner.

**CLICK THIS LINK FOR [FALL SPORTS START DATES](#)**

**Click this link for [Family ID Registration](#)**

## ② Pre-Season Parent Info Meeting - 8/26

There will be a mandatory pre-season meeting for all parents of students participating in fall sports. The meeting will be in the HS Auditorium from 6-7pm on Thursday, August 26th. Mr. Lahue will share logistics for the fall season, cover key points of the Athletic Handbook, introduce fall coaches and answer questions regarding the fall season. Fall Coaches will also be available to meet with parents at the end of the meeting. Please plan on attending if you have a child participating in a fall sport.

## ③

### IT'S IN THE HANDBOOK

Student must attend a full day of school in order to participate in sports on that day:

Click this link to the [Attendance Policy](#).

4

## HOME GAME SITE LOCATIONS

Know where to go for Marcus Whitman Home contests.

Game sites and addresses are included.

See you at the game!!

Click this link: [Home Game Site Locations](#)

---

5

## HEAT INDEX PROCEDURES

The start of the fall season can bring some very hot days for practices and/or contests. We will follow the guidance from the NYSPHSAA regarding the Heat Index and 'real feel' considering temperature and humidity.

It is always recommended that student athletes have their own labeled water bottles and an ample water supply to hydrate throughout practices and contests.

Link: [NYSPHSAA Heat Index Chart](#)

---



Since I was a child, I have loved the Olympics. I had the good fortune of attending the 1996 Olympic Games in Atlanta and got to personally witness the spirit of this competition. A moment that captured my attention from this summer's Olympic games in Tokyo was in the Men's High Jump Final. Good friends off the track but rivals when competing, Mutar Esha Barshim from Qatar and Gianmarco Tamberi from Italy had each cleared a top height of 2.37 meters (over 7 feet 9 inches). What transpired between these two competitors displayed the power of friendship and sportsmanship.

A 5 minute clip if you want to watch it all with the key moments starting at 3:44.

Link: [Olympic High Jump Video](#)



## GO WILDCATS!!!

**Contact Information: Paul Lahue, Athletic Director**  
**(585)554-6441, ext 1442**  
**[plahue@mwcsd.org](mailto:plahue@mwcsd.org)**