



GIMME FIVE!!

WHITMAN ATHLETICS NEWSLETTER

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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 All Stars

We have had a number of student-athletes receive All Star recognition for their respective sports this fall. In the last issue, we recognized Cheerleading, Girls Soccer and Cross Country.

In Football, Connor Gorton earned 1st Team All Star recognition for Class C. Earning 2nd Team honors were Austin Mangiarelli and Jacob Hammer.

In Boys Soccer, First Team selection went to our goalie, Carson Miller. Second Team honors were awarded to Jack Blankenberg. Receiving Honorable Mention were Grant Kestler and Micah Kephart.

In Girls Swimming, Zoey Dean earned Honorable Mention recognition for her performance during the season.

Congratulations to all for receiving recognition for their performances this fall.

2

Scholar Athlete Teams

Each season the New York State Public High School Athletic Association (NYSPHSAA) recognizes Scholar Athlete Teams across the State. To earn this status, a varsity team must have at least 75% of their entire squad with an average of 90% or greater. This past fall season, we were fortunate to have five of our varsity teams earn this recognition. Those teams were Girls Tennis, Girls Soccer, Girls Cross Country, Boys Soccer and Boys Cross Country. Congratulations to each of these teams for being named Scholar Athlete Teams.

3

No Food in Competitive Areas

In an effort to keep our competitive areas clean, we will no longer be allowing food in these areas. This includes our High School Gym, Middle School Gym, and Natatorium. For our home contests, we will have a designated area in the main lobby where spectators can enjoy their purchases from our new indoor concession stand. Additionally, for events in the HS gym, we will be able to play the livestream in the lobby on the new screen to be mounted in this area. Bottled water will still be allowed in the gym and pool area. All other items will have to be consumed outside the gyms and pool area. Thank you in advance for your understanding and cooperation with this expectation.

4

IT'S IN THE HANDBOOK

The Athletic Handbook includes our philosophy on 'Playing Time' and our approach at the Modified, JV and Varsity levels. Click on this [link](#) for the summary of this philosophy. You can also connect to the entire Athletic Handbook via this link: [Athletic Handbook](#)

5

THE NEW WILDCAT FITNESS FACILITY

Our brand new Wildcat Fitness Facility is almost ready and we are super excited to get into this beautiful new space.

The space is made up of three components which include a Fitness Center, Multi-Purpose room and an Indoor Track. The Fitness Center will have Cardio machines including treadmills, stationary bikes, an arc trainer and rowing machine. Also included will be free weights as well as a circuit of selectorized machines. The multi purpose room will provide flexibility for various programs we can offer and the track will be open for walking and running.

Our plan is to have the space available to students and athletic teams during the month of December. Then, after the New Year, we plan on opening the facility to the entire community for use.

For community members planning on using the space, we will ask that you go through a brief orientation prior to use. This will provide a tour of the facility, an overview of the equipment and space as well as overall expectations for using the facility.

Below is a brief survey for those who may be interested in taking advantage of the new facility. We would love for you to complete it to help us better understand how and when the community will want to use the space.

We look forward to seeing you there.

SURVEY BELOW!!

[Click here for the Whitman Fitness Center Survey](#)

GO WILDCATS!!!

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

