

Verbatim

adjective | ver·ba·tim | 축 어적으로 | literalmente | 逐字 | doslovně | 逐語的 | từng tiếng một
: being in or following the **exact** words : WORD-FOR-WORD
// a *verbatim* report of life at Cardigan

Monday <i>November 8th, 2021</i>	Ms. Fedele <i>Faculty Advisor</i>
Verbatim Staff Mateo Escalante <i>Editor</i> John Murphy <i>Reporter</i> Jeff Cheng <i>Reporter</i>	Sam Bae <i>Editor</i> Leo Sim <i>Editor</i> Ms. Kidder <i>Faculty Advisor</i>

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AUGERE VIRTUTEM-DIRIGERE MENTEM

62 Alumni Drive, Canaan, NH

Winter Sports, Here We Come!

Reporter: Mateo Escalante

The Cardigan community is gearing up for the winter season! Team placements, games, races, and matches will all begin anew. Let's hear what the winter coaches have to share about their programs:

Wrestling Team by Mr. Kreuzburg:

When did you fall in love with the sport of (wrestling, skiing, basketball, hockey, snowboarding) and why do you still love the sport?

I fell in love with wrestling in 4th grade at the all-school tournament we had as part of PE class. We wrestled outside on the playground.

What made the biggest difference in your development as a wrestler and as a coach?

As a wrestler the biggest development came when I hit high school. I was small so I was always wrestling heavier boys. I needed to get strong to compete.

As a coach the biggest development happened when I moved from assisting to being head coach.

If you had a catch-phrase during practices, what would it be?

"Chop wood. Carry water."

What is your favorite drill to do in practice and why?

I don't have a favorite drill but love to drill moves. There isn't one skill required in wrestling so many things need to be worked on in practice.

How does wrestling prepare athletes to live responsible and meaningful lives? What do you think are some of your favorite lessons on the court that translate to lessons in life?

Wrestling is a tough sport. It requires you to be very disciplined and to take a risk when you compete one on one. It is rewarding and useful for life because you own the outcome of your own efforts.

If you could go back and give your middle school self advice, what would it be?

Believe in yourself. See what can happen. - Coach K



Competitive Snowboarding Team by Ms. Kidder:

When did you fall in love with the sport of snowboarding and why do you still love the sport?

I loved to skateboard as a teenager, and snowboards weren't a thing back then. I was not a very good skier so when I saw snowboards coming out I was excited to try. I didn't get the chance until my son was learning at the school where I worked, so he would get his lesson and [try to] teach it to me! Loved it ever since! Nothing like blissfully gliding down the mountain slope... Yeah.

What made the biggest difference in your development as a snowboarder and as a coach?

This is my first time as a coach. I am nervous because I am self-taught but I am excited because the guys can help me develop my skills too!

How does snowboarding prepare athletes to live responsible and meaningful lives? What do you think are some of your favorite lessons on the snow that translate to lessons in life?

As in any sport (or any life endeavor), you have to be willing to put in the extra, to put in more than others if you want to develop yourself to a greater extent than others. In a snow sport that means a lot of cold hours on the slopes. And the skiers tell me their boots are horribly uncomfortable. But yes, one learns to suffer for ones' passions, that **to achieve something worthwhile takes extra effort. (Ms Kidder)** On the slopes, on the courts, on the mats. Everywhere.

If you could go back and give your middle school self advice, what would it be?

I would give myself this advice: try more things, don't be afraid (and, hey, did you know there are these things called "private schools"...)

Hockey Team by Mr. Turcotte:

When did you fall in love with the game of hockey and why do you still love the sport?

I started playing when I was 6, because that is what you do when you are born in Montréal, we try hockey and see if we like it, I happened to love it and still do 42 years later! Now, I still like it for one simple reason, it allows me to spend a good time with people who have the same passion!

What made the biggest difference in your development as a player and as a coach?

Even though my best coaches were tough on me, they were fair!

If you had a catch-phrase during practices, what would it be? Why?

Know where you are in the game. It simply means you play differently depending on the score and how much time is left in the game. Kids do not understand that and it is very important to do better as a team!

What is your favorite drill to do in practice and why?

A drill that will include speed, stick skills, and communication.

How does hockey prepare athletes to live responsible and meaningful lives? What do you think are some of your favorite lessons on the ice that translate to lessons in life?

Sacrifice for others!

If you could go back and give your middle school self advice, what would it be?

It is ok to be nice! - Mr. Turcotte



News

The World According to Mr. Gartner

Mr. Gartner | *Ph.D. in Knowledge*

- 1) Athleticism comes from your mother’s side of the family.
- 2) Never underestimate the power of a good haircut.
- 3) Rainbows always appear 41° elevated from your shadow
- 4) Pepperoni hot pockets are cheap calzones.
- 5) Night moves faster than the day.
- 6) The fastest recorded speed on the standard pedal bike is 86.3 mph.
- 7) Green fruit is better than red fruit.
- 8) The direction you put a pillow in a pillowcase matters.
- 9) A dog’s tongue is cleaner than the average cell phone.
- 10) Pineapple should never be put on pizza.

Winter Sports, Here We Come! (Continued)

Nordic Ski Team by Mr. Wilkinson:



When did you fall in love with the sport of Nordic skiing and why do you still love the sport?

I started Nordic Skiing in college and love the challenge and camaraderie that is present in the sport. Dedicating myself to improving and doing daily drills helped improve my skills as a skier and continuing to learn new ideas, techniques and drills has helped me grow as a coach.

If you had a catch-phrase during practices, what would it be?

A catch phrase during practice would be that **challenge leads to growth.**(Mr. Wilkinson)

What is your favorite drill to do in practice and why?

I like obstacle courses during practice to improve agility, speed and comfort on skis. Nordic Dodgeball Biathlon is also a very fun game we play regularly.

How does Nordic skiing prepare athletes to live responsible and meaningful lives? What do you think are some of your favorite lessons on the snow that translate to lessons in life?

Skiers have to work hard daily to improve and often practice in difficult weather conditions. Nordic skiers learn that practice, dedication and patience can help them strive towards their goals.

If you could go back and give your middle school self advice, what would it be?

I would tell myself to set goals that felt meaningful and inspired me to give my best everyday.

Basketball Team by Mr. Castillo (JC) and Mr. Cabot (AC):

When did you start coaching basketball?

I’ve been coaching basketball since 2010. I started as an assistant for my old AAU basketball program the EYSF Panthers. It was here I gained the passion for coaching. I then moved into a head coaching position for the same program in 2014 and in that same time period I was given the opportunity to be an assistant basketball coach at the high school level where I oversaw two JV programs in four years. (JC)

What made the biggest difference in your development as a basketball player and as a coach?

I believe what made the biggest difference for me as a child was being so immersed in the game from an extremely young age. Not only did I join my first club team in 3rd grade, but I was then able to go watch future NBA players like Luol Deng and Joakim Noah play when they were in high school. Being able to have my own experiences on the court but then also have the ability to not only watch competitive games on tv but in person too, definitely had a big impact on my development. (AC)



If you had a catch-phrase during practices, what would it be?

"Next play!" - basketball is a fast-paced game and sometimes mistakes happen or the other team makes a great play. It's crucial to keep your head up, move on, and not let previous plays take over your focus. (AC)

What is your favorite drill to do in practice and why?

I am a big fan of boxing out/rebounding drills. I believe this is a lost art in today's game of basketball but when done correctly it can be game-changing. Boxing out requires an incredible amount of discipline and toughness. It is not a tremendously hard thing to do, but it is something that can be hard to do right. (AC)

How does basketball prepare athletes to live responsible and meaningful lives? What do you think are some of your favorite lessons on the court that translate to lessons in life?

Basketball is a unique team sport in that you only have 5 guys on the court at a time, whereas, in other sports, you may have 10-11 players on the field. In order to be successful, basketball requires you and your 4 teammates to communicate, move, and move the ball in a way that can be almost poetic. You form such strong connections on the court, and I believe that is from the trust you need to have in your teammates. Trust that they will have your back. Trust that they will lift you up when you fall. The bonds forged on the court can help prepare young boys and girls for many challenges ahead and that is because of the collaboration and trust that is needed within the game. Even if you only play a season or two, these lessons of trust, grit, and teamwork translate into many aspects of life after the game as well. (AC)



If you could go back and give your middle school self advice, what would it be?

I graduated from Cardigan in May 2006 and honestly, it was one of the saddest moments of my life. This place was my home for two years. It’s where I learned and grew and built a legacy. In my two years at Cardigan I was named a student-leader, an effort honor roll member, basketball team MVP, and most importantly, I was a winner of the Skibiski Award. An award given to a young boy who has shown the most growth from 8th grade to 9th grade, my most prized possession.(JC) Cardigan is where **Mr. Castillo learned that “community is always bigger than you are.”**

News

Varsity Football’s Season Recap with Mr. Gartner

Reporter: Jeff Cheng

With the Varsity Football season ending with a 2-6 record, we sat down with Mr. Gartner, the head coach, to discuss the season.

1. What do you think about the football team's growth since the start of the season?

1) The football team had tremendous growth this season. We started as a bunch of individuals that liked the idea of being called football players to grow into a team full of actual football players.

2. What was remarkable about the last two winning games to you?

2) There was nothing remarkable about the last two games in comparison to the first 6 other than we had time for everyone to understand their assignments and responsibilities. We had really great effort all year but we were new to the game and it takes time to develop. The second half of the season was when everything started to “click” and the team was able to see what they were capable of. I wish we could keep playing because it feels like we were just getting started.



3. What do you think is the aspect of football that attracts you the most?

3) The aspect of football that attracts me the most is games are won or lost by an entire team. The team that wins is the team that is willing to give a complete effort on every play. The team that trusts each other and the team that handles adversity the best.

4. What expectations do you have for football season next year? What do you think the current 8th grade players would bring next year as senior football players?

4) My expectations for our returning players are to set the tone early. To teach the new members of the team what it means to be a part of something bigger than themselves and to enjoy playing the game that all the coaches love.

5. What was special about this season to you?

5) At the start of the season there were only a couple of 9th grade players that knew they wanted to play football in high school. With the season coming to a close, I think that number is a lot higher. That might be my favorite part of the entire season. To have more people care about this game is incredibly meaningful to me.

Pfizer’s Antiviral Pill May Reduce Hospitalization Due to Covid

Reporter: John Murphy















Photo: <https://abcnews.go.com/WNT/video/pfizer-announces-potentially-covid-19-treatment-pill-81002227>

Last Friday, Pfizer announced that the trial of its Covid-19 pill, which is meant to prevent people from being hospitalized or dying from the virus, was successful enough to end the trial early to attempt to release the pill for the public sooner. The antiviral, which is made up of a small amount of ritonavir, job is to stop the development of Covid. NBC wrote that the antiviral, “can reduce the risk of hospitalization and death in high-risk patients by 89%.” After testing positive for Covid, you would take the pill twice a day for five days. In terms of cost for the medicine, it cost \$700 for each course of treatment. The cost of the medication is anticipated to be absorbed by the United States government. Pfizer stated the antiviral is most effective in the first three days of

symptoms from the virus. That means that early diagnosis is required. The side effects have been reported to be moderate and mild. Pfizer also released that they plan to ask the Food and Drug Administration for approval of the drug combination. This is the second antiviral pill released. The first was Ridgeback Biotherapeutics and Merck’s antiviral, which was cleared to be used in the United Kingdom. The antiviral may become a game-changer in saving lives, but it will not be in the public’s hands for another month at least.

News

Cougar Quotes: What was your favorite part/moment of the Dorm Olympic Basketball Tournament?

			
Everyone coming together to watch the games. And getting excited for their Cardigan brothers. Dewar winning 4-3 against French 1 - Daniel Blank	The excitement of getting to see my classmates compete! - Alex Kernisant	I think the best part of the tournament is the friendly rivalry between the dorms and the players. - Pato Cruz	Proving that your the best basketball dorm - Peter Zhao
			
Seeing all of the enthusiastic spectators - Mr. Nowak	It's more than basketball, its a time were a lot of people can get closer. It's not about winning, it's about having a good time. - Sam Bae	A great crowd and everyone being together. - Indy Grossbard	When Pato Cruz dove and saved the ball from going out of bounds. - Gilbert Lingnell
			
The best part would probably be getting to see the sportsmanship that was demonstrated by the participants - Darius Yarbourough	Playing basketball with friends- Kinno Zhu	When CM destroys the competition and you get to see how people play. - Guillermo Zaragoza	The best moment was when Preston dunked 3 times! It was a very nostalgic moment! - Blake Hodges