



GIMME FIVE!!

WHITMAN ATHLETICS NEWSLETTER



Gimme Five!! provides five quick updates from Whitman Athletics. Each newsletter will be formatted to provide links to relevant information. It will also be shared via the Whitman Athletics Twitter page and Whitman Facebook page.

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End of Season Honors

We are reaching the conclusion of our Winter Sports season and are excited for the honors and recognition awarded to many of our student-athletes. Below is what we have so far with more to come from the other Winter Sports:

Cheerleading:

Congratulations to Alanah Kierst and Kassidy Orbaker for being named to the Ronald McDonald All Star team. This is a huge honor as only two other Whitman Cheerleaders have ever achieved this recognition. Both girls will also be part of the WFL Exceptional Sr. Game.

Congratulations also to Brooke Hudson for being named 1st Team League All Star as well as Natalie Diaz for being named a 2nd Team League All Star.

Bowling:

Our Bowling Team continues its era of tremendous success with many members receiving All Star Status. Earning 1st Team recognition was Tim Phillips. Earning 2nd Team was Kennedy Smith, Kendall Davis, Mikayla Baker, Zoelle Payne, Austin King and Isaiah Murphy. Honorable Mention honors also went to Makayla Armison and Ely Mangiarelli. Congrats to all!!



Post Season Schedule

A number of our Winter teams are entering the post season which should provide some exciting competition.

Boys Swim & Dive head to Bath today for Sectional Finals. Our squad did very well at pre-lims with our Medley relay & 200 free relay being seeded 1st for tonight's finals. Carl Parsons is seeded 1st in IM & 2nd in Breast. Brendan Laity & Zach Obuhanych are both seeded 2nd in 200 free, 500 free, Fly and Backstroke.

Bowling will compete on Saturday, 2/19 (Boys) and Wednesday, 3/2 (Girls) at Gates Bowl. The Girls are seeded #1 and the boys #2 heading into competition.

Indoor Track heads to Houghton College on Sunday for Sectional Competition with many high seeds. Tim Hansen is seeded #1 in the mile & #2 in the 2-mile. Dawsen Christensen is #2 in the Triple Jump & #4 in the Long Jump. Lana Burnett is #2 in the Triple Jump & #4 in the Long Jump. Austin Mangiarelli is #5 in the Weight Throw & #5 in the Shot Put. Taylor Bond is #4 in the 1000m & #5 in the 1500m. Sierra Eddinger is #4 in the Racewalk. Boys 4x800 is #4.

Boys Hoops enters Sectionals next week as the #9 seed and will head to Sodus on Tuesday, 2/22. Game time still TBD.

Girls Hoops enters Sectionals next week as the #10 seed and will head to Alexander on Wednesday, 2/23 for a 7pm contest.

Cheer will be competing in Avon for Sectionals on Saturday, 2/26.



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Spring Sports Registration

Registration for Spring Sports is now open on Family ID. We offer both Varsity and Modified opportunities in the following sports: Softball, Baseball, Boys Tennis, Girls Lacrosse, Boys Lacrosse and Track&Field. In addition to completing registration, every student-athlete must have a current physical on file. We are offering physicals at school on March 10th. You can contact Mrs. Rohring if you are interested.

Varsity Spring Sports begin on March 14th.
Modified Spring Sports begin on March 21st.

Follow this link to register: [Family ID Registration](#)

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Wellness Center Schedule for Community Use

The Wellness Center has been busy and receiving great feedback from our community. If you haven't had a chance to use it yet, I encourage you to come check it out.

During Winter Break, we will be open Monday thru Friday, 5:30pm-8:30pm and Saturday morning from 8-12pm. There will not be any morning hours during Winter break.

Our evening hours will be expanding by one additional hour after Winter break opening at 4:30pm each weekday.

Starting 2/28, our weekly hours will be:
Monday thru Friday - 6:15am - 7:30am
Monday thru Friday - 4:30pm - 8:30pm
Saturday - 8am - 12noon

If you haven't completed a membership packet yet, please do so. This can be done at the Wellness Center using a paper copy provided or via this link to use our [online membership form](#).

Look forward to seeing you at the Wellness Center.

#StrongerBetterTogether

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Clay Target League

We are excited to once again offer competitive Clay Target Shooting this spring. This is our 5th year in the NYS Clay Target League and it has been a huge success. We are very appreciative of the partnership with the Middlesex Conservation Club which is our home site for weekly clay target shooting practice and competition.

Students can sign up on the interest sheet in the Athletic Office or the Middle School. Mrs. MacUmbler (lmacumber@mwcsd.org) and Mr. Ekdahl (cekdahl@mwcsd.org) are the Club Advisors and can be contacted via email if you have any questions about the activity. Priority is given to interested students in grades 9-12 but this year we are hoping to include 7th and 8th graders as well. Our team maximum is 30 students. Students can also still participate in both Spring sports and Clay Target.

The first week of the season starts March 27th. The season lasts for roughly 9 weeks. Students need to have their own safety certification and their own firearm. Students must only have their competitive firearm at the Conservation Club as they are never allowed to be at the school campus.

This link to the [NYS Clay Target League](#) has additional information about the activity.

Spring Varsity Athletes

Click Here for [Pre-Season Workout](#) Information

Whitman Athletics is on Social Media

Follow 'Whitman Wellness Center' on Facebook



Follow "Marcus Whitman Athletics" on Facebook



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GO WILDCATS!!!

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