



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 Whitman Athletics Twitter & Whitman Athletics Facebook pages.

1

End of Season Honors - Part II

We have reached the conclusion of our Winter Sports season and are excited for the honors and recognition awarded to many of our student-athletes. In the last Gimme Five!! Newsletter we recognized honors received by our Cheerleaders and Bowlers. Here is that [newsletter link](#) if you missed it. Now for our other Winter Sports.

Track:

2nd Team - Lana Burnett
3rd Team - Austin Mangiarelli
3rd Team - Dawsen Christensen

Girls Basketball

1st Team - Natalie Cotroneo
2nd Team - Olivia Herod
Sportsmanship Award - Lily Carroll

Swimming & Diving:

1st Team - Carl Parsons
1st Team - Brendan Laity
1st Team - Zach Obuhanych
1st Team - Zack Lincoln
1st Team - Teague Gallogly

Boys Basketball:

2nd Team - Connor Tomion

2

State Swimming

In addition to the honors noted above, Carl Parsons earned a spot at the NYSPHSAA Boys Swimming & Diving State Meet in Ithaca this past weekend with his performance in the Breaststroke. This is an amazing accomplishment as only the best swimmers in the State compete at this event. At the meet, Carl placed 38th in the Breaststroke. If you know Carl, he lives in the pool and has put in countless hours to reach this level of competition. Congrats on a tremendous accomplishment.

3

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](#)



4

Spring Sports Home Contest Locations

Spring sports events will be starting soon.

Here is a run down of specific home site locations for our spring sports teams:

Boys Tennis

Home matches will take place on our new Tennis Courts behind the HS building. Park in the main HS parking lot to access the courts.

Track & Field

Home meets will take place on our HS Track and upper fields

Baseball

Home games for Baseball will take place at Gorham Elementary

Softball

Home games for Softball will take place at Middlesex Valley Primary

Girls Lacrosse

Varsity Lacrosse games will take place on our new field, which is Field #3
Modified Lacrosse will take place on Field #4, which is behind the school near the tennis courts.

Boys Lacrosse

Varsity Lacrosse games will take place on our new field, which is Field #3.
Modified Lacrosse games will take place at Middlesex Valley at the back of the campus.

Whitman Athletics is on Social Media

Follow 'Whitman Wellness Center' on Facebook



Follow "Marcus Whitman Athletics" on Facebook

Follow "[Whitman Athletics](#)" on Twitter.



Follow "whitman wildcat athletics" on Instagram



5

Exercise and Mental Health

If you lived in any part of the 1980s, you are sure to remember the classic commercial with the man holding an egg saying, "This is your brain." Then, as he places it in the hot frying pan he continues, "...and this is your brain on drugs." Regardless of your interpretation of the message, it is a memorable commercial and easy enough to find with a YouTube search. To steal from that commercial, and also the attached [article from the Washington Post](#), we could all benefit greatly from putting our 'Brains on Barbells.'

Our bodies and brains have a significant positive benefit when exposed to regular exercise, and more specifically, resistance training - better known as weight lifting. Well known benefits of weightlifting are focused on physical development and getting your body stronger. However, an even greater benefit, especially applicable in today's world, is the positive impact it has on one's mental health. For today's teenager, and adults, I believe this may be of greater significance.

Resistance training, almost always, has a positive impact on your mood and can combat symptoms of depression, anxiety or low self-confidence. To put it more simply, it can turn a 'bad day' into a 'good day' or make a 'good day' even better. By no means am I trying to simplify the challenges of depression or anxiety. They are very serious and complex conditions. But, lifting weights can help. Not only with a mood boost, but building confidence, providing a sense of accomplishment, enhancing one's self-image, and without even noticing, an internal neurological response that just feels good.

And.....anyone can do it. Often, weightlifting is seen to be reserved for only the 'athletes.' But, it is for everybody and can benefit everybody, even if you do it for 20 minutes. Our beautiful new Wellness Center also has a wide variety of equipment that can accommodate everyone, regardless of size, strength, build or nerves. We can support any Whitman secondary student or Community member who is ready to use it. I believe you will not only notice the physical benefits but, more importantly, the positive impact on mental health as well. Please contact me if you have questions or would like support in starting or continuing your journey for better physical and mental health.



GO WILDCATS!!!

Contact Information: Paul Lahue, Athletic Director

(585)554-6441, ext 1442

plahue@mwcsd.org