

TRIPLE THREAT

Cleats, Sneaks & Rackets



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Assistant Athletic Director

Zoe, Josh, and Cyrus — these three athletes compete in very different ways. Zoe plays three sports year-round at SAAS. Josh dedicates himself to tennis, both in the upper school and outside of school, with the goal of playing in college. And Cyrus excels in football, a sport that is not offered at SAAS. With our no-cut sports policy and supportive teachers, student-athletes have the option to play a different sport each trimester or excel in one sport throughout their middle and high school careers. Amongst us are first-time athletes and 1st-Team All-League stars. Whichever way you break it down, these student-athletes — Zoe, Josh, and Cyrus — are a triple threat.

PLAYER PROFILE:

CYRUS BATINGAN



1 SPORT OUTSIDE OF SAAS

*Heir Academy
(Independent league)*

STATS AT A GLANCE:

Sport(S): **Football**

Position(S): **Center
Right Offensive Tackle,
Defensive Tackle
Kicker** (Sometimes)

Height: **5'8"**

Grade: **8**

Foot Size: **14**

Awards:
**Team ranked
#1 in the State**

#3 on the West Coast

#7 in the country

Most Inspirational Player

Marc: *How long have you been playing football?*

Cyrus: I started playing football when I was six years old. I have played competitively — tackle football — beginning in the sixth grade.

Marc: *Why do you play a sport outside of school/SAAS?*

Cyrus: Football is my favorite sport

Marc: *What advice would you give other students considering playing a sport outside of SAAS?*

Cyrus: Work hard, push through everything. Just keep going no matter what. Eventually, something will happen to you that's gonna be great. Perseverance.

Marc: *What kind of relationships have you built through this sport?*

Cyrus: The team is like a brotherhood. They're like my second family. There are 30-32 guys on my team.

Marc: *Who is your biggest influence?*

Cyrus: My offensive line coach Andy Lawrence. He's an all-around great coach. He's been my mentor for two years. He puts everything into all the kids.

WHAT'S NEXT
What are your future goals?

Cyrus: Right now, it's just to play high school ball, and hopefully get a college offer.





20-30

Total Games Per Year

3

Total Number of Uniforms

90-100%

Aggregate Games Parents Attend in Support

2-3

Average Hours Per Day Training/Competing

3-4*

Number of Out-Of-Town Competitions (*Greatly Reduced Due to Covid)



(above left): Cyrus with Rosalyn (mother) and Tomás (father) Batingan. Tomás is a long-standing SAAS faculty member on the Facilities Team.

(below left): Cyrus with Defensive Line Coach Monk

(below right): Cyrus (#77) with fellow SAAS 8th-graders Jesse Hansen-Wilson (#15) and Dante Saladino (#7).



PLAYER PROFILE:

ZOE BISHOP



3 SPORTS AT SAAS

*Seattle Academy Girls Varsity Soccer
Seattle Academy Girls Varsity Basketball
Seattle Academy Girls Varsity Ultimate
Seattle United ECNL-RL Club Soccer*

STATS AT A GLANCE:

Sport(S):
**Soccer, Basketball,
Ultimate**

Position(S): **Outside
Midfielder/Center
Forward, Guard, Cutter**

Height: **5'2"**

Grade: **12**

Foot Size: **7.5**

Soccer Awards:
First Team All State, 2022

**Emerald Sound
Conference Most
Valuable Player 2021**

**Emerald Sound
Conference Leading
Scorer (13 goals, 16
assists)**

**Emerald Sound
Conference 1st-Team
All-League (Fall 2021)**

Marc: *How long have you been a three-sport athlete?*

Zoe: I just started playing basketball my junior year, so two years. I have played soccer and Ultimate every year since middle school – so two sports every year until I was a junior.

Marc: *Why do you play three sports? Why do you play sports all year round? What attracts you to playing sports?*

Zoe: One reason is I enjoy the competition. I also love being a part of the community. I enjoy the team aspect of the sports that I play. I would also say that it's nice to get outside and challenge myself personally to become both a better teammate, individually a more skilled athlete and I like having a variety of sports to mix it up so I'm not always doing the same thing. It's a nice change of pace.

Marc: *What would be your advice to anyone that was thinking of playing three sports or sports all year round?*

Zoe: Probably time management. It's definitely doable, you just have to focus and make sure you are using your breaks and time well.

Soccer Team Awards:
**2nd Place Team in 2021
State Tournament
2019 State Champions
2019 League Champions**

Ultimate Frisbee Awards:
**Emerald Sound Conference
1st-Team All-League
(Winter 2021)**

Ultimate Frisbee Team Awards:
**Emerald Sound Conference
Champions (Winter 2021)**

Marc: *Was there ever a time you felt overwhelmed and couldn't do three sports?*

Zoe: Every once in a while, you have those weeks where it's a heavy homework load and you're also doing your sport, but you once get through it, you look back on it and say, 'Wow, I can't believe I just did that.' It's a big accomplishment and is rewarding to know that you're playing a sport and still handling your school workload.

Marc: *Number of student-athlete friends/associations made?*

Zoe: Hundreds! Many, many people met and relationships formed due to athletics.

WHAT'S NEXT **College next year?**

Zoe: I just found out yesterday! I'm going to Cornell University. I'm going to study either mechanical or chemical engineering. ■

75-100

Total Games Per Year

15-20

Total Number of Uniforms

90-100%

Aggregate Games Parents Attend in Support

2-3

Average Hours Per Day Training/Competing

2-3*

Number of Out-Of-Town Competitions (*Greatly Reduced Due to Covid)



PLAYER PROFILE:

JOSH DAVYDOV



1 SPORT AT SAAS

*Seattle Academy Boys Tennis
Independent Tournament Tennis
Competitor (Singles & Doubles)*

STATS AT A GLANCE:

Sport(S):
Tennis

Position(S):
**Singles Tennis
Doubles Tennis**

Height: **6'0"**

Grade: **12**

Foot Size: **11**

Awards:
**First-Team All-Emerald
Sound Conference 2021**

**Undefeated in singles
this season**

**Ranked 5th in
Washington State**

**Ranked 10th in the
Pacific Northwest**

Marc: *How long have you
been playing tennis?*

Josh: I started playing
competitively in the sixth
grade.

Marc: *Why do you play just
one sport?*

Josh: I stopped playing
basketball at the beginning of
this year and it was a tough
decision because of the
amount of time and effort I
have put into basketball. After
I received interest from several
coaches, I knew that tennis

was the sport I wanted to be
playing in college. I decided
that this is the time to focus
on improving my tennis game
rather than dividing up my time
among multiple sports.

Marc: *What advice would you
give to a person considering
being a one-sport athlete?*

Josh: I would say to really
consider both sides of the
decision. Consider both the
pros and cons of each sport
and the pros and cons of either
playing multiple sports or one.
Make sure you look at both
sides and take it seriously.

Marc: *How do you compare
an individual sport like
tennis to a team sport like
basketball? What do you miss
about basketball?*

**Won District Championship
and Undefeated in District
Tournament**

Training Locations:
**Central Park Tennis Club
and Woodinville Sports Club.
Otherwise it's just outdoor
public courts throughout
Seattle, when I'm playing with
friends.**

Josh: I miss the team part about basketball. I think that part was the most fun. Tennis is all about you. You're in your own head. There's no one else there for you, really. But playing on a team like SAAS or in college, you're a part of a team, cheering each other on, traveling together, which is way different than what I'm doing right now.

Marc: *Who has been your biggest tennis influence?*

Josh: I would say my private coach Gordon O'Reilly. He's been my coach since the beginning. He's really motivated me to get better and to continue to improve.

Marc: *Who's your favorite tennis player?*

Josh: Dominic Thiem.

WHAT'S NEXT - Have you picked a college yet?

Josh: Yes! I will be continuing my tennis career at University of Redlands in California!



60

Total Matches Per Year

1

Total Number of Uniforms

90-100%

Aggregate Matches Parents Attend in Support

2-5

Average Hours Per Day Training/Competing

12-14

Number of Out-Of-Town Competitions (*Greatly Reduced Due to Covid)

