



# 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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## Fall Sports

A few highlights from our Fall Season thus far.

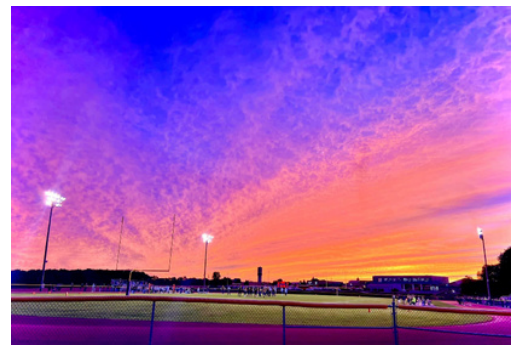
**Kloey Babcock & Kiera Seely will compete in Tennis State Qualifiers**



**Zoelle Payne tallies her 51st Career Goal**



**Boys XC 'in the running' for the League Title**



**A breathtaking sunset at Friday Night Football**

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## Section V Athletics Website

A great resource to reference is the Section V Athletics Website.

At this site you can find information regarding every fall, winter and spring sport.

Here is the link: [Section V Website](#)

With Sectional Competition approaching, one specific item to reference is the rates of admission to Sectional Contests.

That can be found at this link: [Sectional Event Admission](#)

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## Athletics Handbook - Attendance

The Marcus Whitman Athletics Handbook is a great resource and has all expectations & rules defined to participate in Whitman Athletics.

Item K, in Requirements for Participation addresses the Attendance Standard for student-athletes:

*Each athlete must be in school from the beginning of 1st period to the end of 9th period (10th period, if applicable) in order to be eligible for practice or interscholastic athletic contests, unless the athlete has an approved part-time status or are legally excused by the Principal or Athletic Director. If an athlete has an unexcused absence or is tardy the day prior to a non-school day scheduled contest, the athlete is not eligible to compete in that contest.*

You can access the full handbook at this link:

[Whitman Athletics Handbook](#)



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## Peak Flow

This Fall, our Varsity Athletic Teams have participated in a program called Peak Flow. Each week, for a 30 minute session, our instructor, Lucinda Snyder, has met with the teams in our Wellness Center. The focus of each session has been on the mental side of competition and over mental health. Athletes participate in Yoga sessions and small group discussions focusing on topics such as Taming Your Inner Critic, Staying Present and Body Awareness in Competition. So far, the experience has been a great way to support our student-athletes with overall mental health as well as the mental approach to athletics.

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## Registration for Winter Sports

Registration for Winter sports is now open through the Family ID link on the school website.

Here is the link: [Winter Athletics Registration](#)

This winter we will offer:

Varsity Bowling

Modified Boys/Girls Swimming

Varsity Boys Swimming

Varsity Hockey (merged with Geneva)

Modified & Varsity Indoor Track

Modified & Varsity Cheerleading

Modified & Varsity Girls Basketball

Modified, JV and Varsity Boys Basketball

Unified Bowling

Looking forward to watch our Wildcats in Action this winter.

