



GIMME FIVE!! +

WHITMAN ATHLETICS NEWSLETTER



Gimme Five!! provides five (or more) 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 An Exciting Fall Season for the Wildcats

It has been a exciting fall season thus far. Numerous girls on our swim /dive team have qualified for Sectionals. Our XC team is getting faster at every meet with the boys performing at the top of their Section. Girls Tennis had two doubles teams compete at State Qualifiers. Our Cheerleaders enter into the competitive season this weekend. Boys and Girls soccer battling in close games every week. Football played in an epic 4OT homecoming contest followed by the famous bonfire. Sectional competition is fast approaching for all varsity squads through this month.



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Athletic Hall of Fame

Congratulations to the newest inductees to the Marcus Whitman Athletic Hall of Fame.

The Chain Gang



Pictured, L to R: Chris Clark,
Keith Clark, Dale Clark,
Mike Lazarus



Dick Clark

Every yard of every Marcus Whitman home Football game, since 1968, has been marked & measured by a small group of dedicated Whitman community members known as The Chain Gang. Reliably, for 55 years, Dale Clark, Keith Clark, Dick Clark, Mike Lazarus & Chris Clark, have taken control of the sticks for every Wildcat contest.

2011 Girls Lacrosse Team



The 2011 Girls Lacrosse Team brought home the first Sectional Girls Lacrosse Championship in Marcus Whitman school history. They also were the NYSPHSAA Western New York Class C Regional Champions and represented Class C at the State Level as a semi-finalist finishing the season with an impressive 19 wins and 2 loss team record.





Sports Registration

Unified, Modified, JV & Varsity



Unified Sports, in conjunction with Special Olympics, combines athletes with & without intellectual disabilities to create athletic teams for training and competition. Participation is rooted in the principle of providing opportunities for meaningful involvement for every student.

We are excited to offer, for our 4th season, Unified Bowling.

Registration for this sport will open on Friday, October 6th, and be under the Fall Registration tab on Family ID. Whitman students from both the HS campus as well as all off site academic campus' are encouraged to sign up to be part of this tremendous experience.

Practices begin for Unified Bowling on October 16th.

Additionally, the winter sports season is just around the corner. Registration for Winter Sports will also open on October 6th.

In the winter, Whitman offers the following sports:

Varsity Bowling

Varsity & Modified Cheerleading

Varsity, JV & Modified Girls Basketball

Varsity, JV & Modified Boys Basketball

Varsity & Modified Swimming (Combined Girls & Boys)

Varsity & Modified Wrestling (Merged with Bloomfield)

Varsity & Modified Indoor Track

Varsity Hockey (Merged with Geneva)

Modified Swimming begins October 23rd

Modified Basketball begins on October 30th.

All Varsity & JV Winter Sports begin on Monday, November 13th

Modified Indoor Track begins on Monday, November 13th

Modified Wrestling begins January 3rd

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Value of High School Sports

High school/ Middle School is a pivotal time in a young person's life, marked by academic challenges, personal growth, and an exploration of various interests and activities. Participation in high school sports is one of the activities that holds immense value. The profound and lasting benefits a teenager can gain from being a part of a sports team during their high school years.

Physical Fitness and Health

In an age where sedentary lifestyles and screen time are on the rise, high school sports provide a golden opportunity for a teenager to stay physically active and develop lifelong fitness habits. Regular participation in sports helps maintain a healthy weight, promotes cardiovascular health, and builds strong muscles and bones. By encouraging participation in sports, you are instilling the importance of physical activity that can last a lifetime.

Teamwork and Collaboration

High school sports are more than just physical activities; they are also powerful tools for teaching teamwork and collaboration. On a sports team, a teenager will learn how to work together with their peers, communicate effectively, and support each other in achieving common goals. These skills are not only valuable on the field but also in all aspects of life, from academics to future careers.

Time Management and Discipline

Balancing academics and sports requires discipline and time management, two crucial skills that high school athletes develop. Being part of a sports team teaches one to prioritize their commitments, set goals, and allocate time efficiently. These skills will serve them well in college and their future careers.

Leadership and Responsibility

High school sports often provide opportunities for a teenager to take on leadership roles, such as team captain or vice-captain. These roles teach responsibility, decision-making, and the ability to inspire and motivate others. The leadership experience gained in high school sports can be a stepping stone to future leadership roles in college, the workplace, and the community.

Character Development

Participating in high school sports fosters character development by instilling important values like sportsmanship, perseverance, and resilience. A teenager will learn how to handle both victory and defeat gracefully, how to overcome challenges, and how to bounce back from setbacks. These qualities are invaluable throughout life's journey.

Social Skills and Friendships

Being part of a sports team provides a ready-made social network and an opportunity to make lasting friendships. The camaraderie built on the field or court often extends beyond the game itself, creating bonds that can last a lifetime. These friendships can offer support, companionship, and networking opportunities well into adulthood.

Participation in high school sports is about personal growth, character development, and building a foundation for a successful and fulfilling life. Engaging in high school sports can be one of the best decisions a teenager can make. The lessons learned, skills acquired, and friendships forged during these formative years can benefit daughter and/or son throughout their life journey and serve as an investment that yields rewards for years to come



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Attendance Policy for Student-Athletes

At the link below, you can access the
Marcus Whitman Student-Athlete/Parent
Handbook and Code of Conduct.

As a participant in Whitman Athletics,
each student-athlete and family should know the contents of this document.

One example is daily student attendance, which is required for students
to participate in Athletics.

K. Attendance Standard: 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 tardy the day of a scheduled contest, the athlete is not eligible to compete in that day's contest. Additionally, if an athlete has an unexcused absence or tardy the day prior to a non-school day scheduled contest, the athlete is not eligible to compete in that non-school day contest.

Here is the link to the [Athletic Handbook](#).

