

Athletics News

SPORTS BANQUET | AWARDS



Ben Splading, '24, at the Athletics Banquet

Athletics Banquet

The annual St. Mark's Sports Banquet was held this year on Friday, May 10, 2024. This event allows us to recognize our athletes for their accomplishments on the court, on the course, on the field, in the pool, and on the track over the course of the year.

The **PRIDE Award** is presented to a male and female athlete in each of the middle school grades whose actions demonstrate what it means to be a leader on the field of play. In athletics at St. Mark's it is defined as such: athletic **P**row-ess, mutual **R**espect, **I**ntegrity, **D**evotion, and **E**mpathy. *The following athletes were recognized for their achievements on and off the field of play:*

8th Grade

Addison Cassens

Volleyball, Track & Field

Sam Friedberg

Swimming, Baseball

6th Grade

Amaya Spooner

Volleyball, Basketball, Track & Field

Charlie Fuselier

Soccer, Basketball, Track & Field, Baseball

7th Grade

Ainsley Triche

Soccer, Basketball, Softball

Boden Monteiro

Soccer, Basketball, Tennis

5th Grade

Lisa Ackermann

Soccer, Basketball, Track & Field

Jamie Ong

Cross Country, Basketball, Track & Field

New Athletics Offering in 2024-2025: Strength & Conditioning

Strength & Conditioning at St. Mark's is geared to aid in the creation of better overall athletes. It is a practical application of sports science that uses a variety of body weight exercises and techniques to improve athletic performance and movement quality. Strength & Conditioning is structured to help athletes develop physical resilience to the demands of the training environment, and can be tailored to each athlete's specific needs. Strength & Conditioning can help with: injury prevention, improved performance, enhancement of general health, strengthening bones, increased muscle mass, and metabolism.

Strength & Conditioning is open to ALL 5th through 8th graders regardless of experience and will be held twice weekly for each of the two classes, with one class meeting on Mondays and Wednesdays and the other meeting on Tuesdays and Thursdays.

Our primary goal is to teach proper techniques while elevating our students' fitness levels to meet their athletic goals. Strength & Conditioning is designed to support all of our athletic programs.