

Getting to class on time is an expectation during high school

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Tues., Sept. 2, 2025 Ninth Grade Orientation

Good study habits can lead incoming students to academic success

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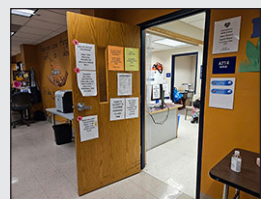


IB program gives Hawks more rigor

In addition to having the chance to earn college credits, IB courses help prepare students for success in life after graduating

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Cooper offers band, choir, orchestra classes that freshmen can take alongside specialty music groups that students can join

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Variety



Art classes open to all freshmen

Cooper offers a wide assortment of elective courses in various disciplines, including photography, drawing, painting and clay

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Sports teams seek ninth grade players

The exit of last year's graduating seniors means that all sports have open spots on their rosters for incoming ninth graders

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MS. SMITH WELCOMES NEW FLOCK OF HAWKS

The Class of 2029 is embarking on its four-year journey through high school



Photo by ROSE VANG-LOHNES

Mr. Smith encourages all ninth graders to seek out the many available chances to get involved with high school activities.

By MARIAH WASHINGTON
Quill staff writer

Head Principal Ms. Smith said she is excited to welcome the Class of 2029 to Cooper High School. Now entering her third year as head principal, Smith said starting high school can be a big transition, but Cooper is a place where

students have many opportunities to grow, learn and become part of a supportive community.

"Cooper offers something for everyone," she said. "There are so many clubs and activities, from football and basketball to the Latino and LGBTQ+ clubs. Students can also take on leadership roles, whether

through Student Council or one of the many clubs, and make an impact just by being involved."

Freshmen are encouraged to explore different activities, including school dances and clubs, to enjoy their time at Cooper and connect with the community.

"I think it's very im-

portant to be involved," Smith said. "It's important to be part of something. School is not just about academics. There's a social component to being a teenager and I think that's important. I encourage students to try new things."

Cooper is known for its diverse environment and students are encouraged to

confidently embrace who they are and share their cultures. Smith said the school hosts events throughout the year to celebrate this diversity and show students that they are valued.

One of the biggest challenges freshmen face is adjusting to the responsibility of earning credits toward graduation. Smith noted that students sometimes do not realize how crucial it is to pass classes and stay on track. According to Smith, falling behind can make it harder to graduate on time.

"Stay on top of your classes," Smith said. "Go to your HLL, get that additional support. If you miss a credit, if you happen to fail a class, make it up right away."

Smith also emphasized the importance of respect, attendance and asking for help when needed. She stressed that teachers want to support students and are happy to help those who reach out.

"No one expects perfection," she said. "But it's important to keep up with your classes as much as possible."

Smith said that she and the Cooper staff are excited

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Navigating Cooper gets easier over time

The three floors, two circles and multiple hallways throughout the school can seem daunting to ninth graders as the year begins

By ROBIN JARMAN
Quill staff writer

The layout of Cooper might seem intimidating and hard to navigate if you are an incoming ninth grader. However, the more that you know about the design of Cooper, the easier it becomes to find your destination.

The buses drop students off at the east side of the building. When you enter Cooper from that side, you can either go up the stairs to the second or third floor or down the stairs to the first floor.

The second floor is where most of the important rooms are located, including the lunch room; the main office; two circles where academic classes take place; the dance, choir, orchestra and band hallway; and the Media Center.

One easy way to navigate around the second floor is to know that there are high room numbers and low room numbers in each hallway and in each circle. One side always has higher numbers and the other side always has lower numbers, which makes it easy to figure out if your class is in a given hallway or circle. On the second floor, the B2 circle has the English classrooms, while the C2 circle has the Media Center and some social studies classrooms.

The only confusing second-floor area is the dance, choir, orchestra and band hallway. While that hallway has room numbers in the 250s, it is on the other side of the school from the B2 academic circle, which has room numbers in the 230s and 240s.

The third floor is easier because it consists of one long hallway and two academic circles. Depending on whether your classroom number is high or low, that will help you know what circle to go to. The B3 circle has the science rooms, while the C3 circle has the social studies and math rooms.

The first floor is definitely the most confusing floor because it is harder to find certain classes. While there is only one circle on this level, which includes the art, business and global language classrooms, there are plenty of other classrooms spread throughout the other long hallways on this floor.

The easiest way to get around on the first floor is to look at the signs



Photo by ROBIN JARMAN

The staircases help students access the three floors of the school.

on the walls and follow their instructions. However, even with these guides, some first-floor classes are still hard to find. For example, the room for the clay class is hidden around a corner on the opposite side of the building from where the other art classes are held, so you cannot actually see the room until you walk down the long hall to find it.

Similarly, the weight room is tucked away on the first floor behind the main gym near the back entrance to the school. Tracking down this room might be confusing to some incoming freshmen.

Also on the first floor is the hallway with the family and consumer sci-

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Importance of earning credits begins in freshman year

Students who do not pass classes during ninth grade will find themselves unable to graduate on time as seniors

By BEN KENYON
Quill staff writer

One common issue students face during their early years of high school relates to earning their credits and maintaining a good grade point average (GPA). According to student counselor Ms. Hough, problems in these areas is often a case of students simply not putting in the effort.

"Unfortunately, a lot of students don't work to their full capabilities," Hough said.

During high school, a student's credits and GPA matter. One reason it is extremely important that freshmen take those issues seriously is that credits and grades are permanent once students get to high school. Hough said that students ignoring this as ninth graders directly relates to the

reason why there are so many seniors struggling to catch up on credits in order to graduate from school on time.

Since credits and GPA are recorded on a transcript over time, they can affect a student's options and opportunities after high school. According to Hough, the best way to improve one's GPA is to be diligent and successful each semester.

"If a student has a 2.0 GPA after ninth grade, that student needs to do better than a 2.0 the following semester if they want to improve their GPA," Hough said.

For a student missing credits, Hough said they should attend summer school to assure that they have enough credits for graduation. If that option is not available, additional opportunities to regain those missing credits are available during winter

break or spring break.

According to Hough, the best strategy to earn credits on time is to not "put it all off until senior year." Instead, she recommends that students start working hard right when they arrive at high school.

One teacher who has witnessed the struggles that ninth graders sometimes face is Ms. Prillwitz from the English department. She said that students who maintain an adequate GPA and earn their credits in freshman year do not have to worry about catching up later in high school.

"Take advantage of the resources we have here at Cooper. If you're struggling with a class, talk to your teacher. You can also stay after school

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Technology use key to learning in many classes

Teachers build their curriculum around student access to Schoology, Chromebooks

By BEN KENYON
Quill staff writer

Students at Cooper use Schoology to work on class assignments, check grades and communicate with teachers.

According to 2025 graduate Fatha Yusuf, she used Schoology on a daily basis because all of her work and assignments were posted there. She also used Schoology to stay updated on school events and information.

“[Schoology] made it easier for me to find and see my assignments and due dates for upcoming assignments,” Yusuf said. “It’s also good to see the updates.”

English teacher Ms. Kope said all of her assignments are posted on Schoology for her students to work on. According to her, the functions offered by Schoology have made teaching and learning more convenient, especially given her use of the Modern Classroom approach to teaching, which allows students to work at their own pace through the use of Schoology.

“I post my assignments through Schoology,” Kope said. “This allows me to check students’ work as they progress. I can give instantaneous feedback on their documents or in person. Furthermore, Schoology allows me to organize all our units into folders to make it easy for students to stay organized.”

Yusuf mentioned that another function on Schoology that has helped her stay organized throughout her high school is the course tab.

“Students can rearrange their classes through the course tab and that can help students see their classes easier,” Yusuf said.

Another advantage of Schoology use, mentioned by Social Studies and AVID teacher Mr. DiSalvi, is that it helps “cut down on wasting paper” and has prevented him from “wasting time passing paper out.”

DiSalvi also added that when a student is absent, all work is posted on Schoology so students can access assignments even at home. Easy access at home also allows students to access their grades conveniently, which makes it easier for parents and students to ask questions regarding assignments and scoring.

Although Schoology may have many advantages, getting used to the platform can be challenging. DiSalvi said using Schoology can be difficult for some students and it will take time for new students to get used to the format and functions, especially because each teacher may organize their Schoology course differently. However, he encourages incoming freshmen to be patient with the platform and become familiar with Schoology early as it can help them navigate through their first year in high school and keep them on track.

“When using Schoology for the first time, be patient with yourself. If it is frustrating and overwhelming, don’t give up on using Schoology. The more familiar freshmen are with Schoology, the easier it is for students to stay organized, to find important information about school events and deadlines, to keep up with current work and much more,” DiSalvi said.

In addition, DiSalvi pointed out that another challenge is for students to remember to bring their Chromebooks. Although he does not mind making paper copies of assignments, DiSalvi said that if someone forgets to bring their Chromebook, they are missing out on all of the benefits that Schoology provides.

“If there is one thing I could emphasize to freshmen it is this: bring your Chromebooks,” DiSalvi said.

School teaches importance of HAWK values

Honesty, accountability, work ethic and kindness are at the center of how students, staff behave at Cooper



Photo by ROSE VANG-LOHNES

Multiple wall decals promoting the HAWK values can be found throughout the school's cafeteria.

By TRISTAN JAY TOLENTINO
Quill staff writer

There are four characteristics that Cooper values for incoming freshmen transitioning to high school: honesty, accountability, work ethic and kindness. These traits make up the acronym HAWK, which is based on Cooper’s hawk mascot. Cooper Head Principal Ms. Smith said these traits are significant because they amplify and display what it means to be a Cooper student.

“If you follow those HAWK values and you really live those

values, think about honesty, accountability, work ethic and kindness, it embodies positive characteristics,” Smith said.

The HAWK characteristics can be demonstrated by students through various actions. Honesty, according to Smith, is being honest with your teachers and classmates. It is also being honest about how you are doing in your day-to-day life.

Next is accountability. Smith said this is owning up to your mistakes and learning from those mistakes because “no one is perfect.”

As for work ethic, this trait

means that a person does not give up and they try their best and hardest in class, even when they do not receive the score they want. According to Smith, going to a Hawk Lunch and Learn academic session to get additional support from you teachers and simply going to class and doing the work are examples of hard work.

Finally, there is kindness, which Smith said consists of actions as simple as holding the door open for others or giving compliments to your classmates.

“You can show kindness in every aspect of your life,” Smith

said. “Personally, I try to live by those HAWK values, because we can all be kind and we all can have those characteristics that make us a better person, whether it is academically, at work, at home or at school.”

Furthermore, there are benefits for those students who follow the HAWK expectations. Tangible rewards such as certificates and HAWK Tickets are given to students who meet the HAWK expectations, which can provide students the opportunity to receive prizes and rewards. HAWK Tickets are usually given to students by teachers electronically with the student’s name on them. Every Friday, HAWK Ticket winners are called down to the main office to pick out a prize.

Smith said an additional benefit may be feeling good about how you treat someone else. This is not a tangible benefit, but it makes you feel good as a person.

On the other hand, consequences for those who do not meet the HAWK expectations can range from being in Coaches’ Corner to missing class time to losing the ability to go to school events.

“We understand that accountability is important,” Smith said. “However, we do not expect you to be perfect. No one is perfect and our teenagers are not perfect. As ninth graders, you are not coming in perfect, or what is the point coming here? We are here to help you grow and learn from mistakes and things of that nature. We want to teach you to be productive citizens in society, not just here at Cooper.”

IB program gives students access to rigorous learning

In addition to having the chance to earn college credits, IB courses help prepare students for success after graduating

By TESSA LENOCH
Quill staff writer

Freshmen interested in classes that will challenge them with advanced academics may want to consider the International Baccalaureate (IB) program offered at Cooper, along with its more rigorous path, the IB Diploma Program (DP). IB classes, much like AP classes, offer students an experience closer to college courses, which helps prepare students for the real world and life after high school. Students who choose to take IB classes are also offered the opportunity to earn college credits through the courses they complete.

Ms. Obranovich runs the IB program at Cooper. She is available for all questions regarding the program for any students interested in pursuing the classes.

“The IB program encompasses classes in all grades. There is MYP (Middle-Years Program) in grades 9-10 and IB in 11-12. The program is focused not only on our academics, but also on growing as a person, being involved in the community and having a global perspective. There are courses in all of the major academic areas: math, science, social studies, English, art and science,” she said.

For students interested in the



Photo by ROSE VANG-LOHNES

Students in the full IB diploma program receive extra kudos for their work.

program, two paths are offered. First, students are offered the opportunity to take IB classes to their liking without the commitment of a full diploma schedule. This route still allows students a chance to earn college credit.

“Challenging courses offer students a chance to explore areas of interest at a higher level. The courses are certainly considered college-prep level, which is valuable both to those who are planning to go on to a higher academic institution as well as those who are not. Everyone has a chance to challenge themselves academical-

ly, intellectually and personally, no matter their plans after leaving Cooper,” Obranovich said.

A second option for students looking to go above and beyond in their work at Cooper is the full IB diploma. One person who went this route is 2025 graduate Ellie Van Sistine.

“I chose to do the full IB diploma because I knew I wanted to take the classes anyways, so I decided I might as well try for the diploma,” she said.

The full diploma path includes a full IB schedule, along with required classes exclusive to

diploma candidates. This program allows students to work toward the maximum amount of college credits, along with the ability to earn the distinguished and valued diploma itself.

Oftentimes, students confuse the IB program with other academically challenging courses such as honors or AP classes. IB offers a more holistic view of the world and the topics taught within the courses themselves. In this way, IB may offer students plenty of different perspectives and opportunities to learn.

“In AP, I felt that after the test, I had forgotten all of what I had learned,” Van Sistine said. “IB has definitely helped me in a few ways. I’m able to write timed essays very well. Also, I learned how to study, how to manage my time and, most of all, I found that, through IB learning, I’ve built lasting knowledge of what I’ve learned.”

In addition to the rigor of the classes and their ability to prepare students for college, Obranovich pointed to the IB program’s global perspective as another one of its main assets.

“The program is very focused on a global perspective,”

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Managing stress can make for a smoother freshman year

There are four straightforward ways that incoming Hawks can prevent stress before it even starts during high school

By SAM PETERSON
Quill staff writer

Being in a new environment when starting at a new school can bring the onset of strong anxiety, stress and other negative emotions. All of this can be overwhelming to deal with. These emotions are quite normal for incoming high school students, but there are some ways to help make the days easier.

1. Have a routine

Having an established routine helps reduce the anxiety of unexpected moments. Routines provide structure for the day. There are routines in your classes such as daily plans, but it is also import-

ant to have a routine outside of the classroom, such as saving time for homework after school.

“Routine is important because it made me stay sane,” 2025 graduate Emily Blanchette said.

2. Stay organized

When working on assignments, or anything school related, it may feel like a lot to finish. A good way to help feel less stressed and anxious about due dates is to make a priority list of what needs to be done. Doing this provides a clear map of what should be focused on first. A planner has each day listed, so specifics can be written for each date.

“Listing the things I have to

do helped me to get them done in a quicker amount of time,” 2025 graduate Lynette Jaimes said.

3. Establish some “me” time

Setting aside time for yourself is important. Allowing school work and other stressors to fill up your mind and take up your time makes it difficult to be as productive as you could be. Taking breaks between assignments by doing something else you enjoy for 10 to 15 minutes clears your mind. This coping mechanism works as a sort of “reset” for your thoughts.

“Having time for yourself helps you grow as a human. It also helps with your mental health,”

2025 graduate Lucy Keta said.

4. Ask for help

If stressors become too much, asking for help and guidance can alleviate some of the overwhelming weight. Using resources such as teachers or counselors can help bring you a new perspective. Sometimes, you do not realize what you need and these trusted adults can help guide you. They can help you navigate your work and show you what needs to be done.

“Asking for help not only helps you grow better as a student, it helps you learn what you need to. It makes you understand more about problem solving,” Keta said.

Grade-level counselors support students

From choosing classes to dealing with life's challenges, counselors help students throughout their high school years

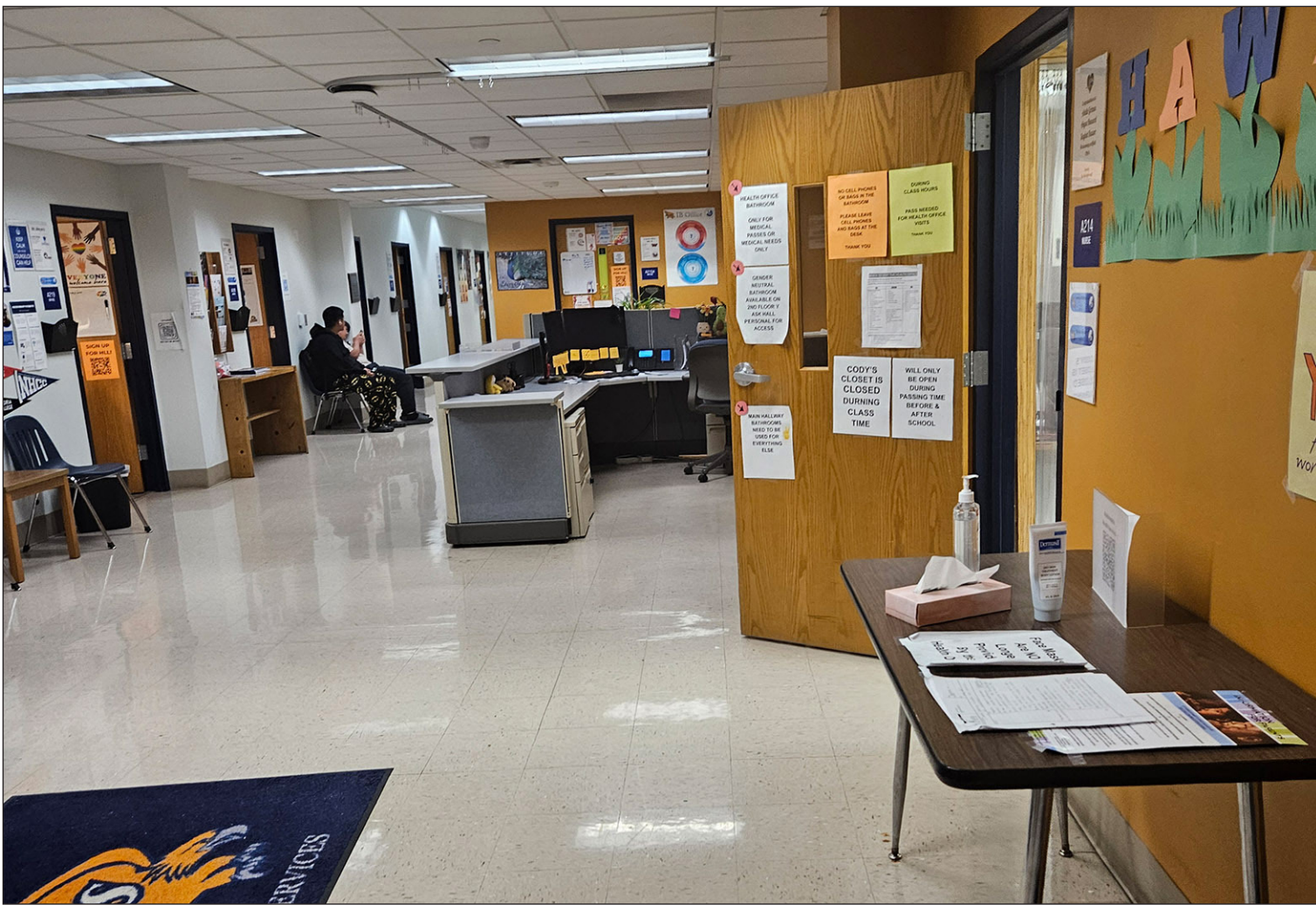


Photo by ROBIN JARMAN

Appointments with the counselors, who are located on the second floor in the Student Services Office, can be made electronically.

By SAM PETERSON
Quill staff writer

Incoming ninth graders will soon meet their designated grade-level counselor. Each designated grade-level counselor's job is to help students to be academically successful throughout their high school journey. Their offices can be found in the Student Services Office.

The counselor a student has as a freshman will follow them every year at Cooper. This is beneficial as it allows for more trust and understanding to be built between the student and counselor.

"I think very strong relationships are built by having the same class each year," Ms. Hough, the counselor for the Class of 2027, said.

School counselors offer all sorts of different forms of sup-

port, such as academic help and advice about registering for classes. However, they can also help with social development and future plans. Social activities they can help with are connecting students with activities such as clubs or sports. Counselors provide this help by finding what students may be interested in.

When it comes to future plans, guidance for that tends to come around the junior year of high school. However, future and career plans can be discussed at any time students wish to in high school.

"School counselors' three main focuses are: academics, social/emotional and career/future planning," Hough said.

Coming to a new school and starting the next chapter in your life can be overwhelming. There are common struggles and chal-

lenges that may accompany this new stress, such as staying on task for class. Additionally, before high school, grades and one's grade point average (GPA) do not seem to be an important factor of attending school for students. In high school, however, each grade you earn at the end of a semester is permanent, so keeping motivated and dedicated to your grades in freshman year is important.

"They don't realize the grades they're earning in ninth grade go on their transcript and are there to stay," Hough said.

To schedule a meeting with your counselor, there are QR codes you can scan with your phone. These QR codes can be found just outside of each counselor's office or posted on the bulletin boards in the hallways. Setting up a meeting is easy because the QR code will pull up

the counselor's calendar and you can select a time that works best for you.

According to Hough, a key piece of advice she often gives to students is to keep trying. When you need help, do not be afraid to ask for it, either by talking to your teacher in class or visiting them during their open period. Being in class also assures that you do not miss any assignments. If you happen to miss a day, discuss with your teacher what work you need to make up. Overall, your counselor is here to help you be as successful as you can possibly be. If you need help asking for assistance, your counselor can be of aid for requesting that support.

"Take advantage of your resources. There are so many opportunities for students to get help in classes. Students should use them," Hough said.

Last year's seniors give their advice to Class of 2029

Their four years of experience gives the Class of 2025 insights into what high school is like

By MARIAH WASHINGTON
Quill staff writer

Cooper's Class of 2025 may be gone, but their advice is here to stay. As they exited high school last spring, many Hawk seniors wanted to welcome the incoming freshmen by giving some words of wisdom about how to do well in high school.

Sofie Swanson: "Don't be afraid to join activities because you don't know anybody. You'll meet new people. Also, don't be lame. Finally, you should participate in school activities."

Emily Blanchette: "Check your email and keep it updated."

Briseida Velazquez-Ramirez: "Do your homework right away. Don't wait to do it."

Lucy Keta: "Do your work in ninth grade and always take it seriously."

Lynette Jaimes: "You should do your homework and have fun. You can do both."

Lizzy Monner: "Stay in class."

Ariana Ramos: "Don't be afraid to do activities. They're fun, I promise."

Alleyn Syverson: "Get involved. It's easier to make friends."

Emma Schneider: "Consider online classes and PSEO."

Emeric Clercq: "Play sports to make friends."

Addison Grimes: "Join activities: you'll make new friends and meet a bunch of people."

Leah Blanchette: "Do your homework."

Ansu Fofana: "Do your AVID notes."

Owen Struve: "Keep your grades up. Don't get behind in class."

Sheldon Obonyo: "Choose your friends wisely."

Sirking Hill: "Try to find something you want to do after high school."

Claire Choukalas: "Don't procrastinate and manage your time."

Hawks are expected to arrive at class on time

Beyond the disciplinary repercussions for being late, tardiness can also have an impact on a student's learning

By MARIAH WASHINGTON
Quill staff writer

The switch from middle school to high school brings with it a changed start time for incoming ninth graders. The importance of being on time to school and to class is a concept many Cooper staff members strongly encourage students to prioritize.

"Arriving on time is important so that you are able to get all of the instructions and directions for the day," Social Studies and AVID teacher Mr. DiSalvi said. "You will avoid feeling lost or behind."

DiSalvi said there are many impacts that being late will have on students academically.

"Being late makes it harder to grasp what is happening in the class and what you should be doing. You don't have to waste time getting caught up or asking questions that have already been covered and will have more time



Photo by ROSE VANG-LOHNES

Students have five minutes of passing time between their classes at Cooper.

to work and progress," DiSalvi said.

DiSalvi recommends that students talk with their friends while walking to class rather than stopping in the halls and for students to be aware of where their classes are in the building

so that they can plan where they are going.

Also emphasizing the importance of being to class on time is Assistant Principal Mr. Nelson.

"Freshman year is a fresh start for students. Ninth graders have the ability to reinvent them-

selves, take on new challenges and start over. This all starts with going to class and getting there on time," he said.

Additionally, Nelson said students who are tardy may "put themselves in line for disciplinary action."

Furthermore, Nelson stated that he and the administrative team at Cooper are focusing on building a disciplinary progression system that will motivate students to arrive to class on time.

As for tips on how freshmen can make sure they get to class on time, Nelson suggested that students "leave their class as soon as possible, but if they need to speak with a previous teacher, they should get a pass to not be marked tardy."

Nelson emphasized that students should always check in with a teacher to receive a pass if they will potentially be out in the halls before or after passing time.

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Obranovich said. "I love that each course has a focus on where we fit into the world around us and what other places, times and cultures have to offer us."

While juniors and seniors often consider the possibility of taking PSEO classes through an area college or university, Obranovich encourages them to consider the IB option thanks to its proximity.

"I really enjoy the challenge the IB offers to students right here in the building," Obranovich said.

The Quill

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Center provides support finding colleges, careers

The College and Career Center is located near the Student Services Office

By ROBIN JARMAN
Quill staff writer

The idea of someday going to college and having a career may feel overwhelming in your first few years of high school. Thinking about where you will go for college or what your future career will be can be stressful. Additionally, students may feel anxious about how they will pay for college and where they will find different scholarships.

One of the biggest resources for students at Cooper to address these many concerns is the College and Career Center, which is located in the main hallway, on the second floor, across from the Student Services Office.

Overseeing the College and Career Center is Mr. Rosenblum.

"The College and Career Center at Cooper is here for a few purposes. Mainly, my job here is to support the grade-level counselors. I do this by helping to coordinate visits from outside entities, mostly colleges and military; helping students figure out how to plan for and navigate post-high school opportunities; helping with standardized test administration; and supporting any other events [and] opportunities that are presented to students who are thinking about what comes next after high school, for example, FAFSA applications, college applications and scholarship administration," he said.

Students who need support in the College and Career Center are invited to do so in person.

"Students can review basic materials about most local colleges and universities. I can assist students with finding contacts for various colleges and trades. I can also find information that students may need help with navigating flight school, internships and connections with the Pathways Program," Rosenblum said.

Rosenblum emphasized that he sets up the College and Career Center space so that students can learn more about college and career options in a supportive environment.

"My office is almost always quiet and available and I'm happy to help students research programs or schools," he said.

According to Rosenblum, there are many options for accessing and working at the College and Career Center.

"Most students stop by and ask if they can come in. I usually try to schedule a visit during HLL or a study hall. I can also meet with students before or after school if needed," he said.

Rosenblum encourages incoming ninth graders to get connected with him and the center because of the benefits it will bring later in high school.

"I wish more students utilized the resources available to them in the College and Career Center," he said. "I'm here to help when they need support or help. I call myself a liaison and that's truly what I am. I connect students with people and organizations they want to connect with."

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ence classrooms and the AVID classroom. This area can be hard to find because the hallway is right next to the main gym and it always looks empty, which makes it easy to pass by.

Another location that people always struggle to find is the community gym. This gym, which is located on the far north side of the building on the first floor, is connected to the main building of Cooper by only one hallway and there are a limited number of signs indicating where the gym actually is.

Improved study habits can aid school success

Being more deliberate about how one approaches classwork will benefit every student entering high school for the first time



Photo by ROSE VANG-LOHNES

There are many ways to structure your studying so that you can retain and process classroom information.

By ROSE VANG-LOHNES
Quill staff writer

There are many ways to succeed in high school when it comes to academics. Tips for success can range from raising your hand in class to getting a proper amount of sleep. Below are some key pieces of advice that will help you succeed in this new school year.

1. Use a planner

The first tip that is commonly overlooked is using a planner. Ms. Lieser, who teaches and coordinates AVID at Cooper, suggests that all students use one.

"It helps them stay organized and helps them build routine into their day or life," Lieser

said.

Many students agree with Lieser's suggestion. Ginna Lee (12), Pha-A-Thit Vongsoury (12) and Mandy Wu (12) all said that their planners help them know what assignments are due and when they have tests.

"That's how I usually maintain my grade," Vongsoury said.

There are many ways to organize your planner so that it is customized to you. For example, Lee "color coordinates" and "highlights" her material so she knows when to study for her tests.

Of course, if you are not much of a fan of physical planners, you can use a digital one. Lieser said she uses a digital planner to stay organized.

"It just helps me stay successful," she said.

2. Develop a study method

The second tip is to find a study method that works for you. There are a ton of methods for studying, but it is important to not complicate it. Wu said she uses flashcards when it comes to memorization, active recall or teaching someone else the topic she is learning. She said this method helps make "sure you're the one understanding it."

Meanwhile, Lee said she looks to see if there was a test review provided. Also, for her IB or AP classes, she goes to YouTube to better grasp the materials.

"If you focus more on the parts you don't really know, and

review a little bit on the parts you know, you'll remember more for the test," Lee said.

Finally, Vongsoury uses a method called Blurting. You first start off by reviewing your notes, after which you get a blank piece of paper. It is on that blank piece of paper that you will write down everything you know or remember from your notes review. If you do not remember something, you leave it blank on the page. After you are done writing, you can go back and review your notes again. When you are done reviewing your notes, you can go back to that piece of paper and fill in the blanks.

"You keep doing that and you'll eventually memorize your information and help you prepare for tests," he said.

Additionally, Lieser recommends studying in "smaller chunks" instead of just cramming the night before.

"It is better to study a little bit every night and not late at night when you're tired," she said.

3. Utilize your HLL time

The third tip is to use HLL as a time to get your work done and ask for help.

"It is a unique opportunity to go and get help during HLL," Lieser said.

According to Lieser, you can go ask some clarifying questions for things you are confused about during HLL. It is also the perfect time to retake a test. In fact, Lieser has been encouraging her ninth grade AVID students to "rotate between the classes that they may be having the most dif-

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Nurse's Office supports student wellness at Cooper

Whether it is diet, exercise or hand washing, there are many ways to avoid illness as the new school year begins

By ROSE VANG-LOHNES
Quill staff writer

All high schoolers know that dreadful feeling when you get sick during school. When you do not feel well, you start worrying about missing a test, not hearing important lectures, falling behind in class or not completing something important in an IB or AP course. It is a terrible feeling. Luckily, the Cooper nurse, Ms. Robens, has some advice on how to stay healthy during school.

According to Robens, some general tips to staying healthy are to eat good food, keep hydrated and wash your hands, especially before eating. However, to prevent yourself from getting sick at school, you should keep your distance from those who are sick. Additionally, Robens said it is important to get your shots.

"A yearly flu shot and COVID booster helps to protect you from getting sick," Robens said.

According to Robens, winter is a time when a lot of students and staff get sick. She suggests eating foods with Vitamin D and Vitamin C during this time of the year.

"These vitamins help to



Photo by ROSE VANG-LOHNES

The Nurse's Office is located to the right as you enter the Student Services Office.

boost your immune system," Robens said.

Some recommended foods that are Vitamin C-rich are oranges, strawberries, kiwi, bell peppers, broccoli, brussel sprouts and cantaloupe. As for foods that are a source of Vitamin D, yogurt, milk, fortified cheese, tuna, eggs, fortified orange juice, fortified cereal, fortified tofu, fortified soy milk, salmon and sardines are some key options. Robens said that vitamins help maintain our overall

health so it is important that you eat them.

When students who feel sick need to go to the nurse's office during the school day, Robens said there is limited treatment that can be provided.

"We can check a student's temperature to see if the student has a fever and contact parents to pick up students if they are too sick to be at school," Robens said. "You will be taken care of as much as possible with rest and hydration."

If a student's illness is too severe, Robens said that a call will be made to a parent or guardian so a student can get home and get more treatment there.

If you know you are sick, Robens said the school policy is that you need to stay home. This is especially the case if you have a fever, are vomiting or have diarrhea. However, even if you are starting to get clear of your sickness, Robens said it is important to follow some guidelines.

"You need to stay home for 24 hours after being free from fevers and vomiting before returning without the use of medications," she said.

Robens added that students who have an infection that requires the use of antibiotics need to stay home for 24 hours after starting the medication.

In order to remain healthy during your school year, Robens encourages you to eat well, keep hydrated, wash your hands and stay away from others who are sick. However, if you are sick, Robens advises you to stay home and rest up so no one either gets sick. If you ever need help with your health, Robens is available in the Student Services Office.

Weekly advisory session is ongoing part of high school

Students will be with the same advisor and advisory classmates throughout all four years at Cooper

By BEN KENYON
Quill staff writer

Going to the same class every day at the same time is what most people think of when it comes to their schedules at school. However, at Cooper, there is one class students attend only one time each week: advisory.

Advisory is a 30-minute class students attend every Wednesday during fifth period.

"The advisory period is a time for students to get more familiar with Cooper," Ms. Hoffman, who oversees advisory pro-

gramming at Cooper, said.

Despite it being the shortest and least frequently held class, advisory is still one of the most informational and important classes students will have during their four years at Cooper.

"In advisory, freshmen plan for college, learn about the IBM-YP program, register for courses and learn how to be a good student," student counselor Ms. Hough said.

Each freshman is assigned to an advisory teacher during orientation on the first day of school. Students will then see

that teacher every Wednesday during fifth period for the next four years. The purpose of the advisory structure is to connect students with an adult and other students with whom they can build relationships.

Over the four years of advisory, students move through different activities, lessons and topics that are connected to their grade level in school. The payoff for this process comes during a student's senior year, when the advisory class plays a central role in preparing for graduation.

"The advisor gets to read the

names of their graduating students during the commencement ceremony," Hoffman said. "This is a great conclusion to the four years we get to spend together in advisory."

Ultimately, a key purpose of advisory is making sure all students understand the Cooper culture.

"Advisors work with the freshmen students in the first days of school, as well as throughout the year, to continue to reinforce school expectations and show them the Cooper way and the HAWK expectations," Hough said.

Music programs seek new ninth graders

Cooper offers band, choir, orchestra classes that freshmen can take and specialty groups that students can join



Photo by ROSE VANG-LOHNES

In addition to the Freshman Choir class, there are multiple singing groups under the guidance of Ms. Rowan for which students can audition.

By TRISTAN JAY TOLENTINO
Quill staff writer

Incoming freshmen interested in joining band, orchestra, choir or a combination of these music programs are encouraged to get involved, regardless of their current skill level. Cooper's music arts programs welcome all students who are eager to grow musically and be part of a supportive community. Whether students choose one or more ensembles, they will join a group of dedicated musicians who learn and improve together, forming strong bonds with their peers and directors along the way.

Choir

Freshmen begin their vocal journey in the Freshman Choir, the starting point for all ninth-grade singers. Choir director Ms. Rowan leads the program, which includes ensembles such as Chamber Singers, Concert Choir and Bella Voce.

Freshmen may audition for these advanced choirs if they are interested in pursuing more rigorous vocal opportunities. Upon joining, students will experience a welcoming environment where vocal warm-ups are an essential part of building confidence and vocal strength. These exercises help students grow musically while creating a tight-knit, communicative community of singers.

"When coming into choir, just have fun, create friendships, but also

challenge yourself," Rowan said.

Events and performances are an integral part of the choir experience. Highlights include the Fall Festival at Orchestra Hall in Minneapolis, the Landmark Center performance by the Chamber Singers group and the Spring Choral Concert. These events showcase the dedication and hard work of every choir member.

"Being in choir is like joining a family. You make so much music together, it's like hanging out with your family," 2025 graduate Isabelle Ross said.

Overall, Ross said that choir at Cooper offers more than music: it provides lasting connections and a sense of belonging that can stay with students for years.

Orchestra

Freshmen interested in joining orchestra, or those who participated in middle school orchestra, are encouraged to connect with Ms. Verdoljak, who directs the Freshman Orchestra as well as upper-level orchestra ensembles at Cooper. The program is designed to support orchestra musicians at all experience levels.

"If they're beginners, they can join in, and by the end of the year, they'll be participating fully in the orchestra," Verdoljak said.

Freshmen have the opportunity to perform in many concerts, including the annual Halloween Concert, where they will collaborate with upperclassmen. Additional perfor-

mance opportunities include going on tour to places like Chicago or Valleyfair.

Students can also audition for Chamber Strings, which consists of students in grades 9–12, or join Philharmonic Orchestra or Symphony Orchestra in grades 10–12.

"For students looking for something extra, they can participate in tours and the regional Solo and Ensemble Contests as a way to get more involved," Verdoljak said.

A typical orchestra class begins with tuning. For example, Philharmonic Orchestra uses tuners while Symphony Orchestra tunes with the concertmaster. Students then warm up with finger exercises and move on to practicing concert repertoire.

"A positive outlook is important, especially for freshmen. Having friends, new and old, grouped by instruments helps build community," Verdoljak said.

Ultimately, Verdoljak said the orchestra experience is not just about music, it is about the connection between the players and with the audience.

Band

Freshmen interested in joining or continuing in band should speak with Mr. Hahn, Cooper's band director, who is eager to help new students find their place in the program.

"In Freshman Band, we work hard to build up all students while teaching them the fundamentals of

playing in an ensemble. We have three concerts during the year: December, March and May. March is our Pops Concert, with music chosen by the students," Hahn said.

Commitment is key in band, especially for those interested in Marching Band, Jazz Band or Wind Ensemble, which is Cooper's top band. Students of all skill levels are welcome and Hahn added that he values effort above all.

"The main quality I look for is that they are willing to try. Ability isn't something I'm concerned about. Effort is," he said.

Students continuing in the band program may also have the opportunity to travel. The band travels every two years. In summer of 2025, the group went to Washington, D.C. The next scheduled trip will be in the 2026–2027 school year.

Another highlight for advanced band students is the Fall Music Festival at Orchestra Hall, which provides a specific performance opportunity for the Wind Ensemble.

"Practice and do well on your audition, and you may get into Wind Ensemble," Hahn said.

Band classes begin with warm-ups, including lip slurs and long tones, while percussionists focus on sticking exercises. Students then move on to scale practice and spend the remainder of the period working on concert music.

"I have one expectation of all students, and that is that they try," Hahn said.

All writers, artists can contribute to annual magazine

Roundelay, which comes out in May, showcases the creativity of Cooper students

By SAM PETERSON
Quill staff writer

Cooper's literary arts publication, *Roundelay*, is an annual journal that is released at the end of the school year that is seeking contributions from students in all grades, including incoming ninth graders.

Overseeing the magazine is English teacher Ms. Major, who also teaches Cooper's creative writing course.

"I have always loved both reading and writing, so it was a perfect fit for me," she said. "I'm so excited that I get to work with such creative students."

While a school publication like *The Quill* focuses on covering news content, *Roundelay* is focused on student-produced poetry, songs, short essays, short stories and art work.

"The magazine celebrates the creative voices and talent we have here at Cooper," Major said.

The process of getting pieces for *Roundelay* starts during first semester in Major's creative writing class, although participation in that class is not required to be involved in *Roundelay*.

"There are quite a few students who aren't in that course who have contributed their art and writing," Major said.

During second semester, Major said she continues to get submissions for the publication and begins the process of assembling it through a Hawks Lunch and Learn session that any interested student has the ability to sign up for.

"[In May,] we'll work on compiling the art and writing pieces into magazine format," she said. "My creative writing class will assist with this, as well as students who choose to come during HLL."

While details for an exact release date are slightly different from year to year, Major said she expects *Roundelay* to be released in early-to-mid May. She said the magazine will be published in both print and digital formats.

"There is something special about reading and seeing art work from a physical copy of a text," she said.

Students who are interested in submitting work to *Roundelay* can email their writing, photography and art to olivia_major@rdale.org or they can hand in a copy of their work to Major in room 244. Meanwhile, students who are interested in designing the magazine can contact Major or sign up for her HLL session during April and May to get involved.

"I know that we have very talented people here at Cooper," she said. "The magazine is another way to show off your talent and express yourself. And, of course, being published in the school's literary magazine might look good on a resume."

SMITH

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to welcome the Class of 2029 into the building and the community. There are many ways for freshmen to get involved, make friends and find support. Smith encourages new students to embrace opportunities, stay focused on their academics and build strong relationships with teachers and counselors.

"Find your niche. There's something for everyone, whether it's speech, debate, the boys volleyball team we have now, a sport or an academic group," Smith said. "There are so many opportunities, so I would advise ninth graders to find something you can attach yourself to that's positive. I think it would be beneficial."

Art classes help develop student creativity

Cooper offers elective courses in various disciplines, including photography, drawing, painting and clay

By TESSA LENOCH
Quill staff writer

Incoming freshmen have the opportunity to join four different art classes at Cooper: Photography I, Drawing I, Painting I and Clay I. All these classes have guidelines for both beginners and experienced artists looking for an outlet for their creativity in school.

"I love getting artists during ninth grade. This means I can have them until they graduate and see their amazing growth over four years," Ms. Mielke, who teaches various painting classes and IB art courses, said.

In Photography I, students learn the basic fundamentals behind their camera. Outside of class, time is spent taking the actual photographs. In class, said photographs are edited and critiqued by fellow classmates in order to create the best final product possible. On top of all the student-focused activities, the work of different professional photographers is displayed and taught in order to give each student a broader understanding of the art.

In Drawing I, the focus is on the fundamentals of art from observation. Different projects are assigned



Photo by ROBIN JARMAN

Students with room in their schedules are encouraged to take art classes.

and students are required to keep a personal journal for art studies and doodles alike. Students develop resilience and a sense of determination as they improve their skills and mindset around art.

Next up is Painting I, in which students focus on the beginning steps of learning how to paint. Specific brush strokes, techniques and forms of color theory are just a few of the skills taught in this course. Painting concepts and ideas are developed

through the exploration of the world through the lens of a student's personal experiences and the different stories they are exposed to through class.

Finally, Clay I allows students to attempt hands-on learning and sculpting their creative ideas. Students learn about the artifacts of the past and how clay can tell a story. They also learn about health and safety surrounding the art of working with clay. Students create functional works that are both useful and aesthetically pleasing.

"Visual art classes teach you so much about your own learning styles, thinking creatively, problem solving and so much more," Mielke said.

For students who want to pursue art at Cooper beyond just an introductory class, different levels of each course are offered.

"You learn the basics of the materials and advance through to the second level. IB Art is a college-level course for 11th and 12th graders where you choose your own concentration for your body of artwork and then create whatever you want for each unit. You also have the option to test for college credit," Mielke said.

In a typical art class, freedom and expression are the priority. While some days might be allocated for a demonstration or a lecture, Mielke said most days involve "a small demonstration or instruction for the day" before students are allowed to work independently on projects up until the last five minutes before the bell rings.

No matter the medium one is interested in, Cooper offers an outlet for that to be expressed and enjoyed.

"Just do it," Mielke said. "The art department is very welcoming. No prior experience needed."

STUDY HABITS

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faculties in.”

Similarly, Lee believes that HLL is the time to catch up if you are behind in any of your classes. Wu added that you can get “more one on one with the teacher” during HLL.

Meanwhile, Vongsoury said that he uses HLL as the time to prepare for tests, organize himself and benefit from the extra time that he does not have in class.

4. Learn to avoid burnout

Another important tip is to prevent academic burnout.

“Burnout can be tricky because it can happen at any time during the school year,” Wu said.

Wu recommends taking a quick break from homework or having a mental health day to possibly prevent burnout.

For her part, Lee encourages students to let their brain rest and take a nap when necessary.

“If you know that you’re tired and can’t even think, don’t even try to push through,” she said.

Lee also reminds students that you can always use the next day as a time to get work done because you will be more rested.

When it comes to Vongsoury, he suggests emailing your teachers to see if you can get an extension on any of your work that has a flexible deadline. In contrast, if it is an assignment with a hard deadline, he said you should try your best to “do that first.”

According to Lieser, students should “pick one of the weekend days to do your school work” so you will have a dedicated time to get work done. At the same time, Lieser reminds students that there are adults at school who care about them, so if you are feeling burned out, you should try talking to your teacher and they can get a better understanding of how to help you.

“We’re human too. We understand when there is a lot of stuff going on,” she said.

5. Consider joining AVID

AVID is a college-readiness program that tries to set students up for success.

“We’re setting up these high school students to be the best possible high school students they can be so that, when they go to college, they’re the best possible collage student they can be,” Lieser said.

In AVID, they teach their students how to take good notes, how to advocate for themselves and how to speak up in class discussions. Additionally, on Tutorial Request Form days, students have an opportunity to present and ask for help on a question that they have in a class. According to Lieser, these resources provide a huge advantage for students taking IB or AP classes.

Lieser said her goal in AVID is to “expose AVID students to a lot of opportunities.” In light of this, Lieser tries to bring the AVID students to a lot of different colleges and bring in a variety of tutors and guest speakers.

Final thoughts

Overall, there are many ways to succeed in school, from filling out a planner to joining classes or programs that will help you in the long run. Remember to ask for help when you need it and take breaks when it is necessary. These are two ways to start off this new school year strong.

CREDITS

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to get help,” Prillwitz said.

If you do miss credits in your earlier years, Hough said it is important not to get discouraged, and to work in the following years to make sure you improve your credit GPA.

However, Prillwitz added that a simple strategy to maintain your credits from the outset is to keep focused.

“Start off strong and don’t procrastinate,” Prillwitz said.

Freshman athletes can compete in sports

The exit of last year's seniors means that all sports have open spots on their rosters for incoming ninth graders



Photo by MALIK WILLIAMS

The boys and girls cross country teams compete at various parks and trails throughout the area.

By TRISTAN JAY TOLENTINO
Quill staff writer

Participating in sports is a fantastic way to learn life skills and build meaningful relationships that can sustain you through high school. Luckily for incoming Cooper freshmen, there is a wide variety of sports to choose from.

Fall

The fall sports offered at Cooper include: adapted soccer, girls cross country, boys cross country, dance, football, boys soccer, girls soccer, girls swimming, girls tennis, girls volleyball and cheerleading.

The head coach of the girls cross country team, Mr. DiSalvi, said ninth graders can contribute to the success of all fall sports programs.

“Ninth graders help our program a lot. The future of our programs depends on freshmen. During freshman year, students learn the fundamentals that make them successful student athletes. Ideally, they would come back their following years to apply that knowledge so they can make a more immediate impact on the team’s performance and they could share that knowledge with future freshmen,” DiSalvi said.

According to DiSalvi, ninth graders will experience many benefits from partaking in fall sports.

“Ninth graders can develop friendships with their teammates that can last a lifetime. Developing relationships with peers frequently helps students feel more welcome at a school, which in turn, makes students academically perform better,” DiSalvi said.

Agreeing with DiSalvi is Mr. Connors, who is an assistant coach with the football team. He said it is important for freshmen to participate in sports at the beginning of their high school experience.

“Freshmen are our future. Without freshman, our program doesn’t grow. It is important that freshmen are involved so when they become juniors and seniors, they know how events are run. They know the accountability and work ethic that needs to be given, and they have the ability to lead by example. They’re basically the keys to our program,” Connors said.

Connors cited the health improvements, both physical and mental, that freshmen will experience while participating in a fall sport as a key reason to join a team.

“They’ll become stronger and healthier and their level of accountability will go up as well. Sports develop them mentally, emotionally and physically, so sports can make them more well rounded overall,” Connors said.

One student who got involved with fall sports early is Zane Halstead (11), a member of the boys cross country program. He said he received many benefits from participating in sports as a ninth grader.

“I think it’s important that freshmen get involved in activities because doing stuff as a freshman can help you find out what activities you like and what you are good at. It also helps in the fact that the sooner you start, the stronger and more skilled you will be in that activity. On top of all that, doing things as a freshman helps you find people that have a similar interest over activities,” Halstead said.

Winter

As the weather gets colder, the collection of sports options for ninth graders heats up. The winter season features an assortment of teams looking for freshmen, including adapted floor hockey, boys and girls alpine skiing, boys basketball, girls basketball, cheerleading, dance team, boys hockey, girls hockey, boys and girls Nordic skiing, boys swimming and boys and girls wrestling.

Mr. Allen, a head coach for the wrestling team, emphasized the importance of freshmen to his and other winter teams, especially as it pertains to the long-term success of the pro-

gram and it helps build life lessons that will help you overcome challenges in life,” Allen said.

Also witnessing the impact ninth graders can have on a winter team is Ms. Rich, the head coach of the girls basketball squad. She said that capable underclassmen are a critical part of winter programs.

“Ninth graders can contribute in many ways to the success of a sports program. Oftentimes, there are programs that have ninth graders that play a huge role in their sport. Those athletes become household names and are often the face of the program. A more common factor for ninth graders are the athletes that help complete the program. These athletes might not always get the recognition they deserve publicly, but they are the underlying reason for a program’s success. As a ninth grader, especially when you are fresh into high school sports, it can be challenging to figure out your role in a sports program. But every role plays an important piece to the success of a program. You just have to find it and embrace it,” Rich said.



Photo by ANDREW BROOKS

Cooper’s swimmers compete on a team that also includes Armstrong athletes.

grams. “Freshmen are an important part of every team’s make up and success. However, for many, the adjustment to high school sports can be challenging. In my time at Cooper, I’ve seen a handful of freshmen come in and make contributions at the varsity level. As the head coach for the wrestling team this year, I was able to see freshmen like Xander Ponce-Castro (10) and Julie Perez Alarcon (10) earn varsity spots. They both were able to earn All-Conference awards for their contributions and wins on the mat,” Allen said.

Allen said the new ninth graders add to the familial aspect of the wrestling team.

“One of the biggest benefits that freshmen receive from sports is definitely a sense of community. No matter what goes on in your household, when you’re at practice, for those two-to-three hours, you can really let go. When you’re with your brothers and sisters fighting for a common goal, it helps build accountability, it helps build work eth-

ics. Much like Allen, Rich said new players help form a family with the older veterans.

“I always believed that being involved with sports helps you navigate high school a little bit easier. Coming into high school has a tendency to be overwhelming for some students. Being involved in sports tends to help students navigate some of those overwhelming areas. Also, for a student who is very passionate about sports and potentially wants to continue their sports after high school, it’s very beneficial to get involved in the sport as early as possible,” Rich said.

The same collection of benefits cited by Allen and Rich were also noticed by Ms. Meredith, who coaches Cooper’s Nordic skiing team.

“Ninth graders contribute to the sports programs simply with their presence. Numbers encourage other athletes to do better. Typically, older athletes mentor younger athletes. This helps the older ones get even stronger, become more confident and push them to be even more competitive. The freshmen, in turn, benefit as

they learn from seasoned athletes. As high school years pass, the freshmen become more confident and more competitive as they grow and mentor the new, younger ones,” Meredith said.

While the bonds between the younger and older athletes are an important component of why ninth graders should get involved in sports, Meredith pointed to some additional benefits as well.

“Ninth graders who are involved in sports benefit from the discipline of the sports,” she said. “Solid, life-long character is being built into their personality. Qualities like punctuality, collaboration, self-discipline, self-denial and endurance help ninth graders become more confident and well-rounded individuals.”

Spring

The final sports season for the year falls in spring. The sports Cooper features during this last phase of school are adapted softball, baseball, boys golf, girls golf, boys lacrosse, girls lacrosse, softball, boys tennis, boys and girls track, boys volleyball, trap and skeet and girls flag football.

DiSalvi, an assistant track coach, highlighted the benefits freshmen can experience through participation in a competitive spring sport.

“You need to have freshmen come in and be able to teach them for many years. Ideally, they’d be in our program for four years, so freshmen definitely play a big part. Obviously, from a competitive standpoint, it’s useful for them to be able to mold their skills. We hope to keep them around because it’s a sign of a strong relationship. We want students to feel comfortable enough to come up to us as coaches and teachers so we can be an ally when they face their challenges,” DiSalvi said.

DiSalvi said that taking part in spring sports can help one develop a variety of life skills.

“I think ninth graders really benefit from time management, in and outside of the classroom. Setting goals is certainly a big part of it too. It is helpful to have someone else inspire you to achieve your goals. Sports play a big piece in the ability to depend on others. It also builds a connection to the school,” DiSalvi said.

Another spring coach who works with ninth graders is Mr. Eberle of the boys baseball team. He encouraged freshmen who are passionate about sports to get involved, regardless of their talent or experience at the time they join.

“While ability is great, the interest and desire to play is number one. If we can get that and start to build the culture we know we can establish, it will create a family environment. Ultimately, that’s what we’re working towards with those young players,” Eberle said.

Another benefit of spring sports is the friendships it helps young players create.

“As a freshman, finding your niche, your group, is pretty important. There’s a chance you’ll be friends with those people for the rest of your life. You just have to get out there and be part of the anthill so to speak,” Eberle said.

One member of the baseball team who enjoyed his four years in spring sports is 2025 graduate Simon Gullickson. He said there are many physical benefits that come from sports, as well as the chance to meet a diverse group of people.

“If you get involved during your freshman year with sports, it will help you out in many ways. For me, during my freshman year, I played football, which really helped me by making friends and already knowing about Cooper before I even started school. Now that I’ve played baseball all four years, I’ve made lots of great friendships that I wouldn’t have made without baseball. Also, playing your freshman year will give you a major advantage against your competition later in high school because you will be around the sport for longer and likely find your way into the weight room, which is important for all sports and will give you a major advantage when you’re playing,” Gullickson said.