

# Cougar News

August 22, 2018

## **Middle School Fall Sports:**

For all those interested in participating in volleyball, cross country or football, **practices will begin tomorrow, Thursday, August 23<sup>rd</sup> immediately following dismissal at 3:30 PM.** The coaches are eager to start working with their student-athletes!

The practice times are the following:

- 5<sup>th</sup>/6<sup>th</sup> grade volleyball from 3:30pm-5:00pm
- 7<sup>th</sup>/8<sup>th</sup> grade volleyball from 3:30pm-5:30pm
- 6<sup>th</sup>-8<sup>th</sup> grades cross country from 3:30pm-5:00pm
- 6<sup>th</sup>-8<sup>th</sup> grades football at NAJ from 4:00pm-6:00pm (**Practices will begin on Wednesday, August 22<sup>nd</sup>.**)

Student-athletes need the following for the first day of practice;

- ***An updated physical health form.***
- All 7<sup>th</sup> and 8<sup>th</sup> graders are to practice in their PE uniform.
- 5<sup>th</sup> and 6<sup>th</sup> graders are to wear athletic clothes that DO NOT include short shorts, spandex or tank tops.
- Proper shoes that are to only be worn for their specific sport.
- Knee pads for volleyball.
- Water bottle with name on it.

## **Physical Health Forms:**

All student-athletes are required by MHSAA and WCA to have an updated physical health form on file *before* the start of their first practice. If he/she does not have an updated form on file he/she *will not* be permitted to participate in practices until the physician signed physical health form is turned into the coach or office. Blank health forms can be found in the main office or printed off at MHSAA at <https://www.mhsaa.com/Schools/Health-Safety-Resources> Scroll down to the middle of the page and click on "Physical Exam/Medical History Form (4 pages)".

## **On the Cougar calendar:**

Wednesday, August 22<sup>nd</sup>:

- Varsity cross country at Pittsford competing in the Early Bird Invitational at 4:30 PM

Friday, August 24<sup>th</sup>:

- Varsity football at Burr Oak Schools at 7:00 PM

Saturday, August 25<sup>th</sup>:

- Varsity volleyball competing in the Jonesville Tournament at 8:00 AM

## **The week of August 20<sup>th</sup> in review:**

On Saturday, August 18<sup>th</sup> the varsity volleyball team competed in the Tekonsha High School Volleyball Tournament. The Lady Cougars finished 1 point away from 2<sup>nd</sup> place in pool play. Bracket play was then canceled due to an accumulation of condensation on the gym floor resulting in hazardous playing conditions. Mary Harman was awarded All Tournament (1 of 6 chosen) and a 100% hitting accuracy with 12 out of 12 of her hitting opportunities as successful. Hailey Sands was the highest scorer. She served 19 total points, including 5 aces with 93% serve accuracy. Maci Svacha was the most accurate server of the day and the 2nd highest scorer with a 95% serve accuracy contributing 16 points including 5 aces.

On Tuesday, August 21<sup>st</sup> the varsity volleyball team took on Litchfield in the home opener. The final scores: 21-25, 21-25, 25-23, 16-25. It was a tough loss! Macie Svacha served up 16 game points including one ace. Hailey Sands served 11 points including 3 aces and was the most accurate server with 94% of her serves successful. Mary Harman dominated the net by successfully attacking the ball 26 times which included 5 kills. Carli Randall took her place at the net and snuck in 3 game points by using her fierce push down the net technique. Coach Dryer stated after the game, "This was a really tough loss for the team because they had just been victorious over Litchfield last weekend. As a team they were easily able to identify their pitfalls, communication and proper movement on the court. They are a talented group of athletes and I know they'll overcome this hurdle."

Sincerely,  
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