

# Announcements—Wednesday, May 22, 2019

**Today is a TIGER day:**

## **TIGER DAY (Friday)**

Admit Bell	7:50
Block P1:	8:00-8:40
Block G1:	8:45-9:25
Block P2:	9:30-10:10
Block G2:	10:15-10:55
Block P3:	11:00-12:35
Lunch A	11:00-11:30
Lunch B	11:30-12:00
Lunch C	12:00-12:30
Block G3:	12:40-1:20
Block P4:	1:25-2:05
Block G4:	2:10-3:00

## **Tiger Library Hours Today:**

**Blocks P1-G2:** Limited Access (students may work in the library with a pass)

**Blocks P3-G4:** Reserved - Mrs. Masters

## **Today at a glance:**

**3-4 pm:** Study Tables - Room 102

**5 pm:** Varsity Softball - Sectional - Hagerstown

**5 pm:** Varsity Baseball - Sectional - Centerville

# **Tiger News**

## **END OF YEAR SCHEDULE:**

**Wednesday, May 22:** Tiger Day

**Thursday, May 23:** FINALS P1 & P3

8:00-8:25: Tiger Time

8:30-11:25: P1 Study Session & Testing

11:30-3:00: P3 Study Session & Testing/Lunch

A Lunch: 11:30-12:00

B Lunch: 12:00-12:30

C Lunch: 12:30-1:00

**Friday, May 24:** FINALS P2 & P4

8:00-8:25: Tiger Time

8:30-11:25: P2 Study Session & Testing

11:30-3:00: P4 Study Session & Testing/Lunch

A Lunch: 11:30-12:00

B Lunch: 12:00-12:30

C Lunch: 12:30-1:00

**Monday, May 27:** No school - Memorial Day

**Tuesday, May 28:** Tiger Day

**Wednesday, May 29:** FINALS G1 & G3

8:00-10:55: G1 Study Session & Testing

11:00-2:35: G3 Study Session & Testing/Lunch

A Lunch: 11:00-11:30

B Lunch: 11:30-12:00

C Lunch: 12:00-12:30

2:35-3:00 Tiger Time

(Collect SENIOR Chromebooks and chargers)

**Thursday, May 30:** FINALS G2 & G4

8:00-10:55: G2 Study Session & Testing

11:00-2:35: G4 Study Session & Testing/Lunch

A Lunch: 11:00-11:30

B Lunch: 11:30-12:00

C Lunch: 12:00-12:30

2:35-3:00 Tiger Time

(Collect UNDERCLASSMEN Chromebooks and chargers)

## **FCA**

Thank you to all the FCA members that helped with the Senior Salute. No meetings the rest of the year. See you next school year. Congratulations class of 2019!

## **TRACK UNIFORMS**

Those who have completed obligations to the track team need to get uniforms to Coach Gray. Please get this done this week.

## **SUMMER RUNNING**

Those who need information on summer running need to see Coach Gray for an informational sheet this week. Sheet is also posted at the end of the announcements.

## **LIFEGUARD OPPORTUNITY**

Golay Community Center is looking for Lifeguards! Please contact Vicki 765-478-5565 or stop by the Golay Center to pick up an application!

## **2019-20 SENIOR PARKING**

Contracts and payments for parking spaces are due Thursday, May 23, to Mrs. Isaacs. Get yours turned in if you want to be part of the space selection during Tiger Time on Friday.

All Juniors who purchase a space will meet Friday during Tiger Time to choose their spaces (students will get to pick their spaces based on a random lottery). Students who have morning vocational should see Mrs. Isaacs on Tuesday or Wednesday to determine how to select their space.

## **STUDY TABLES**

ATTENTION ALL STUDENTS - Need Extra Help?

When: Tuesdays and Wednesdays 3-4 pm

Where: Room 102 (Van Meter's Room)

Questions? Contact Ms. Williamson -CIS

# PHYSICALS

**Walk-in  
\$15 Athletic Physicals**

**Thurs., June 20  
5:30 p.m.**

**at Reid Orthopedics  
1400 Highland Rd.**



**100% of the proceeds  
benefit area high schools**

 **Reid Health**  
Sports Medicine

# Tiger Results

## **VARSITY SOFTBALL**

Monday, May 20 - The Lady Tigers lost in the first game of the Sectional 41 tournament to Northeastern. The game was tied at 0-0 in the bottom of the fourth when Marissa Slagle singled on a line drive to right field. Mackenzie Slagle followed that with a hard ground ball off the first baseman's foot, allowing Marissa to advance to third. After Mackenzie stole second, Heather Eales flew out to right field, but the Slagle sisters weren't able to advance. Meghan Dale then grounded out to second base, allowing Marissa to score the first run of the game.

Northeastern countered in the top of the fifth with three hits and runs - all coming after two outs. Northeastern added to their lead in the top of the sixth with a homerun, making the score 4-1.

The Lady Tigers were able to push another run across the plate after three consecutive hits: Marissa Slagle singled down the right field line, Mackenzie Slagle doubled on a line drive to centerfield, and Heather Eales singled to

centerfield. The score stood at 4-2 heading into the last inning.

Northeastern scored 4 runs in the top of the seventh to put the lead out of reach and move on to play Winchester on Wednesday night.

Tori Kelley took the loss for the Lady Tigers. She surrendered 8 runs on 15 hits and struck out 6.

The Lady Tigers racked up seven hits. Slagle, Slagle, and Eales each had two hits to lead the team. Meghan Dale had the team's other hit.

The Lady Tigers will return all of their players for the 2020 season and look to accomplish some big goals.



# Today's Lunch

## WEDNESDAY

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**22**

### American Classics

- Chicken Casserole
- Seasoned Broccoli Florets
- Mashed Potatoes
- Whole Grain Dinner Roll

### 2Mato

- Classic Cheese Pizza
- Classic Pepperoni Pizza
- Meat Lover's Pizza

### Grill

- Classic American Cheeseburger
- Oven Baked Potato Wedges

### On the Go

- Strawberry Parfait with Granola
- Chicken Ranch Wrap
- Popcorn Chicken Salad
- Whole Grain Dinner Roll
- Saltine Crackers

### Extra Extra

- Fresh Carrots
- Confetti Coleslaw
- Cinnamon Applesauce
- Blue Raspberry Lemon Frozen SideKicks
- Fresh Whole Fruit

### Milk & Condiments

Follow this link for this week's menu:

[Hagerstown Jr./Sr. High School Lunch Menus](#)

**Remember, it's up to YOU to make it a  
SUPER day!**

## Cross Country “Runners’ Club” Summer 2019

1. Runners should attend as many summer workouts as possible. “Runners’ Club” workouts will be conducted four days a week for most of June (M, W, TH, F) and five days a week in July. Schedule on back. **YOU NEED A PHYSICAL ON FILE TO PARTICIPATE IN SUMMER WORKOUTS. YOU MUST HAVE A NEW PHYSICAL BEFORE OFFICIAL PRACTICES BEGIN FOR FALL SPORTS ON AUGUST 5.**
2. The amount of work you do over the summer will have a direct correlation to your success this fall, injury prevention, and your chance of earning a letter.
3. Accommodations will be made for team sports, family vacations, and summer band as necessary.

### **Basketball Players:**

In June, if you are attending Fitness Lab and playing in shootouts or a league, Runners’ Club workouts are optional. If you do wish to run, adjustments will be made in mileage. Begin running on your own by Moratorium Week and begin Runners’ Club workouts immediately after Moratorium week, July 8. If you are not doing Fitness Lab, please attend running workouts regularly.

4. Runners are **STRONGLY ENCOURAGED** to attend **Fitness Lab** workouts M, W, F.
5. Runners will be placed in conditioning groups based on level of skill and experience.
6. All CC runners will be expected to begin *official* and *required* CC practice on Monday August 5.

**7. All running workouts begin at 9:00 AM (rain or shine) at the High School. Do base mile runs on your own until workouts begin and on days off as necessary.**

**Week One: June 10, 11, 13, 14-- Run on own T/S. or Sun.**

**Week Two: June 17, 18, 20, 21 --Run on own T/S or Sun.**

**Week Three: June 24, 25, 27, 28--Run on own T/S or Sun.**

**Week Four: Moratorium Week—Run on your own, 5-6 times.**

**Week Five: July 8, 9, 10, 11, 12**

**Week Six: July 15, 16, 17, 18, 19**

**Week Seven: July 22, 23, 24, 25, 26**

**Week Eight: July 29, 30, 31, Aug. 1, 2**

**Week Nine: August 5--Required practices M through F.**

- **Daily workouts move to 3:00 PM on August 6.**

**Note to athletes and parents:**

**Our training program is based on the research and success of one of the world's best distance coaches, Jack Daniels. This four-phase program spans as much as 24 weeks of training. Runner success depends on completing as many weeks of this training program as possible. Distance runners cannot reach their full potential if they start training only two weeks before the first meet: summer conditioning to build a base, to prevent injury, and to allow for late-season success is essential. Runners' Club workouts are not required, but each athlete should give his or her best effort to attend as many summer workouts as possible.**