

Announcements—Friday, May 24, 2019

Today is a FINALS P2 & P4:

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

| <u>P4 Lunch Friday, May 24th</u> |
|---|
| <u>A Lunch</u> Hobson Stracener Smith Schmittler Lester Isaacs Kindt Masters Marshall |
| <u>B Lunch</u> Spear Pangborn Brubaker Sturgeon/Herr Bullock Van Meter Overfield Craig |
| <u>C Lunch</u> Swimm Romack Andis Sloniker Slagle Gray |

Tiger Library Hours Today:

The library is **RESTRICTED ACCESS** for the remainder of the year. Students may turn in books. Teachers may send students to the library, but should call to make sure Mrs. Isaacs is available to supervise if needed.

Today at a glance:

TIGER TIME: Juniors - Parking Lottery - Library

Tiger News

END OF YEAR SCHEDULE:

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)

2019-20 SENIOR PARKING

The lottery is **TODAY** during Tiger Time for students to select their senior parking spaces. All juniors who purchased a space should report to the library during Tiger Time to participate.

If you missed the deadline, you may still purchase a space and choose from those remaining after today's lottery.

SPRING SPORTS BANQUET

The spring sports banquet is Wednesday, May 29, at 7 p.m.

STUDY TABLES

Study tables have finished for this school year. Have a great summer and see you next year!

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

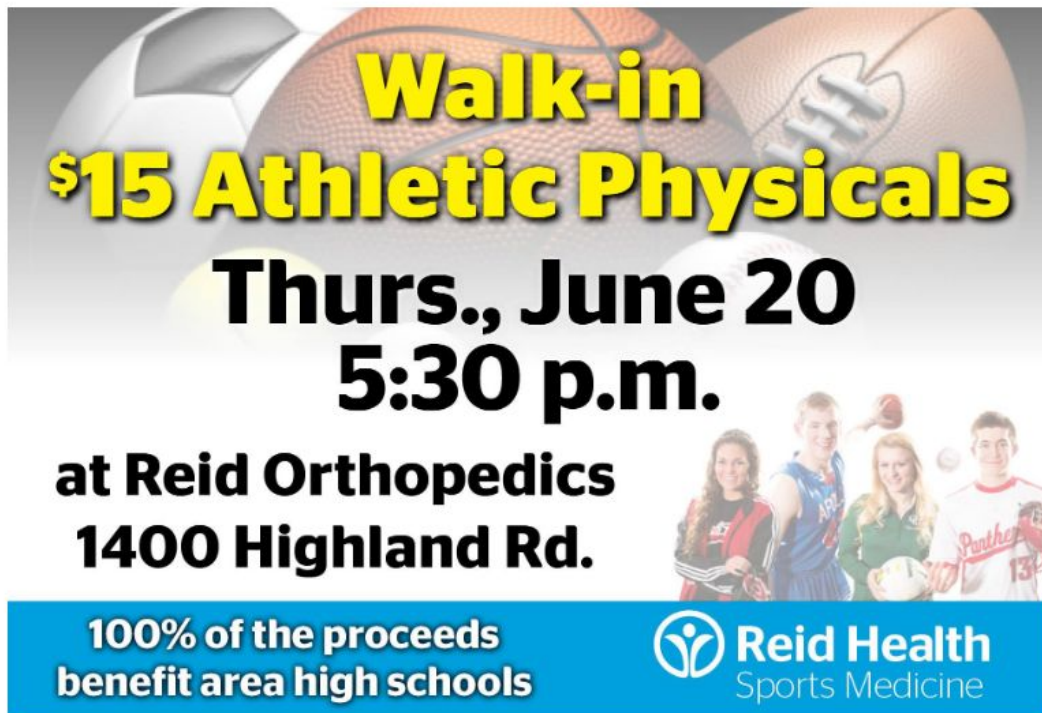
Those who need information on summer running need to see Coach Gray for an informational sheet

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!

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

The graphic features a background of various sports equipment including a soccer ball, a basketball, and a football. Below the equipment, there is a group of four young athletes: a female basketball player, a male basketball player, a female volleyball player, and a male baseball player. The text is overlaid on this background in bold, yellow, and black fonts.

Tiger Results

BOYS TRACK REGIONAL

Robinson and Tuttle Advance to State Meet for Hagerstown

Holden Robinson finished second in the 300 hurdles and Logan Tuttle third in the 800 at the Warren Central Regional to advance to the state track and field meet next week at IU Bloomington. Robinson was close on the heels of the state's top-ranked 300 hurdler, Malachi Quarles of Franklin Central, and lowered his own school record with a time of 39.02. Tuttle clocked 1:59.4 to punch his ticket to state, running an exceptionally smart race, conserving energy early while staying with the top group until he made his final push over the last 150 meters.

The 4 x 400 squad of Jaylon Favorite, Zack Sherrow, Dylan Napier, and Robinson placed a respectable sixth and set a new school record at 3:29.72. The feat was especially noteworthy as Jaylon Favorite had recently taken over the leadoff spot after an injury sidelined Alexander McKee and Sherrow was subbing for an exhausted Tuttle

who was unable to recover from his 800 race in time for the relay.

Hagerstown's other hopeful for advancement to state, Ryan Gollither, had difficulty with control in the throwing ring all evening and managed just a seventh place finish in shot with a toss of just under 50 feet. Gollither had been undefeated in both shot and disc prior to the regional. The 4 x 800 squad of Braden Himelick, Adam Nadler, Quentin Osborne, and Eli Halcomb finished 14th, and Dylan Napier bowed out early in the high jump.

The Tigers finished 10th as a team with 19 points.



Today's Lunch

FRIDAY

24

American Classics

- Beef Lasagna
- Breadstick
- Savory Green Beans
- Chocolate Chip Cookie

2Mato

- Classic Cheese Pizza
- Classic Pepperoni Pizza
- Broccoli Cheese Calzone

Grill

- Swiss Beef Burger
- Crinkle Cut French Fries

On the Go

- Strawberry Parfait with Granola
- Honey Mustard Turkey Ham & Cheese
- Chicken Caesar Salad
- Whole Grain Dinner Roll
- Saltine Crackers

Extra Extra

- Tossed Side Salad
- Fresh Broccoli Florets
- Gelatin with Fruit
- Blueberries
- 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.