

# From the Nest

2009-2010

Eagle Athletic  
and Art News

Welcome home, Eagles---It's good to have you all back in the nest! I'm hoping everyone had a safe and *restful* summer, because it is time to get our game on! First things first . . .

**RUN, EAGLES, RUN---**This season's first Cross Country practice will be on Thursday, August 20, after school at Richland Park. Sign-up information went home on our first day back, last Thursday, and our roster is ever growing! *Please note: Indicating on the sports' intention form last spring that your student would like to run Cross Country does not officially sign him or her up to be on the team---please return the form sent home last week, along with the fee! Also, every runner needs to have a new DAC physical form turned in before participating in practice.* The Sunday race dates have already been set: September 13, 20, 27, and October 11(Championship Meet). We have a lot of work to do! Attending all practices is important for runners to build stamina; running on your own at least one weekend morning is expected and will certainly boost race results, especially for Varsity (7<sup>th</sup>/8<sup>th</sup> Grade) runners! Runners should bring appropriate clothing to change into after school and meet in the side courtyard by 3:15 p.m. for roll call. Unfortunately, unless a parent is present, only team members will be allowed to go to the park; coaches have enough responsibility keeping our runners focused and safe. Please contact Athletic Director, Karen Herrmann, a [kherrmann@stannash.org](mailto:kherrmann@stannash.org), with questions. Fee: \$40.

**COME FORTH ALL YE JUNIOR VOLLEYBALL PLAYERS---**Any 5<sup>th</sup> or 6<sup>th</sup> Grade girl interested in being on the Eagle Jr. Volleyball team this fall needs to complete the form below and return it to Mrs. Herrmann. **Practice nights will be on Wednesdays, beginning on August 26, 5:30-7:00 p.m.** Games are scheduled after school and/or on Saturdays, beginning September 19-October 10. *Please include the fee payment of \$50 with the registration form by Monday, August 24. (The fee increase is due to a new DAC rule requiring an official at every game.)* Again, DAC physical form required for participation! (Available on the St. Ann website under "documents.")

Name \_\_\_\_\_

Grade \_\_\_\_\_ Birthdate \_\_\_\_\_ Check # \_\_\_\_\_

**EAGLE CHEER TEAM ALREADY ON THE MOVE---**These girls have been involved in a couple of service projects this summer, participated in a week-long cheer camp, and, just last week, were fitted for their new cheer uniforms--*yahoo!* They are also already preparing for the Diocesan Cheerleading Competition in October (date TBA). *And, a little eaglet told me: these girls are really conditioning---aerobics and weightlifting? **Awesome!*** Led by coaches Denese Farmer and Karen Babb (not to mention help from SAS alum, Sarah Babb), the squad will be spending many, many hours in its quest to be the best! Our best Eagle wishes go to Alanna Carvalho, Emma Delevante, Kelsey Farmer, Courtney Gardner, Anna Harden, Catherine Heller, Sarah Heller, Lexi Nguyen, Madalena Nguyen, Rachel Richardson, Rachel Rippetoe, Margaret Pringle, and Grace White.

**CALLING ALL DIOCESAN FOOTBALL PLAYERS---**I know we have some 5<sup>th</sup>/6<sup>th</sup> graders playing for the Raider Team at Christ the King (along with St. Ann parent, Larry Bilbrey, coaching) and a player or two playing for the St. Matthew/St. Bernard team . . . please let me know who's doing what where so that I can get the word out to our St. Ann community!

## **ART NEWS . . .**

White Cycle Means An **ART START** for Grades 6, 3, and Kindergarten---Both 3<sup>rd</sup> and 6<sup>th</sup> Grades will start out with a community-building project---*Puzzle Me* for Grade 3 and *Button Up* for Grade 6. Kindergarteners will make a kitten lunch-bag puppet to compliment a sweet-little-back-to-school poem, *Sandpaper Kisses*. Then, on to more serious art stuff . . . a glimpse at Regionalist painter Grant Wood for 6<sup>th</sup>, a reading of *Anna's Art Adventure* for 3<sup>rd</sup>, and Patrick McDonnell's *Art* for Kindergarten. Look for creative results soon!

On Display Now: In the Upper School Hallway---**Foiled Again!** (Aluminum Sculpture Project), some pieces from **Blue Dog Series** (featured briefly at last spring's Night of the Arts), and *Picasso Flowers* (also featured briefly last spring). In the Lower School Hallway---*Scaredy Squirrel's Tree*.

