



ST. MARY'S ACADEMY

FAITH COMMUNITY JUSTICE RESPECT

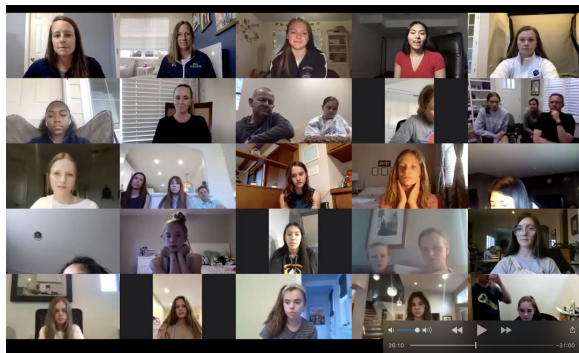
April 27th, 2020

Although we are separated, our SMA Wildcat family stays united! Our high school and middle school coaches continue to be in contact with athletes and PE students through email and Canvas, providing teams with resources and plans to stay active and train in their respective sports. Please send any pictures or videos that show your student-athlete working hard from home to smathletics@smnet.org!

Virtual High School Athletics Night

The Athletics Department hosted a virtual informational night for incoming families last Monday. Dr. Kelli Logan and Sara Knetemann shared information on teams, schedules, and procedures, and facilitated a Q and A with the help of current athletes: Darian Smith, Yelena Montesinos, Mallory Hopper, and Jaelyn Williams. You can access their video and slide presentation below. The Athletics Department is excited to welcome a talented new bunch of Wildcat athletes this fall!

[Athletics Virtual Information Video](#)



Colorado High School Activities Association

Although high school spring sports are canceled, CHSAA will be offering weekly videos, curriculum, and lessons to coaches and players that we will continue to share with you. You can find the most up-to-date information on the [CHSAA website](#).



Featured CHSAA Resource: [2dWords Character Development](#)

Coaches Corner

High School: The golf team continued to share discussion notes on how to best achieve their athletic and academic goals while social distancing. Nora Montross (golf) shared “the first step for me is coming up with things to do in place of these time-wasters. So far, things I have thought of are reading, meditating, practicing for sports, extra school work, and spending time with my family. I’ve been spending more time with my family and using helpful tech features to limit my time [using my phone and computer for fun].” The tennis teams also encouraged discussion about their roles as leaders in the community. Erin Pearson (tennis) shared “this week I can be a better influence on the people I spend the most time with, by being respectful and kind. Showing my family that I can be a good influence. To look at their good qualities and try to use them for myself. I can work on being the best person and influence I can be.” Great insight and perspective Wildcats!

You can contact our Athletic staff directly at smathletics@smnet.org with any questions or concerns.

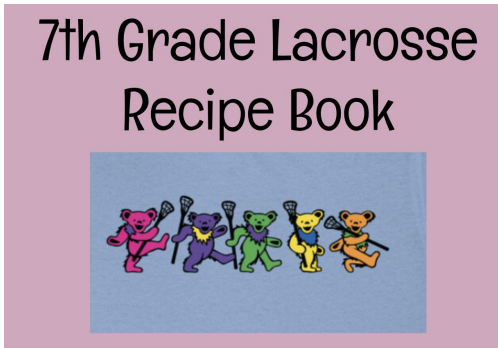


Middle School:

7th Grade Lacrosse Recipe

Book

Coach Kolbach and Coach Romano organized a team cookbook with their 7th grade girls lacrosse team. The book is full of delicious, easy-to-make recipes. Enjoy making and sharing these treats with your family and friends!



[7th Grade Lacrosse Recipe Book](#)

Wildcats in the Wild

Please send us any videos or pictures of you enjoying time outside! Many of you have been training and committing time to stay healthy and active during distance learning- we are so proud of you! Check out our previously featured Wildcats in the Wild:

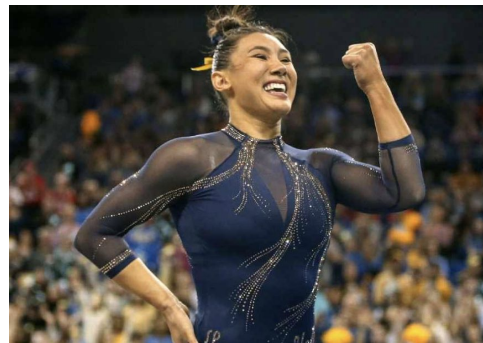
[Pictures of Spring Athletes](#)

[Videos of Spring Athletes](#)

Additional Reading

[*Resilient Athlete: After Lockdown, A Boxing Pioneer Rebuilds in China*](#)

[*Olympians Kyla Ross, Madison Kocian find closure after abrupt end to UCLA gymnastic careers*](#)



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