



# FALL 2018 ATHLETICS NEWSLETTER



The weather may have been wet and often unpredictable, but Sacred Heart Academy Athletics has been steady and off to a phenomenal start! Our teams are competing against top competition and are remaining at the top across all sports!

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## IMPORTANT DATES

### Winter Parent-Athlete Meeting

All students, regardless of grade, who are interested in trying out for a winter sport are required to attend an interest meeting on October 10 at 7pm in the school theatre. Coaches will take attendance and present information about tryouts and team membership. Please make every effort to attend. For more information about Winter Sports, please [click here](#). Also, please sign up for tryouts on [Appryse](#).

### Gear

Team Store will be open October 10-17. Order your Athletics Gear now to ensure you have it for the winter season! Link to order can be found on the SHA website – "[SHA Wear](#)."

### Fall Athletics Awards Dinner

Registration will be available soon for the event taking place on November 19. Click [here](#) for more info.

Reminder: Please submit your Athletic Fee to the Bursar if you have not already done so.

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## FALL SPORTS UPDATES

### Cross Country

Maggie Maier continues to impress as one of the top runners in the state, earning the top spot at each of the three meets raced so far this season. Behind her the team is currently ranked 11<sup>th</sup> in the state by NY MileSpilt. With three second place finishes, the team looks poised to take on top national competition at the upcoming prestigious Manhattan College Invitation on October 13 at Van Cortlandt Park.

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### Tennis

Perhaps impacted the most by poor weather, our tennis teams have soldiered on with great success. Varsity Tennis AA defeated St. Francis Prep AA for the first time in twenty years. Varsity Tennis AA also defeated St. Anthony's AA team, splitting matches and tying for 1<sup>st</sup> place. They take on St. Francis Prep AA in the semis on October 11 at home. Varsity Tennis A has made the play-offs and hopes to extend their season into the second round.



## Soccer

Varsity soccer had non-league success early on defeating perennial powerhouses South Side and Garden City. Senior Caitlin Kennedy was named *Newsday's* Athlete of the Week for the week of September 14, 2018. The team is eager to return to the NY State Championship this season. They will first have to defeat league foe, St. Anthony's, who have handed them their only loss to date. The team travelled to Boston and defeated Weymouth High School. While there they visited Boston University, Boston College and Harvard University.



## Volleyball

Undefeated and victorious over last year's champs, the team looks strong and confident to return to the championship game. They will be heading to Tampa during Columbus Day weekend to see the University of Tampa and play two teams from the area. They hope this experience will increase their potential to bring home the championship to SHA for the first time since 2008. A fundraiser effort, and all around good time, the team hosted the first annual Alumnae Game after the 5K (see photo). Thank you to the alumnae who contributed!



## Swimming

Swimming had the fastest relay teams at the Relay Carnival and have dominated their competition in league meets. Meets to watch are The Mary Louis Academy on October 16 and St. Anthony's on October 26, both at 6pm at Chaminade. The team is confident that they will be equally represented at the Federation Meet this November.

## Field Hockey

Making their club team debut, the team has been working hard at practice under the direction of SHA's first coaching staff, Courtney O'Brien and Maggie Comiskey '12. They will be teaming up with Molloy College this week to view practice and ask questions with Head Coach – Trish (Moran) Bonagura '00.

## Strength and Conditioning

The Athletics community has welcomed and embraced Coach Phil's presence! Working with two to three teams daily, he is working hard to ensure that our athletes are quick, strong and safe! The addition of a full-time strength and conditioning coach sets SHA Athletics apart from all other high school athletics programs.