### A Look at the Week Ahead...

| SATURDAY 10/26 | Entrance Exam Prep Course 9-Noon |
| SUNDAY 10/27 | Mother Daughter Communion Breakfast 9-Noon at Classics V |
| MONDAY 10/28 | F DAY • SCHED. #1 WNY College Consortium 8:15-9 am in Athletic Center |
| TUESDAY 10/29 | A DAY • SCHED. #1 |
| WEDNESDAY 10/30 | B DAY • SCHED. #1 |
| THURSDAY 10/31 | C DAY • SCHED. #6 Halloween Celebration |
| FRIDAY 11/1 | D DAY • SCHED. #4 All Saints Mass End of First Quarter |

### WNY College Consortium
The WNY College Consortium will be at SHA on Monday, 10/28, from 8:15-9:00 am to meet with our Senior & Junior classes. This is a great opportunity for our seniors to be able to directly ask an admission counselor any questions they may have as they have begun applying as well as for our juniors to begin researching the many colleges in our area.

### Many Thanks
A huge thank you goes out to our SHA family for helping support the Varsity Soccer team last night at the Panera fundraiser, it was great to see our community come together!

### Meat Raffle
We have several SHA girls who row for West Side Rowing Club. The club is holding a meat raffle on Saturday, Nov. 2 from 5:30-9:30 pm at the North Amherst Fire Company located at 2200 Tonawanda Creek Rd., Amherst. Admission is $10 and includes draft beer, wine & pop (bring your own snacks). Table of 10 are $100 and can be reserved by emailing Heather at buffalolakamp@gmail.com. We hope to see you there in support of our girls, for the basket raffles, 50/50 & more!

### Winter Sports
Students were emailed the link to the sign up form for Winter Sports (basketball, bowling and cheer). Tryout information is attached for SHA posts and for MMHSAA Ice Hockey.

### STEAM After School Opportunity for all Students
The Foundry, located on Northampton St. in Buffalo, is offering five sessions focusing on STEAM activities. These afterschool sessions will take place on Thursdays from 4:30-6:30 pm and are free and open to students in grades 9-11. For more information, see the attached flyer.

### Class of 2020 Senior Parents
The SHA Faculty & Staff would like to thank the Senior Class parents for our staff appreciation lunch this week. Thank you for taking the time out of your busy days to provide such a wonderful meal!
Sacred Heart Academy Winter Athletic Program

SHA is a member of the Monsignor Martin League (MMHSAA)
Barbara J. Rooney, Athletic Director, 834-2101 x319 (brooney@sacredheartacademy.org)

Winter Tryouts: All students must have a current physical on file (dated after October 31, 2018) in the Health Office in order to tryout. Students without a physical will NOT be able to tryout. All Forms should be turned in to the Health Office or Mrs. Rooney, not the coach no later than November 5.

NOTE – A mandatory Winter Sports meeting will be held on Tuesday, November 19 from 7 – 8 pm in the SHA auditorium for the parents and the girls who make one of the following teams: Basketball, Bowling, and Cheerleading. This informational meeting will cover topics such as policies and procedures, schedules and logistics, transportation and expectations.
Please contact your specific team coach directly with any questions or concerns:

Basketball (Varsity and JV)
<Coaches: Carrie Owens (48.cowens@gmail.com) Varsity, Ron Stepien (rstepien@sacredheartacademy.org) JV
Tryouts: Tuesday, November 12th in the Athletic Center, 3-5 pm – freshmen, 5-7 pm – sophomores, juniors, and seniors
Remainder of the tryout schedule will be given out at that time. Varsity and JV practice 6 days a week.

Bowling (Varsity and JV)
<Coach: Frank Sewastynowicz (fprke@aol.com)
Tryouts: November 5 and 7 at 3:30 – 5:30 pm and November 9 at 10 am – 12 pm at Classic Lanes. Be prepared to bowl three games. One-way ride will be provided on school days. Classic Lanes is located at 1840 Military Rd. in Kenmore.
Once the team is selected, practices will be Tuesdays, Thursdays and Saturdays until the league starts in mid-November. League matches are on Tuesdays and Thursdays.

Competitive Cheerleading
<Coach: Megan McInerney (mmcinerney@sacredheartacademy.org)
Tryouts: November 12,13,14 from 3:00 – 5:00 pm in the small gym.
If you are planning to tryout, please begin to work on a double toe touch, another jump of your choice and strength/flexibility for stunting. Once the team is selected, practices will be on Tuesdays, Wednesdays and Thursdays from 3:00 – 5:00 pm.
MMHSAA 2019-20 Girls Varsity Ice Hockey Tryouts

Contact Information

Head Coach Chris Malicki - cm1232@aol.com

ALL CANDIDATES MUST REGISTER BY CLICKING THE LINK BELOW:
MMHSAA GIRLS ICE HOCKEY REGISTRATION
OR BY CLICKING ON THE WEB PAGE www.monsignormartinathletics.com then click
on NEWS and/or ON TWITTER @MonsignorMartin

The team plays 14 games, not including playoffs, which are held in January.

The League

MMHSAA (combined) Williamsville School District (combined)
West Seneca/Hamburg School District (combined) Lancaster/Iroquois School District (combined)
Kenmore/Grand Island Districts (combined) Amherst/Sweet Home/Clarence Districts (combined)
Orchard Park/Frontier Districts (combined) Niagara County (combined)

Both practice and game ice is intentionally and carefully scheduled on weekdays to lesson conflicts with travel teams

Tryout Schedule

Tryout Fee is $30.00; check made payable to MMHSAA (no cash please) is due at the initial skate
Participants are required to attend all sessions until the the team is selected
Full equipment is necessary

*PLAYERS MUST HAVE A CURRENT PHYSICAL ON FILE AT YOUR SCHOOL BEFORE BEING ALLOWED ON THE ICE; YOU WILL NEED A TRYOUT RELEASE FORM THAT YOU MAY OBTAIN FROM YOUR SCHOOL ATHLETIC DIRECTOR THAT WILL VERIFY THAT YOU HAVE A CURRENT PHYSICAL ON FILE.*

NO EXCEPTIONS!

Try out and practice schedule is below.
NOTE: you MUST ATTEND all 6 sessions to be eligible to play in the first game.

Once the team is selected, a team meeting will take place where the $800 fee will be due. The remaining amount must be paid by the first game.

Please note – The girls must participate in 6 practice sessions to be eligible for games.

Participation is mandatory for those selected for the team
Monday 11th 7-800 PM at Caz.

Tuesday 12th  4-5:00 PM at the Nardin Athletic Facility

Wednesday 13th 430-530 PM at Riverside

Thursday 14th 430-6:00 PM at North Buffalo.

Friday 15th 330-500 PM at Caz

Monday 18th 4-5:00 PM at the Nardin Athletic Facility

Players must attend all 6 sessions to qualify for the 1st game on Tuesday the 19th against Williamsville.
You ARE a creative maker,
join us to reveal that truth in...
AFTERSCHOOL
STEAM SESSIONS
@THE FOUNDRY

STEAM stands for programs that work to connect Science, Technology, Engineering, Art and Math

Use these connections to help us build our next community project

SHINE A LIGHT OTHERS CAN FOLLOW

THURSDAYS
Projects investigating energy waves - Light and Color - the visible and the invisible!
9th to 11th graders

FIVE SESSIONS
STARTING ON NOVEMBER 7th!
4:30 - 6:30pm

www.thefoundrybuffalo.org
deb@thefoundrybuffalo.org
716-885-1381
STARTING SOON