

REDBIRD NEWSLETTER

Volume V
Edition IX

Work hard



No regrets

4/16/24

Spring Sports Update

Boys Baseball is off to a fantastic start with a 13-5 record overall and 3-1 in the SWC. Will be playing Father McGivney HS at Busch Stadium on Sunday, April 28th at 1:00pm. Free admittance. Boys Senior Night will be on May 13th at AHS vs. Triad HS with a 4:30 pm start time.

The Varsity Boys Tennis team is having a competitive season and currently are 4-6 on the year and had a nice showing last weekend in the Alton Robert Logan Boys Doubles Tennis Tournament.

Varsity Boys Track with a 2nd Place finish at the recent Granite City Track Invite on April 12th. Senior Samuel Elliott-Barnes was named the Athlete of the Meet with 4 medals in events in he ran in: 1st Place 100m, 3rd Place 200m, 1st Place 400m, and also a relay team. Charlie McAfoos also took 1st Place 300m Hurdles.

Fall Cheer Tryouts Saturday, April 20th through Monday, April 22nd. Refer to following link for more details: <https://shorturl.at/frKMS>

Fall Dance Tryouts Tuesday, May 7th through Thursday, May 9th. Refer to following link for more details: <https://shorturl.at/vCHUX>

Smoothie King April Athlete of the Month

Senior Austin Rathgeb is the Alton High School Smoothie King April Athlete of the Month selection. Austin has been the top hitter for Redbird Baseball so far this spring and currently leads the Southwestern Conference in Batting Avg., Slugging Percentage, Total Hits, Runs, and Home Runs. Currently has 5 Home Runs on the year. On the mound he is 1-0 with 2 Saves and 21 K's. Austin also had an outstanding winter on the lanes for Boys Bowling and was an IHSA State qualifier as an individual. Austin is a member of the Architectural Drafting Club at AHS. Austin plans on playing baseball in college and would like to major in Engineering or Architecture.





Smoothie King April Student-Athlete of the Month

Senior Morgan Plummer is the Alton High School Smoothie King April Student-Athlete of the Month selection. Morgan is an outstanding student-athlete who currently has a 4.527 GPA and has had straight A's all 3 quarters this school year. Morgan has been a Varsity letter winner for 3 years and a starting outfielder for Redbird Softball. She is also a member of Art Club, NHS, Mu Alpha Theta, and is the Editor in Chief of the Tatler. Morgan's plans after high school are to attend Maryville University and study to become a Nurse Practitioner.

Are you Ready for College?

Grade 9 – PLAN

Start planning now! Take the right courses and earn the best grades you can.

Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org.

Start planning now! Start planning now! Register for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements

If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

Grade 10 --- REGISTER

Monitor the task list in your NCAA Eligibility Center account for next steps. At the end of the school year, ask your high school counselor to upload an official transcript to your Eligibility Center account. If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.



Grade 11 -- STUDY

Ensure your sports participation information is correct in your Eligibility Center account. »

Check with your high school counselor to make sure you are on track to complete the required number of NCAA-approved core courses and graduate on time with your class.

At the end of the year, ask your counselor to upload your official transcript.

Grade 12 – GRADUATE

Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.

Complete your final NCAA-approved core courses as you prepare for graduation.

After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

One bad outcome will not derail your progress, but making poor choices again and again can.

Lauren Johnson

The Countdown...

- 0 days for each Redbird to get better!
- 135 days until Althoff (first FB game)

twitter 

<https://twitter.com/AltonAthletics>