

WESTSIDE OF THE VALLEY ATHLETIC NEWS

Volume 1, Issue 3

WC Athletics Bi-Monthly Newsletter

FOUR LANE HIGHWAY AND ATHLETICS

As the fall sporting season is coming to an end, I hope many lasting memories were made with teammates and coaches. Although many teams are still either playing in tournaments or state-level competitions, we can all reflect on the season. I hope the experience of high school athletics has helped to grow each individual student, coach and parent.

The MHSAA has a promotional announcement that is read at some contests that states: "Think of a high school game as a four-lane highway. Coaches, players, officials and spectators each with their own lane." Sportsmanship depends on these individuals staying in their lane. This message promotes the value of educational athletics. But what does it mean?

First, the coaches have a responsibility to not only teach the sport they are coaching, but also to help instill and promote the mission of our school. Our coaches work a full-time job and coach because they love the sport and the kids. They sacrifice time with their own families to help instruct, guide and mold our student-athletes. The minimal money they earn often doesn't cover gas money to and from practices/contests. As our coaches grow throughout the season, they are making many decisions on a daily basis. Unfortunately, these decisions may not be in the best personal interest of your child; rather, they are in the best interest of the program.

Next, it is our expectation of the players to do just that - play the game. Many have spent countless hours honing their skills for their sport for the opportunity to compete. As they know, high school athletics is a one-time deal. I challenge each athlete at West Catholic to give his or her best effort not only in the games but in preparation for the games during practices. Trust in your teammates and the coaches to bring out the best in your abilities. You can increase your playing time through effort, attitude and energy. All three of these are controllable attributes.

Officials will always be part of the contest. Like coaches, many have full-time jobs and are working games because they love the sport and want to give back to the game in our local community. We are in a dangerous shortage of game officials. There are times when these men and women drive long distances from their day jobs and rush to work contests into the evening hours. It is easy to criticize missed calls or ones you do not agree with, but remember, they are doing their best to provide a fair and competitive playing atmosphere for our athletes. If you are interested in becoming an official, please go to the MHSAA website for more information on how to register.

Finally, our passionate spectators at contests have the responsibility to cheer for our West Catholic athletes while being positive role models for our young athletes. I admit, there are times I also get caught up in the game and forget that my reactions are models for our kids. But, remembering that bigger picture of high school athletics and the life-long lessons it provides, should be in all of our minds.

GO WEST!

Denny



**VISIT OUR WEBSITE
FOR UPCOMING
EVENTS 10/22-11/05**

grwestcatholicports.org

**ATHLETIC DEPT.
FUNDRAISERS**

Craft Show
December 1

To assist contact:

meganpittman@grwestcatholic.org

**SPIRIT STORE
HOURS**

Fridays 3 p.m. - 4 p.m.

For further information contact:
adamantor@grwestcatholic.org

**WINTER
ATHLETES - IS
YOUR PHYSICAL
ON FILE?**

SENIOR SPOTLIGHT-CIERA RODNEY

What sports do you participate in at WC?

Volleyball.

What coach or teacher has made a positive impact on your life?

Coach Kulak, Coach Tuttle and Coach Cullen help me everyday. They always give me advice they know I can accomplish. They also support me on and off the court.

What are your favorite subjects at WC?

AP Psychology.

What teachers have been your favorite at WC?

Mr. Beaudoin, I only had him freshman year but he always talks to me in the hallways and supported me when I played soccer.

Describe one of your favorite memories playing at WC.

Playing Catholic Central at home and beating them in three, twice

What are your hobbies?

Swimming and hanging out with friends.

What are your favorite sports teams?

Michigan State.

"If you're going to play a sport ask people that you know go to the school for the summer schedule." —Ciera's advice to incoming athletes



SENIOR SPOTLIGHT-EMMA HERMAN

What sports do you participate in at WC?

Cross Country, Competitive Cheer and Track & Field.

What coach or teacher has made a positive impact on your life?

Noreen Duba, very positive and helpful coach that really pushes our team to do our best and it's good for us.

What are your favorite subjects at WC?

Anatomy.

What teachers have been your favorite at WC?

Mrs. Hathaway, Mrs. Hart and Mrs. Lowell.

Describe one of your favorite memories playing at WC.

I've enjoyed getting to be with my team every day and we have so much fun together. I couldn't choose one memory.

What are your hobbies?

Running and being outdoors.

What are you favorite sports teams?

Tennessee Titans.

"Enjoy your four years!"
—Emma's advice to incoming athletes



SENIOR SPOTLIGHT-SAMUEL EDGERLY

What sports do you participate in at WC?

Soccer.

What coach or teacher has made a positive impact on your life?

Hugo Cano has pushed me to become a better soccer player and also he has taught me many lessons for the real world that have made me a well-rounded person.

What are your favorite subjects at WC?

Science and Math.

What teachers have been your favorite at WC?

Mrs Cortes, Mr. Nugent and Mr. Nawrocki.

Describe one of your favorite memories playing at WC.

Tying Spring Lake this year and winning our first district semi-final game against Portland.

What are your hobbies?

I play hockey, I play FIFA on the Xbox, I watch Netflix, I listen to a lot of music and I play the drums.

What are you favorite sports teams?

Chelsea F.C. and the Detroit Lions.

"Get involved in as much as possible and don't let the opportunities that you get go to waste."—Samuel's advice to incoming athletes





COACH'S SPOTLIGHT

Volleyball- Ms. Kulak

How long have you been involved in coaching?

I have been coaching this sport since 2008 at the club, high school and collegiate level.

Why do you coach?

I chose to coach because it allowed me to share my passion of the sport with young female athletes. It also allows me to learn from other players and coaches on how to be better for my athletes. I also enjoy creating a bond with my athletes and families that goes beyond the court. I've been mentored by some tremendous men and women in this sport, and I hope to provide that for the student-athletes that go through our program.

Describe one of your favorite coaching memories.

Winning back-to-back District Championships.

MS. KULAK FACTS

High School
Byron Center

College
GRCC
GVSU

Hobbies
Baking
Snuggling w/ Bella
Family and Friends

Sports Team
Michigan State