



# Rebelations

February 2010 Parent Newsletter

*“A Place Where  
Everyone Belongs”*

## Message From the Principal

Dear Friends:

This year Presidents’ Day will have special meaning for our school community...

Last Spring the Seton-LaSalle Board of Directors and Board of Members agreed that the President/Principal model of administration would be most advantageous in continuing the Setonian and LaSallian traditions of Seton-LaSalle Catholic High School into the 21<sup>st</sup> Century. Accordingly, the Board of Members created the position of President for Seton-LaSalle High School.

Over the last several months, the Seton-La Salle Selection Committee sought and interviewed viable candidates. In January the Board of Directors presented its top candidate to the Board of Members at the Diocese of Pittsburgh who approved the selection.

Appropriately, on this President’s Day, February 15, 2010, Seton-LaSalle will welcome its first President:  
**Mr. Gary Rodgers.**



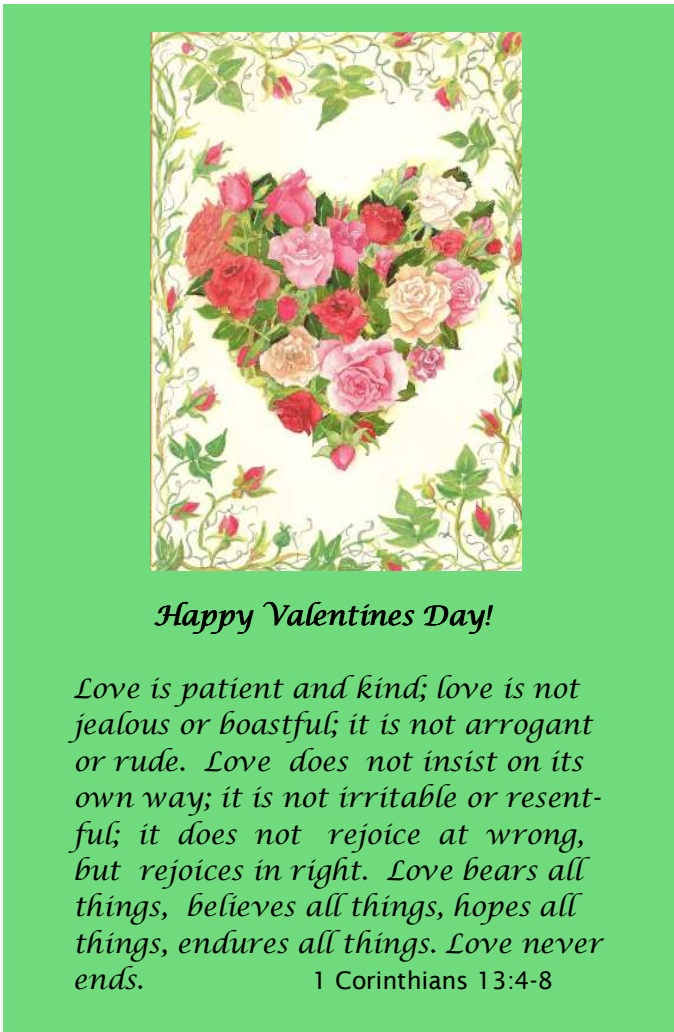
Mr. Rodgers, his wife Mary Grace, and their family are life-long residents of Pittsburgh and members of St. Bernard Parish. The Rodgers have four children. Matt is a Seton-LaSalle alumnus and a junior at the University of Akron. Ann currently attends Seton-LaSalle, and Andrew and Margaret attend St. Bernard School.

Mr. Rodgers comes to the position with 30 years of management and marketing experience in commercial organizations in the education/sales division. He is very enthusiastic about serving in Catholic education at Seton-LaSalle.

As SLS President, Mr. Rodgers will be responsible for all business aspects of the school including financial operations, development activities, and maintenance and improvement of the physical plant. Mr. Rodgers assumes leadership alongside SLS Principal Sister Patricia Laffey, who will continue to supervise and direct all academic endeavors of the school.

We extend to Mr. Rodgers the warmest of welcomes and are enthusiastic about working with him to advance the best interests of our school.

*“In Fide et Caritate!”*

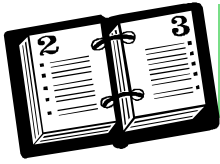


*Happy Valentines Day!*

*Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in right. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.*

1 Corinthians 13:4-8

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## Administrative & Academics

### No School

Mark your calendars now! There will be no school on Monday, February 15, 2010, as we will be observing Presidents Day.

### Parent –Teacher Conferences

You can meet with your child’s teachers on Tuesday, February 16, from 6:00 P.M. to 9:00 P.M. The form to request a conference can be downloaded from our website. Go to the home page and click on “Schedule Conferences Here.” The completed form must be turned into the Main Office ASAP.

### SAT Prep Class

The Community College of Allegheny County will be offering an eight week SAT prep class on Wednesday evenings here at SLS from 6:00 PM to 9:00 PM beginning on March 10, 2010. The cost of the class is \$99. To register by phone call: 412-369-3701. To register online go to: <http://shopcommunityed.ccac.edu/>

### College Financial Aid Night February 3, 2010 ~ 7:00PM

The Financial Aid Office of St. Francis College will be presenting information about financial aid options. The presentation will take place in the SLS auditorium.

Mark your calendars now!

## SLS COMMENCEMENT

Friday, May 29, 2010

### Host Family Needed For International Student

A host family is needed for a 9th grade international student (male) who will be studying at SLS for the 2010 school year. He speaks English, is fully insured and has his own spending money for personal expenses. Host families provide room and board and receive a generous monthly hosting stipend. If you have room in your heart and a home for a great student, please contact Amanda Newland at 412 - 651 - 3557 or [Amanda.j.newland@gmail.com](mailto:Amanda.j.newland@gmail.com)

### National College Fair Thursday, Feb. 4 & Friday, Feb. 5

The annual National College Fair takes place at the David Lawrence Convention Center and brings in representatives from over 300 colleges, universities, nursing schools, business schools and trade schools to answer questions and help parents and students.

The SLS Guidance Dept. has arranged for buses to take students to the College Fair on Friday, Feb. 5 from 8:00 AM to 11:00 . Students were given permission slips to be signed and returned to Mrs. Caves. The fee is \$5.00, payable to Seton LaSalle. Students can also visit [www.gotomyncf.com](http://www.gotomyncf.com) where they can register their names. They will then be able to print out a bar code to take with them to the fair. This bar code will be scanned by each school they are interested in receiving literature from.

### SLS Awarded \$10,000 Highmark Healthy High 5 Grant

SLS has been awarded a Highmark Healthy High 5 School Challenge grant of \$10,000 to implement a Lifetime Fitness Program which will provide students with enhanced physical activity. SLS’ Lifetime Fitness Program is based on the SPARK program, "Get the Students Moving Their Feet," along with timed circuit weight training and aerobic conditioning. Individual sports, team sports, games, conditioning, and lifetime exercise activities are also incorporated. The money will be used to enhance our fitness center with two additional recumbent cycles, two power steppers, medicine balls, a complete weight set, and two Wii Systems for *Dance*, *Dance Revolution*, among other exciting acquisitions.



## The Challenge Program

Sophomores, Juniors, and Seniors have an exciting opportunity to win \$250! St. Francis University is sponsoring a program that rewards students for:

- ♦ Most Community Service
- ♦ Best Grade Point Average
- ♦ Best Attendance
- ♦ Most Improved

For more information about the program, or to obtain a community service form contact Mrs. Judy Caves, Mr. Tim Zugates or St. Francis University at (814) 533-7401 or WWW.TCPINC.ORG .

## Congratulations, Sr. Mary Ann Corr

Bishop David Zubik has named SLS faculty member, Sister Mary Ann Corr, Director of the Institute for Ministries for the Diocese of Pittsburgh. Sister Mary Ann taught art classes for Ms. Erika Metting while she was on maternity leave. In her new position, Sr. will oversee the programs and services that help to prepare people throughout the Diocese to carry out Church-related ministries in an effective manner. Sister Mary Ann is a 1955 graduate of Elizabeth Seton.

## Anthony O'Toole—King O'Toole Honorary Scholarship

This scholarship is a gift from members of the O'Toole family in honor of their deceased grandfather, Anthony, and their father, King. The award is for candidates who demonstrate academic achievement, service to the school and community, and financial need. Applicants must be current 10th graders at SLS. A scholarship of \$1,000 will be awarded for the student's junior year at SLS. Please visit the school website and click on Guidance for complete information.

## Women of Seton

A group of alumni from Elizabeth Seton and Seton-La Salle established the Elizabeth Seton Legacy Scholarship two years ago. They hold an annual scholarship reception to raise money and awareness for the scholarship. The scholarship is a \$1,000 annual award to an incoming freshman female student. This year's reception will take place at South Hills Country Club on April 11, 2010. If you are interested in attending or helping in any way, please contact Marilyn Walsh at 412-561-3583 x 119.

## Teacher Wins Great American Classroom Makeover Award

**Meloni DiPietro**, biology teacher and swim coach here at SLS, received a Great American Classroom Makeover Award of \$1,000 on January 21, 2010. Meloni was selected from hundreds of entries submitted nationwide because she has brought energy to the school, not only in the classroom, but also through her efforts as swim coach and moderator for Big/Little Sisters. She was nominated by Marilyn Walsh, the school's Development Director. The grant will be used to repair cabinets and make improvements to the electrical system. Congrats, Ms. DiPietro!



(L) to (R) **Sr. Patricia, Ms. Meloni DiPietro, Anne Werth and Mike Oberjohann** of Great American Financial Resources with students.

## Don't Forget to Recycle!

Just a reminder that we can raise money for SLS, save trees, and eliminate the cost of trash removal by using our Abitibi recycling bins. We have three green and yellow recycling bins, one behind the building and two in the student parking lot. Next time you come to school to pick up your child, please bring your old newspapers, catalogues, magazines, and even junk mail. We can even accept glossy paper and stapled items. With your support, we make an average of \$300 a month and help the environment at the same time. Thank you for your support!



# Spirituality & Service



Fr. Jim writing on the wall of the Office

## Blessing of the Classrooms

A popular Christian faith tradition is the blessing of homes and offices at the start of the New Year, especially on Epiphany. A brief prayer is offered to bless the space then the phrase "20 C+M+B 10" is written on the lintel of the door. The 20 and 10 represent the year 2010. The letters C+M+B stand for *Christus Mansionem Benedicat* which means "Christ bless this house." The letters also represent the three kings who brought gifts to Jesus on Epiphany: Caspar, Melchior and Balthazar.

This beautiful tradition came to SLS this year as Fr. Jim, accompanied by other members of Campus Ministry, blessed each classroom and office.



Fr. Jim blessing the classroom

## Campus Ministry

Our next school **Mass** will be celebrated during Catholic Schools Week. Mass will be held on Tuesday, February 2 at 8:38 AM.

A **Blessing of Throats** in honor of St. Blaise will follow Mass for all those who wish to be blessed.

**Ash Wednesday's Mass** will be on February 17, 2010 at 10:00 AM. All are most welcome to join us anytime for liturgy.

## Prayer Planning Committee

Planning for Lenten activities and devotions is underway by members of the prayer planning committee. We are also in the early planning stages for our Holy Week service. We anticipate that our Lenten charity will be for relief efforts in Haiti.

## Junior/ Senior "Prom" Saturday, March 13, 2010 The Devonshire

Members of the Junior class are beginning to plan for the 2nd annual "Junior-Senior Prom" for the senior residents of the Devonshire Living community. This great event pairs our students with their senior "dates" for an evening of fun and dancing.

## Sophomore Retreats Wednesday, Feb. 24 & Thursday, Feb. 25

Please pray for our Sophomores as they go on retreat at Franciscan Spirit & Life Center in Castle Shannon.

## Rebels Reach Out Upcoming Activities:

Sunday, Feb. 14 - **20th Annual Love Walk  
2:00 PM  
for the Poor  
Sacred Heart Church, Shadyside**

Saturday, Feb. 20—**Volunteer at Soup Kitchen  
& March 27 "First Food & Friends"  
First United Methodist Church,  
Bloomfield**

*"Whatsoever you do for the least of my  
brothers that you do unto me."*

## Weekend of Giving Food Drive

On December 11, 2009, the SLS Athletic Department and Social Studies Department co-hosted their annual food drive. Through the generosity of Seton-La Salle students and faculty, over 1,000 pounds of food was donated to several area food banks prior to the Christmas holiday. Thank you, students and faculty for another successful food drive for our neighbors in need.

## Diocesan Youth Council Delegate

**Sarah Wray** has been selected as our new Diocesan Youth Council (DYC) representative. She will begin her term this summer and serve through Spring of 2012. This summer she will replace **Katie Welsh**, who is currently a Junior. Students serve a term of 2 years, during their Sophomore & Junior years. Each year they must design and implement a special project that involves the entire school community. Katie will assist/advise Sarah in the transition.

## Hoops for Haiti - Relief Collection

The SLS Athletic Department will be partnering with Rebel's Reach Out to collect funds for the people of Haiti. Rebels Reach Out volunteers will be "working the stands" with a donation bucket at the following home basketball game:

Boys Varsity v. South Fayette - Tues., January 26

Thank you for your support for this cause.



## Coaches v. Cancer

The SLS Athletic Department will continue its long-standing support of the Coaches v. Cancer program of the American Cancer Society. At the following games, SLS students will collect money for this worthy cause:

Sat., Feb 13 - Boys Basketball v. Keystone Oaks  
(JV at 6:00PM, Varsity 7:30PM)

Mon., Feb 15 - Girls Basketball v. Bethel Park  
(JV at 6:00PM, Varsity at 7:30PM)



## Laps for Lives

On Saturday, January 2, Rebel Swimming held their first ever Laps for Lives continuous swim event. The Rebels, joined by former coach/school counselor Mrs. Judy Caves and members of Bishop Canevin's swim team swam over 8,071 laps – that's 114.6 miles! This fundraiser benefited three charities: Victims of Domestic Violence, the American Cancer Society, and Breast Cancer Awareness. The early and long hours, hard work, and support of student volunteers and parent boosters helped make the inaugural event a huge success, raising over \$1,900. Congrats to the swimmers and many thanks to those who supported them!



Thanks to our many student and parent volunteers who diligently counted laps!

## Medallion Award Winners



The Medallion Award is given to young women of high spiritual and moral character who have contributed a minimum of 150 hours of volunteer community service over the course of their

high school years. Congratulations to **Brittany Colosimo, Alexis Kuzel and Stefany Mandarino** who received this special recognition in November.

**Brittany** volunteered at St. Clair Hospital, Canonsburg Hospital and St. Louise de Marillac Vacation Bible School. **Stephany** worked at "Camp I Am Special," a program of the Diocese of St. Augustine. **Alexis** served the senior residents of Asbury Heights nursing home. Well done, ladies!



**Brittany Colosimo, Alexis Kuzel and Stefany Mandarino**

## Development: Helping You Support SLS!

### Office for Capital Projects

In November SLS opened the Office for Capital Projects (OCP). While some projects such as Environmentally Sound Windows and the Rebel Athletic Field are already in progress, the Office will launch a 2010-15 campaign to raise funds for general improvements to the school. School leadership is working to finalize a project list which already includes renovation of the school's Science Labs and establishment of an Endowment for Student Tuition Support.

The Office recently was awarded a \$10,000 grant from the Earl Knudsen Charitable Foundation to improve the heating system at the school. This will establish "heat zones" within the facility for comfort and energy efficiency. For more information contact OCP Director Jeannie Wallace French '79 at 412-561-3583 x127 or at frenchj@slshs.org



### EITC Funds in Jeopardy ~ Your Help Needed

The Educational Improvement Tax Credit (EITC) Program gives tax credits to businesses that make contributions to scholarship entities. Last year, SLS was able to award \$243, 416 in financial aid to families through the program. This year, the State cut the funds available and there are concerns that the funds will continue to be cut in years ahead. This affects the schools ability to provide tuition assistance. We need your help in four ways:

1. Please let your State Legislators know that you support EITC and do not want them to decrease funds.
2. Spread the word to other businesses and ask them to support EITC as well.
3. If you own a PA business that is eligible to participate, please apply to EITC and make a commitment to support us. The process is simple. Go to <http://www.newpa.com/> and type keyword EITC.
4. As EITC funds decrease, we rely more than ever on our Fund for Tuition Assistance. Please give. You can even give online: Go to [www.slshs.org](http://www.slshs.org) and click on the Donate button.

For more info, please contact Marilyn Walsh at 412-561-3583 x 119 or via email at [walshm@slshs.org](mailto:walshm@slshs.org). Thank you for your help in supporting this vital program.

## Green & Gold Gala Wonderful Success

From the huge silent and exciting live auctions to the visit by Bishop David Zubik, this year's Green & Gold Gala couldn't have been more successful. A big round of applause goes out to the committee chairs, **Joe and Suzanne Aiello** (both alumni and parents of sophomore **Ben Aiello**), and the whole Gala committee. Despite some of the challenges of a tough economy, the net proceeds from the event topped \$130,000.

It was all made possible by the many helpful student, parent and alumni volunteers, and the hundreds who attended to support the school. Thanks go to all, with special thanks to **Michelle O'Toole, Donna Salsburey Tranovich, Mary Black, Sharon Ciummo, Amy Ganser, Megan Grefenstette, Barbara O'Toole, Jennifer Panian, Janice Perella, Amy Shaughnessy**, and ALL the committee members, donors, and supporters who made it possible.



**Joe and Suzanne Aiello** (far right) and the extended Aiello clan helped make the 2009 Green & Gold Gala a huge success. We are grateful to this wonderful family!

## Activities and Events



### Spring Musical: *Bye Bye Birdie* March 19, 20, 26 & 27 7:30 PM SLS Auditorium

The SLS Theatre Department is pleased to present a very popular and entertaining musical for the whole family—*Bye Bye Birdie*. Cast members include:

Albert --- **Ed Rosenbusch**  
Rose --- **Jillian Schepis**  
Ursula--- **Olivia Mesina**  
Kim Macafee--- **Emily Lannon**  
Mrs. Macafee --- **Mary Palko**  
Mrs. Mae Peterson--- **Theresa Nath**  
Conrad Birdie--- **Kevin McGonigle**  
Harry Macafee-- **Sean Wright**  
Hugo --- **Nino Tommarello**  
Mayor --- **Pat Dudiak**  
Randolf --- **Emily Columbus**  
Gloria Rasputin-- **Vicky Lewis**  
Happy face girl --- **Vicky Lewis**  
Harvey Johnson--- **Michael Columbus**  
(also understudy to Harry Macafee)

Members of the Ensemble include:

**Aubrey Zielinski** (also understudy to Mae Peterson)  
**Natalie Kist** (also understudy to Mrs. Macafee)  
**Molly McGonigle**  
**Tom Kalnas** (also understudy to Hugo, Conrad)  
**Chris Nath**  
**Michael Farnan**  
**John Wray**  
**Philip Mesina**  
**Miranda Cunningham**  
**Deanna Bucci**  
**Emily Hutchinson**  
**Emily Nedzesky**  
**Emily Zielinski**  
**Kiki Bucci**

**Ursula Machi**  
**Amanda Zinobile**  
**Lauren Sutton**  
**Theresa Nee**  
**Jordan Grgurich**  
**Audrey Deigan**  
**Mary Farnan**  
**Sarah Wray**

Tickets are \$8 each and may be purchased at the door. You may also order tickets in advance by using the form available in the Main Office or downloading it from the school website. Don't miss this fun performance!

# Extracurricular Activities

## Student Council Corner

Student Council will be sponsoring two special events this Winter, Catholic Schools Week and a Winter Dance. Catholic Schools Week will include:

- Monday - Ice cream sundae bar at lunch time
- Tuesday - Mass at 8:45 AM
- Wednesday - Grade School Pride Day - dress down in your grade school gear
- Thursday - Variety Talent Show—Two shows, one during school & one at 7:30PM
- Friday - Dress Down collection for Haiti

The Winter Dance is Feb 20, 2010 at Salvatore's. Tickets cost \$20 and include dinner. Tickets must be purchased in advance and sales begin in February. Non-SLS guests must have a guest contract which can be obtained in room 313.



## Why We Are Pro-Life:

*You made all the delicate, inner parts of my body and knit them together in my mother's womb... You were there while I was being formed... You saw me before I was born and scheduled each day of my life before I began to breathe.*  
Psalm 139:13-16

## March For Life

Rebels For Life sponsored another successful crusade to the annual March for Life in Washington, DC to protest the continued practice of legal abortion. On January 22, 2010, over 120 Rebels attended the March. They also visited the National Shrine of the Immaculate Conception and had the chance to see the Lincoln Memorial, Vietnam Memorial, World War II Memorial and Washington Monument. We're proud of all the SLS students who took a public stand for life!



## Basketball Cheerleading Clinic

The SLS cheerleaders will hold their 2nd Annual Basketball Cheerleading Clinic on Thursday, February 11, 2010. It is open to all girls in grades K through 8. The registration form is available on the school website and will be distributed to local schools. All girls will be invited to cheer alongside the SLS cheerleaders at the Senior Rec basketball game on Saturday, February 13, 2010.

### Forensics Team Off to Terrific Start

The Forensics team is off to a great start, earning 2nd place overall in the first tournament of the season at North Catholic on Dec. 19. Due to bad weather, only three SLS students could attend; however, they did extremely well. **Ellie Riedel** was the top scorer in prose for her presentation of 'Skinny' by Ibi Kaslik and received a plaque. She placed first in all 3 of her presentation rounds.

**Mike Columbus** and **Mary Farnan** also did well, and combined with Ellie's scores, the team collected enough points to take second place in the Small School Sweepstakes. (A sweepstakes is the combined scores of up to 8 student presenters from one school.)



Mike Columbus, Petey Bruni, Ellie Riedel and Lauren Hess

The Pine Richland tournament on Sat, Jan 23 was extremely competitive with 36 schools and over 500 kids contending in 10 different categories. **Mike Columbus** placed 4th in Impromptu and **Petey Bruni** placed 6th in Poetry out of the hundreds of competitors. Both received engraved mugs. Ellie Riedel and Lauren Hess just missed the finals by placing 7th in their categories. We are very proud of the success of our SLS team.

## Achievements and Accolades

### Students of the Month

The Student of the Month award is given to one student in each grade who exhibits outstanding character, respect for others, Christian attitude and active involvement in the Seton-La Salle community. Congratulations to the special students who achieved this high honor :

#### December

Freshman: **Emily Columbus**  
Sophomore: **Gabe Klemick**  
Junior: **Jon Kotek**  
Senior: **Lorraine Sullivan**

#### January

Freshman: **Nick Sywyj**  
Sophomore: **Helena Shoplik**  
Junior: **Greg Vallano**  
Senior: **Molly Tuite**

Well done!

### Certificate of Merit

**Alexis Kuzel** was awarded the Pennsylvania Higher Education Assistance Agency's Certificate of Merit for outstanding performance on the College Board SAT. She was in the top 5,000 in the entire state of Pennsylvania. Congratulations!

### Hugh O'Brien Youth (HOBY) Leadership Representatives

HOBY is a national program that helps sophomores recognize, develop and apply their leadership skills. Sophomore **Connor Hayes** has been selected as the HOBY representative this year. **Will French** is the alternate. The HOBY program is held at W&J College in the summer. Good luck, boys!



## Eagle Scout Award

The Eagle Scout Award is the highest honor that can be attained by a Boy Scout. Among the requirements is a community service project. **Kevin McGonigle** recently earned this prestigious award and his community service project involved the installation of a French drain system near the entrance to the SLS Rebel Way. This drainage system transformed a swampy area into a dry, mulched path. It has made a significant improvement in the cross-country course. Kevin also beautified our school with plantings and clean-up during the Fall. Thank you, Kevin, for your hard work and congratulations on your award!

## Coca Cola Scholars Semifinalist

**Kathleen Sigg** has been selected as a semifinalist in the 2009-10 Coca-Cola Scholars Program. She was chosen based on her outstanding leadership, academic achievements and dedication to her community. If selected as a finalist, she may be eligible for a \$20,000 or \$10,000 scholarship. Good luck, Kathleen!

## National Speech & Debate Honor Society

**Lauren Hess** has collected more than 450 points in her high school forensics career and has reached the "Level of Distinction" in the National Speech and Debate Honor Society. To reach this level, a student must earn a certain number of high level places in each event and also do service hours related to Forensics, such as speaking at community events and judging. Lauren is now entitled to wear the cords of the National Speech and Debate Honor Society at graduation. Great job, Lauren!



## Spectacular Sports

### Fall Sports Wrap Up

#### Football

The *Pittsburgh Post Gazette* South selected two Rebels to the Fabulous 22 team. QB **Anthony Rizza** led the WPIAL with the most regular-season passing yards, 1,654. He was also the Rebels leading rusher with 537 yards and 9 touchdowns. OL/DL **Evan Kelly** was first team All Century Conference on offense and defense as well as 2008 all-conference selection on defense.



**Evan Kelly** won the WPXI Fan "Player of the Year" Award which was presented on the Jerome Bettis show.

#### Soccer

**Alexa DelGreco** was chosen as one of *The Almanac's* Elite Eleven Soccer Players. A Junior striker, she tallied 30 goals despite being constantly marked. She also had nine assists. **Alexa** helped lead the Rebels to a Section title with a perfect 10-0 section record. She was named to the Elite Eleven last year as well.



**Tyler Trainor** was also named to *The Almanac's* Elite Eleven. He led the Rebels to their second appearance in the state finals. He had 23 goals and 15 assists, gaining All-WPIAL and All-Section honors.



Alexa Del Greco



Annie Kyne

## Girls Basketball Undefeated in Section Play 10-4

The **Girls basketball team** is having a great season and continuing the legacy of outstanding Lady Rebels hoops. They started the year by winning the 2009-2010 Seton-La Salle Tip-Off Tournament, defeating South Allegheny and Baldwin. They also won the Seton-La Salle / Upper St. Clair Christmas Tournament by defeating Vincentian Academy and Thomas Jefferson. They are currently undefeated in Section and 10-4 overall. Recently, the Rebels handed previously unbeaten South Fayette their first loss. **Katie Gattuso** exploded for 19 points in that game to lead the team to a 41-21 victory.

The Seniors on the team are **Katie Gattuso** and **Molly Tuite**. Juniors include **Alexa DelGreco**, **Jordan Dwyer**, **Emily Marcic**, **Maria Rotunda**, **Amy O'Keefe** and **Annie Kyne**. Sophomore, **Emily Wahl**, and Freshman, **Angela Heintz**, round out the team.

**Go Rebels!**



Katie Gattuso



Maria Rotunda



Emily Marcic



Tyler Trainor



Rebel defense



Shawn Clark

Kevin Hart



## Boys Basketball

Halfway through the season, the Rebels Boy's Varsity Basketball team finds itself one game out of a playoff spot. Led by Senior co-captain **Shawn Clark** and leading scorer, Senior **Tyler Trainor**, the Rebels have come back from some early season setbacks to even their record at 4 wins and 4 losses in Section play. The Rebels are currently enjoying a 3 game winning streak, including a thrilling last second victory over arch-rival Bishop Canevin. The Rebels hope to carry the momentum into the second half of the season.

Joining Shawn and Tyler in the starting line-up are Juniors **Zack Dominick**, **Mike Del-sardo**, and **Chad Dawgiello**. Junior **Tyler Manning** and Sophomores **Kevin Hart** and **Matt Onorato** have seen significant playing time off the bench. Providing additional depth on the varsity bench are Juniors **Mike Creehan**, **Conner Harrington**, and **Nick Plansinis**, Sophomore **Tim Plansinis**, and Freshman **Eric Marasco**. Missing from action all season has been Senior co-captain **Anthony Rizza** who is still recovering from a football injury.



Seniors Ty Trainor, Anthony Rizza and Shawn Clark

## Rebel Swimming

With the season just passing the halfway mark, **Rebel Swimming** is in the middle of their biggest season ever! The addition of 20 new members has helped the team become stronger and more powerful. They began the year 3-0 in section competition, defeating Serra, Brentwood, and McNeilly Road rival, Keystone Oaks. Recently, the team suffered a tough section loss to Cornell, which places both Boys and Girls Swimming at 5-2 overall and 3-1 in section play. As the season shifts into high gear, the Rebels are beginning a three-week stint of double meets, two of which are against strong section opponents: South Allegheny and Montour.

Monday, February 8, 2010 is Senior Rec. We will honor: **Amanda DeAngelis, Laura Dixon, Justin Havens, Sara Jaruthien, Gina Jurich, Steven Kavalir, Charles McGervey III, Katie Shanahan, Emma Simmers, and Matt Williamson.** Since the team is only in its fourth year, the Class of 2010 is the first graduating class, with **Amanda, Sara, Gina, Steven,** and **Emma** being the first group of four-year swimmers.

## WPIAL QUALIFIERS!

Ten swimmers have qualified for the 2010 WPIAL Swimming & Diving Championships, March 4th & 5th at the University of Pittsburgh. The team is extremely proud of their accomplishments and expects to see even more swimmers qualify.

**Sara Jaruthien:** 200 IM, 100 Fly, 100 Breast, 400 Free Relay

**Steven Kavalir:** 50 Free, 100 Free, 200 Medley, 200 Free, & 400 Free Relays

**Charles McGervey III:** 200 Free & 400 Relays

**Emma Simmers:** 50 Free, 100 Free, 100 Back, 400 Relay

**Dan Mazur:** 200 IM, 100 Fly, 500 Free, 100 Breast, 200 Medley & 400 Free Relays

**Ben Nath:** 200 Medley, 200 Free & 400 Free Relays

**DJ Saba:** 200 Medley, 200 Free & 400 Free Relays

**Nicole Nath:** 400 Free Relay

**Dave Tullius:** 400 Free Relay

**Nora Simmers:** 400 Free Relay

*Good luck at WPIALS! GO Rebels!*



We will miss our great Seniors! (L) to (R) Front: **Emma Simmers, Amanda DeAngelis, Chuck McGervey, Sara Jaruthien, Gina Jurich** Back: **Justin Havens, Matt Williamson, Katie Shanahan, Laura Dixon** and **Steve Kavalir**



**Marissa Rieber, Emma Simmers and Maria Chioda**





### Boys Bowling Team Sets Record

**1,007**

Congrats to the SLS boys bowling team! On January 13, 2010 they established a new team record by bowling a One Game Total of 1,007 against South Allegheny at Legacy Lanes.

**Sean Wright** bowled a 202, **David Soltis** a 217, **Jon Heintz** a 178, **Robert Mancine** a 202 and **Tyler Abbott** a 208. All are Seniors. What a memorable way to end their Senior year. *Way to go, guys!*

### Boy's Junior Varsity Basketball: 7-1

At the halfway point, the Rebels have posted a 7-1 section record with their only loss coming to South Fayette. Led by Junior co-captains **Mike Creehan** and **Connor Harrington** along with starters, Junior **Nick Plansinis** and Sophomores **Kevin Hart** and **Matt Onorato**, the Rebels hope to close out the season strong. Rounding out the JV roster are Sophomores **Tim Plansinis**, **Ben Miller**, **Craig Bittner**, **Sebastian Cencich**, and Freshman **Eric Marasco**.



## Sports Physicals

The Spring Athletic Physicals are scheduled for Saturday, February 20, 2010, from 9:00AM to 11:00AM at Allegheny General's Century III HMR office.

If a student-athlete plans on trying out for Baseball, Boys Lacrosse, Girls Lacrosse, Softball, Tennis, or Boys Volleyball, a completed athletic physical is due in the athletic office by Monday, March 8, 2010, by 3:00PM. If you played another sport this school year, Section #5 of the PIAA Physical (The Re-certification Form) must be completed and signed.

Other dates AGH is offering Athletic Physicals:

Sat., January 30 -AGH Wexford  
(10:00AM to 12:00PM)

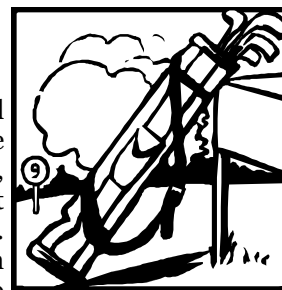
Sat., February 13 -AGH Bethel Park  
(9:00AM to 11:00AM)

Wed., February 17 -AGH Suburban  
(6:00PM to 7:00PM)

Wed., February 24 - AGH Federal North  
(6:00PM to 7:00PM)

All physicals require an appointment. Please call 1-877-284-2000 for an appointment. The cost of the Athletic Physical is \$10.00 (Cash or Check payable to AGH)

### Rebel Golf Classic



The 20<sup>th</sup> Annual Rebel Golf Classic will take place on May 14, 2010, at Chestnut Ridge Golf Resort. This Friday afternoon event is a great way to start the weekend. Register early (before April 15) and get a certificate good for another round of golf at the resort. The Rebel Golf Classic supports the Tuition Assistance Fund and is a great day of golf. It includes lunch, on-course beverages, 19<sup>th</sup> hole cocktail hour, a great dinner, golfers' gifts and entertainment. Please consider helping us by becoming a member of the committee and joining us for this special day. We are currently seeking sponsors of all sorts (corporate, tee, gift, and event). Look on the SLS Website for more information.