

# Rebelations

February 2009 Parent Newsletter

“A Place Where  
Everyone  
Belongs”



## Message From the Principal

Dear Friends:

With January resolutions behind us, Lent ahead, and many problems facing our country and our world, it may be time to consider family prayer. Research notes that having the family eat together has a positive effect on student achievement. How much more might be achieved by the family praying together!

If you don't already do this, you might find the following suggestions from the article "Let's Pray" in the *Catholic Parent* helpful. If you have tried something before, try again. The cold days of winter are helpful in keeping us home together—at least more frequently than summer. A habit started now might last, and if not, try again. Anything worth doing is worth trying many times!

Author Bert Ghezzi, a Pittsburgher, recommends family prayer to make us aware of God's presence and involvement in our lives. It also helps kids when they pray on their own. Family prayer may be saying formal prayers together, reflecting on scripture, praying the rosary, talking to God in our own words, or even being silent together. Prayer can also lead to discussions about faith, another benefit.

To set up a family praying time:

1. Plan with your spouse beforehand, considering the ages of your children, time, place, duration, and type of prayer;
2. Ask children to keep the time free;
3. Remind everyone of the prayer time;
4. Gather needed items—hymn books, Bibles, prayer books, rosaries, or whatever you have chosen.

The Ghezzi's tried reading a brief scripture passage, reciting or reading a short psalm, and then spontaneously offering thanks and petitions. Everyone became more comfortable with the practice over time.

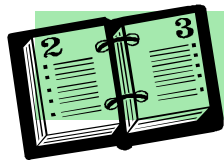
If all else fails, you might be able to expand grace before meals or at bed time by adding prayers of thanksgiving or petition. Set your expectations low so you will be encouraged to accept what happens and expand on it when the grace comes. Remember that the Holy Spirit is constantly praying with and in us. Romans 8:26 says: *The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.*

Our loving Father is waiting to hear from you and your family! He will honor your intentions, bless your efforts and answer your heartfelt prayers. "As morning breaks, we look to you, O Lord, to be our strength this day." *In Fide et Caritate,*

Sr. Patricia

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## Administrative & Academics

### No School

Mark your calendars now! There will be no school on Monday, February 16, 2009 as we will be observing Presidents Day.

### Parent –Teacher Conferences

You can meet with your child's teachers on Thursday, February 12 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 by Tuesday, Feb. 10, 2009.

### National College Fair

The annual National College Fair will take place at the David Lawrence Convention Center as follows:

Thursday, Feb. 5—9:00 AM– 1:00 PM  
6:00 – 9:00 PM.

Friday, Feb. 6– 9:00 A.M.–12:00 Noon

The fair is free and brings in representatives from over 300 colleges, universities, nursing schools, business schools and trade schools to answer questions and help parents and students make informed educational and career decisions. Parents and students may visit [www.nationalcollegefairs.org](http://www.nationalcollegefairs.org) for a current list of exhibitors. There are also workshops scheduled on both days that address the college selection process, college essay writing, the financial aid process and NCAA eligibility. Copies of the College Conference Manual are available in the guidance office.

The SLS Guidance Dept. has arranged for bus(es) to take students to the College Fair . They will leave SLS after homeroom on Fri-

day, February 6. Juniors have received sign-ups forms for parent permission. The cost is \$5.00 per person.

### Course Registration

Course Registration materials for next year's classes will be distributed in late February. Teachers will be making their recommendations and parents will have a chance to review their child's curriculum for the coming school year. Parents may call the guidance office later in February should they have questions concerning procedure.

### SAT Prep Class

CCAC will be offering group SAT Prep classes here on Wednesday evenings, March 11 to April 29 from 6:00 – 9:00 PM. Registration forms for the class are available in the guidance office, on-line at [www.ccac.edu](http://www.ccac.edu). Guidance Counselor, Mrs. Judy Caves, also has the names of several private tutors as well as information from Huntington Learning Center.

### SLS Financial Aid Applications Due!

All families applying in the 2009-2010 school year for the Bishop's Education Fund, Scholastic Opportunity Scholarship Program (SOS), SLS Tuition Assistance, or any scholarship with a need-based component are required to complete and submit the 2009-2010 Private School Aid Service (PSAS) Form. Please note: If you are currently receiving aid, you must re-apply to be eligible for continued aid! Forms that are postmarked by March 14, 2009 are given first consideration.

**SLS Teachers  
Honored by St. Vincent College**

All of the teachers here at SLS are dedicated, caring professionals. We are very pleased that three of them have been honored recently for their excellence. Fifty high school teachers in six states were recognized this year by the Saint Vincent College **Great Teacher Recognition Program** for excellence in teaching. Teachers were chosen because they had made a lasting difference in the personal and intellectual development of their students. The honored teachers were nominated by former students who are now freshmen at Saint Vincent College. The three SLS instructors selected as "great teachers" are:

**Joann Conwell**

(Nominated by **Annie Roslonski**)

**Frank Hall**

(Nominated by **Matt Lomire**)

**John Manear**

(Nominated by **Maria Salvatori**)

Congratulations to all!

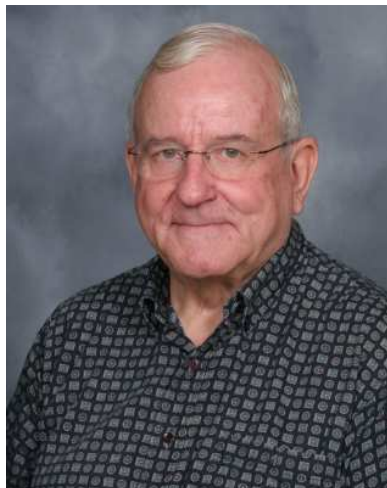
***What Makes Them Great...***

**Mrs. Conwell** teaches Academic French 1, Academic and Honors French 3, and Honors French 4. For nine years she organized and executed all major school events as Student Council moderator. She has been honored by *Who's Who Among American High School Teachers*, is a Girl Scout leader, and oversees the Green & Gold Chance Drive, our major fundraiser.

**Mr. Hall** teaches Freshman Composition/Prose and Honors Freshman Composition/Prose. He has been an educator for forty-three years, has been selected three times as the recipient of the *In Fide et Caritate Award* for most outstanding teacher, and served as past moderator of the newspaper.

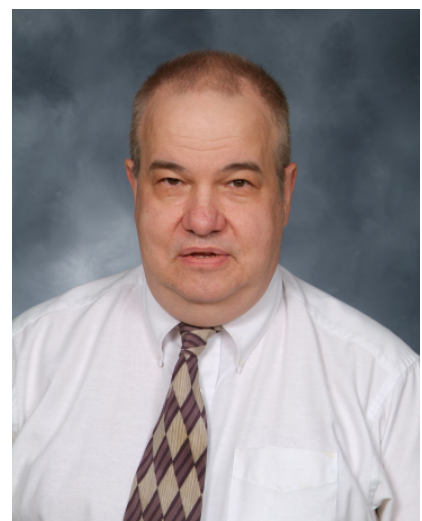
**Mr. Manear** teaches Advanced Placement Literature & Composition, Advanced Placement Language & Composition, Advanced Placement Art History, and Academic Literary Forms. He is Executive Director of the Western Pennsylvania Council of Teachers of English, the Diocesan English Coordinator for Secondary Schools, Coordinator of the Regional English Festival and moderator of the National English Honor Society.

**Mrs. Joann Conwell**



**Mr. Frank Hall**

**Mr. John Manear**



## ***Seniors Section***

### **Special Assembly for Seniors**

On Friday, **February 6**, all Seniors will attend a special assembly entitled “*Making College & Careers Count.*” This assembly offers practical ideas for succeeding after high school by achieving personal goals, managing time, and developing a plan for success.

### **Graduation Materials**

Attention parents! Information concerning the ordering of graduation announcements was given to Seniors in homeroom on Jan. 22. A representative from Josten’s will be in the cafeteria during all lunch periods on **Wednesday, February 4** to accept completed order forms and answer questions. Note: These graduation items are optional.

### **Commencement Date**

Please mark your calendars now. Commencement and the Baccalaureate Mass will be held at St. Valentine Church on **Friday, May 29, 2009**, beginning at 7:30 PM. Details will follow.

## **New Seton-La Salle Scholarships**

We are very pleased to announce four new scholarships available to SLS students:

### **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, who recently celebrated his 78th birthday. The award is for candidates who demonstrate academic achievement, service to the school and community, and financial need. Applicants must be in the 10th grade at SLS for the 2008-2009 academic school year. A scholarship of \$1,000 will be awarded for the student’s junior year at SLS.



### **Ray and Gail Kennedy Memorial Scholarship for Academic Achievement**

This scholarship honors Mr. & Mrs. F. Raymond Kennedy who valued Catholic education, academic achievement and their Brookline community. In addition to providing their three sons with a South Hills Catholic education, Gail worked at the school from 1967 to 1974.

The scholarship is a merit-based financial award for a student who resides in the Brookline community. It is a \$2,600 award spread out over four years: Year 1: \$500; Year 2: \$600; Year 3: \$700; Year 4: \$800. It is contingent upon the student maintaining a 3.0 QPA and demonstrating the positive qualities of a Seton-La Salle student as outlined in the SLS Student Handbook.

**St. Francis Academy  
Alumnae Association  
Legacy Scholarship**

The St. Francis Academy Alumnae Association is pleased to announce its first Scholarship. This \$1000 award is provided through the generosity of the SFA Alumnae of the former St. Francis Academy and is awarded to an incoming freshman woman who is sponsored by an SFA Alumnae Association member. The scholarship is designed to provide monetary assistance to a young woman who demonstrates academic achievement, service to church and community, financial need, and who has an admiration for the examples of St. Francis of Assisi.

**Sisters of Charity of Seton Hill  
Scholarship**

The Sisters of Charity of Seton Hill are proud to announce a \$1,000 scholarship to provide tuition assistance for an incoming freshman student attending Seton-La Salle High School. This scholarship is in honor of the Order's foundress, Saint Elizabeth Ann Seton, whose legacy to Catholic education continues today. Seton LaSalle is part of this rich heritage.

Applications for all scholarships are on the school website under "Admissions." Contact Nancy Rizza at 412-561-3583 X129 for further information or if you have any questions.

We are very grateful to the generous individuals and groups who are making it possible for talented and deserving students to attend SLS.

## Spirituality & Service



### **Campus Ministry**

Upcoming Campus Ministry activities include the following:

#### **Ash Wednesday Liturgy** Wednesday, Feb. 25

Two additional Eucharistic Ministers will be commissioned: **Adam Volchko** and **Stephanie Mancine**.

The **Sophomore Retreat** is Wednesday, February 11th.

The **Senior Retreat** is Thursday, February 12th.

*"Take this and eat it. This is my body." Mark 14:22*

### **Prayer Planning Committee**

Planning for Lenten devotions has begun. Our outdoor Stations of the Cross will return later in Lent with original artwork by SLS students. Stations using student artwork will also be available for personal prayer on the website during Lent

Plans are in the making for a collaboration between the Junior Class and the senior citizens at The Devonshire Residence.

### **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 G.P.A.
- ◆ 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](http://WWW.TCPINC.ORG).

**Take the challenge!**

### ***Parents in Prayer***

All parents are invited to come and pray for our students and our school on **Tuesday, February 10, 2009** at **7:00 PM**. We will gather in the Brothers' House chapel for one half hour of prayer. Please join us as we pray on a regular basis for our children.

*"Be constant in prayer."*

Romans 12:13

### **Weekend of Giving**

The Seton-La Salle Athletic Department participated in the "Weekend of Giving," which aided local food banks. The Athletic Department organized a dress down day on Friday December 5, 2008, in which students brought in 2 non-perishable items. Three local food banks used the donated items to help feed area families in December. Thank you for your generous contributions!

### **Dress Down Day**

On Feb. 6, 2009, students who donate \$2 to the Coaches v. Cancer Fund can dress down while supporting a great cause.

### ***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

## Activities and Events

**Spring Musical: *Into The Woods***  
**March 27 & 28**  
**April 3 & 4**  
**7:30 PM SLS Auditorium**

The Theatre Department of SLS is very pleased to present *Into the Woods*. This amusing play combines the characters of several well-known fairy tales in a single plot set in the woods. Main characters include:

**Emily Lannon** - Cinderella  
**Pat Dudiak** – Cinderella’s father  
**Audrey Deigan** – Cinderella’s Mother  
**Nino Tommarello** – Cinderella’s Prince  
**Amanda Lippert** – Cinderella’s  
Stepmother  
**Jillian Schepis** – Florinda  
**Natalie Kist** – Giant  
**Maddie Bucci** – Granny  
**Ed Rosenbusch** – Jack  
**Grace Killian** – Jack’s mother  
**Anna Heald** – Little Red Riding Hood  
**Victoria Lewis** – Lucinda  
**Sean Alan** – Mysterious Man  
**Chris Mankos** – Narrator  
**Olivia Messina** – Rapunzel  
**Mitch Cunningham** – Rapunzel’s Prince  
**Kevin McGonagle** – Steward  
**Pedro Vivas-Hernandez** - The Baker  
**Maura Westerlund** – The Baker’s Wife  
**Rosanna Patera** – The Witch  
**Michael Columbus** – The Wolf

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!

These Seniors loved The Big Apple!



### Senior Trip to NYC

During semester break, forty-five Seniors and four hardy chaperones, **Mr. John Manear**, **Ms. Erica Metting**, **Ms. Pat Garritan** and **Mr. Murphy**, embarked on the 39th annual pilgrimage to NYC. This trip to the Big Apple included a bus tour, visits to Times Square, China Town, Little Italy and Midtown Manhattan, shopping on Fifth Avenue and the Broadway shows "*The Little Mermaid*" and "*The Lion King*." An awesome time was had by all! Thank you, **Mr. Manear!**



## Extracurricular Activities

### Student Council Corner

Student Council has been very active this Winter, sponsoring two separate events for the students' enjoyment. The first event took place on Saturday, January 31, 2009 at the Bradley House. More than 120 students attended the **Winter Dance**. Students were treated to an Italian buffet dinner and music by DJ **Cody Kraski**, a 2008 SLS Alumni. The dance lasted from 6:00 to 10:30 PM and was a huge success.



The second event will be the annual SLS **Variety Show** in which students put together acts and perform before the entire student body and faculty. After a snow delay, the student performers will finally take the stage on Feb. 4, 2009. The show is composed mostly of musical acts and everyone looks forward to it Good luck, performers!

### Guest Speakers Visit Honors U.S. History (HUSH) Class

Teacher Brian Klisavage's HUSH classes were recently visited by an interesting speaker. Mr. **John Stich**, a 1983 SLS grad, visited on January 9, 2009. Mr. Stich lives in Lithuania and works as an international financial consultant. He spoke to the students about his experiences traveling and doing business across the globe as well as the experience of living overseas. He also addressed the issues of setting personal goals and planning for future success and engaged the students in a lively discussion.

On Feb. 10, 2009, **The Honorable Thomas Hardiman**, Federal Judge, is scheduled to visit the HUSH class. He will discuss legal issues and the judicial system.

The HUSH students will benefit greatly from the expertise and personal experience of both of these accomplished gentlemen.



## March For Life

Once again, over one hundred SLS students attended the annual March For Life in Washington D.C. on January 22. The group visited Washington landmarks like the Korean and Vietnam War Memorials and the Lincoln Memorial. Our “Rebels for Life” then marched with about 200,000 other people to protest the continued practice of legal abortion in America. The day finished with Mass at the National Shrine of the Immaculate Conception, celebrated by our own Father John Haney.



Why Do We March? Because God created, loves and has a plan for each unborn child.

*You made all the delicate, inner parts of my body and knit them together in my mother's womb...Your workmanship is marvelous.. You were there while I was being formed in utter seclusion! You saw me before I was born and scheduled each day of my life before I began to breathe.*

Psalm 139:13-16

## 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 in December:

9th: **John Grefenstette**  
10th: **Ali Schank**  
11th: **Sara Jaruthien**  
12th: **Karalyn Hillebrecht**

### SLS Writers are Published

Six talented SLS students had their writing published in the 2008 edition of the *Ralph Munn Creative Writing Anthology*. Ralph Munn was the Director of the Carnegie Library of Pittsburgh. The program named in his honor provides creative writing workshops for young adults in three categories: Short Fiction, Creative Non-Fiction, and Poetry. The Anthology includes the best of the work submitted by Allegheny County High School Students. The SLS authors and their works are as follows:

**Ellie Riedel:** *The Sweet Melody* – Poetry  
**Eric Garrity:** *My B* – Poetry  
**Joan Cotter:** *Staring at the Sky* –  
Creative Non-Fiction  
*Summer Love* – Poetry  
*Hidden Heaven* – Poetry  
**Kandace Mandarino:** *When the World  
Ends* – Short Fiction  
**Pedro Vivas Hernandez:** *Guardian* –  
Short Fiction  
**Peter Croke:** *Eternally Yours* –  
Short Fiction

Well done!

### National English Honors Society

The NEHS fosters appreciation of literature and writing among high school students and recognizes their accomplishments within the school setting. Congratulations to the following students who have been selected for membership:

#### Juniors

**Brittany Colosimo**  
**Lauren Hess**  
**Sara Jaruthien**  
**Lacey Lau**  
**Collin McCreary**  
**Charles McGervey**  
**Carly Sawyer**  
**Lori Sharp**  
**Kathleen Sigg**  
**David Soltis**



#### Sophomores

**Mike Creehan**  
**Connor Harrington**  
**Rebecca Osterwise**  
**Gregory Vallano**  
**Chelsea Zola**

These candidates are in addition to the more than fifty SLS students that were inducted into the NEHS two years ago, many of whom are presently members of the class of 2009.

**Mr. John Manear** serves as the northeastern consultant for the national organization which is affiliated with the Sigma Tau Delta society on the college level. Additional information may be found on the website: [www.nehs.us/](http://www.nehs.us/)



Celebrating their Speech Sweepstakes win (L to R) Front: **Ellie Reidel, Petey Bruni, Lauren Hess, Molly Tornbloom,** Back: **Eddie Rosenbach, Mike Columbus**

### **Forensics Team is Terrific**

The Forensics Team is having a great year! A very small group of dedicated and talented speakers is having a very big impact. For the first time in school history, the team took a top spot in a Speech Sweepstakes where the 10 best student scores from one school are compared with the 10 best from all other schools. The amazing thing is, SLS only had 6 students competing and still came in 3rd! The individuals contributing to this special win at the Pine Richland Tournament included:

- Petey Bruni** - 1st Poetry
- Mike Columbus** - 1st Impromptu
- Lauren Hess** - 4th Poetry
- Ellie Riedel** - 2nd Prose
- Eddie Rosenbusch** - 5th Prose
- Molly Tornblom** - 7th Poetry

Additional tournament wins include:

North Hills H. S. Tournament- Dec. 6:

- Petey Bruni** - 3rd Poetry
- Mike Columbus** - 3rd Impromptu

North Catholic Tournament- Dec. 20:

- Petey Bruni** - 4th Poetry
- Ellie Riedel** - 2nd Prose

Baldwin H.S. Tournament –Jan.. 24

- Lauren Hess** - 5th Poetry
- Ellie Riedel** - 5th Prose

Team member **Lauren Hess** was selected for an apprenticeship this semester at Point Park University in Broadcast Journalism.

### **Forensics Fundraisers**

The team is raising funds to go to State and National tournaments and is collecting gently used infant and children's clothing to size 12, children's toys and accessories, games, and sports equipment in excellent condition. We are also collecting aluminum cans, brass and flea market items. Contact Donna Salsburey 412 831-5181 or djsals1@aol.com for pick up. Thank you for your support!

## Cheerleaders Compete

The Rebel Cheerleading squad participated in several competitions this year. Their meets included regional contests at Slippery Rock University and Robert Morris Competition Cheerleading University, where they finished in second place. On January 17, they traveled to Indianapolis, Indiana to compete at the Super Jamfest Nationals. They finished 4<sup>th</sup> in the country, only .05 points from 3<sup>rd</sup>! With a great deal of young talent on the team, they look forward to an even better season next year

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

HOBY is a national program that helps sophomores recognize, develop and apply their leadership skills. Sophomores **Zachary Dominick** and **Michael Creehan** have been selected to attend the leadership seminar this summer at Washington & Jefferson College in June. They will join **Katie Welsh** who was selected earlier

## Swim Team Senior Rec

Senior Rebel swimmers will be honored on Thursday, February 5 at 5:30 PM, prior to the SLS-Montour home meet.

# Spectacular Sports

## Fall Sports Wrap-Up

Our Fall sports teams had tremendous seasons. In addition to great team successes, many individuals received recognition for their superior play.

## Girls Volleyball

In addition to winning their fifth straight section title, the Lady Rebels Volleyball team racked up many individual honors.

First Team, All-Section:

**Brittany Brace**  
**Allison Nicola**  
**Aubrey Johnson**  
**Susan Pollins**

Second Team, All-Section:

**Liz Dobrosielski**  
**Natalie Kist**

Honorable Mention: Sarah Hunt  
Amy O'Keefe

## Boys Soccer

After winning a section banner, a district title and a state crown, it is no surprise that soccer team members were honored individually.

**David DelGreco** was named the *The Almanac's* Player of the Year and MVP. **Michael Liebert** and **Alex Fischetti** were named to the Elite Eleven All-Star team and **Mike Zwolinski**

was selected Rookie of the Year. For the second time in three seasons, the Coach of the Year was **Aaron Panczyk**. The Rebels swept every category!

## Football

The Rebels were 2008 Conference champs and also received individual honors. **Matt Fedor** and **Mike McConville** were selected by *The Almanac* as Premier Pigskin Performers.





### Girls Basketball

The **Girls basketball team** is having a great season and continuing the legacy of outstanding Lady Rebels play. This very young team (no Seniors) has an overall record of 12-4 and a section record of 8-0. They are currently 1st in the Section and are already qualified for playoffs.

The Lady Rebels began the season by winning the Seton-La Salle Tip-Off Tournament early in December and finished second in the SLS/ Upper St. Clair Christmas Tournament. They have wins against Brentwood, Canevin, Carlynton, Cornell, Ft. Cherry, Northgate, Our Lady of the Sacred Heart (twice), Plum, South Fayette (twice), and Thomas Jefferson.

With one additional section win they will clinch the 2009 Section Championship. They are currently ranked 4th in the WPIAL.





**David Malle**

These Senior Rebels will be honored on Feb. 6, 2009 during Senior Rec.

**Dave Patcher**



**Derek Law**



**Matt Marasco**



**David Del Greco**



### Boys Basketball

The Rebels basketball team is playing in what is arguably the toughest section in AA. Their opponents include #2 ranked North Catholic and #4 ranked South Fayette. Nonetheless, the Rebels have a winning record are in playoff contention.

The team began the season with a third place finish in the Gateway Christmas Tournament and has played a demanding schedule, facing undefeated AAA Chartiers Valley and perennial city league contender, Schenley. The Rebels beat AAAA Bethel Park and lost to AAAA North Hills in triple overtime. They have defeated Bethel Park, Brentwood, Canevin, Fort Cherry (twice), Northgate (twice), OLSH, and Wilkinsburg. With an overall record of 9-8 and section record of 6-4 they are in 3rd place.



**Kevin Swisher**

## Swim Team Making a Splash

The Rebel Swim Team is stronger and better than ever! So far this season, the team has made huge improvements: yardage at practices has increased significantly, times for each event have gone down, and swimmers' starts, pullouts, turns, and finishes have become better. These improvements are due to the team's participation in a swim clinic hosted by the University of Pittsburgh swim team on January 10, 2009 and lots of hard work. Our swimmers have qualified for events earlier in the season and the number of qualifying events are up from last year.

♦ **Steven Kavalir, Ben Nath, DJ Saba, and Dan Mazur** have qualified in the 200 Freestyle Relay ( First relay to qualify for WPIALs in school history! )

♦ **Dan Mazur** has qualified in the 500 Free, 200 Individual Medley (IM), 100 Fly, and 100 Breast

♦ **Emma Simmers** has qualified in the 100 Back and 200 IM



**Nicole Nath** doing the Backstroke

♦ **Sara Jaruthien** has qualified in the 200 IM and 100 Fly

As the Rebels finish strong, it is possible that **Emma, Sara, and Steven**, as well as the girls relay team, may qualify for additional events. Go Rebels! Good luck at WPIALS!

The Rebel Swim Team enjoys the Swim Clinic at Pitt's Trees Pool



### Boys Soccer Recognition

On Jan. 30, 2009, the Boys Soccer team was recognized at halftime during the Boys Varsity Basketball game. They were honored for their success in 2008 which included Section, WPIAL, and PIAA Championships.

### Lacrosse Signings

Two Rebel lacrosse players have committed to play at the college level next year.

**Victoria Giegucz** signed a letter-of-intent to play at Slippery Rock University and **Stephanie Lash** committed to Allegheny College. More signings are expected in the Spring as college coaches continue to seek the talent found in the Rebel lacrosse program.

### Coaches v. Cancer

Over the past three years, the SLS Athletic Department has helped raise nearly \$6,000 for the American Cancer Society. We will again donate a portion of our admission proceeds to the Coaches v. Cancer program at the following games:

Feb 5 - Girls Basketball v. Canevin

Feb 6 - Boys Basketball v. Canevin

Thank you for your support!

### Youth Cheerleader Night

Nearly seventy Youth Cheerleaders were in attendance at the Boys Basketball game on January 23, 2009. With spirit and exuberance, they cheered the Rebels on to a 88-52 victory over section opponent Ft. Cherry. A big "thank you" to all the youth cheerleaders. You were great!

### Attention Spring Athletes!

A physical is needed for any student interested in playing Baseball, Lacrosse, Softball, Tennis, or Boys Volleyball.

### SLS Sports Physicals

Allegheny General Hospital Sports Medicine will be providing pre-participation physical exams as follows:

**Location: Century 3 HMR 1<sup>st</sup> floor**

**Saturday February 21, 2009**

**8:00 AM to 10:00 AM**

(Additional dates & locations will be available)

**Cost: \$10.00** (or check payable to AGH)

Please call 1-877-284-2000 for an appointment. One complete physical is required by the PIAA to participate in high school athletics. The physical examination can be completed by your family physician or by AGH on the above date. If this is a re-certification exam, you only need to fill out Section 5. Physicals will last approximately 45 minutes, please wear comfortable clothes. Note: The HIPPA form must be signed by a parent or legal guardian if the athlete is under age 18.

### Featured Athlete

**Dave DelGreco** was featured on the cover of the October edition of *Rise Magazine*, an ESPN-owned monthly publication dedicated to recognizing the outstanding work of high school student athletes. He scored the most goals in a single year in the nation—60!

