



Rebelations

April 2010 Parent Newsletter

“A Place Where Everyone Belongs”

Message From the Principal

Dear Friends,

When I was a child, every Mass ended with a reading from the Gospel of John. It was called the Last Gospel, both because it was the last Gospel written and because it was the last gospel read at every Mass. As I listened week after week, year after year and struggled to understand the reading, I began to understand individual phrases. I grew to love it and was disappointed when it was taken out of the Mass. To me it summarizes the eternal plan of God and God’s great love for us, manifested through Jesus, the Word of God. In Lent we see Jesus as the light of God’s love at war against the darkness and his sorrow that the world did not know him. We see his pain at our sins and his torment in taking our suffering on himself. We see his great love in his Passion and Death, and we see the glory of Jesus, risen from the Dead. Through Him and with Him and in Him, we know that we will also rise on the last day. Alleluia. alleluia, alleluia!

Enjoy Spring. Look around and see the abundant life that God has showered upon us. Pray that we may help those who do not have faith, that they may come to believe. We are blessed abundantly, perhaps not materially, but in our faith, our hope, and our knowledge of God’s great love for us. Pass it on!

In Fide et Caritate, *Sr. Patricia*

Message From the President

There is something magical about school spirit. What a student body can accomplish in the way of expressing spirit can be simply amazing. The times I bonded with my fellow students back in high school to show our pride cemented our friendships and remain priceless to this day. One word from a former classmate can evoke so many fond memories.

We are fortunate at Seton-La Salle to be a melting pot of many spirited grade schools and junior highs. I recently introduced myself to the student body and discussed this very idea of spirit with them. Some of your children may have even mentioned the cheer I taught them. Granted it may have seemed dated, but so began the buzz of school spirit. Our students want to express themselves in this positive manner. Reinforce with them the idea of supporting their classmates and proudly wearing our school colors of green and gold. The school spirit will only be as enthusiastic as the students command it to be. As I relayed to the students...Embrace It, Feel It, Take Ownership of It!

While we gladly welcome spring and all its glory, it reminds me how blessed we are at Seton-LaSalle to have a campus with an

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In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made by Him, and without Him was made nothing that was made. In Him was life, and the life was the light of men: and the light shines in darkness, and the darkness has not overcome it. There was a man sent from God, whose name was John. This man came for a witness to give testimony of the light, that all men might believe through him. He was not the light, but was to give testimony of the light. That was the true light which enlightens every man that comes into this world. He was in the world, and the world was made by Him, and the world knew Him not. He came unto His own, and His own received Him not. But as many as received Him, to them He gave great power to become the sons of God: to them that believe in His name: who are born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. And the Word was made flesh, and dwelt among us, and we saw His glory, the glory as of the only begotten of the Father, full of grace and truth.

The Last Gospel: John 1:1-14

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Administrative & Academics

President's Message (cont.)

abundance of green space. The students recently began their spring sports on the Rebel Athletic Field, the Rebel Way Trail is once again active with walkers, and this is the first of many Easter seasons to include our outdoor Stations of the Cross. Over the next few months, we are increasing our efforts to clean up and beautify our campus. We have begun removing many downed tree limbs and have ordered a large dumpster to aid in our progress. Please feel free to call me to offer your assistance, to join us with your rakes and brooms, or to simply share your ideas. Together, with Rebel Pride, please join me in making Seton-LaSalle Catholic the best high school it can be.

I wish you and your families a Blessed Easter.

Gary Rodgers

Guest Speaker Discusses the Islamic Faith with Seton-La Salle Sophomores

by Andrew Cichowicz

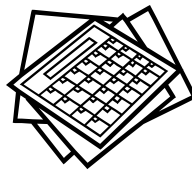
Father Lauer, a doctor of historical theology, was invited by Mrs. Slampak to speak to her Honors American Literature classes on Thursday, March 4th. Those fortunate enough to listen to Father Lauer's lecture experienced some of his achievements in the field of theology first hand. His highly impressive job description includes being the director of the Hesburgh Renewal Center at the University of Notre Dame for 17 years, teaching extensively at many colleges and universities and directing the National Pastoral Life Center in New York for three years. It almost seemed as if he should be looking for the university down the street to deliver his lecture.

"It was an extraordinary experience to hear a view of another culture and religion from a person who so clearly displays such a level of erudition on the subject," said sophomore Jake Grefenstette.

Despite his prestigious résumé, Father Lauer came to Seton-La Salle to discuss the Islamic religion in response to the sophomore classes' reading of *The Kite Runner*. He condensed what is typically a two-hour lecture into just a 44-minute class period. In that time, he managed to teach students about Sunnis, Shiites, Sufis, whirling dervishes, Mohammed and even the proper spelling of the Qur'an.

"Father Lauer was a captivating speaker, and he was able to explain many aspects of the Islamic faith to us in only a short period of time," said sophomore Sean Dixon.

The only disappointing part of Father Lauer's visit to Seton-La Salle was that he didn't get the opportunity to speak to the whole school. His attention-grabbing talk would have kept every student in the auditorium informed and entertained.



EASTER VACATION

Wednesday, March 31 - Monday, April 5

Classes resume Tuesday, April 6

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.

The Rebel Report



Seton - La Salle is moving into the 21st century with a new on-line student news blog.

This publication features student generated content and offers students an opportunity to learn about journalism and interact with modern on-line publishing technology. The

Rebel Report allows students to upload and share news articles, pictures, video and links to other on-line media. The Rebel Report is moderated by Mrs. Bridget Parker. For the 2010-2011 school year, The Rebel Report will be seeking advertisers at a modest subscription rate. If interested, please e-mail admin@therebelreport.org.

Students interested in writing or producing media for The Rebel Report should see Mrs. Parker in room 200.

Check it out at <http://therebelreport.org>

Administrative & Academics

Tweaking the Dress Code

Appearance is important to everyone, but perhaps most important to teens. Research has shown that wearing a uniform helps the students to focus on academics and somewhat cuts down on income comparisons.

The dress code at Seton-LaSalle allows for individual difference within the limits of the code. No matter how carefully a dress code is constructed, it depends on the cooperation of parents and students to make it work. We appreciate the effort that everyone makes at the beginning of each year to make sure that the students are properly outfitted. Perhaps parents could check periodically, possibly at the end of each report card period, to be sure that items still fit. Some students who are wearing pants or skorts that are too tight or too short can't understand why there is a problem now when they've been wearing the item since they were freshmen. Most of the time that is exactly why there is a problem!

For next year, after collaboration with the students, a green zippered fleece jacket was approved as a replacement for the school sweatshirt currently permitted. The jacket, with long sleeves and a stand-up collar, is a unisex garment, suitable for both girls and boys. The school sweatshirt will not be permitted to be worn in school next year.

We had been making progress on skort length, but recently students have begun to have their skorts shortened. Our uniform supplier, Educational Outfitters, has graciously agreed to check all skort lengths and apply a discreet appliqué at the hem to indicate that the skort length has been approved. Only skorts with an appliqué may be worn. This means that skorts previously purchased, whether at Educational Outfitters or not, must be taken to Educational Outfitters on Cochran Road. Someone there will measure each skort on the student who will wear it. If the skort is the approved length, an embossed appliqué will be applied at the left hem. If the student subsequently hems the skort, the appliqué will no longer be visible, and the skort may not be worn.

The last issue is the style of pants worn. Pants are to be a uniform style. This is not a problem with boys' pants, but some girls have been wearing dress pants, often of stretch fabric, instead of a uniform-style pant. Uniform pants are polyester cotton, not stretch. They do not have patch type pockets stitched on the outside. Rather the side pockets are in the side seam and back pockets are on the inside, with a slit opening which may or may not be covered by a flap. The uniform pants available at Educational Outfitters are reasonably priced. Check them out. If you think you can do better, carefully note the style before purchasing something that may not pass muster.

Math Field Trip

Mrs. Marsula, one of our math teachers, is thrilled about an educational field trip that she is planning. The theatre production "Eureka!" tells the story of a typical teenager who has been struggling with her math class lately. On the eve of her big test, she's visited by some of the luminaries of the mathematical world, including Albert Einstein, Blaise Pascal, and Pythagoras. Together, they show her how math is part of the world by exploring probability, the Fibonacci sequence, Pascal's triangle, the origins of the calculator and the computer, and more. They demonstrate the relationships between pineapples, pinecones, and the golden ratio, and help spark an interest in mathematics as the code that defines the universe.

Interested students will be attending the performance on May 25th at Carnegie Music Hall. There will be discussions before and after the trip to help students understand concepts explored in the performance. Mrs. Marsula is looking forward to this trip. She has never heard of such an opportunity and is very excited to share the experience with her students!

Upcoming Events

Pittsburgh Youth Symphony Free Concert

Pittsburgh Youth Symphony Orchestra, under the direction of Lawrence Loh, Music Director, with Alexander Lee, Violin Soloist, announce a FREE CONCERT,

"Spring Fever," on Sunday, May 2, 2010 at 4:00 p.m. at Heinz Hall. The program includes Franz Liszt—Les Preludes; Max Bruch – Finale from the Scottish Fantasy; Ottorino Respighi – Pines of Rome.

To obtain your free tickets, visit the Pittsburgh Youth Symphony Website at www.pyso.us. The program is appropriate for those from school age through adults. The concert length is approximately two hours with intermission. It is general admission and open seating. Doors to the auditorium open at 3:30 p.m.

TIME TO ORDER YOUR YEARBOOK

Don't miss out on capturing school memories for 2009/2010. Now is the time to place yearbook orders! The cost of the book is \$65.00 and orders are due by 4/16/10. Any questions please contact Mr. Carter at carter@slshs.org. Follow these instructions to place your order:

1. Go to www.yearbookforever.com. Enter school name, then select Seton LaSalle, click on "make it yours" **-OR-** Click on yearbook icon on SLS website for link to Wadsworth Yearbooks
2. Click "make my own" priced from \$65.00.
3. Select optional "add-ons"
4. Complete identification for ordering
5. Review shopping cart / and then click checkout
6. Complete Payment Information
7. Press Place Order

Development: Helping *You* Support SLS

20th Annual Rebel Golf Classic Friday, May 14, 2010 Chestnut Ridge Golf Resort & Spa

There's still time to register for a great day of golf!



The 20th SLS Rebel Golf Classic takes place Friday, May 14, 2010 / 10:30 am-7 pm at Tom's Run Golf Course at Chestnut Ridge Golf Resort / \$250 per person. Lunch, golf, dinner, open bar, door prizes, and more.

It's a good fundraiser for the school and a great time. Even if you can't join us that day, support the event by donating an auction or raffle gift or buying a Tee Sign.

Call today! 412-561-3583 x 136.

EITC—CAN YOUR COMPANY PARTICIPATE?



Next year, SLS will have about \$150,000 available for tuition aid scholarships to students because of the PA Educational Improvement Tax Credit. But, we need this number to grow to help all families who need aid. Pennsylvania companies

can get up to a 90 percent tax credit and earmark their tax dollars to support SLS. It's a simple one-page application. And, the application process begins on July 1 (and funds run out quickly).

Ask your employer or tax professional if your company is eligible and help us build this important tuition assistance program. If your company can help by turning their tax dollars into tax credit money, please call Marilyn at 412-561-3583 x 119 and we can help you get the information you need to begin.

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.



WILL YOU HELP US WITH A PHONATHON?



In the past few years, Seton-La Salle High School has received more than \$250,000 from Pennsylvania businesses through the Educational Improvement Tax Credit Program (EITC) to help us provide tuition assistance to our students. This money came primarily from alumni- or parent-owned businesses who made contributions and received a tax credits for their businesses. This year, due to the poor economy and state tax cuts, fewer businesses contributed and the state cut the program. Therefore, we have only about \$135,000 available to give as tuition aid. This will severely impact our families and ultimately affect our enrollment.

To overcome this crisis, I ask your help in a school-wide phonathon. With the participation of teachers, administrators, board members and upper classmen, I believe we can raise enough to offset the drop in EITC funding.

To participate:

Call **Marilyn Walsh at 412-561-3583 x 119** and let her know you would like to help.

On the night of April 19, 20 and 21 come to SLS to receive:

- A brief instruction guide on how to make calls.
- Forms to complete for donation information
- A list of 25 people to call

We will have phones available (or you can use your own mobile phone). We will also have snacks, challenges and other 'fun' ways to win at fundraising.

Save the Date: Fall Craft Show



We now have an enthusiastic group working on a Craft Show to be held at Seton-LaSalle on **Saturday, November 6, 2010, from 10:00 a.m – 4:00 p.m.** The event will include crafts, refreshments, an auction, a bake sale, and some free health screenings. We hope to have something for everyone.

If you are a crafter and are interested in having a table, the cost is \$35. If you can bring your own table (6-8 ft.), the cost is \$30. We will be happy to have additional people on the committee and will definitely need volunteers and shoppers on the day itself. Put it on your calendar!

Spirituality & Service

Campus Ministry



On Tuesday, March 30, a number of students involved in Campus Ministry presented "On the Via Dolorosa", our annual dramatic presentation of the Stations of the Cross". This year, they used a set of Stations commissioned by Pope John Paul II that are all scripture based; therefore, they are a bit different than the ones with which most Catholics are familiar. Music and reflections were woven with silhouettes of each station. This presentation was also be offered the next day when our neighboring elementary school teachers were present for a Holy Week day of reflection.

Our Easter celebration will be held on Wednesday, April 7, at 9:58 AM. At this Eucharistic liturgy, we will also present the annual *In Fide et Caritate* Award, given to a faculty member as voted by the Senior class.

First Food and Friends Soup Kitchen



Rebels Reach Out continues to work in conjunction with the First Methodist Church, in Bloomfield/Oakland, one Saturday a month serving the hungry and needy of the Downtown area.

Student volunteers do not simply serve lunches at this Soup Kitchen, located inside the church, on Centre Avenue; they serve souls. In addition to assisting with the preparation of all of the food for the day, consisting of a home-cooked main dish, veggies, fruits, and deserts, students assist in the set-up for approximately 300 persons, food distribution, pantry organization, clothing exchange, and clean-up.

All students, as well as their family members aged 14 and older, are invited to join RRO for any and all soup kitchen events! Forms are updated monthly, and are available in both the Campus Ministry Office and in the Cafeteria.



Brianna Kraska & Lauren Weinmann help with the preparations

Retreats: Building the Spiritual Body



The Sophomore Class attended their retreats on February 24-25. Their theme was "Be a Part of the Puzzle" with a focus on the individual charisms each member of the class is blessed with, and how our SLSHS community needs them all to be complete. All activities and talks focused on putting the pieces together to form a strong, healthy, whole community, and how that translates into the Body of Christ.

The Junior Class retreats will be held on April 20-21. Their theme is "Grow In Maturity; Act With Purity," and will focus on our wants and needs in life, and on how we are much more than physical creatures. Spiritual, intellectual, and emotional maturity will be key topics in the activities and talks.

As a special new program, the Retreat Team is working with St. Katharine Drexel eighth graders on Friday, April 9, for five hours after school and into the evening, on an "Eighth Grade/Confirmation Retreat". This is a first time event, and hopefully it will translate into future hostings of Confirmation Retreats by our Junior and Senior student Retreat Leaders in future years. It is a wonderful opportunity for outreach into the Pittsburgh community, an additional opportunity to introduce grade school students to SLSHS and bring them on to our campus, and a fantastic chance for our own Retreat Leaders to do what they love... serving the Body!



Katie O'Toole lending a hand...

*"Whatsoever you do for the least of my brothers, that you do unto me."
Matthew 25:40*

Spirituality & Service

“Senior Prom” at The Devonshire



Kasha Vater enjoys a dance

Do not cast me off in the time of old age; forsake me not when my strength is spent.

Psalm 71:9

Saturday, March 12 was "prom night" for 43 members of the Junior class. These students gathered at the Devonshire Residence behind our school to escort residents to a "prom" held in the lobby of the Devonshire. A DJ played music, and students and residents of the assisted living community talked and danced and got to know each other a bit better. We crowned a prom queen and king and shared a really good time. Later in the month, the Devonshire graciously showed their appreciation for the evening with a tray of cookies and many compliments for the care and courtesy our students extended to the residents. A special "thumbs up" goes to our diocesan youth council representative, Katie Welsh, who coordinated the efforts for this memorable evening.



Eric Krempasky with his "date," Josephine.

The “Lose the Training Wheels” Program

Rebels Reach Out has been asked to participate this June in the Children’s Institute’s “Amazing Bike Camp: Lose the Training Wheels Program”, at the Southpoint Isoplex in Canonsburg. Student volunteers will work with mentally and physically challenged kids, helping them to learn how to ride bicycles, for a lifetime of fun and fitness. This is a national program with recognized success.

The camp runs from June 14-18, and there are five sessions daily. All volunteers must be 16 year of age or older, and they must be able to participate all five days during the same 75 minute session (there are five sessions daily), in order to provide consistency for the special needs participants. Volunteers may choose to participate in only one or up to all five sessions daily!

Any interested volunteers should see Mrs. Pastor in Campus Ministry for more information and the necessary registration forms, starting May 3.

Pioneer School 2010: Prom



Rebels Reach Out is working with The Pioneer School in Brookline to make the Prom for mentally and physically challenged kids a memorable one.

We are in the process of taking donations of clean, well-maintained dresses and suits for the students to wear. If you would like to make a garment donation for this event, they may be dropped off in the SLSHS main office, and Rebels Reach Out will deliver them.

More information on the actual event to come!

SLS Lettermen's Club

MEMBERSHIP:

Open to all Elizabeth Seton, South Hill Catholic and Seton-LaSalle alumni letter winners.

Memberships available - \$250 Lifetime -\$25 One year Membership forms can be found at: www.slshs.org

PURPOSE:

To foster lifelong positive relationships among all alumni while supporting the needs of current athletic and band programs.

Membership is open to all alumni who are 21 years old and over who earned a letter. Members receive free admission to all home games and discounts on club sponsored events.

EXECUTIVE BOARD:

Ed Dixon '69 - President

Ed Vargo '89 - Vice President

Maura (Gatto) Cermak '96- Secretary

Katie Soeder '02 -Treasurer

Brian Geyer '00 - SLS Athletic Director

Al Dick '66 - At-Large Member

Rex Gatto '66 - At-Large Member

Toni Luvara - Event Coordinator

Check the SLS website for more details and registration info.

NHS Blood Drive

The Blood Drive sponsored by the National Honor Society will be held on Friday April 16th. All Juniors and Seniors, faculty, staff and family members are invited to attend. The first appointment will be taken at 8 am the last at 2 pm.

Lettermen's Club Event: Lettermen's Alumni Tailgate Saturday, May 1, 2010 Rebel Athletic Field

The Alumni Tailgate is being sponsored by the Rebel Lettermen's Club. All Alumni (21 years old and over), former and current coaches and friends are welcome May 1, 2010 at the Rebel Athletic Field.

No tickets will be sold at the gate.

Registration form can be found at www.slshs.org

Please R.S.V. P. by April 20, 2010

Rebel Band



**Spaghetti
Dinner**

5:00-7:00 PM

Spring Band Concert 7:30 PM

Wednesday, April 14, 2010

**School Cafeteria
& Auditorium**



The Seton- La Salle Band will be sponsoring a spaghetti dinner on Wednesday, April 14, 2010. The dinner will be served from 5-7 pm, followed by the Spring Concert, Senior Recognition, and Awards Ceremony. The dinner is \$7.00 per person, which includes Spaghetti and Meatballs Roll, Salad, Dessert Beverage. Bring your family and friends and help support the SLS Band.

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. The special students who achieved this high honor during March were:

9th grade: **Sarah Mallon**
10th Grade: **Emily Zielinski**
11th Grade: **Nino Tommarello**
12th Grade: **Carly Sawyer**

Forensics News

Lauren Hess placed 2nd in the Pittsburgh district with her Original Oratory 'Truth or Dare' which qualified her to attend the PHSSL (State) tournament. **Petey Bruni** also attended the State tournament in Impromptu. Hundreds of the best Forensics students in the state qualified to attend the PHSSL tournament at Susquehanna University on March 12 and 13. We are proud to say that both of our girls finished in the top 20 in their respective categories.

Lauren Hess reached the semi-finals (and finished 8th overall) in Original Oratory at the National Forensics League qualifying tournament on March 20.

Lauren Hess, Ellie Riedel, and Michael Columbus have been recognized by the National Forensics League. **Lauren Hess** reached the 'Degree of Special Distinction' by accumulating more than 500 points in her high school career. She will be the first Seton-La Salle student to wear the cords of the National Forensics League Honor Society at graduation. Congratulations to Lauren for her hard work and dedication! **Ellie Riedel** has advanced to the 'Degree of Distinction' by accumulating more than 250 points. Her prose presentation from 'Skinny' earned her many first place finishes this year. **Michael Columbus** is the most recent member of the team to become a member of the NFL by accumulating more than 25 points. He receives a certificate and a 'Degree of Merit' from the NFL.

The final local Forensics tournament will be held at Keystone Oaks on April 17. This tournament is for novices (sophomores, freshmen, and 8th graders). The team will be inviting interested 8th graders who plan to attend Seton next fall to compete as guests of Seton-La Salle.

Contact **Donna Salsburey** (djsals1@aol.com) for more information.

Scholarship Award

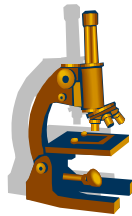
St. Vincent College has announced that Seton-La Salle Senior **Kathleen Sigg**, of Bethel Park, is the winner of their Spanish scholarship. The scholarship amounts to \$16,000 over 4 years of study at Saint Vincent College and is the result of a competitive Spanish Departmental exam taken at the St. Vincent Scholarship Day Competition on Saturday, January 30th. We congratulate Kathleen and Mrs. Mutone, her Spanish teacher.

Best in Parade

Congratulation to our Rebel Marching Band. They performed in the St. Patrick's Day Parade on Saturday, March 13, 2010. They received the Bishop's Award for *Best Catholic High School Band*. There will be an awards ceremony in April.

We commend you on a great performance!

Pennsylvania Junior Academy of Science



After two snow delays and rescheduling, the regional Pennsylvania Junior Academy of Science (PJAS) competition was held at Keystone Oaks High School on Saturday, February 20th.

Seton La Salle had 4 students compete and each of the students received first place awards which entitles them participate in the State Meet at Penn State University on May 16th. Juniors **Petey Bruni** and **Victoria Schneider**, sophomore **Jacob Wytiaz** and freshman **Kathryn Bench** received 1st place awards.

Pennsylvania Regional Science & Engineering Fair

At the Pennsylvania Regional Science & Engineering Fair competition held on Saturday, March 27, **Victoria Schneider** won the Wheland scholarship for Carlow University which is a \$4000.00 one year renewable scholarship. **Petey Bruni** won four sponsor awards: 1) the National Oceanic and Atmospheric Administration "Taking the Pulse of the Planet" Award; 2) the American Meteorological Society Award, 3) the Fedex Award; and 4) The Princeton Alumni Assn. of Western Pennsylvania Award. The last two awards come with cash prizes of \$50.00 each.

Have a Blessed Easter!

On the evening of the first day of the week, when the doors were locked where the disciples were for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. The disciples rejoiced greatly when they saw the Lord.

John 20:19-20

Sports

WPIAL Alignment for Fall/Winter 2010-2011 Athletic Season

The WPIAL has announced the following alignments. Due to these realignments, several of athletic sections have changed:

Boy's Basketball:

Section Opponents: Bishop Canevin, Brentwood, Monessen, South Allegheny, Steel Valley, Wilkinsburg

Non-Section Opponents: Carlynton, North Catholic, South Park, Thomas Jefferson, West Allegheny

Tournaments: Keystone Oaks Tip-Off Tournament, Seton-La Salle Christmas Tournament, Don Graham Classic at North Catholic v. Mars Area

Girl's Basketball:

Section Opponents: Bishop Canevin, Brentwood, Carlynton, Keystone Oaks, South Allegheny, Steel Valley

Non-Section Opponents: North Catholic, OLSH, South Fayette, South Park, Thomas Jefferson

Tournament: Seton-La Salle Tip-Off Tournament

Cross Country:

Section Opponents: Bishop Canevin, Brentwood, Ellis School, Keystone Oaks, Neighborhood Academy, South Fayette, South Park, Winchester Thurston

Non-Section Opponents: Avonworth, Elizabeth Forward, Fort Cherry, Steel Valley, Thomas Jefferson

Invitationals: Catholic Conference, Central Catholic Invite, Red-White-Blue Classic, TSTCP Invite

Football:

Century Conference Home Games at Chartiers Valley: Quaker Valley, South Fayette, South Fayette

Century Conference Away Games: Burgettstown, Keystone Oaks (Dormont Stadium), Steel Valley, Washington

Non-Conference: Carrick (Home at Baldwin), Shady Side Academy (Away)

Boys Golf:

Section opponents: Bishop Canevin, Brentwood, Carlynton, East Allegheny, Serra Catholic, South Allegheny, Steel Valley

Non-Section Opponents: Central Catholic, Franklin Regional, Moon Area, Sewickley Academy

Tournament: Century Conference Tournament

Girls Golf:

Section Opponents: Derry Area, Elizabeth Forward, Mount Pleasant, Penn Trafford, Southmoreland

Non-Section Opponents: Bethel Park, Ellwood City, Ford City, Mount Lebanon

Boys Soccer:

Section Opponents: Avonworth, Bishop Canevin, Carlynton, North Catholic, OLSH, Sewickley Academy

Non-Section Opponents: Hopewell, Keystone Oaks, Kiski School, Montour, South Fayette, Upper St. Clair

Girls Soccer:

Section Opponents: Avonworth, Bishop Canevin, Carlynton, Ellis School, Vincentian

Non-Section Opponents: Baldwin, Canon-McMillan, Keystone Oaks, Oakland Catholic, OLSH, Steel Valley, Thomas Jefferson, West Mifflin

Girls Volleyball:

Section Opponents: Brentwood, Mount Alvernia, North Catholic, Serra Catholic, Sto-Rox, Vincentian

Non-Section Opponents: Chartiers Valley, OLSH, West Allegheny

Tournaments: Elizabeth Forward, Keystone Oaks, North Catholic

Coed Swimming:

Section Opponents: Bishop Canevin, Brentwood, Keystone Oaks, Serra Catholic, South Park, Trinity Area, West Mifflin

Non-Section Opponents: Beaver Area, Carlynton, Cornell, East Allegheny, Hopewell, Montour, Northgate

Impact Testing

Seton-La Salle is happy to announce the purchase of the Impact Testing program for our student athletes. The Impact Test is a computerized base-line concussion test that helps those in the medical field better diagnose when a student athlete has a concussion. The Seton-La Salle Boys and Girls lacrosse teams are the first teams to fully use the program. The test will be administered to all student athletes in our contact sports. Funding for the Impact Test was made possible in part from the Rebel Letterman's Club.


PARENTS GUIDE TO



HighSchoolSports.net is the #1 high school sports site in the country to get complete, up-to-date scheduling information from your school's athletic office. Your school controls all information on HighSchoolSports.net, including addresses used by MapQuest.com. Go to www.HighSchoolSports.net and enter the name of your school, city or zip code in the **SEARCH** field. You can also access www.HighSchoolSports.net from your school's web site.

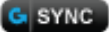

GET SCHEDULES by clicking on the *My Schedules* tab at the top of the page. You can view a complete calendar of events your school is involved in. Games are color-coded:

Blue = HOME and Red = AWAY.

- **2-Day** – a list of events happening in your school Today and Tomorrow.
- **Week** – a list of events happening in that week. You can also view the previous week or the following week's events.
- **Month** – a monthly calendar of all your school's events including practices and scrimmages for all levels. You have the option to select the Sport, Gender and Level you are interested in (only sport is required).
- **Season** – lets you choose a sport, level and gender (only sport is required). All schedules are printable for every team by clicking  when the team schedule is displayed.

To view game stats, click on  next to any game.

Clicking on any school underlined in red or facility underlined in blue will take you to MapQuest.com to get directions to the school or facility. Your school enters the addresses used by MapQuest.

SYNC your calendars with Outlook/Palm and iCal. Go to *My Schedules* and click . Choose your Sync type and complete the fields. **RSS** adds sports schedules to your  Reader or to your own web page.

GET SCHEDULE CHANGE NOTIFICATIONS via email or text message on your cell phone letting you know that a game or practice has been changed, postponed, or cancelled. **Be sure to set your Spam filter to accept email from HighSchoolSports.net and ScheduleStar.com.**

1. Go to HighSchoolSports.net and click *My Account* at the top of the page.
2. First Time users click I'M A GUEST or JOIN TODAY. Current users, sign in using your user name (email address) and password and click *My Account* at the top of the page.
3. Complete your profile by filling out the required information
4. Click the *My Teams* tab at the top of the page and choose the school(s) you would like to receive notifications for.
5. **Select the sport(s) and types of notifications you would like to receive for that sport by clicking the drop down arrows. You will receive a confirmation email. If you do not receive this, you will not be able to get Schedule Change Notifications.**

UPLOAD PHOTOS AND VIDEOS TO THE BLEACHERS by clicking *My Account* and **THE BLEACHERS UPLOADS** at the top of the page.

TO MAKE CHANGES TO YOUR ACCOUNT: Click on *My Account* at the top of the page. You can edit or add email addresses, cell phones, and add and remove teams from your schedule change notifications. Go to www.HighSchoolSports.net for an online Site Tour and click **SEE WHAT'S NEW WITH YOUR SCHOOL.**

