

## ICE HOCKEY CLUB- HIGH SCHOOL LEAGUE HOCKEY PROGRAM

3/31/15

### Interested in playing ice hockey for WC EAST?

WCHEIHC is recruiting players in grades 8-11 for a High School team to start this Spring. Spring rates are extremely reasonable so it's a perfect time to give this great sport a try!

- When:** Season runs from April 20th – June 22nd.  
: 8 games plus playoffs  
: Games are weeknights Monday through Thursday  
: Start times are between 5:00pm – 8:00pm

WC East Varsity is a strong competitor in the ICSHL league every year, having won a State Championship twice in the last 6 years and currently in 1ST Place in the division!! Come be a part of it!

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"The West Chester Area School District does not sponsor or sanction this program/activity/event."

## SWIMMING STATE RESULTS

3/17/15

Freshman swimmer Ann Carozza finished 18th in the fly and 16th in the free at the PIAA State swim tournament. She was also selected to the honorable mention all-state team.

## SWIMMING DISTRICT RESULTS

2/27/15



Freshman Ann Carozza placed 5th in the fly at Districts on Thursday, February 26th. This automatically qualifies Ann for States. Other results include:

Carolyn Metcalf – 31st in the 500 free  
James Kirkby – Swam his two best times, finishing 16th in the 200 free and 17th in the fly.

The 200 free relay swam their best time of the year – Ann Carozza, Carolyn Metcalf, Jessica Topka and Amy Barrett.

## 11TH GRADER IS WRESTLING DISTRICT CHAMPION

2/24/15



Noah Hankin won the District One Central Tournament on Monday, February 23rd in the 120 lb weight class. He will advance to the Southeast Regional Tournament beginning Friday, February 27th, along with Ryan Orr, who placed 4th at the the district tournament. Wrestlers Aaron Nelson and Scott Gassenmeyer placed 5th at the tournament, capping off great junior seasons.

## DISTRICT SWIMMING

2/23/15

The following post-season swimmers will be competing at Districts on Thursday and Friday this week at LaSalle University.

Ann Carozza – 8th seed in the fly & 11th seed in the 100 free

Carolyn Metcalf – 31st seed in the 500 free

Amy Barrett, Ann Carozza, Carolyn Metcalf, and Jess Topka are seeded 21st in the 200 free relay.

James Kirkby – 16th seed in the 200 free & 18th seed in the fly

## GIRLS TRACK AND FIELD NEWS

2/23/15

The girls track and field team completed their season on Friday, February 20th at the Delaware Valley Girls Track Association Meet of Champions. Individually, Lindsay Pratt competed in the 60m dash (8.59) and Kayla Jones competed in the Mile (5:43). Kayla (2:27 split) also competed on our 4x800m relay team with freshman Hanna Kelly (2:33) and sophomores Sydney Towell (2:30), Mikayla Lewin (2:35) and Katie Duguid (alternate). They were seeded 15th and finished 11th with a season best time of 10:06.24.

### **Viking 5K Fundraising Run**

On Saturday, February 28th the Track and Field Booster club is hosting the 1st Viking 5K Fundraising Run beginning at 9am. Participants may pre-register, or register on race day beginning at 8:15am.

## STUDENT ATHLETES QUALIFY FOR THE POST-SEASON

2/18/15

Junior wrestler Noah Hankin won the Ches-Mont championship in the 120 lb. weight class. He, along with the following wrestlers, will advance to the District One Tournament on Saturday in Wissahickon: Ryan Orr, Caleb Subach, Eric Gassenmeyer, Tommy Luke, Justin Cooper, Aaron Nelson, and Tyler Blum.

The indoor track and field teams will compete @ the Meet of Champions @ Lehigh University this coming weekend - Eric Diestelow in the mile and 3000 meter run, Jacob Wolfe in the 60 and 400 meter dashes, and David Bond in the 400 meter dash.

Lindsay Pratt (60m), Kayla Jones (Mile and 4 x 800), Sydney Towell (4 x 800), Hannah Kelly (4 x 800) and Mikayla Lewin (4 x 800) will be racing at the Delaware Valley Girls Track Association Meet of Champions. This is a great accomplishment, as the association consists of over 90 schools in the region.

## VARSITY CHEERLEADING SUCCESS

2/11/15

Congratulations to the varsity cheerleading squad for placing 5th in the National High School Cheerleading Championships in Orlando, FL this past weekend. The girls competed in three rounds: preliminaries, semi-finals, and finals. The preliminary round consisted of 29 teams, the semi-final round consisted of 16 teams, and the final round consisted of 12 teams. Each performance was flawless, which helped them move on to each round of competition. This is the first team at West Chester East to qualify for finals at such a prestigious competition; this competition hosts 12,000 cheerleaders, 645 teams, and 38 states. West Chester East was the only team to qualify for finals in the Ches-Mont League.

Below is a link that will show the official video from varsity.com of East's cheerleaders in the finals in Florida. Scroll to Non-Tumbling Finals in blue horizontal selection bar above videos in bar on right of screen. Rest mouse at bottom of list and allow list to scroll down on its own to West Chester East (02:29).

<http://varsity.com/event/1948/2015-uca-high-school-nationals-videos>



## SENIOR ATHLETES SIGN LETTERS OF INTENT

2/5/15

The following seniors signed their Letters of Intent on Wednesday, February 4th.

Kevin Murphy – Football – Univ. of Connecticut

Hannah Specht – Soccer – Syracuse Univ.

Haley Stein – Soccer - James Madison Univ.



## BOOK CLUB NEWS

2/4/15

Lively discussion about the bestselling book *Eleanor and Park*, plus yummy refreshments, were had by all who attended the January EHS Book Club meeting on Tuesday, January 27th.

Sponsored by Mrs. Pribish and Mrs. Matjasic, the club's focus is to read "just for the fun of it".

Students are always welcome to join the book club, and to bring a friend. February's selection is *Room* by Emma Donoghue; the meeting will occur on Tuesday, February 24th.

## STUDENT SELECTED TO PLAY ON SUBURBAN BOYS' ALL-STAR TEAM

2/3/15

Evan Anderson was selected to play on the Suburban Boys' All-Star basketball team in the annual All-Star Labor Classic on March 29, 2015. This is the 28th year of this tournament which is sponsored by the Philadelphia Building Trade Unions, which benefits the United Cerebral Palsy Foundation. Selections are made by a committee of area sports writers for the players' performance on the court and in the classroom. Every team member receives a \$200 scholarship for continuing education.

## BSU STUDENTS REFLECT ON MLK BRUNCH

1/26/15

*"It was an amazing experience to see so many people active within the Civil Rights Community. What I witnessed there was something I will cherish. The reason being so many years later after MLK's death, people are still spreading his word. I also believe that one day people would stop spreading because we have achieved it, and everyone in the world is equal and at peace."*

*"Today was .... Inspirational. It amazes me to see the progress we try to make as a community when it comes to racial conflicts. Although, not all of the racial tensions are eliminated in the world, seeing African Americans such as Otis and Pamela, inspired me to push myself to be the greatest I can be. As I step back and listen to how MLK inspired these people, it makes me think about how MLK and other African American Leaders inspired me. MLK has taught me to ask the questions, "What are you trying to prove?" And after today, I finally understand that I am striving to prove that I can be a successful African American Woman."*



*"Today was something; something truly special to my heart. I was able to witness all different races and ethnicities come together and honor Dr. Martin Luther King, Jr. I learned that knowledge is just as important as equality. We need to come together as a nation and learn to work together. Watching the video was great. I was able to see both blacks and white teenagers speak their minds on the importance of equality and education. The Black National Anthem was powerful to hear, it speaks about the struggles black might/will face, but as long as you push on and remain honorable, God will see us all through. I am truly thankful to attend the brunch."*

*If there is one thing I learned from today, it would be ... To not be afraid to speak your mind. If there is something that you know is going on that is unjust, don't be afraid to speak out about it. We are all people. We breathe in and out, we all have hearts and when we're cut, we bleed. Never be afraid to speak your mind...if you want to see a change, then you have to be the start! Be the change you want to see in the world, and don't let doubt or what others think of you stop you from reaching your goal or getting your message out there."*

*Today I learned a lot and what MLK really did for us. I learned that in this world there will never be equal rights no matter how bad we want to be equal. That color of our skin makes a big difference in our life. The guy that spoke said we sit on MLK's shoulders because of what he did for us. He also said he owes MLK for what he did for us. I never really knew what MLK did for us. I mean I know he made us free people, but there is more to it than being free. I heard Andrew say black and white should be able to come together. But that is what's killing us because there are different things in people's eyes. Just by the way people look at us, and our color makes a big change in the world."*

*Today was a great and inspirational day. Just when you walk in I was inspired seeing so many blacks and whites coming together makes a big difference. Otis, a guy that went to WCU, inspired me to never give up on your dreams, follow them, also to push yourself because there is something out there for you. One day you could be the person inspiring someone else to do better. I think there should be younger kids that go. Other than that, it was great just to be a*

*part of an event like that. Everyone is equal!"*

*"Today was an amazing learning experience for me. There was so much culture and different types of people all together, and I love listening to what everyone had to say. I believe that MLK fought and died so that all people could prosper together as equals and be happy together. A sign that really shows that he is/was such an inspiration is that he still inspires many people even though he is no longer living. I hope that one day all men and women can put aside their differences and accept each other for whom they are."*

## **CHEERLEADING SQUAD WINS DISTRICT 1 TITLE**

1/20/15



The varsity competitive spirit team competed in the District 1 competition at William Tenant High School on January 10<sup>th</sup>. The squad competed against 10 other teams in the Small Division and placed 1<sup>st</sup> clinching the District 1 title. Along with the 1<sup>st</sup> place accomplishment, the team placed 3<sup>rd</sup> out of the entire competition which consisted of 35 teams from District 1. The team also qualified to compete at the PIAA State Competition on Friday, January 23<sup>rd</sup> which will be held in Hershey, PA. If

the team advances to the semi-final round, the team will compete again on Saturday, January 24<sup>th</sup>. This will be the third year that the squad will be competing at the state level. In both previous years, the squad has advanced to the semi-final round. Winning the District 1 Title and qualifying for the State Competition is a huge accomplishment for the competitive spirit squad. Even though the team has been to the State Competition in years past, the team has never won such a prestigious competition like the District 1 Competition. The team plans on continuing to work hard and stay focused for the State Competition in Hershey. The squad will be competing against 38 other teams in the preliminary round, and 10 advance to the semi-final round. Good luck to the West Chester East Cheerleading Squad!

## **BLACK STUDENT UNION NEWS**

1/16/15

The BSU has a busy January. On the 19th the following BSU students (Shyda Thomas, Kalina Brown, Trevor Bunyan, Tre Thomas, Sulyman Wagay, Imani Luckey, and Brittani Canty) are participating in the Day of service at St Paul's Church by organizing donations for the homeless shelters in Chester County along with Rustin and Henderson students.

On Thursday January 22nd we will be participating in a MLK brunch celebration at West Chester University where 4 East students (Brandon Thompson, Brittani Canty, Imani Luckey, and Andrew Henry) participated in a video to be shown at the event.

January 30th, the BSU is hosting East High School's annual school wide talent show displaying the great talents of East Students. The talent show starts at 6pm in East's auditorium and the tickets will be \$5.00. (The proceeds go to senior scholarships.)

## **BATTLE AT THE BRIDGE WRESTLING RESULTS**

1/12/15

Congratulations to Noah Hankin and Caleb Subach for winning the Battle at the Bridge Wrestling Tournament in Chesapeake City, MD. Ryan Orr finished 2nd, Tommy Luke 3rd, and Aaron Nelson and Tyler Blum 4th.

As a team, East placed 3rd out of 18 teams.

## **GIRLS TRACK AND FIELD RESULTS**

1/12/15

The girls winter track and field team followed up their strong showing at the Chester County Championships with another great performance at Haverford on Friday night. The highlights include:

- 1) Kayla Jones (Mile- 5:41.84) and Lindsay Pratt (55m dash- 7.71 secs) qualified for the the Meet of Champions in late February by placing 3rd and 4th in their events.
- 2) 4 x 800m Relay team of Elizabeth Dougherty, Hannah Kelly, Mikayla Lewin and Sydney Towell ran a season best time of 10:25.38. This has moved them into the Top 20 for the league.
- 3) Eman Gomaa ran a PR of 9.99 in the 55 hurdles.