



**There are no Athletic Contests the week of December 17th.**

### **Exam Week (New)**

During exam week many teams will still be holding practices, many of which are abbreviated. While we would love for every student-athlete to attend these practices, we understand that preparing for exams does take priority. If a student-athlete is not able to attend practice during exam week, they should notify their coach. Please keep in mind that for most, exercise helps us maintain regular sleep cycles as well as relieve stress, two very important things needed to perform well on exams. It is possible that an hour of practice the afternoon before an exam may be exactly what a student-athlete needs to perform best on an exam. But with that being said, we trust your judgement and if a student-athlete cannot attend a practice we respect that decision wholeheartedly. Good luck during exam week! Go Knights!

### **Speed and Agility (New)**

There will not be any Speed and Agility sessions the week of exams. Speed and Agility will resume on Monday, January 7th.

### **Lower School Girls Basketball Scrimmage (New)**

On Wednesday, December 12th the Lower School Girls Basketball Team held their scrimmage game in the Upper School Gym. It certainly was an exciting game for the players, spectators, and officials! Going into the fourth quarter the game was tied and both teams were rearing to go. Congratulations to the ten players that competed in the scrimmage game. Each student-athlete played every second of the entire game and were giving 100% all the way until the final buzzer. And a special thank you to our celebrity officials, Mr. Chapman and Mr. St. Amand!

