

FRESHMAN FLASH

February, 2015 Edition



Upcoming Events

- *Drama Club
Production: The
Matchmaker 2/27
& 2/28
- *3/4 Lacrosse
begins
- *3/11 Volleyball
begins!
- *3/4 Lenten Prayer
Service
- *3/9 Freshman
Pilgrimage

Frosh Track

In the middle of November, the coaches for boys and girls Winter Track held tryouts for grades 9-12. All student-athletes were tested physically to see if they were in sufficient condition to run consistently and efficiently! The turnout was great and the student-athletes that were the most physically fit made the team! Both the girls and boys have been practicing almost every day and are pushing themselves to do their absolute best. Some of the events for Track & Field include: hurdles, sprints, long distance runs, long jumps, and the shot-put. Students were tested in each component and if they made the team, they were placed in the best category for their skills. They practice each day to prepare for meets at St. Anthony's, in Huntington, and The Armory, in the Bronx. For example, the sprinting group warms-up and trains by first running 1000m, stretching, then doing sprints for times ranging from 30-45 seconds, sprinting distances between 400m to 100m, then working on down-starts, doing strides, and wrapping up with a cool-down stretch. On the other hand, the distance group of track & field trains by doing a 5000-7000m warm-up, and then continue by running multiple miles and other conditioning workouts. The coaches are professional and are training their athletes so they can perform at their absolute best.

On December 6, 2014, athletes participated in shot-put, 55m hurdles, 55m dash, 600m run, 3200/3000m run, and the 300m dash. Both the boys and girls track team gave it their all for their first developmental meet. From this meet, both teams learned their strengths and weaknesses and worked on their weaknesses. In addition, both teams have attended more meets at the Armory. Both teams attended relay carnivals, where each athlete must work with their group to achieve their best possible time for their event. For example, each group consists of four athletes and each player must run a certain amount of meters. Therefore, consistent times need to be turned in by each athlete in order to achieve a good overall time. If the group performs well enough, they are recognized with medals!

All Track & Field Firebird athletes look to continue their season with their every-day practices and hard work. They look to perform well in the upcoming meets and even better, try and earn medals! The ultimate goal for both teams is to get to States and afterwards, hopefully Nationals. The coaches have done a great job pushing their athletes to do their best, giving them the right workouts to make them better runners, getting the throwers for shot-put stronger, and keeping each athlete in excellent running-condition!

By: Thomas Cava, 9C

Kellenberg Memorial High School



Generosity in Action

Here at Kellenberg, students are given the opportunity to open up their hearts and give back, for Jesus says "whatever you do to the least of my people you do unto Me." By doing this, we are giving the greatest acts of kindness from our hearts to those who are less fortunate; there is no other way to show the Jesus' love in this world than this.

Our first drive took place right before our Thanksgiving break; this drive would benefit the Queen of Peace Residence, where elders are given great care from the Little Sisters of the Poor. Students in each homeroom were given a Thanksgiving Drive card. On the card was a list of items students could bring in, from lotion and body wash to toothpaste and baby wipes. The generosity from the students was immense; donations upon donations were brought in, and it really shows just how much the students are willing to give to our brothers and sisters of Christ. Then, on Alumni Day, during our Freshman Mass, the baskets of donations were brought up to the altar and blessed by Father Philip. Shortly afterwards, a sister, along with Brother Michael Gillen's mother came up to the podium and spoke a few words of how thankful they are for our generosity and kindness.

Soon after Thanksgiving break, the season of Advent began with the annual Advent Drive. This is another opportunity for us to show our concern. Throughout the school day, as students were walking to lunch, they had the opportunity to choose an ornament from a table outside the Ark. On the ornament was an item to bring in. Then, each morning, students were asked to drop off their donations in the lobby. There were so many students bringing items in that the drive was extended two extra days! This year's Advent Drive was very successful; over \$7,500 in gift cards were collected in addition to hundreds of shirts, diapers, toys, baby food, and baby clothing; donations were given to outreach programs including St. Raymond's Church in East Rockaway, NY and the Graymoor Friars in Garrison, NY.

I enjoy partaking in these drives every year because many get to see and experience the overwhelming generosity shown by the students. There is always a feeling of joy inside of you when you know that your donation means a lot to the person benefiting from it and that you are truly helping. This year was no exception. Kellenberg once again had two very successful drives; here, the importance of giving back is very much emulated: for He gave to us, and therefore we should give to others.

By: Ismenia Ginebra, 9G



KM Spirit



Athletics are very important to the students at any school, but especially at Kellenberg. Our athletes represent our school's spirit all over the island and beyond. One way for non-athletes to also enjoy this spirit is to participate in Kellenberg's Pep Rallies, which occur at the beginning of every sports season. These events build a sense of community within the building and support for hard working athletes in all sports. Pep Rallies are great for building enthusiasm and getting excited for the upcoming season. Athletes in all the different sports - including football players, swimmers, soccer players, tennis players, runners, dancers and more - come together to compete in fun competitions, such as throwing around a beach ball or completing the lyrics to a pop song. Though before this happens, the names of all the team members are read aloud by the older students hosting the event. The selected members from these teams are cheered on by their teammates as they take the stage in front of the student body. After going through elimination rounds, two sets of teammates face off to win the title of Pep Rally champion for that sports season. These rallies are enjoyable for all who participate as well as those who watch.

The Fall Pep Rally occurred on October 3, 2014, in the auditorium. Freshmen and sophomores got to enjoy watching friendly competition between all the fall sports teams. The sports that were represented were football, soccer, track, cheer, swimming, and tennis. Slide shows filled with pictures of athletes played on the big projector at the front of the auditorium.

The Winter Pep Rally happened on January 16, 2015, also in the auditorium. The theme of this pep rally was "Minute to Win It", with several different competitions that included things like stacking apples or plastic cups on a table. In many of these competitions, freshmen team members faced off against teammates on the JV team, making for a fun atmosphere with cheers from all around the room. There were also performances from the freshmen and JV cheerleaders, as well as the dance team.

Pep rallies are a fun way for everyone to get involved in the athletic spirit at all schools, and the fall and winter rallies at Kellenberg certainly were a fun experience for all.

By: Kimberly Lores, 9K

Kellenberg Memorial High School



Freshman Faith Day 2015- A Day of Music

The Freshman Faith Day was the annual, much anticipated ninth grade homeroom competition at Kellenberg. But, this year the class of 2018 came with a soundtrack. Starting off the morning with the movie *Facing the Giants*, several songs from the film including "Voice of Truth" by Casting Crowns prompted tears of joy and sadness. The movie focuses on the power of teamwork, and how anything is possible if you have faith in God. After wiping away some tears, students moved to the gymnasium to celebrate Mass before the festivities begin. Mrs. Zider and the High School Jubilee Choir greeted the student body warmly with favorites, like "Sweet Redeemer" and "Prince of Peace". The energy and atmosphere in the space was electric as freshman read the first and second readings and recited prayer intentions. Fr. Philip K. Eichner, S.M presided over the celebration, and gave advice to treasure ninth grade memories, as time will fly by. Finally, the time came to get dressed up in their homeroom attire, which ranged from multicolored bandanas and warrior paint to personalized colorful neon shirts. Chants of "I Believe That We Will Win" rang through the hallways, and squeals of laughter and chatter echoed through the building. Team volleyball and the infamous gaga ball invoked team cheering and competitiveness, while crab soccer and tug of war challenged students to help one another and work together. Towards the end of the day, as the score was decided, 9P Pixar couldn't contain their happiness and gleefully sang "We Are The Champions". Everyone had an incredible time bonding with their homeroom and had an amazing experience which they will never forget.

By: Madison Callinan, 9C



Door Decorating

The competition was fierce this year as students came in with fresh ideas trying to win. A lot of homerooms used Pinterest, but Kellenberg should BE on Pinterest: the cover to be exact since the doors were so outstanding! Many homerooms used the idea of adding something like snowmen or hit Disney movie, *Frozen* to their door. 9E had a snowman made purely out of plastic cups with paper for the buttons, eyes, and carrot nose. 9R covered their door in wrapping paper with pictures of the students in that homeroom on the door. 9F took the heads of their classmates and placed them on the head of Olaf's body. More ideas include: 9C Candy Crush, 9M Messages to Santa, 9K Riiska's Reindeer, and 9P Pixar Christmas. 9Q had fireplace with a wreath that lit up.

The fierce competition was judged by teachers who had their work cut out for them. Winning best door for the freshman class was Mr.Wevers, but winning overall room was 9K Riiska's Reindeer.

By: Danielle Urban, 9P

Reminder

Trimester Exam Schedule:

3/27—Religion/English

3/30—History/Math

3/31—World Language, English Comp/Science