



Educating Mind. Heart. Spirit.

Tiger Athletics

VOLUME 1, ISSUE 15

WEEK OF: JAN. 27-31, 2020

WINTER SPORTS:

Boys Basketball

UPCOMING EVENTS:

Thursday, 2/6-

Basketball vs.

Carolina Christian

4:00 pm, SMCS

Tuesday, 2/11-

Basketball vs.

First Wesleyan

4:00 pm, SMCS

Wednesday, 2/12-

Tennis Parent

Meeting, 3:20

Gym



Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen.

Basketball News

Current Record: 6-5

The boys basketball came away with a huge 39-13 non-conference win against First Wesleyan. They will finish up the regular season with two more home games. Go Tigers!



Sports Spotlight: Carlos Pitalua

Age: 12

Grade: 6th

Years at SMCS: 2

Sports Played: Basketball

Favorite TV Show: I like to watch Sam I Am with my sister.

Favorite Snack: granola bars

Favorite Team: Florida Gators

Future Goals: Make Beta Club next year.



Saint Michael

“The most important thing is to try to inspire people so that they can be great in whatever they want to do.”

-Kobe Bryant



SPORTS SCHEDULES AND FORMS CAN BE FOUND BY CLICKING:

[https://
www.stmichaels.
com/athletics](https://www.stmichaels.com/athletics)

Mark your calendars!

Tennis Parent Meeting

Wednesday, February 12

3:20 pm Gym

\$60 Tennis fee

\$60 Booster Club Fee*

*if not already paid this year



From the Athletic Directors

With only 2 games remaining in the regular season, please come out at support our SMCS Boys Basketball team. Their hard work is infectious, you won't be disappointed!



Upcoming 5k races nearby:

- 2/1/20—[Viking Dash Trail Run](#) 5K/10K/Half, George Poston Park
- 2/22/20—[Allstate Hot Chocolate 5K/15K](#), Charlotte
- 3/14/20—[Color Me Green Trail Run](#) 5K/2K, US National Whitewater Center
- 4/4/20—[Community Foundation Run](#) 5K, Gastonia
- 4/11/20—[Freedom 5K "Run for Orphans"](#), Lincolnton



play

verb
/plā/

-engage in activity for enjoyment and recreation rather than a serious or practical purpose

-take part in (a sport).

Get Moving!

Tips for becoming a more active family: Ropes Courses

In order to promote a more healthy, active lifestyle, here are some tips that will help children and families just.move.more.

- ⇒ **Treetop Adventures, Hickory**— The perfect adventure for any age or event. These courses take you up the best climbs and zip-lines Lake Hickory has to offer. Treetop Adventures offers 6 different courses for all age levels (5+).
- ⇒ **US National Whitewater Center, Charlotte**— Experience cargo nets, obstacles, suspended platforms, and ropes bridges through the forest and over the rapids. The Whitewater Center offers a variety of ropes courses to challenge guests physically and mentally.



Picture Source: US National Whitewater Center

- ⇒ **Camp Canaan Adventures, Rock Hill, SC**- Start your High Adventure Course with a Cocoon Tube Net climb and then choose a path of high ropes course elements offering you the right challenge! The adventure will finish with a 400 ft. Single Zip line. Participants are able to choose their own challenge and adventure with a variety of elements and levels of difficulties.
- ⇒ **Kinetic Heights, Charlotte**— Charlotte's only indoor obstacle challenge center, Kinetic Heights offers 22,000 square feet of growthful fun and adventure. With a ninja warrior course, a high ropes course, a parkour training area and our own warped wall, Kinetic Heights offers challenges for people of all ages and stages. Just bring your sense of adventure and discover what you're capable of!