

WILDCAT ROAR



For the entire wildcat community at Carolina Day School



by Westray Keeler, Class of 2021



What an awesome way to finish up the fall season! Girls Cross Country did an amazing job! They are now seven-time state champions.



BOYS TEAM SHOUT OUT!

After losing all seven of their top runners from last season, the future of the boys cross country team seemed unclear. The remaining two male runners, Nick Schussler ('21) and Liam Corcoran ('23), spent their season improving together. Both boys ran at the state meet despite not being able to bring a full team. The boys both ran a fantastic and passionate race!



GIRLS CROSS COUNTRY WINS 7TH STATE CHAMPIONSHIP!

On Monday, November 2nd, the girls cross country team traveled to Charlotte to compete for their seventh consecutive state title. Though the team lost four of their top runners from the previous season, they still had confidence in their ability. Three of their top seven runners, Lily Steinhilber ('21), Grace D'Angelo ('23), and Caroline Barton ('24), were brand-new to the team. Though many of our runners were fairly new, our Wildcats were able to secure first place by 40 points. Four of our seven Wildcat girls placed within the top ten, winning them 'All-State' honors. Erin Hovendon ('21) led the Wildcats with a 4th-place finish, senior Lia Sprouse finished 6th, Caroline Barton ('24) finished 8th, and Katie Rudins ('21) finished 10th. Senior Ashlyn Browne finished 17th, while Lily Steinhilber ('21) finished 35th and Grace D'Angelo ('23) finished 41st. The success of the cross country program reveals the importance of the positive team community cultivated by the coaches and team members. In fact, their strategy for winning the state meet was to simply run hard and work as a team.

When asked about her goals for the race, senior Lia Sprouse said her main goal was to "contribute the best [she could] to the team on and off the course."

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COACH CORNER

FRANCO BACIGALUPO - SPORTS FITNESS CLUB



When it comes to athletics this year, CDS has gotten creative to keep students active! Franco Bacigalupo, who runs the Sports Fitness Club at CDS, served as the Assistant Coach for JV Boys Soccer last year. This fall, he chose to stay involved in athletics in a different way: he built the fitness program from scratch.

"Staying active is extremely important for our youth, and everyone for that matter," Bacigalupo says. The Sports Fitness Club was created to help students "maintain optimal health throughout their lives." They participate in activities including, but not limited to, resistance band strength training, speed training with parachutes, cardiovascular endurance, and high intensity interval training. There is also a weightlifting program for Upper School students called the Barbell Club.

The Sports Fitness Club is an awesome program for student athletes whose sports have been impacted due to COVID-19, or who are looking for a way to prepare for their sports!

EDITORS' CHOICE

WINTER ATHLETICS TRANSITION

The fall season proved successful for most Carolina Day sports, including Field Hockey, Soccer, Cross Country, and Tennis (all of whom made it to States!). However, we all know that the winter season this year will present great challenges due to the continued presence of a pandemic. Despite the challenges, the athletic department is determined to provide the students with a great array of opportunities to stay active this winter, both in the traditional team setting and also in a less traditional way. The primary goal is the safety of the athletes at CDS.

Traditional team sports being offered this winter are Varsity Boys Basketball, JV Girls Basketball, and Varsity Swimming. Although halftimes won't be as exciting as they were last year, we will all be able to tune into the games and support the team via the continuation of the zoom watch parties. In a less traditional setting, the middle schoolers will be able to participate in basketball, swimming, and volleyball clinics, as well as continue to enjoy the sports fitness club that reconvenes in January 2021.

If you're looking for a different opportunity athletically, there is the opportunity to join the Sports Management Club! The club provides student the opportunity to be involved in the background logistics of athletics. The club also offers extensions such the sports journalism team, sports media team, and (new this season!) a Sports Medicine internship with our own athletic trainer, Amanda Matos.

Sign-ups for winter opportunities are open now and will close on Friday Nov 20, 2020.

SIGN-UP NOW!

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WE ALL WANT TO CONTRIBUTE TO THE TEAM, WE WANT TO RUN THE BEST WE CAN, AND REALLY ENCOURAGE EACH OTHER. WE WANT TO MAKE SURE THAT WE ARE LIFTING OUR SPIRITS AND HAVING A GREAT TIME. THAT SEEMS TO WORK!

ASHLYN BROWNE '21

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FALL TEAM PHOTOSHOOTS

Click on the team to
view pictures and
videos of the 20-21
season



CROSS COUNTRY ALL STATE ATHLETES



ERIN HOVENDON '22



LIA SPROUSE '21

Congratulations



CAROLINE BARTON '25



KATIE RUDINS '22