

WILDCAT ROAR



For the entire Wildcat community at Carolina Day School



Westray Keeler '21



Caroline Barton '25



VARSITY TRACK BEGINS, SPRING TEAMS CHARGE AHEAD!

BY CAROLINE BARTON '25

Varsity track kicked off with a bang this season with meets at Asheville School and Christ School! Multiple runners ran personal bests at both meets, and several team members had a chance to compete for the first time! At Asheville School, the boys and girls 4x400m teams and the girls 4x800m team placed well, with the girls placing first in both relays and the boys taking third in the 4x400m. Caroline Barton '25 and Lia Sprouse '21 took 1st and 2nd, respectively, in the girls 800m race and both set new personal bests. Liam Corcoran '24 also placed well among a tough field in the 800m, running 2:21, and in the 1600, running 5:03. Nicolas Schussler '22 ran an excellent time for the 300m hurdles and took third place. Senior Graham Ryan ran a 55.54-second 400m for a personal record, and then beat that record in a later race. At Christ School on April 8, the Wildcats once again had a good showing. Athletes placed 1st and 2nd in the girls 800m and the girls 1600m, and Erin Hovendon '22 took first in the girls 400m race. The girls 4x400m relay team took 2nd place, while multiple Wildcat runners ran great times in the 200m dash.

The boys golf team also started off strong and is currently ranked among the top 5 in the NCISAA 3A. Juniors Davis Oldenburg and Zachary Philip, the team captains, have led the team in instrumental matches so far this season. As the Wildcat golf team progresses through the season, their goal is to qualify as a team for the state championship in Greensboro in early May.

Girls soccer continued their winning streak, winning 9-0 against IC imagine in a mercy rule on March 22. On April 6, the girls traveled to Rabun Gap and won 2-0 before turning around the next day to beat Asheville School 3-1 in penalty kicks after completing two overtime periods. The Wildcats sealed the win with their fourth penalty kick shooter, who kicked a well-placed shot against the Blues. Girls varsity soccer also chalked up another win this week against Providence Academy at home, winning 2-0 on Friday, during the last game of their three game week. Varsity Boys tennis also had a great week, overwhelming a young Trailblazers squad and fending off University Christian High School on March 24. Nick D'Angelo '26 and Thompson Murray '23 fought hard against UCHS and won, while team captains William Sword and Nicholas Stanier won both singles and doubles matches.

On Thursday April 8th our little wildcats baseball team opened the season with it's first win in program history beating Veritas Christian Academy 15-3. Henry Tutera earned the win on the mound, going 4 innings and striking out 5. Tutera was also 2-3 at the plate. The offense was led by Martiste Mills going 2-3 with 4 rbi and Cameron Bell going 1-1 with 3 runs scored and 1 rbi out of the lead off spot. The Wildcats also collected hits from Jack Hamilton, Levi Ellison, and Sam Durham.

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Coming up in athletics:

FOR THE LATEST RESULTS AND TO VIEW ANY UPCOMING EVENTS CHECK OUT THE SCHOOL WEBSITE @ CAROLINADAY.ORG/ATHLETICS/SCHEDULES-RESULTS

SPORTS MEDICINE INTERNSHIPS AND MORE: STUDENT INVOLVEMENT OFF THE FIELD!

WRITTEN BY WESTRAY KEELER '21

It takes much more than just athletes and coaches to make CDS athletics operate smoothly. Behind the scenes, Amanda Matos, the school's head athletic trainer and assistant AD, has consistently sought out opportunities for students to get involved with the athletic program, such as starting the the Sports Medicine Internship this Spring!

The internship allows two upper school students a season to learn the basic skills of sports medicine with hands-on learning during athletic practices and games. Taylor Monday '21, one of the students who took the internship this spring, says she has learned a lot from the experience under Amanda's instruction. She explains that she became interested in the opportunity after looking at different ways to get involved with athletics in college or potentially later in life, without being a collegiate athlete.

"I still wanted the atmosphere of sports but without the added pressure of playing at a higher level... which is what led me to try this season's sports medicine internship," Monday explains.

She goes on to say that she has learned many new skills, from wrapping ankles, first aid, and rehabs to learning protocols for different injuries. Furthermore, Monday assists Amanda during games where athletic injuries are common and intense for the team and players.



"I have learned so much from Amanda," Monday continues. "She has helped me find a passion for something that I may want to do for the rest of my life... and I am hoping to get to a point where she can tell me to do something with a student athlete and I know exactly what to do and how to approach it."

Taylor is planning to continue the sports medicine internship through the summer with an opportunity to shadow the school's team doctor at an EmergeOrtho Clinic, a partnership set up through the internship program. She will also be the head intern during the 2021 fall and 2022 spring seasons.



As the year comes to a close, next year's sports are on everyone's mind as we hope to return to traditional athletic seasons! The Athletic Department has many opportunities for Upper School students who want to get involved in athletics off the field, all of which are offered through the Sports Management Club!



- Managing a JV/Varsity Sport
- Setting up school-wide sporting events for each season
- Assisting with the athletic awards banquet
- Sports Journalism Internship
- Sports Medicine Internship

If you have any questions, about the club or are interested in any of the internships be sure to contact Amanda Matos at amatos@carolinaday.org !

SENIOR WILDCAT HOT SEAT

20 questions in 60 seconds

Lia Sprouse

Class of 2021

Varsity Track and Cross
Country

Will be attending Duke
University!

Plans to major in Chemistry on
a Premed track!

[Watch her interview now!](#)



20 QUESTIONS IN 60
SECONDS
SENIOR ATHLETES

WITH WESTRAY KEELER
A SPORTS MANAGEMENT CLUB PRODUCTION