



A collage of three sports images. On the left, a lacrosse game in progress with players in white and green uniforms. In the center, a soccer goal with several players in blue and pink uniforms. On the right, a tennis player in a red dress hitting a backhand shot.

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GIRLS TENNIS VICTORIOUS ON SENIOR NIGHT, BOYS SOCCER SECURES GOLDEN GOAL WIN, GIRLS CROSS COUNTRY CONTINUES WINNING STREAK

Meanwhile, Cross Country had a fantastic meet this past Saturday. The girls came in first overall, led by eighth grader Caroline Barton, who took first place. Lia Sprouse '21, Erin Hovendon '22, and Katie Rudins '22 all set season bests. Grace Deangelo '24 and Nick Schussler '22 both set personal records during Saturday's race. In addition, Lily Everett '24 ran her first varsity 5k race! For more information about their exact placements and times, check out the results at [MileSplit North Carolina](#).

Upcoming Events:

MONDAY 10/12
4 PM V G TENNIS @
ASHEVILLE SCHOOL
TUESDAY 10/13
4 PM V G TENNIS VS
RAGUN GAP
5 PM JV VBALL VS
ASHEVILLE SCHOOL
5:15 PM V B SOCCER
@ACA
6 PM V VBALL VS
ASHEVILLE SCHOOL
WEDNESDAY 10/14
3 PM V GOLF
THURSDAY 10/15
4 PM V G TENNIS @
ASHEVILLE SCHOOL
5 PM JV VBALL VS
ASHEVILLE SCHOOL
6PM V VBALL VS
ASHEVILLE SCHOOL

CAROLINADAY.ORG/WATCHCATS

A Sports Management Club production

COACH CORNER

LAUREN WOOD
VARSITY GIRLS TENNIS



Lauren Wood has been coaching Tennis at CDS for nine years, during which all three of her daughters have played. She considers coaching a very rewarding experience, describing the team as a family. She's also especially proud of how resilient and patient they have been throughout this season, especially with all of the new protocols.

According to Lauren, "Support from the athletic department, support from the parents, and how much the school appreciates their student athletes," are all factors that help to foster the sense of community that's incredibly prevalent on the team. Lauren is very passionate about tennis, a sport that she's loved all her life, and it's obvious from the team's success that she's doing an amazing job!

EDITORS' CHOICE

REMEMBERING BILL

This year, when the Girls Tennis team plays, they do it in honor of Bill Barbour. Bill was a long-time boys and girls tennis coach at Carolina Day who passed away this fall after a heroic battle against cancer. The team, led by long-time assistant coach, Lauren Wood, has slowly adjusted to Coach Barbour's passing.

Coach Bill Barbour led the boys and girls teams to numerous CAA titles during his tenure. In the Fall of 2019 he led the girls' team to their highest NCISAA State Championship finish (semifinals), before suffering a tough loss to the eventual state champions.

"Bill was a trusted coach that always did the right thing with kids and parents - his moral compass was strong, and he remained committed to the growth of each player. He cared deeply about every player, regardless of skill level." -Steve H

There are many ways in which the team is honoring Coach Barbour this season, including wearing a special bracelet during play, and sharing memories about Coach Bill. There are plans to place a memorial bench on campus that honors his memory at CDS.



“ **Joining the tennis team this year was an amazing choice... I've improved a lot and I've met some of the nicest people ever!**

LILY STEINHILBER '22

”

SENIOR CAT IN THE HOT SEAT

20 QUESTIONS IN 60 SECONDS

Alice Wood

Class of 2021
Varsity Tennis
7 years on the team
Interested in Wake
Forest for college

Watch the
interview now

20 QUESTIONS IN 60 SECONDS
SENIOR ATHLETES

WITH WESTREY KEELER
A SPORTS MANAGEMENT CLUB PRODUCTION

LAST WEEK'S SENIOR NIGHTS



Congratulations!