

WILDCAT ROAR

For the entire wildcat community at Carolina Day School



by Westray Keeler, Class of 2021



SECOND WEEK OF GAMES A SUCCESS: FIELD HOCKEY, SOCCER, XC VICTORIES!

VARSITY BOYS SOCCER DEFEATS ACA IN SEASON OPENER

Last week, the Wildcats competed well all around. On Tuesday, Volleyball lost a hard-fought match to conference opponent Asheville Christian Academy. "It was a tough game," said Katie Ahern '23, "but I feel like it's a great chance for our team to grow".

On Wednesday, Varsity Field Hockey and Varsity Boys Soccer both had successful home games. For their first game of the season, the boys played Asheville Christian Academy, emerging with a 4-1 win. Zach Philip '22 started off the season in fantastic form by scoring a hat trick! "We were all so excited to finally be able to play," noted senior Nicholas Stanier. "I think it motivated us to do such a good job." Fantastic work, boys!

Field Hockey played Webb School of Knoxville, and they did not disappoint with a 9-0 victory! Senior Captain Fedora Pollay scored four goals in the game, and Jenna Hunter '24 was close behind, scoring three goals.

All members of the team got a substantial amount of playing time, giving new members a chance to show their skills. Coach Chandler credits the efforts that teammates, especially seniors, have taken to foster better communication and a more positive attitude on the field.

Meanwhile, Varsity Cross Country was busy racing on Wednesday. The Girls' team came away with a huge victory, winning first place overall. "It was great to compete as a team," says senior Lia Sprouse, who finished a close third. Sprouse loves Cross Country because it has "remained a constant" even throughout "all the crazy changes" that the last few months have brought. The team's youngest competitor, Caroline Barton, placed first overall as she beat Asheville School's Abby Smith at the finish line!

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Upcoming Events:

MONDAY 10/6

4:30 PM FH @ ASHEVILLE SCHOOL

4:30PM SOCCER @ CHRIST SCHOOL

WEDNESDAY 10/7

4 PM V GOLF

4 PM V G TENNIS VS RABUN GAP

5 PM V VBALL VS RABUN GAP

THURSDAY 10/8

4 PM V G TENNIS VS ACA

FRIDAY 10/9

4:30PM V SOCCER VS ASHEVILLE SCHOOL

5 PM V VBALL @ ASHEVILLE SCHOOL

CAROLINADAY.ORG/WATCHCATS

COACH CORNER

ANTHONY BRENNER VARSITY SOCCER COACH

Anthony Brenner, or "AB" as most know him, has been coaching soccer for six years at Carolina Day. One thing that sets him apart is his "unconventional" approach to training, which includes meditation, mindfulness training, breathing exercises, and yoga as a regular component of practices.



This year has been a challenge for all sports, especially soccer, where the team lost the majority of their preseason practice due to COVID restrictions. Nevertheless, AB is still working on preparing the team for games, and finding ways to incorporate these mindfulness skills into typical training.

For instance, AB made sure that the team had a chance to do a full minute of breathing exercises before Wednesday's game against ACA. If their subsequent 4-1 victory is any indication, the team seems to be gearing up for an amazing season!

EDITORS' CHOICE

STUDENT ATHLETE SPECIAL

When I asked senior Ashlyn Browne if anything noteworthy happened this week, she immediately responded that Caroline Barton deserved recognition.

Caroline is an eighth grader, making her the youngest athlete on the Wildcats' Cross Country team.

This week, Caroline placed first overall at the Cross Country meet at Asheville School, beating conference champion and former CDS student Abby Smith in a tight race.

Amazing job, Caroline!! We are all so excited to see how you progress throughout your high school career.



“Ending my high school field hockey career like this is bittersweet, but I'm still having an amazing time!”

ABIGAIL CROWDER '21

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SENIOR CAT IN THE HOT SEAT

20 QUESTIONS IN 60 SECONDS

Jonathan Kadau

Class of 2021

Varsity Soccer

5th year on the team

Interested in NC State for college

Hopes to study architecture!

Watch the interview

now



20 QUESTIONS IN 60 SECONDS
SENIOR ATHLETES

WITH WESTREY KEELER
A SPORTS MANAGEMENT CLUB PRODUCTION