

STAR NEWSLETTER

Volume III
Edition X

Work hard



No regrets

5/16/19

Spring Sports Update & Summer Preview

This Summer there will be numerous opportunities for MNHS Student-Athletes to participate in off-season activities and camps. Please check out the following link for info and forms:

<https://mccluernorthathletics.bigteams.com/main/adnews/ID/49218532>

If a student intends to play sports for the McCluer North Stars, he/she must have a valid physical on file in the athletic office prior to participation. A valid **physical** must be dated after Feb. 1, 2019 and must be filled out and signed by a doctor. Forms can be downloaded at:

<https://mccluernorthathletics.bigteams.com/main/filesLinks/>

or picked up on the table inside the Athletic office. We only accept the MSHSAA form.

Physical Night at MNHS will take place on June 6, 2019 at 6:30 pm and TBA in July. Please bring completed MSHSAA form and \$20 cash to have physical performed by Dr. Kevin McClain.

Huge congrats to the Girls Varsity Soccer team for winning the Sub Conference Green Pool Division with a 5-1 record as well as the Class 4 MSHSAA District Championship at Ritenour HS. Currently the Stars are sporting a 17-5 record overall and will play in MSHSAA Sectional against Francis Howell in the Sectional round on Tuesday, May 21, 2019.

April Athlete of the Month

Sophomore Angelo Butts is the Raising Canes April Athlete of the Month at MNHS. Angelo is a first year member of the MNHS Boys Varsity Track team and has excelled so far on the young season. Currently Angelo is ranked # 2 in the state in the 100m with a time of 10.65. He is also ranked # 1 in the state in the 200m with a time of 22.12. Angelo also plays football and his plans after high school are to attend college and continue his athletic career.



April Student Athlete of the Month

. Senior Ogheneobarome Emeje is the Raising Canes April Student Athlete of the Month selection. Ogheneobarome currently is ranked 10-310 in the senior class and is carrying a 4.29 GPA overall. Ogheneobarome is a member of the MNHS Girls Soccer squad and is a 3 year Varsity player, while taking numerous college prep courses the past four years. She also was on Star XC Team, Girls Golf team, and swam for the Lady Star swim program. Ogheneobarome's plans after high school are to attend the University of Missouri and major in Bio-Medical Engineering.



2019 Summer Athletic Training Workshop

Free to McCluer North High School students the Experience Sports Medicine Workshop. This is a **FREE** summer program for any high school student wishing to learn more about a career in sports medicine and athletic training. This is a **FREE** workshop during which the participating students will gain an in-depth knowledge of sports medicine and athletic training through a combination of lectures and hands-on laboratory sessions. On the last day of the camp, we take the students to tour a sports medicine facility of a local athletic training program. This year we are excited to take the students for an all-day trip to **Southeast Missouri State University** during which they will have tours of the campus and sports medicine facility. They will also have an opportunity to interact with the athletic trainers, athletic training staff, and athletes of Southeast Missouri State University. At the end of the workshop, will select one participating student and present them with a scholarship worth **\$1,000.00-\$5,000.00**. This is a great event and amazing opportunity we have to give the high school students of St. Louis. Snacks throughout the day along with lunch will be provided daily. Each student will also receive a shirt, educational materials, and CPR and AED training. As I mentioned previously, the camp is completely free and open to any high school student. This year, the workshop will be hosted at University High School on June 17th and 18th. The only requirement is preregistration on our website through the following link <http://athleti.care/experience-sports-medicine/> which is also listed on the brochure and flyer.

Dwelling in the past
prevents doing
something in the present.
– **John Wooden**

The Countdown...

- 3 days until MNHS Graduation
- 8 days Girls & Boys MSHSAA State Track Championships

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<https://mobile.twitter.com/MNHSAthletics>