

Mount Vernon Christian School

via FinalForms

Fall & Winter Athletes,

We are down to our last few weeks of League events for our High School teams. Middle School Cross Country and Coed Soccer held their last events last week, with Volleyball having their last 2 games and practices this week. There is a lot going on in regards to brackets and playoffs as well.

One thing I would like to address for all. Concerns of poor sportsmanship at Darrington in the High School Girls Volleyball game and then again at Coupeville. We cannot control the crowd at other locations and must work together as a team to overcome adversity when it occurs. As a school, we cannot join in to the poor sportsmanship as retaliation or payback for being wronged first. In regards to cheering specifically at Volleyball games, feel free to be loud in the crowd and support our girls, but please don't make sudden loud noises during the serve of the other team. I am okay with constant noise that doesn't change right before serving. In regards to soccer, it is important to allow the referee's the opportunity to do their job. As a player, if a referee is speaking with you...make eye contact, stand and listen, and then feel free to join your team or continue playing once they have released you. Please don't turn your back on a referee or gesture in a dismissing or disagreeable way. We've done well so far this season and I expect you all to keep that proper behavior up.

Reminder: I will be gone Wednesday, Thursday, and Friday of this week on an accreditation visit. I will have the ability to email, but please copy Heide Handy on all athletic communication those days - Thanks!

Week at a Glance (there are some big changes this week)

- Monday, October 19th
 - **Middle School Volleyball vs La Conner - A-Team at 4pm/B-Team at 5pm. Location is in the Elementary Gym.**
- Tuesday, October 20th
 - Open Gym - 6:00-7:30pm
 - High School Boys Soccer at Strawberry Fields #1 in Marysville vs Evangel Classical - 3:30pm kickoff. 1:45 dismissal/2:00pm leave.
 - High School Girls Soccer at Linde Park vs Friday Harbor at 4:30pm. 11:35am dismissal/11:50am leave. Should be back near 9:50pm.
 - High School Girls Volleyball at Friday Harbor - Varsity at 4pm/JV at 5:30. 11:35am dismissal/11:50am leave. Should be back near 9:50pm. **Be prepared to walk to the gym from the ferry.**
 - Middle School Girls Volleyball at Friday Harbor - A-team at 4pm/C-team at 5:00. 11:35am dismissal/11:50am leave. Should be back near 9:50pm. **Be prepared to walk to the gym from the ferry.**
- Wednesday, October 21st

- 7:20am - High School Athletes are invited to attend FCA every Wednesday morning in Mr. Lubbers room.
- **High School Cross Country host our League Championships - 3:45pm. 2:45 dismissal.**
- Thursday, October 22nd
 - **High School Boys Soccer hosts Grace Academy at 4:00pm. 2:50 dismissal.**
- Friday, October 23rd
 - **High School Girls Soccer hosts Providence Classical Christian at 4:00pm. 2:50 dismissal.**
- Saturday, October 24th
 - No MVC Athletic events.

Middle School Athletics - [Click Here for the Schedules](#)

- **Boys Basketball begins Tuesday, October 20th.** Be sure to have all of your stuff turned in via FinalForms and ready to compete. **There will be a brief parent meeting at 5:00pm Tuesday, night after practice.**
- Be sure to wash and turn in your jersey's to Mr. Russell's office. ***please make sure they are in a bag and labeled please!!***
- Middle School Girls Basketball begins in February.

High School Basketball Athletes - be sure to get your forms done and turned in. Be on the lookout for more information coming your way in regards to schedules. I will send the schedules after this email.

Please take care of your body by fueling and hydrating properly, while getting the rest you need. Be in prayer for your teammates and coaches as the regular season comes to end. Lift up the hurts and hardships some of your fellow athletes are facing due to injuries or school related stuff. Blessings as you prepare for this coming week.

Let's go 'Canes!!

Thank you,
Patrick Russell
Mount Vernon Christian School Athletics Administration

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