

October 10th, 2014



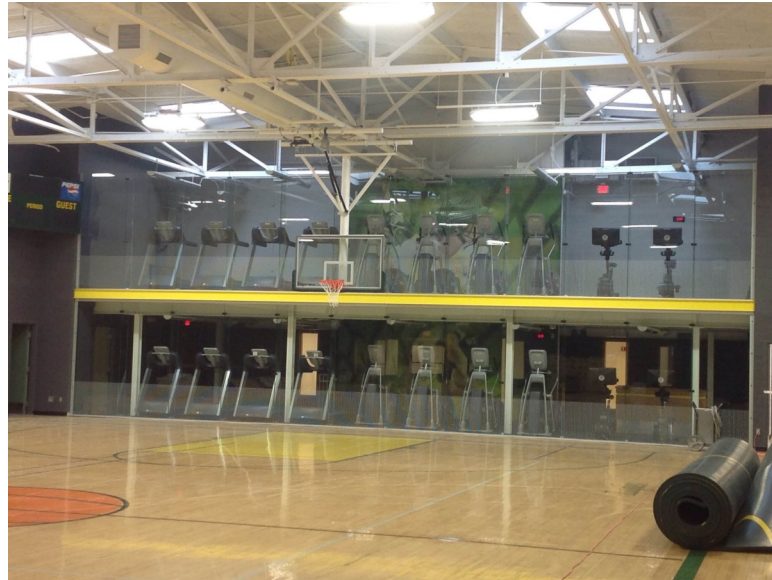
SAYDEL HIGH SCHOOL

Eagle Express

# Saydel Community Schools

## GRAND OPENING TONIGHT!!!

Tonight is the night to come and check out the new improvements at Saydel High School!!! Before the football game tonight, please come and join us for an open house from 5:00-6:30 at the High School. Areas to see are the im-



New cardio training facility in the North Gym.

provements to the front offices, more secure entrance and exit, new weight and cardio training facilities, the new stadium turf and pressbox, and the North gym renovations. There will also be students and Saydel School Board Members present to answer any of your

questions regarding the construction and progress towards final completion. After the open house, stay for the varsity football game as the Eagles take on Carlisle in 3A football action. The Saydel Marching Band will perform this season's show at halftime right before the Little Eagles pump up the crowd with the Saydel Cheer Squad. After the conclusion of the game will be a fireworks display sponsored by the Saydel Athletic Boosters to celebrate the new facilities. It is a great way to come out and support Saydel and get involved with Eagle Activities!!!! SEE YOU TONIGHT!!!!!!



Weight room at the High School.



Saydel High School 2014 Multiple Activities Schedule  
(as of 10-10-2014)

Activity	Time	Versus	Location	Location Detail	Dismiss	Leave	Return	Comments
<b>MONDAY, OCT 13, 2014</b>								
Football Practice	3:45pm-6:45pm		Saydel Stadium					
Cross Country: Middle School Meet	4:00pm	Away vs. HOIAC, Collins-Maxwell-Baxter, Colfax-Mingo, Gilbert, Greene County, Nevada, PCM, Roland-Story Middle School, Saydel High School, South Hamilton, North Polk	Iowa State University Cross Country Course					
Cross Country: JV/Varsity Conference	4:30pm	Away vs. Ames, Collins-Maxwell-Baxter, Colfax-Mingo, Gilbert, Greene County, Nevada, North Polk, PCM, Roland-Story, Saydel High School, South Hamilton	Iowa State University Cross Country Course					
Volleyball: 8th Match	4:30pm	Colfax-Mingo, Saydel Middle School	Colfax-Mingo High School	Colfax-Mingo High School				
Volleyball: JV Match	5:30pm	Away vs. Dowling Catholic, Perry, Saydel High School	Dowling Catholic High School			3:45pm		DCHS 9C / Perry 9-10 / Saydel JV
Volleyball: 7th Match	5:30pm	Colfax-Mingo, Saydel Middle School	Colfax-Mingo High School	Colfax-Mingo High School				
<b>Football: 9th Game</b>	<b>6:00pm</b>	<b>PCM</b>	<b>Saydel High School</b>	Saydel Stadium				
<b>TUESDAY, OCT 14, 2014</b>								
Football Practice	3:45pm-6:45pm		Saydel Stadium					
Volleyball: Varsity Tournament	4:30pm	Away vs. Perry Community School, Ballard High School, Fort Dodge, Roland-Story, Saydel High School, West Central Valley	Perry High School		2:30pm	2:45pm		
<b>WEDNESDAY, OCT 15, 2014</b>								
PSAT Testing								
Football Practice	3:45pm-6:00pm		Saydel Stadium					
Athletic Boosters	6:00pm-7:00pm		Saydel - Library					

THURSDAY, OCT 16, 2014

Football Practice	3:45pm-6:45pm		Saydel Stadium		
Football: 8th Game	4:15pm	Ogden, Saydel Middle School	Ogden	2:15pm	2:30pm
<b>Cross Country: Middle School Meet</b>	<b>4:30pm</b>	<b>Ballard, Bondurant-Farrar, Carlisle, Colfax-Mingo, North Polk, PCM, Perry</b>	<b>Saydel High School</b>	Cross Country Course	
Volleyball: Varsity Triangular	5:00pm	Away vs. Nevada, Nevada, Saydel High School	Nevada		3:00pm (Location Changed)
Volleyball: JV Triangular	5:00pm	Away vs. Nevada, Colfax-Mingo, Saydel High School	Nevada		
Volleyball: 9th Triangular	5:00pm	Away vs. Nevada, Colfax-Mingo, Saydel High School	Nevada		
<b>Cross Country: JV/Varsity Meet</b>	<b>5:00pm</b>	<b>Colfax-Mingo, Greene County, North Polk, PCM, Perry, Bondurant-Farrar, Pella Christian, Grandview Park Baptist, Carlisle Community School, Ballard High School</b>	<b>Saydel High School</b>	Cross Country Course	
Football: 7th Game	5:45pm	Ogden, Saydel Middle School	Ogden	2:15pm	2:30pm
Volleyball: Varsity Triangular	6:30pm	Away vs. Nevada, Colfax-Mingo, Saydel High School	Nevada		3:00pm

FRIDAY, OCT 17, 2014

Qtr Ends

<del>Football: 9th Game</del>	<del>4:45pm</del>	<del>Away vs. Pella</del>	<del>Pella High School</del>	<del>3:00pm</del>	(Cancelled) Game cancelled due to numbers of players available.
ACA Football Game	7:00pm-9:00pm		Saydel Stadium		
Football: Varsity Game	7:30pm	Away vs. Pella	Pella High School		4:45pm

SATURDAY, OCT 18, 2014

HS Marching Band			Ankeny High School		IHSMA Marching Festival & Mid-Iowa Band Championship
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Saydel After Prom  
Fleece Blanket Raffle  
Last day to purchase  
Winners will be drawn at the  
Football game tonight



Cardinal and Gold



Green and Gold



Black, Gold and Gray

\$1/ticket or \$5/6 tickets

Raffle tickets will be sold at the Saydel home football game  
Friday, October 10th

Each blanket will be raffled individually  
Winners will be drawn October 10

Cold weather is coming  
Win a chance to cuddle up in your favorite team colors  
All monies raised go to Saydel After Prom

## Cross Country

The Saydel Cross Country team took their talents to DMACC's Ankeny Campus for the North Polk Invite on Monday. The results came back with the boys claiming the overall team championship in convincing fashion.

The girls ran hard to start off the day with Lyndsay finishing out front for the Eagles with a time of 19:09. Freshman Ada Miklus did an outstanding job moving up to the number 2 position on the team with a time of 20:18. Junior Cassie Chubb (20:26), Senior Gabby Richards (20:48), and newcomer Freshman Jayda Tolentino (21:42) rounded out the top 5 for Saydel. Tolentino was running her first race of the season after recovering from an off-season injury.

The boys team lined up with high expectations to start the meet, knowing they could very well win before the starting pistol went off. The team went out fast and held their spots on their way around the course. Senior Casey Roberts led the way, finishing in second place overall in 17:18. Sophomore David Parker claimed the 4th place overall spot with a time of 17:55. Freshman Nathan Nelson ran an excellent race finishing 8th overall in 18:29 and Senior Joey Hassett finished 10th overall in 18:38. 4 Saydel Eagle runners finished in the top 10, the most of any team in the meet. Senior Joe Smith finished out the top 5 scoring



runners for Saydel in 18th place at 19:35. Saydel's score of 42 points put them 17 points ahead of the 2nd place team from Des Moines Christian (ranked 11th in the state currently in 2A) and 18 points ahead of North Polk (ranked 12th in the state in 2A).

The season is winding down quickly for the Eagles. Monday marks the Heart of Iowa Conference Meet at Iowa

State University. Also, Saydel hosts it's own invitational at Saydel High School on Thursday, October 16th. The following Thursday is Districts, which will be ran in Pella, to determine state qualifiers for the 2014 season. Wish the Eagle runners good luck with the rest of their season!

## Jason's Lawn & Tree Care

Lawn Treatments + Tree & Shrub Applications + Vegetation Control



Jason Kinkefus  
P.O. Box 492  
Ankeny, IA 50021  
Cell: 249-4012  
Business: 964-1401



# Benefits of Multiple-sport Participation Outweigh Sport Specialization

BY MATTHEW R. SHOMPER, CMAA

There are many benefits for students who participate in co-curricular activities, which are inherently educational and support the academic mission of our schools.

Activities teach students lessons that lead to being better citizens, and they foster success for students in later life. Students who participate in school activities make higher grades and have better attendance than the average student. Participating students also have fewer discipline issues at school, are more likely to attend college and less likely to drop out of school.

Given all of these benefits, students need to be involved in school activities! However, changes in society have led to the expansion of “travel ball” and sport specialization. School programs are being devalued and students are dropping out of sports at an alarming rate, which has led to concern regarding the future of high school athletics.

Students participate in sports for a variety of reasons, according to a recent survey. The top five reasons are to have fun, to do something they are good at, to stay in shape, to learn new or improve current skills and to play as part of a team. Interestingly, “to win” was ranked eighth.

Despite these tremendous benefits of participating in sports, a number of students are dropping out of sports each year. The reasons given were no longer interested in sports, no longer having fun, problems with coaches, financial concerns, wanting to do something different and sport specialization.

Sport specialization is defined as limiting athletic participation to one sport, where students practice, train and compete solely in that sport year-round. Specialization has increased significantly in the past 15 years, championed on the national level by golfing and tennis greats Tiger Woods, Andre Agassi, Serena Williams and Venus Williams.

Why do students choose to specialize? The biggest reason is parents. Many parents encourage specialization because they believe it is an investment in a future scholarship. Students also specialize because of professional aspirations and the revenue that

comes with being a professional, and to win the “national championship” with their AAU, Junior Olympics or travel team.

There are many other reasons that students choose to specialize – early college recruiting, pressure from coaches (if you work at it, you’ll get to play or even start), weather/geography, socioeconomic factors, sport commercialization, increased pressure and opportunity to play with private club and travel teams, and the general influence of society that wants youth to be a productive age instead of an experimentation age.

Parents and students who choose to specialize believe that specialization increases the chance for college scholarships. Students think they will be able to develop their skills in that sport because of the increased practice time. Parents and students feel that specializing is needed in order to keep up with others, and it satisfies the student’s desire to achieve excellence in their sport. Some view specialization as a way for a marginal player to make the varsity team. They also feel that specialization is a great way to avoid injury in another sport.

What about being a multiple-sport athlete? There are many great athletes who were multiple-sport participants, and at a high level. Just to name a few – Hakeem Olajuwon, Carl Crawford, John Elway, Dave Winfield, Jackie Robinson, Babe Didrikson, Jim Brown, Deion Sanders, Bo Jackson, Jim Thorpe, Tom Brady, Dan Marino, Donovan McNabb, Terrell Owens, Joe Mauer, LeBron James, Roger Federer, Alex Rodriguez, and the list goes on and on. With all of these multi-million dollar athletes being multi-sport participants, it’s hard to argue against it.

## Benefits of Participating in Multiple Sports

So, what are the benefits of being a multiple-sport participant? **Improved health and wellness is one of the benefits.** Students who participate in more than one sport have reduced risk of over-use injuries and stress that leads to burnout. There are many health benefits to varied physical activity.

**Multiple-sport students also show improved athletic performance.** Cross-training (using different muscles and skills) leads to better athleticism, better leadership and teamwork skills, and better mental development, and makes it easier for multiple-sport students to pick on new skills.

**Being involved in more sports leads to character development as well.** Students may not excel in all of their sports, so they learn humility and teamwork. They also learn from the different coaching styles and personalities in the different sports.

**Multiple-sport participation also provides improved coaching.** School coaches understand that there is more to teaching our students than just the sport. Being with our school coaches is better for our students than being with a select or travel coach who may not worry about teaching life lessons. There are many CEOs of major companies who believe that hiring a person who was a multiple-sport participant is important because people who do multiple things are capable of handling different situations.

With regard to scholarships, most college coaches prefer the multiple-sport athlete because he or she is “ready to go,” and not likely to be burned out. He or she is usually more adaptable, less concerned with being a star and has better crossover skills.

#### **Following are some things to consider when making the decision to specialize or play multiple sports:**

1. Weight room and off-season conditioning is not a substitute for competition.
2. Specialization often conflicts with the educational mission of schools, where the goal should be to provide athletic programs that lead to the greatest personal growth.
3. There is little to suggest that specialization makes an athlete better at a sport. Yes, there are examples, but there are just as many “latecomer” examples as well.
4. When a student specializes, it is not what he or she is gaining, it is more about what a student is losing – the socialization with a slightly different peer group, a different coaching model and seeing things in a different context than if the individual played a variety of sports each year.
5. While this generation of athletes may become highly competent in a certain range of skills, a growing number lack the balance that diverse exposure to sports and other activities have traditionally offered.
6. With pressure to succeed hinging on one sport, the consequent anxiety often leads to burnout.
7. Playing sports in high school provides the best opportunity to learn time management in preparation for college and life after college.
8. Evidence shows that those who specialize in sports at a young age are less likely to be physically active as adults.

#### **Some of the common arguments against sport specialization are:**

- overuse injuries,
- burnout,
- dilutes the talent pool in schools,
- denies students meaningful contact with other coaches and students,
- denies students transferable skills,
- students might not discover their best sport, and
- may pit athletes vs. coaches and/or coaches vs. coaches.

#### **The more frequently mentioned arguments for multiple-sport participation are:**

- develops multiple identities,
- cushions against failure,
- reduces overuse injuries and burnout,
- positive skill transfer,
- sports sampling provides more options for later sport activity,
- positive values,
- reduces stress, and
- FUN!!

How do we reverse the trend and get students to value being a multiple-sport participant? First, school leaders must educate parents and students about the benefits of being involved in multiple sports and the drawbacks to specialization; then hire coaches with a similar philosophy and who coach multiple sports.

Multiple-sport athletes should be honored with special awards and recognitions, and multiple-sport participation should be promoted in athletic handbooks and publications. Students should be encouraged to develop diversified lifestyles.

Off-season workouts and camps should be scheduled so that students are not forced to choose one over the other. Students need to be reminded that they get only one shot at high school and they need to make the most of that opportunity by being involved in as many school activities as possible.

Interscholastic sports promote citizenship and sportsmanship. They instill a sense of pride in community and teach lifelong lessons of teamwork and self-discipline. Interscholastic sports facilitate the physical and emotional development of our nation’s youth. Students and parents need to be educated on the benefits of our programs and multiple activity participation, and students will greatly benefit from multiple-sport participation through interscholastic athletic programs. ☺

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Matthew Shomper is athletic director of Tippecanoe High School in Tipp City, Ohio.



## Defense Shows Maturity in Loss to Knoxville

The Saydel football team travelled to Knoxville for a Class 3A District 7 contest and fell to the Panthers 35-0. The Eagles' defense played very well, holding Knoxville scoreless through the first quarter and only allowing 14 points in the first half, despite the offensive struggles. Saydel was led by Freshman Craig Garrison and Senior Grant Sherman who each recorded eight tackles. Junior Rece Martin had seven tackles and Senior Brandon Hill recorded six tackles.

The Eagles also recovered five fumbles: one each by Senior Justin Carr, Juniors Jared Reese and Dylan Coffin, and Sophomores Chevy Kelley and Devin Porter. "Coach Ensor and the defensive staff of Brian Baker and Jon Anderson deserve a lot of credit for their game plan and preparation" said Head Coach Jason Alons. "The de-

fense definitely played well enough to win, the offense just couldn't get anything going."

The Saydel offense struggled to move the ball against Knoxville's aggressive defense. The Eagles were held to a season-low 43 yards of offense. "The offensive line played hard, but the lack of experience became apparent early" said Coach Alons. "Due to injuries, two offensive linemen made their starting debuts and another was making just his fourth career start. We asked the world of those three individuals and we certainly can't fault their efforts" added Alons. "They were forced into a really tough situation."

Senior Grant Sherman shined on special teams, punting the ball six times for an impressive 48.8 yard average, including a long of 73 yards. Sherman is second in the state in average

yards per punt and continued to lead Class 3A.

Saydel hosts district opponent Carlisle tonight at 7:30. The Wildcats (4-2, 2-1) lost at home to #1 Pella last week, 17-6.

On Monday the JV Eagles continued their winning ways by defeating Collins-Maxwell-Baxter 24-20. Devin Porter scored the first Eagle touchdown on a 33-yard touchdown run. Trevor Sprague scored on a 9-yard touchdown run, Ben Holmes returned a fumble 21 yards for a touchdown, and TJ Stephenson scampered 13 yards for the final Eagle touchdown. CMB rallied for two late touchdowns, but the Eagles held on for the victory, improving their record to 5-1 on the season (and 16-4 over the past three seasons).

## Cheerleading

The cheerleaders had a lot of fun with the students from Cornell Elementary School during the Little Eagles Cheer Clinic. There were 99 students who participated. The little cheerleaders learned some cheers, kicks and how to show spirit. They will perform tonight during the half-time of the football game.





Spend an evening recalling all of that useless knowledge  
that has been stored away.

Saydel After Prom Presents



Saturday, November 15<sup>th</sup> 7-10pm Doors open at 6:30pm.

Capitol City Baptist Church  
5990 NE 14<sup>th</sup> St. Des Moines (just north of Woodside Middle School)

**\*\* Family, Friends, Neighbors, Coworkers\*\***

Put together a team of up to 8 people who will all work together to answer trivia questions on sports, history and entertainment. Cost is \$10 per person-cash only. If you don't have 8 people we will try to match you up with a team. Munchies will be provided-feel free to bring your own nonalcoholic beverages to drink.

**PRIZES WILL BE AWARDED.**

This is a fundraiser for after prom sponsored by parents of the class of  
2016.

We hope you will get a team together for a night of fun.  
You will be glad you did!!!

If there are questions please call  
Darla Van Houten at (515) 205 7776 or Penny Smith at (515) 710-3232  
or e-mail

[Vanhoutendarla@saydel.net](mailto:Vanhoutendarla@saydel.net)

## Cornell Elementary

At Cornell Elementary, we are spending the month of October learning about and celebrating Respect. Each week the students be gaining a new skill to show that they are respectful citizens. Students will learn how respect is shown in their actions and their words by being a respectful friend, accepting differences, and practicing the use of courte-

ous words such as “I’m sorry” and “Thank you”. The first graders at Cornell have started their Month of Respect by learning how to work together and spell the word Respect with their bodies. In the picture, you will find students in the shape of an “R” for Respect.



## Volleyball

The Eagles traveled to PCM on Tuesday and battled against the Mustangs. They came out of the gates hungry for a win! The Eagles battled hard for the first 24 points but fell to the Mustangs 24-26. The loss didn't get the Eagles down they continued to play with a ton of heart & intensity. The Eagles played hard but fell in the last two sets 21-25 & 21-25. The Eagles walked away with their heads held high!

Last night the Eagles traveled to Roland Story in hopes of an upset. They were fired up & came out with more tenacity than ever before! The first set was by far the best set the Eagles played all year! They led & were in control for most of the match but couldn't quite finish. Eagles fell in the first set 21-25. The second & third set the Eagles couldn't find their groove & ended up losing the 2nd set 11-25 & the 3rd set 13-25. The Eagles are working extremely hard in practice & they are pumped for their upcoming tournament in Perry Tuesday night! 7th grade volleyball had their best showing of the season on Monday, winning 4 out of 8 games. The



A squad won two out of 3, and almost won the other game, 19-21. They won their two games by the score 21-8 and 21-11, behind some very strong serving by Casey Campbell, who served 26 out of 27 serves for the two games, winning each point including about 15 aces. B squad also dropped their first game 19-21, but rallied to win their next two games 21-17 and 21-13 behind some strong serving by Stormie Michael and Hannah Long. C squad dropped both of their games, 8-21 and 15-21, but they are continuing to show improvement. Our last match is next Monday at Colfax-Mingo. Great job, ladies!

## Saydel Gridiron Club



We need your support! The mission of the Saydel Gridiron

Club is to support and promote Eagle Football. In case you didn't know, the SGC provides team meals for every high school player on Thursdays during the season and sack lunches for away games. The SGC provides monetary support for items not provided through donations from

family members and friends of the program. In addition, the SGC offers financial assistance to the football program to provide safety and training equipment. The Saydel Gridiron Club is also responsible for tailgating meals during many Eagle home games (pulled pork sandwich meals return on tonight versus Carlisle).

Visit our table, west of the concession, to purchase Eagle Football merchandise and memberships so we can continue to support the football program and our student-athletes! Our merchandise includes the 2014 Me-

dia Guide (thanks to the support of many local businesses), team posters, wrist bands, window stickers, and yard signs. Inquire about how you can help out with various volunteer opportunities!! We invest in the future of our kids! Go Eagles!!! Contact us at [saydelgridiron-club@hotmail.com](mailto:saydelgridiron-club@hotmail.com)

**The SGC would like to extend a special "Thank You" to the Marquisville United Methodist Church for providing last night's team meal. Your generosity is truly appreciated!!**

## Saydel High School

Iowa Jobs for America's Graduates (iJAG) has elected 9 Career Officers that help in many areas with iJAG, These officers include Daniel Bond, Cory Channon, Caitlin Hamilton, Zach Hastie, Ashley Middleton, Lauren Peneger, Esmeralda Ruiz, Alysa Webb, and Ashlee Yates. Some of the duties of the officers include: provide leadership, guide committees, plan fundraising, plan field trips, seek out community service projects, attend the leadership development conference, promote iJAG with state legislatures and compete in the state-wide iJAG competition. Through their work both in and out of the classroom they develop leadership and communication skills that successful individuals utilize.

**IJag students along with instructor Teresa Bowlin are working on a "graffiti wall" of career opportunities and expectations**



QUALITY PAINTING AT A FAIR PRICE  
INTERIOR & EXTERIOR PAINTING

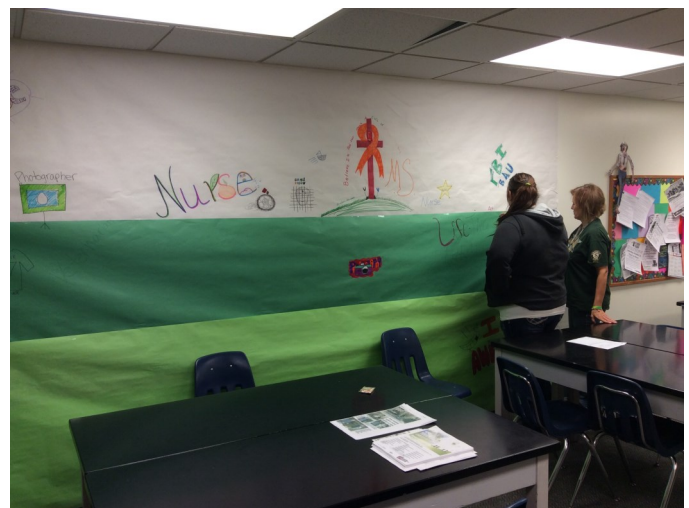
DAN ZIEGLER

515-577-2061



Find us on  
Facebook!

ZIEGLERPAINT@YAHOO.COM





# Pancake Breakfast

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Delaware Fire Station  
3992 NE Broadway Ave  
Saturday October 18<sup>th</sup>  
7am to 10:30am

Come help the woodside 8<sup>th</sup>  
graders get to Washington D.C.

FREE WILL DONATION



# CORNELL PTO SPOOK RUN/WALK



## COME JOIN US IF YOU DARE!

SATURDAY, OCTOBER 25, 2014

SAYDEL HIGH SCHOOL

2:00 p.m.

### REGISTRATION:

- ✿ \$15 REGISTRATION FEE PER PERSON OR \$45 FOR A FAMILY - INCLUDES T-SHIRT(S)
  - Additional charge for plus size t-shirts
- ✿ ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT
- ✿ PACKET PICK UP: 1:00-1:30 p.m. -- RACE START: 2:00 p.m.
  - Cornell students' packets will be sent home with students Friday, October 24<sup>th</sup>
- ✿ HALLOWEEN ATTIRE ENCOURAGED (SAFETY FIRST, PLEASE NO WEAPONS)
- ✿ MAKE CHECKS PAYABLE TO: **CORNELL PTO**

CONTACT: Jenn Van Houten - [vanhouj@nationwide.com](mailto:vanhouj@nationwide.com)  
Melissa Cogdill - [cogdillmelissa@saydel.net](mailto:cogdillmelissa@saydel.net)

TRAINING INFO CAN BE FOUND AT: <https://suite.io/kimbra-cutlip/2jm32yb>

INCLIMATE WEATHER: In the event of bad weather please check the Cornell PTO Facebook page at <https://www.facebook.com/cornellelempo>. Sorry, no refunds in the event the race is canceled.

TURN IN YOUR REGISTRATION TO YOUR CHILD'S TEACHER OR YOUR SCHOOL OFFICE BY FRIDAY, OCTOBER 10, 2014. REGISTRATIONS TURNED IN AFTER THIS DATE ARE NOT GUARANTEED A T-SHIRT

**\*\*ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT!!**

(Circle shirt size)

PARENT/GUARDIAN NAME: \_\_\_\_\_ YS YM YL S M L XL XXL XXXL

NAME: \_\_\_\_\_ YS YM YL S M L XL XXL XXXL

NAME: \_\_\_\_\_ YS YM YL S M L XL XXL XXXL

NAME: \_\_\_\_\_ YS YM YL S M L XL XXL XXXL

PHONE NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

### WAIVER (MUST BE SIGNED)

BY ADDING YOUR SIGNATURE, YOU ACCEPT THIS WAIVER AND DISCLAIMER. I, THE BELOW SIGNED, INTEND TO BE LEGALLY BOUND FOR MYSELF AND THE OTHERS ON THIS REGISTRATION FORM. I WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WE MAY HAVE AGAINST THE RACE, SPONSORS OR REPRESENTATIVES FOR ANY INJURY, ILLNESS, DAMAGE OR LOSS TO US OR PROPERTY THAT MAY OCCUR DURING THIS EVENT. WE CONSENT TO MEDICAL TREATMENT IN THE EVENT OF INJURY, ACCIDENT AND/OR ILLNESS DURING THE EVENT. I ATTEST THAT I AND THE ABOVE PEOPLE ARE WILLINGLY PARTICIPATING AND PHYSICALLY FIT AND SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS EVENT. FURTHERMORE, I HEREBY GRANT FULL PERMISSION TO USE OUR NAMES AND LIKELINESS AS WELL AS ANY PHOTOGRAPHS AND ANY RECORD OF THIS EVENT IN WHICH WE MAY APPEAR FOR ANY LEGITIMATE PURPOSE, INCLUDING ADVERTISING AND PROMOTION WITHOUT COMPENSATION.

\_\_\_\_\_  
PARENT SIGNATURE

\_\_\_\_\_  
DATE



**SAYDEL HIGH SCHOOL**

5601 NE 7th St.  
Des Moines, IA  
50313

Phone: 515-262-9325  
E-mail: eagleexpress@saydel.net

**S.O.A.R**

**We're on the web!**  
**[www.saydel.k12.ia.us](http://www.saydel.k12.ia.us)**

*It is the policy of the Saydel Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices.*

*There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Julie McKibben, Director of Student Services, 5740 NE 14th Street, Des Moines, IA 50313 [mckibbenjulie@saydel.net](mailto:mckibbenjulie@saydel.net)*

*Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661. Consider using the 2013-2014*

## Did you know???

- ◆ Coaches/Sponsors submit articles to the Eagle Express.
- ◆ The winter sport season is coming fast! Does your student athlete need an updated physical? Call the activities office at 262-9325 to find out!
- ◆ Every coach for every sport is trained and certified in dealing with concussions.
- ◆ Sportsmanship starts with YOU! It is OK to be a dedicated fan! **Support your team positively!**
- ◆ Feel free to forward the Eagle Express or invite them to join! Send an email to [eagleexpress@saydel.net](mailto:eagleexpress@saydel.net) to get signed up!
- ◆ There isn't a machine that can pick up sunflower seeds on artificial turf? You have to pick these up by hand!!
- ◆ Saydel's new stadium sound system is the same technology used at Iowa State University's Jack Trice Stadium....just a small version of course!!
- ◆ New facilities at the high school give our students the opportunity to become healthier in physical education classes as well as before/after school workouts.

