

November 14th, 2014



SAYDEL HIGH SCHOOL

Eagle Express

# Saydel Community Schools

## Career Day at Saydel HS

Saydel students took a glimpse at the future with career day activities on Thursday. Professionals from many area businesses took time out of their work schedules to come and give students a chance to ask questions and learn about the many great opportunities that await them. Students were in sessions throughout the morning and the feedback

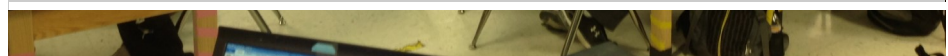
from presenters and students was very positive. Some of the careers students experienced were protective services, athletics, media, food/nutrition, hospitality, mechanics, transportation, chemistry, engineering, plants/animals, education, legal services, mathematics, music and dance, communications, administrative, financial, and business. As you can see, students had many opportunities to ask the questions they needed to ask to get a head start on planning for the future! Great work out of Shannon Larson and Lynelle Klonglan in the Saydel High School guidance department along with the many staff members and volunteers is what made this day possible!!



Lisa Knapp from Walgreens talks about the life of a pharmacist.



Karen Peters from the Ankeny Fire Department talks with Saydel High School students about protective services.





**Saydel High School 2014-15 Multiple Activities Schedule**  
(as of 11-13-2014)

| <b>Activity</b>                              | <b>Time</b>   | <b>Versus</b>  | <b>Location</b>           | <b>Location Detail</b> | <b>Comments</b>                      |
|--|---------------|--|---------------------------|------------------------|--------------------------------------|
| <b>MONDAY, NOV 17, 2014</b>                  |               |  |                           |                        |                                      |
| <b>Wrestling: Varsity 1st Practice</b>       | <b>TBD</b>    | <b>TBA</b>   | <b>Saydel High School</b> |                        |                                      |
| <b>Basketball: Boys Varsity 1st Practice</b> | <b>TBD</b>    | <b>TBA</b>   | <b>Saydel High School</b> |                        |                                      |
| Little Eagles Wrestling Club                 | 6:00pm-8:00pm |  | Saydel - Wrestling        |                        |                                      |
| <b>TUESDAY, NOV 18, 2014</b>                 |               |  |                           |                        |                                      |
| Little Eagles Wrestling Club                 | 6:00pm-8:00pm |  | Saydel - Wrestling        |                        |                                      |
| Basketball: Girls Varsity Jamboree           | 6:00pm        | Away vs. North Polk, Ballard, Collins-Maxwell-Baxter, Dallas Center-Grimes, GMG, Grandview Park Baptist, Perry, Saydel High School | North Polk High School    |                        |                                      |
| <b>WEDNESDAY, NOV 19, 2014</b>               |               |  |                           |                        |                                      |
| Athletic Boosters                            | 6:00pm-7:00pm |  | Saydel - Library          |                        |                                      |
| Little Eagles Wrestling Club                 | 6:00pm-8:00pm |  | Saydel - Wrestling        |                        |                                      |
| <b>THURSDAY, NOV 20, 2014</b>                |               |  |                           |                        |                                      |
| HS Band/Vocal                                |               |  | ISU                       |                        | ISHMA All-State Music Festival @ ISU |
| Little Eagles Wrestling Club                 | 6:00pm-8:00pm |  | Saydel - Wrestling        |                        |                                      |
| <b>FRIDAY, NOV 21, 2014</b>                  |               |  |                           |                        |                                      |
| End of Mid-Term Grading Period               |               |  |                           |                        |                                      |
| HS Band/Vocal                                |               |  | ISU                       |                        | ISHMA All-State Music Festival @ ISU |
| <b>SATURDAY, NOV 22, 2014</b>                |               |  |                           |                        |                                      |
| HS Band/Vocal                                |               |  | ISU                       |                        | ISHMA All-State Music Festival @ ISU |

## More Career Day Pictures



## Takin' a dip for a cause!!

Saydel Student Council participated in the 2014 Polar Plunge at Big Creek State Park on Saturday, November 8<sup>th</sup> to raise money for the Special Olympics. Junior Alyssa Sunga and student council advisor Brenda Brown represented the group with a plunge into the 39 degree water. Saydel student council raised nearly \$200 to help support Special Olympics.

Looking forward to our next event; Fall Blood Drive, scheduled Wednesday, November 18, 2014 from 8:00-2:00 at Saydel High School. Students under sixteen must have parent permission to donate. See you all there!



# SAYDEL EAGLE BASKETBALL ACADEMY



ACADEMY DATES: NOVEMBER 8<sup>TH</sup>, 15<sup>TH</sup>, & 22<sup>RD</sup>

GAME DATES: JANUARY 3<sup>TH</sup>, 11<sup>TH</sup>, 17<sup>TH</sup>, 25<sup>TH</sup>, & 31<sup>ST</sup>

TOURNAMENT: FEBRUARY 7<sup>TH</sup> & 8<sup>TH</sup>

## 'TEAM COMES FIRST'



# 2014-2015 SAYDEL EAGLE BASKETBALL ACADEMY

The Saydel Eagle Basketball Academy is designed to teach basic fundamentals, sportsmanship, and TEAM play.

Who: All Boys and Girls in 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> grades

When: Academy Dates @ High School November 8<sup>th</sup>, 15<sup>th</sup>, & 22<sup>rd</sup>

Time: 3-4<sup>th</sup> grades 8:00-9:30  
5-6<sup>th</sup> grades 9:30-11:00

Cost: \$40 (\$50 with Jersey)

Make Checks Payable to:  
Eagle Basketball Academy



### Game Dates:

A complete game schedule will be sent via email once registration has closed.

- Saturday, January 3<sup>th</sup> @ North Polk
- Sunday, January 11<sup>th</sup> @ Saydel
- Saturday, January 17<sup>th</sup> @ North Polk
- Sunday, January 25<sup>th</sup> @ Saydel
- Saturday, January 31<sup>st</sup> @ North Polk
- Tournament- held at NP and Saydel
  - Saturday, February 7<sup>th</sup> @ North Polk
  - Sunday, February 8<sup>th</sup> @ Saydel

Questions Contact: (515) 262-9325 ext 1206  
hersombrett@saydel.net

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Detach and bring form and Check or Money on November 8<sup>th</sup>

Campers Name: \_\_\_\_\_ circle: Boy or Girl Grade: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ I am interested in coaching a team Yes - No

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Emergency Number: \_\_\_\_\_

\_\_\_ My son/daughter will use a jersey from last year.

\_\_\_ My son/daughter needs to order a jersey. (Add \$10)

Number \_\_\_\_\_

JERSEY SIZE: (circle one) YM YL S M L XL

I, the parent or guardian of the above child, give my consent to their participation in the Saydel Eagle Basketball Academy program and agree to waive any claims arising out of any injury or accident to my child while participating in the program. Insurance will NOT be provided by the league/school and is the responsibility of the parents or guardians.

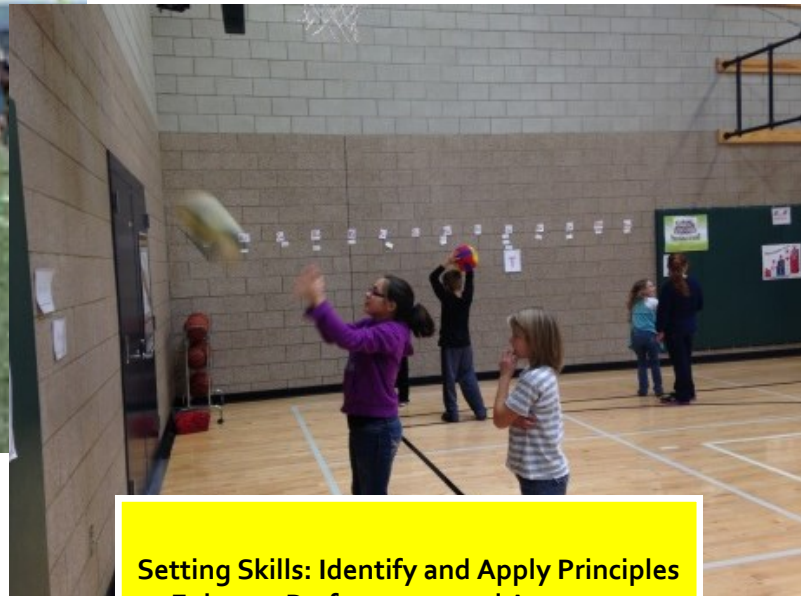
Parent/Guardian Signature \_\_\_\_\_ Date ( \_\_\_ / \_\_\_ / 2014 )

# Cornell Elementary

Fitness and sportsmanship matter the most in the gym during PE Class. 2nd-4th graders are working on volleying skills and 4-square play. They are demonstrating setting and passing skills and the basic rules and regulations of volleyball. They are enjoying learning about the games. Many times while Mrs. Cogdill is working with small groups, the others are participating in a 4-square tournament. Fun times!!!



On October 25th, some of the Cornell Staff and Families participated in the 1st Annual Spook Run by Mrs. Cogdill and the Cornell PTO. The event was a huge success!!



Setting Skills: Identify and Apply Principles to Enhance Performance and Accuracy



4th grade students practice rotating and underhand serving

## Cornell Elementary

Mrs. Bierbaum's students enjoyed working as a team to build this "tower". Great co-operating skills were needed to accomplish this feat.

Sport stacking (also known as cup stacking or speed stacking) is an individual and team sport that involves stacking specialized plastic cups in specific sequences in as little time as possible. The governing body setting the rules is the WSSA (World Sport Stacking Association). Participants of sport stacking stack cups in pre-determined sequences, by aligning the inside left lateral adjunct of each cup with that of the next. Sequences are usually pyramids of three, six, or ten cups. Players compete against the clock or another player. The sport has generated a large YouTube community, with stackers uploading their fastest times to the video sharing website.



Back row Paytron Sevdge, Own Vaughn, Niahna Schnathorst, Mariadela Garcia, Tammy Buman, Front row Olivia VanZandt, Sophia Shafer, Jayda Floyd, Gage Simon



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## SAYDEL HIGH SCHOOL WRESTLING

Tuesday November 18th will be the Saydel High School Wrestling parent meeting at 6:30 in the high school cafeteria. If your son or daughter is participating in wrestling this year, please plan on attending this meeting. Email coach Dennis at [dennismichael@saydel.net](mailto:dennismichael@saydel.net) if you have any questions.

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)














saydelbball

Flash Store Code

11/14/2014 - 11/17/2014

Available

Stores ending after 11/17/14 are not guaranteed to ship and deliver before the December holiday (pending product availability).

|  |  |   |   |
|--|--|---|---|
| <p><b>A</b>      <b>\$14.00</b></p>  <p>Nike All Purpose Short Sleeve Tee</p>   | <p><b>E</b>      <b>\$14.00</b></p>  <p>Nike All Purpose Short Sleeve Tee</p>   | <p><b>F</b>      <b>\$18.00</b></p>  <p>Nike All Purpose Long Sleeve Tee</p>     | <p><b>G</b>      <b>\$24.00</b></p>  <p>Nike Legend Dri-Fit Short Sleeve Tee</p> |
| <p><b>I</b>      <b>\$24.00</b></p>  <p>Nike Women's Legend Dri-Fit S/S Tee</p> | <p><b>J</b>      <b>\$28.00</b></p>  <p>Nike Legend Dri-Fit Long Sleeve Tee</p> | <p><b>K</b>      <b>\$24.00</b></p>  <p>Nike Legend Dri-Fit Short Sleeve Tee</p> | <p><b>M</b>      <b>\$28.00</b></p>  <p>Nike Legend Dri-Fit Long Sleeve Tee</p>  |
| <p><b>N</b>      <b>\$40.00</b></p>  <p>Nike Club Fleece Hoodie</p>           | <p><b>O</b>      <b>\$50.00</b></p>  <p>Nike Hoops Elite Max Air Backpack</p> | <p><b>P</b>      <b>\$30.00</b></p>  <p>Nike Gung-Ho Polo</p>                  |   |

**ORDERING INSTRUCTIONS**

- STEP 1: Go to [lidsteamsports.com](http://lidsteamsports.com) on or after the start date listed above.
  - STEP 2: Click on "Flash Stores"
  - STEP 3: Type in the flash store code (listed on top of the instruction sheet) and click "Submit Code"
  - STEP 4: Select team merchandise and add to shopping cart.
  - STEP 5: Once shopping is complete, click on "Checkout" and either register as a new customer or log in with previously registered information.
- \*PLEASE NOTE - Orders must be completed on or before the End Date listed.

**IT'S TIME TO GET YOUR GEAR.**  
Here's how:

Flash Store ID:38763

E-MAIL QUESTIONS TO: [ContactLTS@lids.com](mailto:ContactLTS@lids.com)



# SAYDEL BASKETBALL APPAREL



**ON SALE NOW!!**

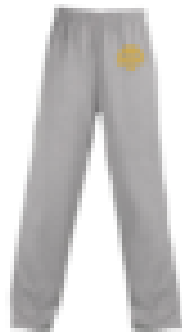


Wee's Tees online web store for Saydel basketball apparel is up & running! The online store is open until November 17th. Prices are located on the web store. Items will be delivered to the high school. Date of delivery could be 3-4 weeks after closing of web store (subject to change depending on orders).

The web address is located below and you can copy & paste it in to your browser.

\*There are color options so make sure you choose the color you want\*

[www.weestees.com/#!/custom-store/czvl/!/Saydel-Girls-Basketball-Closes-Nov-3rd/c/11061386/offset=0&sort=normal](http://www.weestees.com/#!/custom-store/czvl/!/Saydel-Girls-Basketball-Closes-Nov-3rd/c/11061386/offset=0&sort=normal)





**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.
- ◆ Saydel High School staff members JR and Steve Gebhart are helping to train students and staff members
- ◆ Allison Klapperich from Physiotherapy Associates is the athletic trainer for all varsity sports at Saydel.
- ◆ 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!
- ◆ The Activities Director Advisory Committee (ADAC) is a group of students that help the activities department work toward a brighter future! This group meets monthly and works on promotions and other activities.
- ◆ Saydel has been chosen to host the IAHSAA 2A Sectional Wrestling Tournament this year on February 7th.
- ◆ Saydel has a new and exciting feature coming for the South Gym at the High School. Be prepared for a big surprise after the upcoming Holiday break!!

