

January 16th, 2015



SAYDEL HIGH SCHOOL

Eagle Express

Saydel Community Schools

Girl's Basketball wins a pair

The Saydel Girls played last Friday against CMB. The Eagles started off slow and looked pretty rusty after the long Christmas Break and find themselves down 10-7 after one period. The Eagles started to show some life, and pulled ahead 26-21 at the half. After the half it was all Eagles, as they held CMB to 3 points in the 3rd period to pull away to 54-36 win.

Saydel was led in scoring by Cassie Chubb with 15 points, Jordan Johnson followed with 12, Brooklyn Allgood had 9, Liz Miklus had 5, Gabbie Richards and Lesa Wicks each scored 4, Katelyn McEachron had 3, and Emma Bowman 2.

This win pushes the teams record to 8-2 overall.

On Tuesday, Saydel traveled to South Hamilton. The Eagles came out much faster than their previous game and held a 33-17 advantage. The Eagles again came out in the 3rd quarter strong on defense, and held South Hamilton to a single point and held a 53-18 lead. The last quarter went fast, and saw lots of people play, as the Eagles won 64-26.

The Eagles were led in scoring by Brooklyn Allgood with 15 points, Liz Miklus and Jordan Johnson each scored 10 points, Emma Bowman had 8, Katelyn McEachron 6, Gabbie Richards and Cassie Chubb each with 5, Lesa Wicks and Jayda Tolentino had 2, and Katie Schmidt had 1.

The win helps the Eagles to improve to 9-2 overall for the season, with a big game at Roland Story on Friday the 16th.

Cross Country Rule Change for 2015

(Des Moines Register) Iowa girls' cross country runners will race the same distance as boys starting this fall. The Iowa Girls High School Athletic Union's board of directors voted to extend the distance of races from 4,000 to 5,000 meters.

Iowans have competed at 4K (about 2.5 miles) since 2002. The new distance covers 3.1 miles. "It will be a positive thing for the sport," said Johnston girls' coach Pat Hennes, who led his school to the Class 4-A state championship last fall. "There's no doubt in my mind that our athletes are ready for that."

Read more here: [Cross Country Change](#)



Saydel High School 2014-15 Multiple Activities Schedule
(as of 01-16-2015)

Activity	Time	Versus	Location	Location Detail	Comments
MONDAY, JAN 19, 2015					
Basketball: Boys 8th Game	4:30pm	PCM, Saydel Middle School	PCM		
Basketball: Girls 8th Game	4:30pm	Saydel Middle School vs. PCM	Woodside Middle School	Gym	
Basketball: Girls Varsity Game	6:00pm	Away vs. Earlham	Earlham High School		
Little Eagles Wrestling Club	6:00pm-8:00pm		Saydel - Wrestling		
Winter Guard Rehearsal	6:30pm-8:00pm		Saydel - North Gym		
Basketball: Boys Varsity Game	7:30pm	Away vs. Earlham	Earlham High School		
TUESDAY, JAN 20, 2015					
WS Band - SCIBA Honor Band					Simpson College Middle School Honor Band at Indianola
Wrestling: Middle School Meet	4:15pm	Away vs. Interstate 35, Ballard High School, Saydel High School, Pleasantville	Interstate 35 High School, Truro		@ Ballard
Basketball: Girls JV Game	4:30pm	Away vs. Gilbert	Gilbert High School		
Basketball: Girls 7th Game	4:30pm	Saydel Middle School vs. Roland-Story Middle School	Woodside Middle School	Gym	
Basketball: Boys 7th Game	4:30pm	Roland-Story, Saydel Middle School	Roland-Story Middle School		
Basketball: Boys JV Game	4:30pm	Away vs. Gilbert	Gilbert Intermediate School		
Wrestling: JV Double Dual	6:00pm	Away vs. Nevada, Iowa Falls-Alden, Saydel High School	Nevada High School		
Little Eagles Wrestling Club	6:00pm-8:00pm		Saydel - Wrestling		
Basketball: Boys 9th Game	6:00pm	Away vs. Gilbert	Gilbert Intermediate School	West Gym	
Basketball: Girls Varsity Game	6:00pm	Away vs. Gilbert	Gilbert High School		
Basketball: Girls 9th Game	7:30pm	Away vs. Gilbert	Gilbert Intermediate School		(Cancelled) 9th game cancelled due to numbers.
Basketball: Boys Varsity Game	7:30pm	Away vs. Gilbert	Gilbert High School		
WEDNESDAY, JAN 21, 2015					
HS Baseball Pitchers/Catchers	6:00am-7:30am		Saydel - North Gym		
Winter Guard Rehearsal	6:30am-8:30am		Saydel - South Gym		
Little Eagles Wrestling Club	6:00pm-8:00pm		Saydel - Wrestling		

Club					
Athletic Boosters	6:00pm-7:00pm		Saydel - Library		
<hr/>					
THURSDAY, JAN 22, 2015					
Basketball: Girls 7th Game	4:30pm	Saydel Middle School vs. PCM	Woodside Middle School	Gym	
Basketball: Boys 7th Game	4:30pm	PCM, Saydel Middle School	PCM		
1st Grade Parent Night	6:00pm-7:00pm		Cafeteria		
Wrestling: Varsity Meet	6:00pm	Des Moines North, Gilbert, West Central Valley	Saydel High School	Gym - South	Saydel Senior Night
Little Eagles Wrestling Club	6:00pm-8:00pm		Saydel - Wrestling		
<hr/>					
FRIDAY, JAN 23, 2015					
Basketball: Girls JV Game	4:30pm	Nevada	Saydel High School	Gym - South	
Basketball: Boys JV Game	4:30pm	Nevada	Saydel High School	Gym - North	
Basketball: Boys 9th Game	6:00pm	Nevada	Saydel High School	Gym - North	
Basketball: Girls Varsity Game	6:00pm	Nevada	Saydel High School	Gym - South	Woodside Middle School Night
Basketball: Girls 9th Game	7:30pm	Nevada	Saydel High School	Gym - North	(Cancelled) 9th game cancelled due to numbers.
Basketball: Boys Varsity Game	7:30pm	Nevada	Saydel High School	Gym - South	
<hr/>					
SATURDAY, JAN 24, 2015					
Speech Dist. Large Grp					
Wrestling: Varsity Conference	10:00am	Away vs. Gilbert, Collins-Maxwell-Baxter, Colfax-Mingo, Greene County, Nevada, North Polk, PCM, Roland-Story, Saydel High School, South Hamilton	Gilbert High School		
Softball Clinics	1:00pm-6:00pm		Saydel - North Gym		
<hr/>					
SUNDAY, JAN 25, 2015					
Softball Open Gym	1:30pm-4:00pm		Saydel - North Gym		
Baseball Open Gym	6:30pm-8:00pm		Saydel - North Gym		
AAU Volleyball	7:00pm-8:30pm		Gym - South (New)		

A GREAT FAMILY OPPORTUNITY!!!



Saydel After Prom 2015 Presents:

FAMILY MOVIE NIGHT!!

FRIDAY, JANUARY 16TH

Cornell gym

Doors open at 6:30

Movie starts 7:00 sharp

Concessions will be available
until the movie begins.

Bring your sleeping bag, pillow, and wear your pj's.

Donation of \$10.00 per family is appreciated at the door

Children MUST be accompanied by an adult. This is a FAMILY event.

Movie Etiquette:

Parents, please take a few minutes to go over these basic etiquette guidelines with your child(ren). It is our hope that by following these guidelines, everyone's movie-going experience will be a good one.

1. We do not talk during the movie. Even if a few people are talking in normal tones, it makes it very loud in the gym and hard to hear the movie. Cell phones off, please.
2. Refrain from getting up and down. People behind us are trying to watch the movie and too many trips to the bathroom, drinking fountain, etc is distracting and unnecessary. This will also help eliminate many spills on the gym floor.
3. Running will not be tolerated. Families are asked to come into the gym, select an area to sit, (bleachers will be available for those who do not wish to sit on the floor) and visit quietly until the movie begins. Tonight the gym is a movie theater NOT a gym.
4. Enjoy and have fun!

Sponsored by your Saydel After Prom committee

questions? Darla Van Houten
vanhoutendarla@saydel.net



FATHER DAUGHTER DANCE

February 7, 2015

from 6:00-8:00 p.m.

at Saydel High School

in the North Gym (old gym)

Dad.....or Dad-like friends.....are invited to bring their favorite Valentines to this memorable fund-raising event to support Saydel's 2014 After Prom Party.

\$15 per couple purchased in advance
\$20 per couple purchased at the door
\$5 additional fee for each extra daughter.

Includes: music provided by a DJ, snack, drink, candy bar and LOTS OF FUN!! There will also be photos available for purchase.

We encourage pre-order of your tickets. Please mail by February 1, or you may also turn in your order to the Cornell or Woodside Office by Wednesday, February 4

Tickets may be purchased at the door the night of the event.

Purchase in advance by filling out the form at the bottom & sending it along with your payment to:

Saydel After Prom
Saydel High School
5601 NE 7th
Des Moines, IA 50313
(Checks payable to Saydel After Prom)
Questions contact Jami at jamimcguire76@gmail.com

REGISTRATION FORM MUST BE MAILED ALONG WITH PAYMENT
(No tickets will be mailed – simply check-in at the registration table at the dance)

Dad/dad-like friend _____ Telephone Number _____

Daughter/school _____

Daughter #2/school _____

- Put on by Saydel Coaches and Players
- Four weeks of clinics
- T-shirt included



HITTING

You will get the opportunity to work with the Saydel High School coaches and players to learn new techniques and improve upon your hitting skills. Throughout the four weeks, various drills will be set up to help to achieve muscle-memory of your swing.

PITCHING

Throughout the four weeks, you will get the opportunity to work closely with some of the Saydel pitchers and the coaching staff. Pitchers will need to bring their own catchers to throw to so the players can help you to refine your skills and improve upon your strength, accuracy, and speed while pitching.



CATCHING

Catchers will not only get the opportunity to work with pitchers, but will get the chance to work various catching drills with the Saydel coaches and catchers. Throughout the various drills, the catchers can improve upon various aspects of their game including blocking and quick releases for throwing. Catchers will need to bring their own equipment.

Sponsored by:



Marty Van Houten

515.229.1826
Vanhoutenmartin@saydel.net



Saydel Little Eagles Softball Clinic

2015

Pitching, Catching, Hitting

January 24, January 31,
February 14, February 21

Dates:

January 24, January 31,
February 14, February 21



Hitting:

10 and under: 2:00 p.m.-3:00 p.m.

12 and under: 3:00 p.m.-4:00 p.m.

16 and under: 4:00 p.m.-5:00 p.m.

Pitchers and Catchers:

5:00 p.m.-6:00 p.m.

Hitting Only: \$40

Pitching/Catching* Only: \$40

Both Clinics: \$70

**pitchers need to bring their own catchers,
catchers need to bring their own equipment*

Checks payable to

Saydel Softball Boosters

Registration ends: January 10

Registration available until January 10th
Send this form to Saydel Athletic
Department in care of Marty Van Houten

Name: _____

Age: _____

Phone: _____

Email: _____

Please check which clinics you plan to attend:

- Hitting
- Pitching
- Catching

Shirt size (circle one):

Youth- 6-8, 10-12, 14-16

Adult- Small, Medium, Large

PARENTS RELEASE AGREEMENT
WE (I) HEREBY RELEASE THE SAYDEL HIGH SCHOOL ATHLETIC STAFF, SAYDEL HIGH SCHOOL, AND ALL EMPLOYEES AND VOLUNTEERS FOR ALL CLAIMS (PRESENT OR FUTURE) RESULTING FROM ANY INJURIES WHICH MAY BE SUSTAINED BY OUR (MY) DAUGHTER WHILE ATTENDING THE SAYDEL HIGH SCHOOL CLINIC.

Parent/Guardian Signature

Date

Name of Parent Guardian

515 Wine With Design



A Truly Unique Art Experience

Saydel After Prom Fundraiser

Saturday, January 31st

1pm.

**At Smokey D's restaurant
5055 Northwest 2nd Street**

*A portion of the proceeds from this event will go
to Saydel After Prom*

**Go to the 515 Wine With Design website to reserve
your spot now!**

www.515winewithdesign.com



Saydel After Prom Can Drive

Saturday, February 7, 2015

9am – Noon

Drop Off Site -- 6950 NE 14th St, Suite 30
North of Woodside Middle School - approximately 2 miles
Located in the Woodside Business Park West

Please feel free to put cash redeemable cans/bottles/plastic out at the end of your driveway by 8am on February 7, and we will pick them up for you. Redeemables can also be dropped off between 9 and noon at this location.

After Prom is sponsored by the Junior class and their parents. All monies raised will go toward providing an alcohol and drug free After Prom Party following the Junior-Senior Prom.

Any junior student for the 2014-2015 school year and their parent(s) are welcome to come and help.

Call Dianne at 289-2693 for more information.

Thank you for your support!

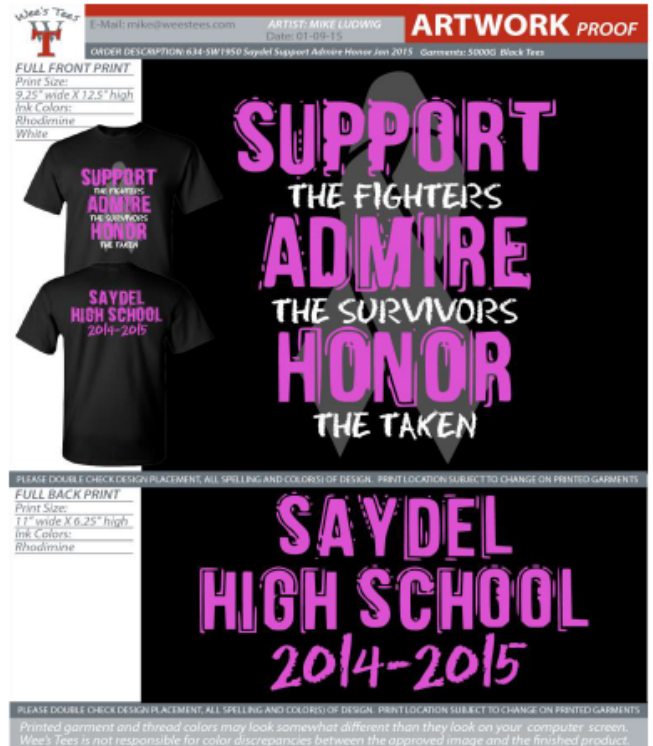
Saydel High School

Coaches Vs. Cancer Fundraiser

Saydel High School is tackling cancer together at the Coaches Vs. Cancer Fundraiser. To honor the memory of all who have lost their battle with cancer or fighting their battle with cancer Saydel High School teams up to raise money for the American Cancer Society's Coaches Vs. Cancer Organization at the Saydel High School Basketball game.

Show Your Support:

Purchase a Coaches Vs. Cancer t-shirt to wear to the Saydel High School Basketball game on January 30th, 2015. 100% of the proceeds will benefit the Coaches Vs. Cancer Organization.



On Sale: Pre-order your 2015 Saydel High School Coaches Vs. Cancer T-shirt today! Pre-orders are due in the Main Office by 3:30 pm on January 15th, 2015. We will be selling the shirts through the week during lunch time. There will be more information to follow with more events going on at the Saydel High School Basketball Game.

Coaches Vs. Cancer Pre-Order

Pre-Orders due January 15th, 2015. Return to the Saydel High School Main Office
Checks payable to "Saydel High School"

Name: _____

Phone Number: _____ E-mail: _____

Short Sleeve T-shirt - \$ 15 each S _____ M _____ L _____ XL _____ 2XL _____

Long Sleeve T-shirt - \$15 each S _____ M _____ L _____ XL _____

Total T-Shirts Ordered: _____

Amount Due: \$ _____

PAID	<input type="checkbox"/> Cash	<input type="checkbox"/> Check _____
------	-------------------------------	--------------------------------------

Coaches vs Cancer



Basketball Game Friday, Jan. 30th

Girls Tip Off - 6:00 Boys Tip Off- 7:30

FILL THE GYM

Honor Wall Basketballs \$1 each!



**Buy a raffle ticket for a chance
to throw a Pie in a teacher's
face! \$1.00 each**

Coaches vs Cancer shirt \$15

TOGETHER

Selling tickets for pies , honor wall and shirts during lunchtime.

NORTH DES MOINES GIRLS SOFTBALL

Invites you to...
PLAY SOFTBALL

We offer:
Five Age Divisions

<u>Division</u>	<u>Age</u>	<u>Without Buy-out</u>	<u>With Buy-out</u>
PeeWee	5-6	\$60.00	\$90.00
Pixie	7-8	\$60.00	\$90.00
Petite	9-10	\$75.00	\$105.00
Jr./Intermediate	11-18	\$75.00	\$105.00
Family Plan		\$110.00	\$140.00

The buy-out plan is a way for players and families to “buy-out” of the fundraising program. The fundraiser is a revenue source for our program that helps keep our registration fees as low as possible. Participation in the buy-out is \$30.00 which is what we earn for each box of candy bars sold. So this is a way for you to help the park and not worry about having to sell the candy bars. A win-win.

Anyone signing up after February 7th must pay buy-out plan
Everyone receives an award

<u>Division</u>	<u>Age</u>	<u>Fees</u>
Bam-Bam	**3-4	\$25.00

****The Bam Bam League is for girls and boys 3 – 4 years old and
5 year olds**

**This Division is designed to give the children an opportunity to get the feel for the
game of softball - baseball.**

The objects and purpose of the League are:

*To educate and encourage outdoor recreation and
athletics, regardless of race, creed, or national origin;
to teach sportsmanship; and
to teach and tutor players in the physical and mental coordination of
the game of softball and the importance of rules and team participation.*

**Registration and sign-up will be
Saturday January 31, 2015 10AM to 4PM
Saturday February 7, 2015 10AM to 4PM
at Park Fair Mall 2nd and Euclid Upper Level by Fareway**

For more information contact:

Beverly Mckay: 515-669-4075 e-mail: Chiefplayeragent@ndmgs.org
NDMGS PO BOX 3457 Des Moines, IA 50316
Softball Complex address 4750 NW Morningstar Drive, Des Moines, IA 50313
Visit us on the web at WWW.NDMGS.ORG
Registration forms available online at our website.

“This is not a Saydel Public Schools Publication and is being provided as a courtesy to inform you of other community activities and opportunities available.”



SAYDEL HIGH SCHOOL

5601 NE 7th St.
Des Moines, IA
50313

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

S.O.A.R

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

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

We're on the web!
www.saydel.k12.ia.us

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 on the new cardio machines
- ◆ 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 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 hosts a powerlifting competition this weekend.

