



THE TITAN TRIBUNE

(formerly teAming uP)



April 14th, 2023

Student-Athletes of the Month

CONGRATS TO JANUARY'S STUDENT-ATHLETES OF THE MONTH

Coaches' Words

<p>Jordan has worked incredibly hard to return to full activity. She was able to compete in all of her "normal" events in January and even added a few new ones. She used her own personal drive and determination to rebound from a season-ending injury in softball to a fully functioning member of the track team. She may not have been competing up to her personal standards, but her recovery was so impressive that she was featured by her own physicians as an example of what is possible. Way to go, Jordan!</p>	<p>Jeremiah came back from an injury and had a big impact for his team. He won some matches and continued winning matches as he placed 3rd at sectionals. We're proud of you, Jeremiah!</p>	<p>This is Nataley's first year cheering. She had to learn all the basics and has been killing it! She's always so positive, willing to learn ANYTHING, and takes constructive criticism. I am so impressed with her sportsmanship and just her in general! No one is more deserving. Keep working hard, Nataley!</p>	<p>Evan had a great season, and was a huge help in his team's sectional and NYS NYS titles. Evan closed the season playing his best basketball of the year. Evan showed good leadership qualities in stepping up to help handle the ball. In 5 games, he averaged 10 pts, and 3 assists. Congratulations to Evan for a great winter season. Great effort, Evan!</p>	<p>Emma has shown much improvement since the start of the season. As point guard, she has grown into a great floor leader, much improved shooting, and played with more composure. She is a great defender, plays hard in practice, and has been a big asset to the improvement of the team as a whole.</p>
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Congratulations to our Student-Athletes of the Month for January:

- **Jordan Swift** (ACS senior)
- **Jeremiah Robbins** (PCS junior)
- **Nataley Patoine** (PCS 7th grader)
- **Evan Campbell** (PCS senior)
- **Emma Carlton** (PCS junior)

These are just some of the student-athletes who have had a huge impact on their teams. Keep working hard, Titans!

Uniform Washing Instructions

VICTORY UNIFORMS
BSN SPORTS THE HEART OF THE GAME

Wash & Care Instructions
FOR YOUR SUBLIMATED APPAREL

Step By Step

1. Turn garment inside out.
2. Machine wash cold - dark colors separately
3. **Do Not Use Bleach** - including any color safe bleach.
4. **Very Important** - do not wash with any garments containing Velcro or abrasive fabrics
5. Remove from washer immediately upon completion of the wash cycle.
6. Hang dry on plastic hanger.
7. Iron on warm or delicate setting only.
8. **Do Not Dry Clean.**
9. Do not use fabric softener - softeners break down fibers and inhibit moisture wicking and anti-microbial properties of fabric.

Care Instructions

1. **DO NOT** leave **WET** garments sitting in a pile on its own or with other clothes. Dye migration can occur. Hang to dry without touching other garments.
2. **EXTREMELY IMPORTANT** - Avoid **ANY CONTACT** with Velcro, skates, tools, or other abrasive or sharp objects. Garments should be stored in a separate bag if stored with equipment.
3. **DO NOT** use iron on patches or decoration - dye migration and/or color change can occur.

Important Notice

Sublimated garments have graphic designs and performance qualities that are highly desirable. Unfortunately an inherent property of all polyester garments and sublimated garments in particular is the potential for small picks and pulls. Due to the sublimated dye process these picks may be more visible than on regular dyed garments. This issue is not a material defect but rather a latent issue in all sublimated garments. Extra care should be taken.

BSNSPORTS.com

A reminder of the washing instructions for our uniforms - please help us keep these brand new uniforms looking fresh and clean for our student-athletes!

Online Baseball Team Store

Click the logo to navigate to the online team store. The store closes on 04/18 at midnight and items will be shipped directly to you.

Picture of the Week



Avoca senior, Bella Crane, touches ground during the 400m hurdle at Tuesday's opening track meet.

Next Week's Athletic Schedule

Click the links below for a schedule that contains details about times for practices, contests, and transportation. Remember, this schedule is a live document that will be edited regularly; rather than printing this out, and not seeing those changes, plan to visit this schedule often!

[CLICK HERE](#) for this week's schedule.

[CLICK HERE](#) for next week's schedule.

There's a lot to digest in each weekly schedule, so feel free to reach out to a coach or Mr. Delles for clarification.



Cody Delles

Contact Cody

