

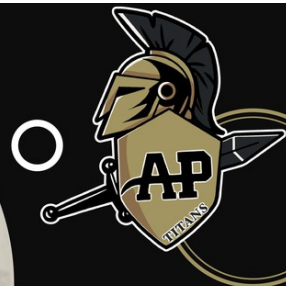


# THE TITAN TRIBUNE



April 28th, 2023

## ACS' Outdoor Athletic Facility Dedication



**CONGRATULATIONS,  
COACH WELC!**



TUES, MAY 2ND @ APPROX. 6PM  
AVOCA CENTRAL SCHOOL'S TRACK

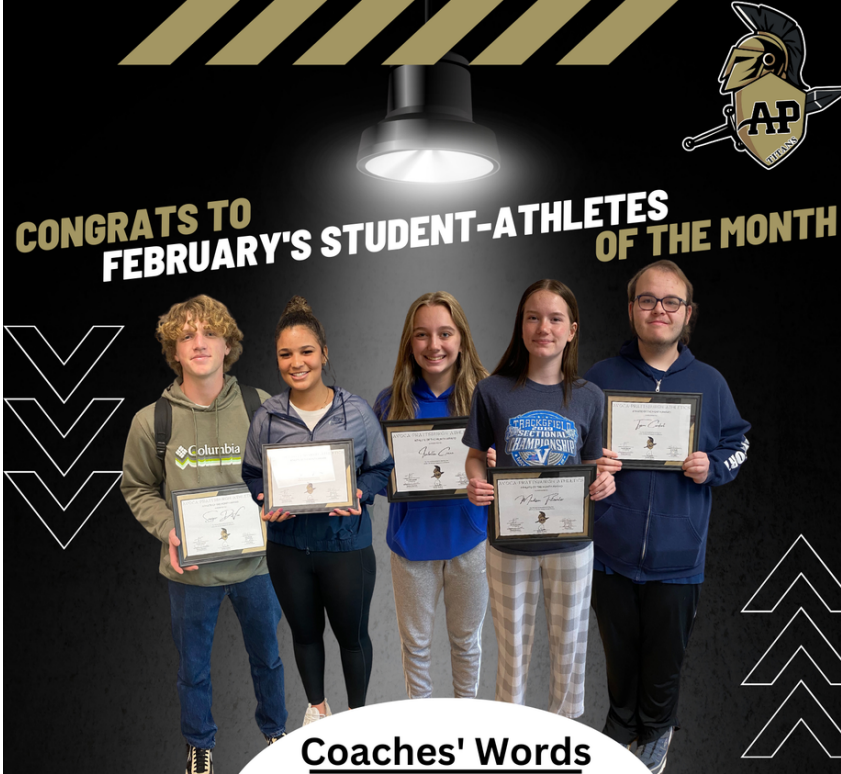
Join us as we honor and celebrate  
Coach John Welc and his 52 years of  
dedication to the  
Avoca Central School District.



We will celebrate Coach Welc's legacy by  
naming Avoca's outdoor athletic facility  
after him.

This is a reminder of the upcoming ceremony to dedicate Avoca Central School's outdoor athletic facility in Coach John Welc's name. See the flyer for more information, and we hope to see you there!

## Student-Athletes of the Month



**Coaches' Words**

Sawyer is the team's leading rebounder cashing in over 500 career rebounds. He's also the team's 2nd leading scorer. Sawyer is a great defender in the post and played a crucial role in the team's run at a 2nd straight NYS title. Way to go, Sawyer!	Marissa had a few big games for the Lady Titans this year. With a consistent effort to continue improving this upcoming off-season, Marissa will surely play a big role in the Lady Titans' success next season. Great effort, Marissa!	Bella was a key asset to our team this year. Putting herself in new positions to better her team showed true leadership and strength. Bella was also selected for the Ronald McDonald All Star Game due to her hard work and dedication. Bella's skill and determination will be greatly missed next year, but we are extremely proud of her and grateful for all she brought to our team! We're proud of you, Bella!	Maddy competed well in the Indoor track Section V Championship. She finished 2nd in both the 1500 and 3000. She also finished the day with a blistering leg of the 4 x 8 relay. Maddy then ran at the Section V state qualifier and finished 6th in Section V within seconds of advancing to the State Track Meet. Keep working hard, Maddy!	Tyson's hard work during the wrestling season helped him to achieve goals. His determination has led to fantastic growth as an individual and student-athlete. Great job, Tyson!
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**Congrats to February's student-athletes of the month!**

These are just some of our student-athletes who put their best foot forward on a consistent basis - a shining beacon and exemplar to which other Titans can and should aspire to! Well done, Titans!

## Congrats to Sawyer, Macoy, Haden, and Evan!



Four of our boys from the boys varsity basketball team have recently received some spectacular all-state accolades:

- **Sawyer DeVoe & Macoy Putnam** - Class D Co-Players of the Year
- **Haden Abbott** - Class D 1st Team
- **Evan Campbell** - Class D 7th Team

Congratulations, boys! You've had a spectacular high school career, and we can't think of a better way to cap it off than with two back-to-back NYS titles! Thank you for all you've given to your coaches, teams, and the Avoca-Prattsburgh athletic program.



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## ***Peak Performer: Jordan Swift***

Early during last year's softball season, Jordan (Avoca senior) was leading off 1st base and, in doing so, tore her ACL. Her journey through recovery is nothing short of amazing, and serves as a testament to all what the power of determination and goal-setting can do! A typical ACL recovery time is 8-9 months; Jordan did it in 6.


Interested in learning more about her journey? Click the logo for 13 WHAM's recent story.

We're proud of you, Jordan!












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## ***Uniform Washing Instructions (Reminder)***



**VICTORY**  
UNIFORMS

 Machine Wash Cold  
 Turn Garment Inside Out  
 DO NOT BLEACH  
 No Fabric Softener  
 Do Not Dry Clean  
 Iron Low (delicate)  
 Hang to Dry (plastic hangers)  
 Do Not Leave In Washer  
 Do Not Wash With Velcro

## 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

With lots of rain/mud in our forecast, this is 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!

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## Picture of the Week





### "Family of Titans, on three!"

Aiden Miller, one of AP Athletics' biggest supporters, wraps up the varsity baseball team's victory over Addison on Wednesday.

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## Next Week's Athletic Schedule

Click the logo for the upcoming week's 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!



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](#)





