



# BS"D: BYHS SPORTS DIGEST

Volume I, Early Spring 2008



## Shalom

Dear Parents of BYHS Sports Athletes, Parents, and Fans,

My name is Kate Friedman, and I am pleased to be your new Athletic Director at BYHS. I have been hard at work preparing the school for many upcoming seasons of great sports experiences. For neither the first nor the last time, I would like to thank my predecessor Don Makovsky for doing so much for BYHS sports in his incredible 27 years tenure as AD and fundraiser. He dedicated himself to making Block the very unique and special Jewish high school that it is, with so many sports offerings for its students: boys' and girls' tennis, boys' and girls' soccer, boys' and girls' basketball, boys' baseball, and girls' cross country running.

In my own high school and college years, competitive and intramural athletics had a big impact on my development. It gave me the experience of setting goals and striving for them, and learning to push myself to be the best that I could be. These lessons were transferable to many other areas of life, as well. I plan to use my passion for Judaism and athletics to enhance the high school experience of Block students, by providing great extracurricular sports programs. I will do this by hiring good coaches, taking care of the needs of the teams, and making sure that the school has plenty of opportunities to play.

In my mind, BYHS athletics should strive for the following goals: physical health and fitness, recreational outlet, opportunity for competition, personal development, team building and cooperative skills, school spirit, and last but certainly forefront to our Jewish philosophy- a sense of appreciation and responsibility for our physical well-being. As Athletic Director, I will stay in touch with athletes, families, coaches, and school administration. I hope to hear good reports about personal and team effort, sportsmanship, and fun experiences in sports.

Although snow is still falling, *Tu B'Shvat*, the groundhog, and tennis/soccer season tell us that spring is indeed on its way. In the following sections you will find an update full of information for spring athletes.

---Kate Friedman, AD-BYHS



## Boys Tennis

### New Coach

This year BYHS is happy to welcome Coach Jason Wickham to the boys' tennis team. Coach Wickham comes from New Mexico by way of Southwestern Oklahoma State University and Washington University, where he is a post-doctoral research fellow in chemistry. Coach Wickham is a 14 years veteran of the sport, including many years of coaching in different capacities. He comes to us with very enthusiastic recommendations from his former coaches and associates, and we feel very fortunate to have found such an appropriate candidate to coach our boys' tennis team. He is knowledgeable, organized, and professional.

### Practices and Competition Information

Coach Wickham will oversee the players at their practices and matches. The boys met their coach at school on Monday, February 25<sup>th</sup>, and will have their first practice on Friday, February 29<sup>th</sup> 12:45-2:15pm at Woodson Park. Regular practices will meet Sundays 4:30-6pm,

Mondays and Wednesdays 6:15-7:45pm, and Fridays 12:45-2:15pm ALL @ Woodson Park. If inclement weather is a problem, we will make alternative practice time/locations or match time/locations if possible. Match competition stretches from late March through the beginning of May. A full schedule is forthcoming.

### Costs

The cost of hiring the coach is \$2000 for the season. Therefore, we ask for a \$200 participation fee for boys on the tennis team. Sponsorships are welcome, as the costs of the sports program (equipment, space rentals, etc) this spring do exceed the participation fees for sports. Boys need to provide their own rackets, and jerseys/uniforms will be discussed at a later time.

### Team Captain; Communication

The boys' tennis team captain is senior Zackary Deutsch. Coach Wickham and Zack will make sure that there is good communication between families, the school, myself, and the coach about team matters. To enable this, a basic phone tree will be made. Parents and athletes are always welcome to communicate on any matters of concern with myself (#314-991-6887) or Coach Wickham (#405-641-2655).



## Girls Soccer

### Returning Coach

BYHS is happy to have Coach Katie Bokern back with us for the girls' soccer team this spring. Coach Bokern played four years of Division I college soccer at Saint Louis University and was an award-winning center-midfielder. We are very glad to have Coach Bokern back with us for another season. This season, we had a record high of 17 girls sign up with interest to play soccer! That is great for BYHS.

### Practices and Competition Information

Similar to last years schedule, the girls soccer team will meet for practice four days a week. Coach Bokern will oversee all practices and games. Practices will be at the EHA-Block gym or the Epstein field until daylight extends later and the weather improves. Regular practices will be held at the St. Louis Unified school fields behind Block, or Shaw Park. Practices will be Mondays, Wednesdays, and Thursdays 5:30-7pm, and Sunday 10-11:30am. Competition stretches from mid-March through the beginning of May, and the complete schedule is forthcoming.

### Costs

The cost of hiring the coach is more than \$2500 for the season. The girls' soccer participation fee is \$100, thanks to a generous sponsorship to subsidize the per-player fee. As with boys' tennis, additional sponsorships will be greatly appreciated at this time, due to the cost of referees and other team expenses.

### Team Captain/Communication

Coach Bokern will appoint a team captain to help with communication about practice time/locations, especially early in the season. The captain can set the tone for the girls' team and make as big an impact as she would like. Girls, this is a great leadership opportunity, so show

the coach your commitment and willingness for a little bit of responsibility. Coach Bokern can be reached at #314-832-6657, and I can be reached at #314-991-6887. A phone tree can be implemented as soon as possible, in case of practice or game notifications.



## Intramural Baseball League

The boys' baseball team will be taking a short hiatus this year, as the sign-up sheet did not generate enough interested student-athletes to hire a baseball coach and participate in inter-scholastic competitions. We would have loved to have fielded a baseball team this year, and hope to return to that next spring.

But wait- the loving BYHS *Rebbeim* would not let the above conditions thwart a good experience to be had by all through baseball. We introduce to you the inaugural season of BYHS Intramural Baseball: an eight-week season of Sunday games for your athletic enjoyment. Planning is well underway, and keep your eye out for upcoming announcements about the baseball IM (intramural) season. (Please contact the AD (Athletic Director) if you have skills to contribute to forming the league.)

## How You Can Help the Sports Program at BYHS



### Items sought

- Do you have old, but quality sports equipment for basketball, tennis, soccer, baseball, or track and field?
- Can your company help sponsor uniforms with a logo, or provide athletic gear of any kind?
- Would you like to donate first-aid equipment, large water jugs, ball bags, plastic cones, or any other miscellaneous items?
- Would you like to take part in helping our Golf Tournament and Sports Banquet be a success?

### Parent Committees

In order to have a smooth-running sports program, we will regularly need the help of parent, family, or community volunteers. Your assistance could vary from driving a van full of athletes to away games at other schools (saving us bus rental fees), running the scoreboard or notebook at basketball games, taking admission fees at the door, assistance to the coach at competitions, and also, a supportive cheering squad!

Any parents who are interested in volunteering to help the sports program or a specific team should be in touch with the Athletic Director. This will help Block centralize the help offered and make sure that all our "bases" are covered.

We will be asking parents of teams each season to sign up for at least one "shift" of their choice of volunteering per season that their son/daughter plays. That way, all parents will be involved in this important extracurricular program and show their student-athlete that they really support their participation.

Thank you for being an athlete, supporter, or fan!  
Hatzlacha Raba (Success) to our Block Student-Athletes!