

CONGRATULATIONS to the members of the Indoor Track & Field team. Many girls qualified for the MIAA Division 4 State Championship. Junior, Helen Tucceri finished 8th Place in the 55M dash with a new school record and personal best 7:70. Helen also Long Jumped 14'11". Catherine MacIsaac, also a junior, has a new record and PR in the 600M 1:49.5. Senior captain Maggie DeMoura High Jumped 4'10". An outstanding performance with MA's relay squad. DeMoura, Sarah McGaffigan, Tess McLean, Tucceri 4x200M relayed a respectable 1:55.7. The 4x400M relay with DeMoura, McLean, Maggie MacKenzie, Catherine MacIsaac also set a new school record 4:25.3. We are all so proud of you.



As a member of the **Massachusetts Interscholastic Athletic Association, MIAA**, MAHS agrees to abide by its rules and regulations. Each month this section will highlight some important MIAA rules.

MIAA Rule 40 and 41 – Out of Season Activity

A coach may not directly or indirectly require an athlete to participate in a sport or a training program outside of the MIAA defined sport season. A coach is defined as any paid or volunteer member of the athletic staff.

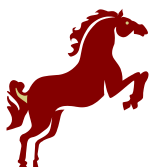
The Spirit of MIAA out-of-season rules 40 and 41 are probably more important than the letter. These standards exist to ensure fairness. It is unfair to student athletes in competing schools to have the opposition prepare, outside of the rules, prior to the start of each MIAA defined high school season. It also is unfair to influence or require student athletes to participate in an out-of-season preparation program, because that deprives them and their parents from making choices about the use of their off season time. Student athletes are free to do whatever they choose to do during their out-of-season period. Their activity must not be influenced or supported by a coach or the school. School uniforms and school names are not to be associated with out-of-season activity.



The spring season tryouts begin on March 15. Anyone interested will need a physical form to the school nurse, Mrs. Estes, before tryouts. The MIAA requires your daughter to pass a physical exam within 395 days before participating in any sport.

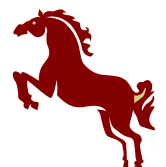


Happy
St. Patrick's Day
2010



Golf
Softball
Tennis

The coaching staff for our spring season.
Varsity Mr. Lyons & Mr. Driscoll
Varsity Mr. Amico JV1.....Ms. Kerr
VarsityMr. Kates JV.....Mrs. Huddleson
Track & Field VarsityMr. Norton





Notes From the MA Booster Club

Mission Statement

To promote athletic activities for Mount Alvernia High School and to provide supplemental monies for special activities.

B.C. Concession Stand

The end of the season for helping with the Boston College games is here. The concession stand P.I.P hours are the most beneficial fund raising program the Booster club coordinates. We ask for your assistance to fill the open slots for the last games of the year to help support our cause.

Call Nancy Martin at 617-325-6174 to sign-up!

Athletic Apparel

Mary Ann Nuzzo, the representative from the Booster Club, will be selling athletic wear after school on FRIDAYS.. If you need an item, please stop by and see what we have. Also, we have MA Mirrors available that would make great Graduation gifts. Come down and pick yours up.

Winter Sports

We would like to thank the winter sports representatives of the Booster Club, Martha Wilson – Varsity BB, Jerry McDermott – JV1 BB, Beth McLean – Indoor Track.

Their dedication to the sports program is greatly appreciated.

Sports Banquets

Varsity Night—Thursday, June 3rd is the Varsity banquet. Ticket and evening details will be announced in the next newsletter.

J.V. Sports Night—For the winter and spring season will be Tuesday, June 8th. Ticket and evening details will be announced in the next newsletter.

Spring Sports Parents

Is your daughter planning on playing a Spring Sport? Team Parent Representative Volunteers are needed! Please contact Bonnie Houston, 617-323-5740. Also, there will be a parents meeting on March 24th. See the flyer enclosed

Join the Booster Club

Board positions require a two year commitment and we need you! Not interested in a board seat then just come and have some fun. We meet the first Monday of each month at 7 p.m. in the teachers lounge.

Drop by and find out what the Booster Club is all about.

Board Positions Open Next Year

President BC Concessions Coordinator Parent Representative Coordinator

Booster Club Meeting

The next meeting will take place on Monday, March 1, 2010 at 7:00 p.m. Come join us and be a part of the planning for our upcoming activities.

