



*We wish you a happy and healthy 2010!*



The winter season has begun with both basketball and indoor track & field. Our returning basketball coach is head coach Marc Bluestein. We have a new JV1 basketball coach, Albert Pless. Ted Norton will be returning to coach the indoor T&F.

After the teams were chosen, the basketball and T&F parents had an opportunity to meet with the coaches and discuss the rules and expectations at the winter pre-season parents' meeting on December 9th. Coaches were introduced and rules and expectations were discussed. The season opened for JV and varsity basketball on December 11th. The indoor T&F team will open on Saturday, December 19 at the Reggie Lewis Center for the Winter Festival. Please check our website for the schedules and directions..



As a member of the **Massachusetts Interscholastic Athletic Association, MIAA**, MAHS agrees to abide by its rules and regulations.

**MIAA Rule 62.1 - Chemical Health** - From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as "NA or near beer".

This MIAA statewide minimum standard is not intended to render "guilt by association", e.g. many student athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.



The MIAA sponsors a National Girls and Women in Sport Day every year. The association gives each school an opportunity to choose two girls to represent their school on this day. Each girl should be a positive, contributing member of both her team and her school. This year our committee chose **Katie Duggan** and **Jillian Hathaway**. Not only were these two athletes members of our Div. 3 semi-finalists, they are both seniors participating in three sports. Katie is a member of the volleyball, basketball and softball teams. She has received the all star award for the last 2 years in volleyball as well as a MVP award in basketball last year. Katie has showed leadership by being selected as captain on her volleyball and basketball teams. Jillian plays volleyball, indoor track and softball. She has received the all star award in volleyball as well as the MVP in indoor track. This year in volleyball Jillian has been awarded All-Scholastic from the Boston Herald and All-State from the Volleyball Coaches Association. Jillian has showed leadership by being selected as captain on her volleyball team.. They will be honored at Fanueil Hall on February 5th with many other young women throughout the state of Massachusetts. Congratulations to the two of them.



### Sports Medicine

As you know, playing a sport in middle and high school level is a big commitment. Your daughter puts herself on the field/court/track 5 days a week and physically pushes herself to her limits. The athletic department would like to share with you some facts and preventive information to you. Attached in this months' mailing, you will find information on food choices your daughter can make while playing a sport





# 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.

## CONGRATULATIONS

Congratulations to all the girls and coaches for their hard work and determination during the fall season. Our parent representatives also worked hard, please remember to get your pictures in as soon as possible and thank you for volunteering. Good luck to all the graduating seniors who played a fall sport.

## B.C. Concession Stand

Want to have Fun? Earn those needed PIP hours? All while making money for our school!

Volunteer for a B.C. hockey and/or basketball game(s). Seniors can receive service hours too! Grab a friend or your senior daughter and help make this program a success.

Call Nancy Martin at 617-325-6174 **today** to sign-up for the game of your choice! See the schedule on-line. <http://www.mountalverniahhs.org/Athletics/Booster Club>

## Board Members



President	Kathy McAnulty
Vice President	Doreen Shea
Secretary	Jerry MacKenzie
Treasurer	Bob Landry
B.C. Concession Stands	Nancy Martin
Athletic Wear Coordinator	Mary Ellen Kirrane Linda Gallitano
Parent Representative Coordinator	Bonnie Houston



## Future Dates

Meeting Monday, February 1 @ 7:00 in Faculty Rm.  
JV Winter Sports Appreciation Night, Tuesday, February 23rd @ 6:00

Visit the Booster Club WEB site [www.mountalverniahhs.org/Athletics/Booster Club](http://www.mountalverniahhs.org/Athletics/Booster Club)

## Let's Go Mustangs!

