

Viking Press

COACHING BEYOND THE SPORT

By: Sam Sawyer

November 2011

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Working hard and staying courteous as an athlete are important aspects while playing sports. These were two of the many topics brought up in Whitehall's first ever coaches' clinic. The coaches' clinic was organized so a number of Whitehall's coaches could give tips on how to become a better athlete. Chosen to speak were volleyball coach Ted Edsall, softball coach Dave Goodrich, baseball coach Warren Zweigle, track coach Scott Hector, soccer coach Bryan Mahan, and football and wrestling coach Cliff Sandee.

These coaches took time out of their day to offer suggestions to all the athletes who attended the meeting, giving them tips on things such as how to have a better work ethic, play with better sportsmanship, and with a positive attitude. While all the information and tips provided to the students were useful, there were a few tips that stuck out to many of the athletes.

The idea of having a coaches' clinic was brought up mainly by the students of Whitehall's Athletic Advisory Committee. Originally an idea from junior Zach Zweigle, a member of the athletic advisory committee and a baseball player, the thought of a coach's clinic was suggested to the coaches as something that could be successful at Whitehall. As the coaches and athletic advisory committee developed the idea of the coaches clinic, they decided that it would be good for athletes to receive advice and tips from various Whitehall coaches and decided to start organizing the clinic. The athletic advisory committee worked hard to survey athletes on who they wanted to hear speak, reserved the auditorium for the occasion, and got word out to Whitehall's athletes and encouraged them to come. With all of their hard work and effort, Whitehall's first ever coaches' clinic was able to come into place with around 240 athletes attending.

One idea that students related to was there would be certain people who were a little bit better than they were. Coach Hector covered this topic. He explained that even the best athletes on a team have other athletes that may challenge them. He explained this was why athletes should not be so presumptuous about their athletic skill. Coach Hector also said that there was always room for improvement. After getting feedback from students, it was found that a majority of students knew this and thought about it often while playing their sports. Sophomore Anna Goddard said, "I really thought what Mr. Hector said about someone always being better than you is something that is a really good thing to think about while at practice." She also added that it has since helped her improve on becoming a better athlete by working harder to succeed in bigger athletic accomplishments.

Another topic covered all around by the coaches was attitude. Coach Mahan spoke about how athletes should push themselves to work their hardest with a positive attitude. He also said no one was owed anything for success; which simply meant that just because a team won, it didn't mean you should expect anything but the pride of winning it. Mr. Edsall focused on facts about attitude and how it affects a team as a whole. One statistic he shared was that only 20% of a team's success depends on the actual athletic skill of the team, while 80% of a championship team is

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For information on the games and times, please see the winter sports schedule on the high school website.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 *	5
6	7 *	8 *	9	10 *	11	12
13	14 *	15	16	17 *	18 *	19
20	21 *	22 *	23 *	24 *	25 *	26
27	28 *	29	30			

NOVEMBER

- 11/4- NO SCHOOL, NHS leaf rake 10 a.m.-1 p.m.
- 11/7 and 11/8- auditions for the musical
- 11/10- Lip Sync at 7 p.m. in the auditorium
- 11/14- NHS Blood Drive
11/17 and 11/18- Student Lead Play at 7:30 p.m.
- 11/18- Whitehall/Montague Fashion Show
- 11/21- 1st hour exams, full day
- 11/22- Half day, 2nd and 3rd hour exams
- 11/23- Half day, 4th and 5th hour exams
- 11/24- NO SCHOOL
- 11/25 NO SCHOOL
- 11/28 second tri begins

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<https://www.yearbookordercenter.com/>

DECEMBER

- 12/2- Edukators concert at 7 p.m.
- 12/3- Christmas Dance from 8:30 to 11:30 p.m.
- 12/11- Choir Concerts- Middle School is at 3:00 p.m. and the High School sings at 6:30 p.m.
- 12/19- Holiday break starts, school resumes on January 3

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 *	3 *
4	5	6	7	8	9	10
11 *	12	13	14	15	16	17
18	19 *	20	21	22	23	24
25	26	27	28	29	30	31

Birthdays

- Nov. 19-
Michael Forrest
Seth Schmiedeknecht
- Nov. 21-
Hannah Zwemer
Jeanelle Sprague
Brandon Ethridge
Brittany Rodrigues
- Nov. 23-
Molly Pierce
- Nov. 24-
Kaylee Swanson
- Nov. 25-
Shariah Gill
- Nov. 26-
Kaitlin Shaffer
Nathan Blessman
Samantha Huebler

- Nov. 27-
Tristen Bailor
Hayden Collins
- Nov. 29-
Emily Dennis
Jay Otto
- Nov. 30-
Kristen Scouten
Ryan Shields
- Dec. 1-
Abigail McCormick
Isaac Quinn
- Dec. 2-
Taylor Boyd
Caleb Sanford
- Dec. 3-
Holly Cherney
Devin Vansanden
- Dec. 5-
Scarlett Erickson
- Dec. 8-
Alex Mendez

- Dec. 10-
Connor Miller
- Dec. 11-
Ryker Morningstar
- Dec. 12-
Valerie Muyskens
Rachel Brown
- Dec. 13-
Benjamin Parmley
Derek Skinner
Daniel Sharpe
- Dec. 14-
Julia Rogers
Jevontae Sims

Whitehall High School

Senior Status

By: Sam Huebler

With only seven months left until graduation, the spirited Senior Class of 2012 is busy preparing for their bright future. Below are some helpful tips to help the senior year go more smoothly. Seniors need to apply for as many scholarships as they can. There are several listed on the Whitehall District School's website including scholarships from Davenport University, Saginaw Valley State, and even a full-ride scholarship offered by Northern Michigan University. Numerous local scholarships are given out to students each year. Recommendation letters can be printed off from the school website and filled out if a scholarship application requires one. To access more information on these scholarships, visit the school website or speak with Mrs. Hicks. A website named fastweb.com is easy and free and lists multiple scholarships available to seniors. The more applications turned in, the higher the chance of a scholarship being received.

Not only do seniors need to work on scholarship applications, they also need to work on application letters to the colleges they wish to attend. Applications will not be considered if the deadline is missed. Have the applications proofread by at least one other person. Also keep a copy of applications for personal records. Most colleges start accepting applications around the first of November. Help for sending in college applications is provided for seniors in the student services

office at the high school. If applying online, print out the "High School" or "Counselor" page and bring it into the Student Services Office along with the transcript. Additionally, seniors need to be aware that most colleges require an application fee so they need to remember to bring the amount due.

Additional Information:

- Seniors must hand in their senior pictures to Mrs. Vanderleest in a vertical format by **December 9**. If a picture is not handed in, the photo taken by Paris on January 18 will be used.
- If one wishes to visit a college, the visit permission requests must be filled out and turned in to Mrs. Brown within twenty-four hours of the visit. These can also be printed from the school website on the student services page after clicking on the link called "Request for Recommendation."
- For seniors who are looking for additional support, there will be a financial aid meeting on January 11 at 6 p.m. in the high school library.

A lot of hard work is required for their future, but the seniors will be gratified when they look back at all of the time and effort they put into their success.

The Marching Band Marched to Success

By: Andrea Garvey

As another season of marching band came to a close, Whitehall's Marching Band came out with high scores in both competitions and in exhibition. This year the theme was *A Taste of Jazz*. Their song selection was *The Land of Make Believe*, *Pink Panther*, *Sway*, and *Sing, Sing, Sing*.

Competitions and exhibitions are two different events. In exhibitions, the marching bands are rated on marching, music, and showmanship. The bands go to competitions to be judged. During the season, the Whitehall Marching Band competed in Flight C. These are the following results.

Whitehall competed twice at Grand Haven and at East Kentwood. At the Grand Haven Marching Band Invitational, they scored 77.5 out of 100 points earning second place. In the East Kentwood Marching Band Invitational, they scored 82.7 out of 100 points, landing them first place. In the Grand Haven MB Invitational, they earned the *Caption Awards* in best percussion and best color guard in Flight C. The band also earned *The Achievement of Excellence Awards* in music, marching, percussion, and color guard. At the East Kentwood MB Invitational, they earned the *Caption Award* of best music in Flight C. *The Achievement of Excellence Awards* they earned at East Kentwood was for music, marching, percussion, and color guard.

The third destination for the Whitehall Marching Band was

Whitehall High School

the exhibition. The band went to The MSBOA District Marching Band

talented, and that they stayed focused throughout the season of marching band. Because of this, Mr. Browand said they accomplished a lot.

The band students were happy with their progress, as well. Zach Nic, a senior who plays the tuba, agreed that the band did very well. He said, "We all worked hard and we all had a common goal we all wanted to

achieve." Kaitlyn Mack, also a senior and is in color guard, agreed. She stated that they got first place two out of three times. Mack's favorite part, however, was being in color guard and having fun. Nic said his favorite part of being in band was to know that the band did well during his last year in high school.

After the high scores were given, Mr. Browand stated that he was very proud of the students' hard work and effort.

Congratulations to the Whitehall High School Marching Band for a great performance at the two competitions and the exhibition. They were all successful at marching their way to the finish line.

Powder-Puff Power

By: Lauren Throne

On Saturday, October 22, girls from all four grades at Whitehall High School united to battle the Montague girls in two games of powder-puff football. Although the night was cold, the Vikings were well prepared and easily defeated the Montague JV team with a score of 26-0. As the night went on, the Vikings wore down and played a tough game against the Montague varsity team.

The final score ended up as 14-8, with the



The marching band gathers for a silly photo in the band room.

Festival at Grand Haven High School to get rated on their marching, music, and showmanship. For this event, the rating system was either I or II. They received a rating I.

The success of the marching band was not easy to achieve. Mr. Browand said that the biggest obstacle in band this year was that freshmen made up a good majority of the band. He said that there were twice as many freshmen this year than the amount of seniors from last year. This was the reason Mr. Browand said that he needed to slow down, which was one of the biggest obstacles this year so he could go back and teach the band the basics. However, this challenge did not hold the marching band from giving an amazing performance.

Mr. Browand said that the main advantage this band had was that the freshmen were very



The team gets pumped up before its game.

Wildcats taking the win. Practices were usually held twice a week. The team arrived at Montague's football field an hour before the games began and started practicing 45 minutes before the first game started, so they would be fully prepared to defeat the Wildcats.

Whitehall was coached by Varsity football players Josh Kennebeck and John Beeghly. Kennebeck said he wanted to be a coach because he loves football and competition, and one day he would like to be a coach. Some strengths of the team were that all of the players were friends and worked well together. Kennebeck said that they were positive and

wanted to have fun. However, their weaknesses began to show when the girls started losing focus. Overall the girls communicated and got along really well. Kennebeck said, "The girls respected us as coaches, listened to what we had to say, and worked hard to get better. I don't know if I would make any changes besides having more games like a mini season. The girls didn't seem ready to be done and I know the coaches weren't ready for it to be done. It was a great experience and a lot of fun."



Whitehall offense gets ready to hand off the ball during the varsity game.

Fashion Fiascos

By: Jessica Harris

The winter's morning frost aggressively licks eager civilians' faces while waiting outside stores to get their new and interesting items. The day after Thanksgiving, a major sale for almost every store is evident in the city of Muskegon. From children's toys to sleek new laptops, material possessions are being bought. The atmosphere of chaos and excitement radiates; everyone knows it is officially Black Friday. Many students at Whitehall High School are part of this national phenomenon.

A survey of 80 students, ten girls and boys from each grade, was given a few weeks before the official day of Black Friday. Respectively, most of the girls surveyed at Whitehall High School shop at Best Buy, Target, Walmart, JCPenneys, and American Eagle. Freshman Student Rebekah Beeghly said, "Shopping is a

woman's past time." More girls shop and participates in Black Friday and at more varied places compared to the high school boys.

Most of the boys surveyed from Whitehall High School shop at Best Buy, Walmart and Dick's Sporting Goods. Junior Joe VanLoon said, "I'll only go to Black Friday if there is a new game release." Most of the students said that they shop for themselves, although, they will also shop for their friends and family too. About five percent of students actually camp out and surprisingly more boys camp out than girls according to the survey.

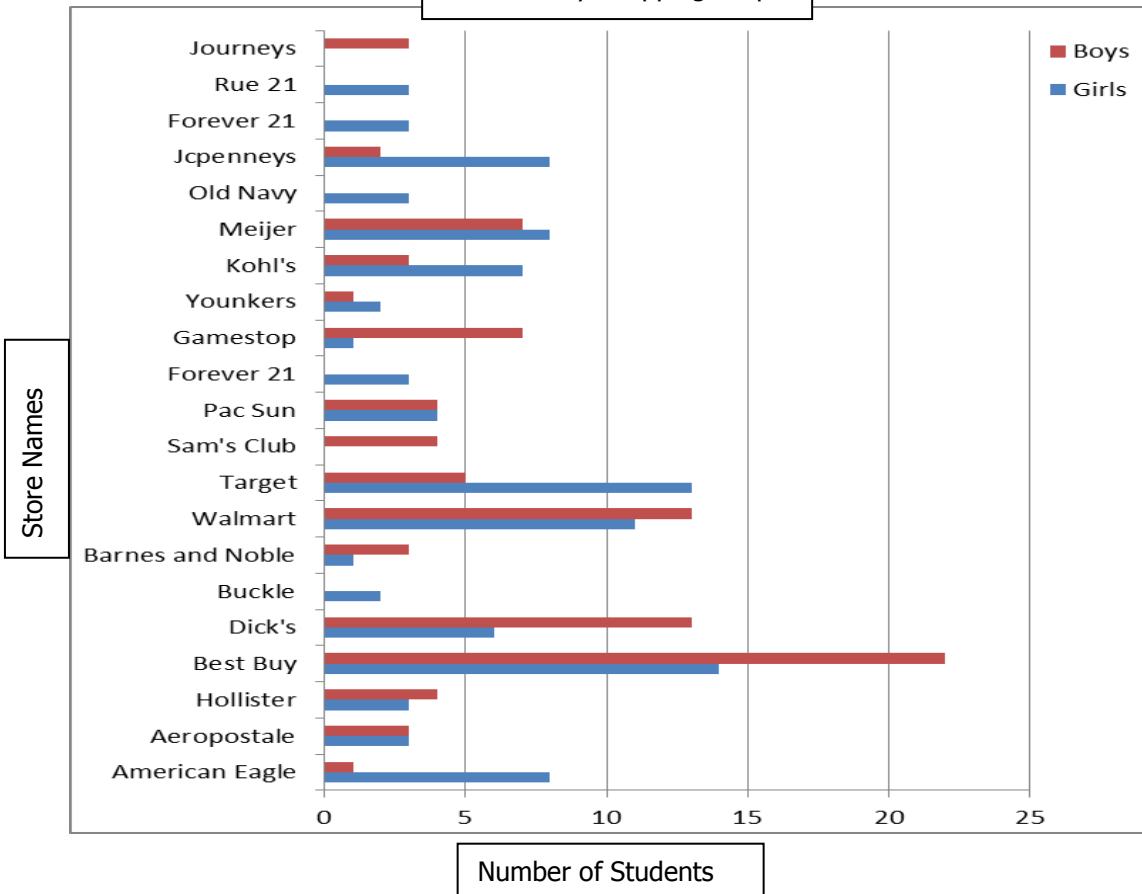
Most of the students who participate in Black Friday at Whitehall High School go with their mom or friends. Whitehall participants aren't really like the stereotypical "crazy shoppers". Mostly students just shop and get

good deals peacefully. Although, there have been some stories about seeing people scratched or trampled during Black Friday, but this is not a very frequent case in the Whitehall High School student body.

There are many experiences during Black Friday. From waiting in line for the hottest item to seeing someone happy while receiving their gift because they know someone cares about them, Black Friday is a fun and busy day after Thanksgiving. It's one that can make everyone smile.

* This graph made by Jessica Harris shows the different stores that are visited by the students of Whitehall. Please see the graph on the next page.

Black Friday Shopping Graph



VALHALLA

This newsletter is produced by the Viking Communication Class of Whitehall High School. Students in grades nine through twelve learn various skills producing this newsletter. Writing, photography, layout, interviewing, and communication skills are just some of the advantages students gain from participating in this class.



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