

Viking Press

FROM A VIKING TO A PANTHER

By: Andrea Garvey

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Pay it forward - that was the reason recent National Football League draftee Ryan VanBergen came back to Whitehall High School to speak to the current student body. VanBergen, a 2007 WHS graduate, wanted to pay forward the inspiration he received from 2000 graduate Nate McLouth. Several years ago, VanBergen sat in WHS stands listening to then Major League Baseball player McLouth talk about his desire to make it to a MLB team. It was that speech that inspired VanBergen to go for his dream to make it to the NFL. That was one of the messages he sent to the current student body this May.

However, VanBergen also had a few other things to say. During VanBergen's speech, he mentioned that many people doubted him along the way, but he never gave up. VanBergen also spoke about four main elements which helped him achieve his goals: dedication, hard work, accountability, and perseverance. Another main point VanBergen emphasized was the importance of academics in school. He said, "Academics are twice as important as anything else in school." Coming from a potential NFL football player, those words sank into the minds and hearts of the Whitehall students who listened. Mr. Ken Jahn (teacher) concluded VanBergen's speech by saying, "The difference between an athlete, a good athlete, and a great athlete is this..." and a silence fell while he pointed to VanBergen's heart, making a very effective statement. "...Your heart." It has been all of the above characteristics that helped VanBergen become a stand out player at University of Michigan for the past five years. He currently is drafted for the North Carolina Panthers.

VanBergen took the opportunities that Whitehall offered to help form the person he has become. VanBergen said if he would have come from another school, he might have achieved the same amount of success, but his work ethic would have been entirely different than what it is now. Whitehall opened VanBergen's eyes to having a better character, which he said will always apply to life. VanBergen said he would most like to thank former teacher Mr. James Heeres for everything he taught him, and that he will carry that knowledge and wisdom with him. VanBergen also mentioned how he originally lived and attended school in Las Vegas, Nevada, but moved to Whitehall before his sophomore year. Because of this, VanBergen said that Whitehall gave him a sense of community and awareness that he would never have had if he would have continued attending school in Las Vegas. It was clear

that moving to Whitehall had done a lot for VanBergen.

In more than one way, Whitehall proved to have been an effective stepping stone for VanBergen as he continues to personify a great athlete. Whitehall not only gave him the life skills he needed, but also allowed VanBergen the



Ryan speaks to the whole student body.



Mr. Jahn says that Ryan's heart is what makes him so phenomenal.

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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 *	31 *		

MAY

- 5/16-Parent Meeting for Inauguration Trip at 7 pm in HS media center
- 5/19-Prom 8:30-11:30
- 5/21-5th hour senior exams
- 5/22-4th and 3rd hour senior exams
- 5/23-1st and 2nd hour senior exams
- 5/24-Last Day for seniors and Senior Picnic
- 5/28-No School
- 5/30-Baccalaureate at 7 pm at the Ferry Memorial Church
- 5/31-Senior Awards Assembly at 9 am

Party Tents for Rent

If you or someone you know are planning a graduation or other special event in the upcoming months, please consider renting a party tent from the Whitehall Athletic Boosters. The Athletic Boosters have two tents, 20 x 40 in size, one all white and one red and white striped. They will come and set your tent and take it down. Cost is \$225 to rent (this includes \$75 deposit at the time of reservation).

The money raised from tent rentals support such things as scholarships, cakes for team banquets, scholar athlete tee-shirts, etc... Don't miss out- call Tracy

Seeger at 766-3534 to reserve your tent.

JUNE

- 6/1-Senior Send Off and Graduation Practice and breakfast
- 6/3-Graduation at 4 pm
- 6/6-1st hour exams
- 6/7-2nd and 3rd hour exams- half day
- 6/8-4th and 5th hour exams-half day, **LAST DAY FOR STUDENTS!!**
- 6/11-**LAST DAY FOR STAFF!!**

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
HAPPY SUMMER BREAK!!!!						
24	25	26	27	28	29	30

Birthdays

June 2- Heidi Clark Shelby Flaska	June 9- Wesley Atwood Sarah Gould Laura Flores	June 16- John Rodriguez	June 23- Jacqueline Derks Matt Ferguson Nichole Sloan
June 3- Allison Potter	June 10- Ian Palmer Wesley Youngo	June 17- Hunter Austin Benjamin Tindall	June 25- Lauren Cain
June 4- Jeremy Graham Matt Russell	June 11- Nicole Kelley Katelyn Swiatek Riley Stohr	June 18- Jesse Lyvere Jonna Johnson Curtis Elwell Lance Zelent	June 26- Brennen Henderson Kaitlyn Petrie
June 5- Halie Wabsis Amanda Swanson	June 13- Dalton Grimm	June 19- Doug Whitener	June 28- Buck Houts David Scheuneman
June 6- Dominic Amantae Quinton VanWye	June 14- Alex Schram Nathanial Cain	June 20- Brennan Sohasky Dan Westrate Kara Potter	June 29- Savannah Parmley
June 7- Kayla Jagnow	June 15- Jill Hagen	June 21- Autumn - Christenson Kate Pickett Leah Poort Jacob Carrier	

Whitehall High School

opportunity to be a part of Whitehall's football team. As a sophomore, he played as linebacker and tight end. As a junior, VanBergen played tight end, wide receiver, and linebacker. During his senior year at Whitehall, VanBergen played as receiver, tight end, full back linebacker, defensive line, and kicker. As one can see, his responsibility to the team amplified as he developed his athleticism.

If practice makes perfect, then Whitehall led VanBergen closer to perfection. As VanBergen left Whitehall with great character and exceptional football skills, it is not surprising how he achieved the amount of success he did. Congratulations, Ryan VanBergen for all of your accomplishments.

An Unforgettable Summer

By: Lauren Throne

As the weather begins to get warmer, many students' thoughts begin to switch from algebra equations and term papers to lounging on the shores of Lake Michigan and regular visits with



Chris Lopez racing his MC (a type of sailboat) on White Lake.



Dakota Hoffman shows of his medals from other wrestling meets.

friends at Dairy Treat. Many students are beginning to search for jobs, while others intend to quit theirs before the school year ends. While most students' plans include at least one of the above, there are a certain group of students whose plans go above and beyond what would be expected from an average teenager who lives in Whitehall.

- Junior Nicole Borgman has plans to work at the White Lake Golf Club, to enter summer golf competitions, and to go on a mission trip to Kentucky building or demolishing houses with the H.O.M.E.S. organization. H.O.M.E.S. is a 30-year-old non-profit organization that builds homes to disabled people.
- Junior Chris Lopez plans on teaching sailing at the White Lake Yacht Club and competitively racing sailboats around the Midwest.
- Junior Tyler Goerbig plans to attend football camps at Western Michigan University, Central Michigan University, and the University of Missouri. Goerbig also plans on attending band camp and

hanging out at the beach with his friends as much as possible.

- Freshman Joshua Smith said, "My summer plans consist of eating, sleeping, and working. I will be, hopefully, cutting, splitting, and delivering fire wood. I will be doing hay, like pick bales of hay off the ground, and stacking them on a trailer, and then unloading them into a barn."
- Sophomore Shaina Dagen said "Well, for my summer, I will be spending it mainly outside, going to the beach,



Tyler Goerbig is deep in thought while trying to decide what to do next on the football field.

fishing, and possibly working for Double JJ as well as, getting into a summer college program at MCC."

- Sophomore Dakota Hoffman will be going to nationals for wrestling.
- Senior James Cousins said, "I am going to quit my job at Arby's, work out at least twice a day, spend a bunch of time with my friends, and join the Air Force."

Whitehall High School

Whatever their plans may be, the students at Whitehall High School are going to make the best of their summer.

It's Out of the Park

By: Sam Huebler

The 2012 Whitehall Girls' Varsity Softball Team had an outstanding season with numerous accomplishments. The team finished the regular season with a 24-10 record, and took second place in the conference. Graduating senior players this year were Cailleigh Stout, Sarah Gould, and Kassey Lohman. There were also five underclassmen on the team including Logan Holt, Christy Pladies, Janelle Uganski, Megan Stout, and Emily MacArthur. Varsity Coach Dave Goodrich always started the underclassmen because he believes that if you are an underclassman on the team, you played. The rest of the team consisted of juniors Morgan



Ana Whitener patiently waits for a chance to advance to second base.

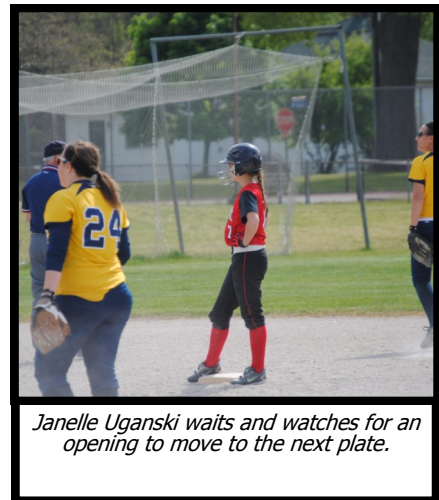
Chamberlain, Ana Whitener, Marlee Anderson, and Bailey Seeger.

An astounding record was recently set for Goodrich. On May 8, he celebrated his 300th win as a coach. The team was excited for him and showered him with silly string and water balloons after the big victory. Goodrich was also happy to share this memorable event with his wife and children after the game. He has coached varsity for 13 years and was assisted by three coaches who were previous players at Whitehall; Sam Hatch, Holli Johnson, and Kristen Dagen.

The team was especially unified and focused on staying positive during games, practices, and training. "We're a family for three hours a day," said Goodrich. The team spent time outside of practices and games to scout other teams they would face later. He advised them to make notes of their weaknesses and vulnerabilities. Occasionally, Goodrich asked the team to think about what they could improve on and allowed them to make up their practice for the day based on their conclusions. Before practices, they would have a session of sports psychology which was the basis of their team philosophy. In the past, previous teams went through struggles similar to all sports teams. Goodrich was pleased by how secure and mature the team has become. They have a personal acronym they used to stay focused: W.I.N. It stands for What's Important Now. Goodrich encouraged them to only allow 10 seconds to realize their mistake, and then move on to the next play. He felt that it was a critical asset to staying in the game. By doing this, there was always a good

atmosphere after the games even when defeat was amid.

Another achievement the team reached was earning the title off First Place Division Two Academic All-State. This was the first time Whitehall's varsity softball team acquired this title. The total grade point average for the team was 3.73. Goodrich emphasized the importance of grades and staying on top of their school work as well.



Janelle Uganski waits and watches for an opening to move to the next plate.

Goodrich took the time to send the players a message at the end of the day describing the day's perspective and letting them know how much they meant to him. Goodrich was focused on keeping lifetime relationships with his players because he felt that was what it was all about. He has attended open houses, weddings, and other family events for his previous players. Goodrich takes great pride in the teams that he coaches and will always obtain the passion for the sport.

The varsity softball team this year consisted of both athletic and academic scholars. The upcoming softball players have big shoes to fill to keep the reputation high for Whitehall's team.

Although, with the guidance from Coach Goodrich and his assistant coaches, Whitehall's future softball teams will without a doubt continue to grow into an admirable program.

Fun with Fitness

By: Sam Sawyer

After a long year of working out, building muscle, and participating in various sports and activities, Whitehall's physical education students along with others who were interested, had the chance to visit Grand Valley State University for a fun filled day of recreational activities.

They went on June 1. Students had the chance to play racquetball, basketball, swim, and even visit the rock climbing center.

There was a small fee to participate. Students who were involved in all activities paid a fee of \$20.00. Students in activities not including rock climbing, paid a fee of \$14. Those fees covered both the cost of the activities, and the cost of the bus ride. Each student had to provide their own lunch. The chaperones of this trip included all three physical education teachers, Mr. Dave Goodrich, Mrs. Laurie Hoffman, and Mrs. Linda Welsh.

This was the second year Whitehall held this trip for high school students. Last year's trip was such a success they decided to do it again this year. The trip was thought of as a way to reward physical education students for their continuous efforts throughout the year in gym class. The trip was deemed a success with over 50 students choosing to attend.

Sophomore, Jordan Jerome said, "Last year's trip to Grand Valley was great! I hope this year will be just as fun." Another student, Logan Hunt said, "I really liked the rock climbing. It was a lot of fun." Freshman, Windsor Marecek also mentioned, "It was a great trip. I'm glad I went." With all of the fun activities offered, it was assured that students remained occupied and had fun throughout the day. It was thought that the trip was a positive way to end the school year for all students who attended.

Senior Awards Assembly



Teacher Dave Goodrich is embraced by John VanLoon as he received the Teacher of the Year Award.



Lindsey Bays is presented with the award that is in memory of her Grandfather.



The senior class stands as Shelby Cooley sings the National Anthem.

Registration Information

Get ready for the 2012-2013 school year. Registration will be:

Freshmen

Thursday, August 23 from 8:00 am —11:00 am.

Juniors

Thursday, August 23 from Noon — 3:00 pm.

Sophomores

Friday, August 24 from 8:00 am —11 am.

Seniors

Friday, August 24 from Noon — 3:00 pm.

Before you come to register you need to download registration forms from the high school website. Please fill out forms prior to arriving at registration. At registration you will receive your class schedule, parking permit if needed, locker assignment, your school photo, and the opportunity to purchase your yearbook. Class officers will also be there to hand out class shirts for first day of school.

VALHALLA

This newsletter is produced by the Viking Communications 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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