



Bird's Eye View

April 23, 2014
Issue 33



Dear Parents,

As we prepare for our upcoming TCAP testing, we would like to share a few things with you. Your children and their teachers have worked hard and are prepared to **"ROCK THE TEST!"** We have made some special plans that we hope will further motivate and inspire our students to share their knowledge and show what they know! We need your help! ☺

3rd – 5th Grade Parents: We would like for you to help us with motivation as well. Please write a personal **"Good Luck"** letter for your student to open the day that testing begins. You can jot down your inspirational words, fold your letter, and place it in an envelope addressed to your child's **homeroom teacher**. Your teacher will be sure that your student receives this letter. **Please send your letter by Monday April 28th!**

Thanks in advance for making this a special time for our students! We look forward to celebrating their hard work and awesome results!!!!

Dates to Remember:

- 04/27** **ING KIDS ROCK Marathon,**
LP Field, 2:00 pm
- 04/30-
05/02** **Parent PE Day,**
Cosmic Bowling
- 05/02** **May Spirit Friday**
- 05/02-
05/09** **TCAP**
- 05/07** **Bike to School Day**
- 05/09-
05/14** **Glenview Spring Clothing
Drive**
- 05/12-
05/16** **International Week**

Nutrition Nuggets Tip:

(WCS CSH Newsletter)

When your children come home hungry, try mini-meals rather than chips or sweets. Keep lean deli meat on hand for turkey and ham sandwiches on whole-grain bread. Or make hard-boiled eggs ahead of time. Your youngsters might like them plain, or they can fix deviled eggs. Help them split the eggs in half lengthwise, remove the yolks, mash them with light mayonnaise, mustard, salt, and pepper. Mound the mixture back into the egg whites, and sprinkle with paprika.

<http://www.wcs.edu/csh/nuggets/>

PARENT TEST SUPPORT STRATEGIES

from your Kenrose Counselors, Rachel Lipsett and Tracy Bernstein and the Counseling Committee

Preparing for Testing

- Note test dates on your home calendar; schedule appointments on non-testing days.
- Encourage your child to take responsibility for homework.
- Help your child learn how to find information independently.
- Praise your child for work done well.
- Encourage your child to ask questions at home and in class.
- Gather available test preparation materials.
- Make sure that your child knows that you value education and hard work.



Testing Day

- See that your child is rested and eats breakfast.
- See that your child arrives at school on time and is relaxed.
- Encourage your child to do the best work possible.
- Do not send your child to school if illness is apparent.
- Do not remove your child from school on test days for appointments.

After Testing

- Examine all test reports sent home.
- Determine areas of strengths and weaknesses.
- Praise your child's testing strengths, and make a plan to address identified weaknesses.
- See your child's principal, counselor, or teacher if additional information is required.

Test Anxiety



Students may experience anxiety about tests and may experience heightened anxiety before a testing situation. A certain degree of test anxiety is normal and may help students prepare more effectively, work more efficiently, and remain focused during testing. Too much anxiety, however, can negatively affect performance.

Parent Strategies for Reducing Test Anxiety

- Discuss the test openly and in a positive way.
- Have realistic expectations of your child's performance while encouraging his/her best efforts.
- Emphasize that the test is only one measure of academic performance.
- Emphasize that test scores do not determine a person's worth.

IMPORTANT UPDATE – ALL PARENTS!

EVERY CHILD WILL RECEIVE A DUPLICATE BIB

- Your child's designated exit is printed directly on the front of the bib.
- This is so parents can easily identify which exit their child will be exiting from in the Secure Zone, if they are not exiting with their school or team.
- **You will only need to present the bib if your child is in Kindergarten – 2nd grade.**



**Parents of
Kindergarten
– 2nd graders
MUST READ!**

POST RACE "KID CHECK"

Kindergarten thru 2nd Grade

- Each race number for K – 2nd has a duplicate number.
- One to be worn by your child and one for the child's parent or guardian that will be used to 'claim' your child at the Secure Zone exit.
- At the end of the Secure Zone exit, kids will be released to the parent or guardian who possesses the matching race number.

For the 3rd – 7th grade races, please plan to meet your child at the exit of the Secure Zone or in a designated location. Plan ahead and have a meeting place and time in case you become separated.

Packets for Kenrose runners will be picked up and distributed at school this week.

RACE BIB PICK-UP

Dates & Times:

Thursday, April 24th | 12:00pm – 7:00pm

Friday, April 25th | 10:00am – 7:00pm

***parking at LP Field LOT R is FREE on Thursday, April 24**

Location: [Health & Fitness Expo](#)

Nashville Music City Center-Hall C-D

201 Fifth Avenue South

Nashville, TN 37203

***Late Registration Available at the Expo**

- Every participant will receive a race bib, T-shirt, orange laces and goodie bag.
- These items must be picked up at the Health & Fitness Expo.
- Admission is free and open to the public.
- **Race day number pick-up is not available.**

RACE DAY SCHEDULE SUNDAY, April 27, 2014

GRADE	BIB COLOR	START TIME
Kindergarten Girls	Red	2:00pm
Kindergarten Boys ...	Grey	2:10pm
1 st Grade Girls	Yellow	2:25pm
1 st Grade Boys	Light Green	2:40pm
2 nd Grade Girls	Orange.....	2:55pm
2 nd Grade Boys.....	Pink.....	3:10pm
3 rd Grade Girls	Light Blue	3:25pm
3 rd Grade Boys	Purple	3:40pm
4 th Grade Girls	Navy.....	3:55pm
4 th Grade Boys.....	Green	4:10pm
5 th Grade.....	Brown	4:25pm
6 th & 7 th Grade	Black	4:40pm

PLEASE NOTE: Kindergarten is the first wave!

SUNDAY, APRIL 27, 2014

LP FIELD | One Titans Way, Lot A, 37213

Congratulations! You are officially entered into the 2014 KIDS ROCK Nashville presented by YMCA of Middle Tennessee. This information contains all the knowledge children will need to have a great race!

RACE DAY SCHEDULE

SUNDAY, April 27, 2014

GRADE	BIB COLOR	START TIME
Kindergarten Girls	Red	2:00pm
Kindergarten Boys ...	Grey	2:10pm
1 st Grade Girls	Yellow	2:25pm
1 st Grade Boys	Light Green	2:40pm
2 nd Grade Girls	Orange	2:55pm
2 nd Grade Boys	Pink	3:10pm
3 rd Grade Girls	Light Blue	3:25pm
3 rd Grade Boys	Purple	3:40pm
4 th Grade Girls	Navy	3:55pm
4 th Grade Boys	Green	4:10pm
5 th Grade	Brown	4:25pm
6 th & 7 th Grade	Black	4:40pm

PLEASE NOTE: Kindergarten is the first wave!

RACE BIB PICK-UP

Packets for Kenrose runners will be picked up and distributed at school this week.

Dates & Times:

Thursday*, April 24th | 12:00pm – 7:00pm

Friday, April 25th | 10:00am – 7:00pm

*parking at LP Field LOT R is FREE on Thursday, April 24 ONLY

Location: [Health & Fitness Expo](#)

Nashville Music City Center-Hall C-D

201 Fifth Avenue South

Nashville, TN 37203

*Late Registration Available at the Expo

Every participant will receive a race bib and T-shirt. These items must be picked up at the Health & Fitness Expo. If opting to pick up your child's race essentials on Thursday or Friday, we invite you and your family to explore the Health & Fitness Expo, where over 100 exhibitors will be sampling and selling the latest in health and nutrition products, running gear and much more. Admission is free and open to the public. **Race day number pick-up is not available.**

IMPORTANT UPDATE – ALL PARENTS!

EVERY CHILD WILL RECEIVE A DUPLICATE BIB

- Your child's designated exit is printed directly on the front of the bib.
- This is so parents can easily identify which exit their child will be exiting from in the Secure Zone, if they are not exiting with their school or team.
- You will only need to present the bib if your child is in Kindergarten – 2nd grade.



Parents of
Kindergarten – 2nd
graders **MUST**
READ!

POST RACE "KID CHECK"

Kindergarten thru 2nd Grade

For the safety of the children, a 'kid check' system will be enforced at the Secure Zone exit for all participants in the Kindergarten, 1st and 2nd grade races. Each race number for these grades **has a duplicate number – one to be worn by your child, and one for the child's parent or guardian that will be used to 'claim' your child at the Secure Zone exit.** At the end of the Secure Zone exit, kids will be released to the parent or guardian who possesses the matching race number.

For the 3rd – 7th grade races, please plan to meet your child at the exit of the Secure Zone or in a designated location. Plan ahead and have a meeting place and time in case you become separated.

FINAL INFORMATION

RACE BIB TIPS

- ✓ Race bib must be visible and worn on the front and outside of all clothing during the entire race.
- ✓ Race bibs are non-transferable and may only be worn by the participant to whom it is assigned.
- ✓ Do NOT alter the race bib in any way.
- ✓ Securely fasten the race bib to the front of your child's running outfit with provided safety pins



RACE RULES & REGULATIONS

1. It is strongly suggested that two parents/adults/or guardians accompany the participant: One adult to see the child off at the start and the other to meet the child at the finish.
2. No strollers. Rollerblades, pets, skateboards, bikes or scooters are allowed on the course.
3. Plan ahead. Select a meeting place and time with your child before their race in case you become separated.
4. Children should be able to complete the one-mile run on their own. The course is safe and secure. Police and trained medical staff will be present. If you do not feel comfortable having your child run alone you may accompany him or her in the race. For the safety of all children, you must start towards the back of the pack. Please be extremely cautious and aware of your surroundings.
5. The refreshments at the finish line Secure Zone are for **children only**. If you are accompanying your child in the race, please be sensitive to the needs of the participants and refrain from taking food or drink from this area.

START VILLAGE

The Start Village is located in parking Lot A of LP Field off of Woodland St. This will serve as the staging area for all participants prior to the start of the races. **Please plan on arriving at least an hour before your start time.** Expect traffic and delays and please plan accordingly.

THE COURSE

Runners will start on Woodland St. between S 2nd St. and Interstate Dr. They will run west over the bridge and turn at 2nd Ave. N to run towards the finish line on S 1st St. The finish line is located just before Russell St. and the Secure Zone is located on Russell St.

Please Note: The Kindergarteners will be running a ½ - mile course with the same start and finish lines.

FINISHLINE | SECURE ZONE

Once a child crosses the Finish Line, they will enter the Secure Zone – a safe, fenced off area for race participants only. There, they will be escorted by volunteers and receive water, healthy post-race refreshments, goodie bag and a colorful finisher's medal. Once they exit the Secure Zone they may not return.

Please Note: Parents and spectators will not be permitted to enter the Secure Zone unless they have run the entire course as an escort. This area is fenced off and is for participants only. Parents can watch the finish at the fencing and retrieve their child at the exit of the Secure Zone.



THANK YOU TO OUR SPONSORS!



Plan to join the [YMCA for Healthy Kids Day](#) at the Finish Line Festival. Enjoy games, win prizes and learn more about how the Y can give your family a better summer.



DICK'S Sporting Goods is proud to partner with KIDS ROCK NASHVILLE. Whether you are preparing for a race, football season or a soccer tournament, remember that Every Season Starts at DICK'S Sporting Goods (www.dickssportinggoods.com)! Also, be sure to visit the DICK'S Sporting Goods booth at the finish line for your chance to win some cool prizes and pick up great coupons. www.dickssportinggoods.com



DIRECTIONS

Load in and parking for buses and participants is indicated on the attached course map. Follow signs on race morning, and please park in the specified lot. For individual parking please arrive early to park in one of the parking lots around LP Field.

North of Nashville

On I-65 South:

- I-65 South toward Nashville
- Merge onto I-24 East (Exit 86) toward Chattanooga/Knoxville/I-40 East
- Follow rest of I-24 East directions

On I-24 East:

- I-24 East toward Nashville
- Take Shelby Avenue Exit (Exit 49)
- Go across Shelby Avenue onto Interstate Drive and into the Stadium Parking Lots B, C and D

West of Nashville

On I-40 East:

- I-40 East toward Nashville,
- Merge onto I-65 North (Exit 208A) toward Clarksville
- Merge onto I-24 East (Exit 86A) and take the Shelby Avenue Exit (Exit 49),
- Go across Shelby Avenue onto Interstate Drive and into the Stadium Parking Lots B, C and D

East of Nashville

On I-40 West:

- I-40 West toward Nashville
- Merge onto I-24 West (Exit 211) toward Clarksville
- Follow rest of I-24 West directions

On I-24 West:

- I-24 West toward Nashville
- Take James Robertson Pkwy Exit (Exit 48)
- Turn Left on Interstate Drive and into the Stadium Parking Lots B, C and D



On I-65 North:

- I-65 North toward Nashville
- Merge onto I-40 East (Exit 82A) toward Knoxville
- Merge onto I-24 W (Exit 211B)
- Take James Robertson Pkwy Exit (Exit 48)
- Turn Left on Interstate Drive and into the Stadium Parking Lots B, C and D

South of Nashville

KIDS ROCK™ NASHVILLE

presented by
YMCA OF MIDDLE TENNESSEE

Race Schedule

Wave	Time	Grades	Bib Color
1	2:00pm	Kindergarten Girls	Red
2	2:10pm	Kindergarten Boys	Grey
3	2:25pm	1st Grade Girls	Yellow
4	2:40pm	1st Grade Boys	Light Green
5	2:55pm	2nd Grade Girls	Orange
6	3:10pm	2nd Grade Boys	Pink
7	3:25pm	3rd Grade Girls	Light Blue
8	3:40pm	3rd Grade Boys	Purple
9	3:55pm	4th Grade Girls	Navy Blue
10	4:10pm	4th Grade Boys	Green
11	4:25pm	5th Grade	Brown
12	4:40pm	6th & 7th Grade	Black

Secure Zone Exit & Kid Check

There will be four exits out of the Secure Zone. There will be four exits out of the Secure Zone. Three exits will be based on the last number of the child's bib (ex. 103**4**) and one for Schools and Teams to exit together.

Exit A (0-2): Race Numbers ending in 0, 1, 2

Exit B (3-5): Race Numbers ending in 3, 4, 5

Exit C (6-9): 6, 7, 8, 9

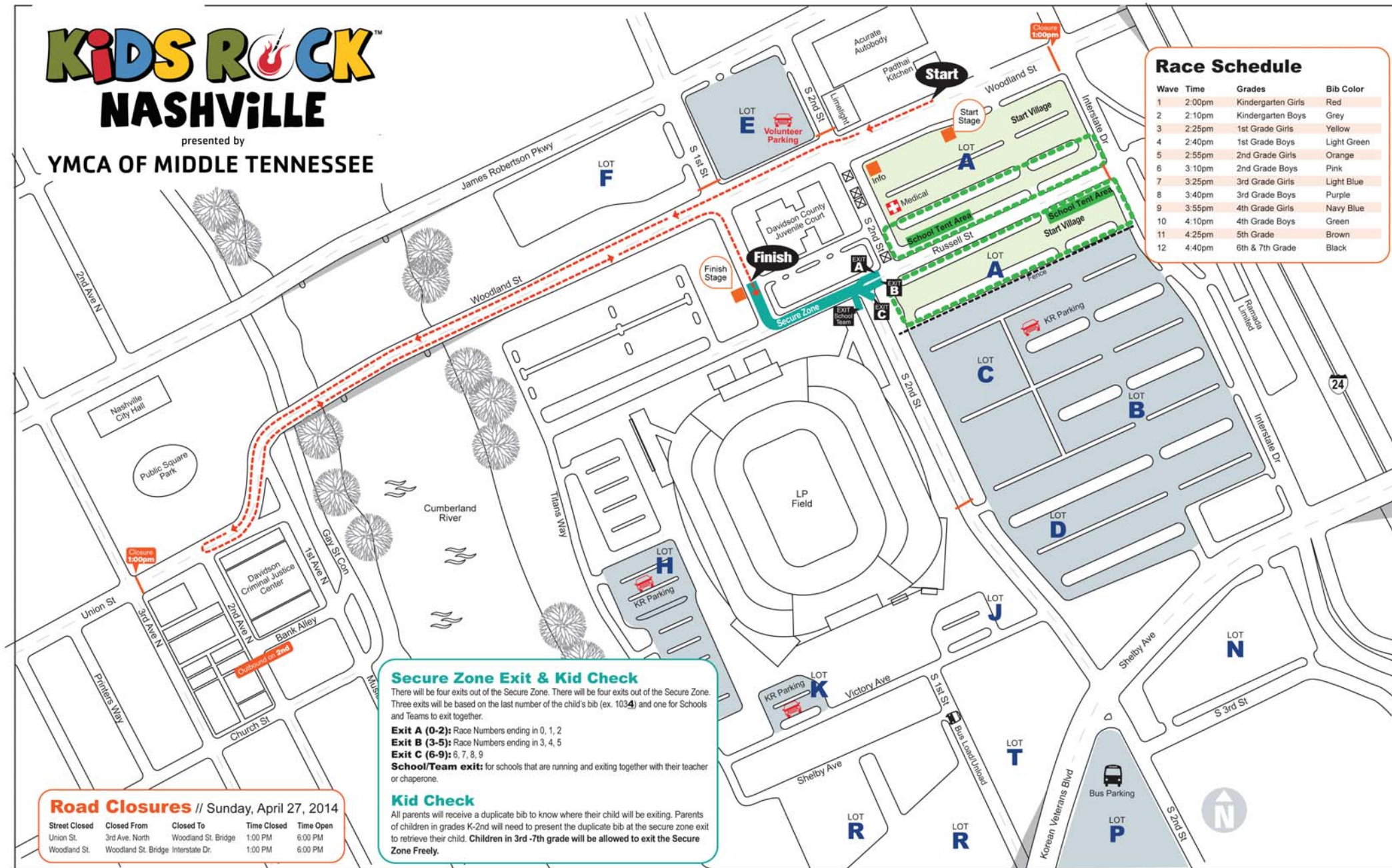
School/Team exit: for schools that are running and exiting together with their teacher or chaperone.

Kid Check

All parents will receive a duplicate bib to know where their child will be exiting. Parents of children in grades K-2nd will need to present the duplicate bib at the secure zone exit to retrieve their child. **Children in 3rd -7th grade will be allowed to exit the Secure Zone Freely.**

Road Closures // Sunday, April 27, 2014

Street Closed	Closed From	Closed To	Time Closed	Time Open
Union St.	3rd Ave. North	Woodland St. Bridge	1:00 PM	6:00 PM
Woodland St.	Woodland St. Bridge	Interstate Dr.	1:00 PM	6:00 PM





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(For fun, please click above!)

PARENTS YOU ARE INVITED TO **Parents in P.E. for *CYBER BOWLING!***

Please come and join in the fun during your child's PE class!

We will be bowling with laser lights on **Wednesday, April 30th thru Friday, May 2nd.**

Please check the schedule below to see what day and time your child has Physical Education.

***Due to the *busy* end of year schedule, we apologize for Fridays modified schedule due to TCAP.** Thank you for your support of our program-Mr. Vaughn and Mrs. Sellers

Class Times	Wednesday, April 30th	Thursday, May 1st	*Friday, May 2nd
2 nd 8:45 -9:30	Forsythe/Mahoney	Clayborne/Embry	Janski/McMurry
*12:15-12:45			
K 10:20-11:05	Hedgepath/Lifsey/Whitaker	Snipes/Gunning	Tuck/Spain
*12:45-1:15			
1st 11:40-12:25	Neu/Finch	Kilgore/O'Connor	Heller/Rogers
*1:15-1:45			
3rd 12:50-1:35	Biggs/Boggs	Ivey/Davidson	Craig/Evans
*1:45-2:15			
4 th 1:40-2:25	Griffin/Darvin	Everett/Barnes	Yarger/Kannon
*2:15-2:45			
5 th 2:30-3:15	Hollback/Smith	Lien/Shenoha	Howell/Bradford
*2:45-3:15			

Late Registration For Encore 2014!

While we have completed the initial steps for KenroseEncore 2014 registration, we would like to give parents and students one “last chance” opportunity to enroll in our program.

If you are interested in taking advantage of this opportunity, please complete the registration form, medical form and behavior contract and return them with your registration check (made out to Kenrose Elementary) to Sandy Stephens A.S.A.P.

You can find the required forms on my teacher SharePoint page.

Here's the link:

<http://teachers2.wcs.edu/ele/kes/sandys/Lists/Encore%202014/AllItems.aspx>

***Please note that classes are limited and we will not be able to guarantee specific classes, however students will be scheduled for a full week (or 2) of classes.* Requested classes (listed on the registration forms) will definitely be considered and scheduled if at all possible. Classes are being scheduled on a first come basis and those who registered early in the process will be scheduled before those registering late.

Also, students do not need to attend Kenrose to participate in Encore. Friends are welcome to register and join us for some serious summer fun!

International WEEK (May 12-16) at Kenrose!
All KES parents are invited!

Dear Parents:

We are fortunate at Kenrose Elementary School to be well represented by families from around the world. For the past twelve years, we have been celebrating our school's diversity. This year, we will have an **International Week** with a school-wide celebration on **Wednesday, May 14th**. International Week (May 12 – May 16) will feature displays of continents throughout the Kenrose hallways. We would like to include *all parents* who would enjoy helping set up hallway themes with gateways and decorations. This is for everyone, not just families of ESL students.

The May 14th International Day itself showcases the cultures of **all** families who come from other countries and now reside in the United States. Displays of traditional clothing, games, music, photos, maps and performances are set up for viewing. Throughout the day, all Kenrose students “travel” to the countries and take part in the activities. Students have the opportunity to learn so much about the cultures represented among their classmates’ families.

If you would like to take part in this special learning experience at Kenrose, please fill out the lower part of this page and return it to the ESL Department, or email the information.

If you have any questions or comments, please ask. Thank you.

Anne Marie Peterson and Dawn Dugeot
ESL Specialist

Kenrose Elementary School
472-4631, ext. 7029

anne.peterson@wcs.edu, dawn.drugeot@wcs.edu

Please return to: **Anne Marie Peterson or Dawn Dugeot**

☐ I am interested in receiving information about International Day

My name: _____

My phone: _____ email: _____

My child/children at Kenrose: _____

Homeroom grade and teacher(s): _____

Country of representation or interest: _____

Nashville Kids Triathlon Saturday, June 14th at Centennial Park, Nashville



Registration is open! Click on NASHVILLEKIDSTRIATHLON.ORG for more information

It is limited to 1,000 racers. Kenrose earns \$10 for every student after 10 that are registered!

FREE TRAINING IS AVAILABLE

YMCA : Offers a free 7 week program at Brentwood Y (contact: Josh Richter 373-9622), MFY (contact: Eric Hager 373-2900), and Franklin Y (contact: Jenny Beadle 591-0322). The student must be pre-registered for the triathlon.

AERO clinics: These clinics are at 2 hours long and we will be covering the swim, bike and run all together. They will be at East Park Community Center on Saturday, April 5th and Saturday, May 10th. The clinics are free for kids with a USAT membership, which they need for the kids triathlon anyway. Registration is at the website, <http://www.aerotrclub.com/clinics/>

Contact Anna Sellers at anna.sellers@wcs.edu for more information.

April 2014

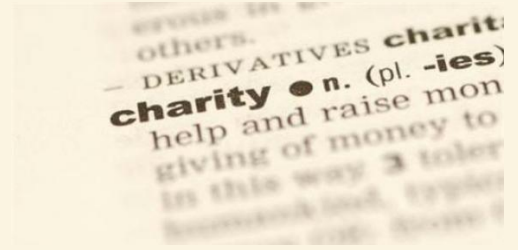
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Spring Holiday - No School	19	20
21	22	23	24	25	26	27
28	29	30				

PTO News & Events

Charity Selection Guidelines for the PTO Executive Board (revised June 2, 2010)

1. Existing charities will be re-evaluated every year at budget time- June/July.
2. New Charities seeking consideration must notify the PTO Executive Board (PTO EB) by the end of the school year in May for consideration for the following budget year which is planned in the summer.
3. Charity must be a passive* fundraiser.
4. Dr. Webb will need to approve any new charities prior to taking a PTO EB vote.
5. The PTO EB will consider and vote on all charity programs each summer when finalizing the budget.
6. WCS approval of all charities is required after PTO EB approval. (Submit form)

*A passive fundraiser does not involve removing students from instructional time. An active fundraiser involves students participating during class instructional time.



APRIL BOX TOP CONTEST

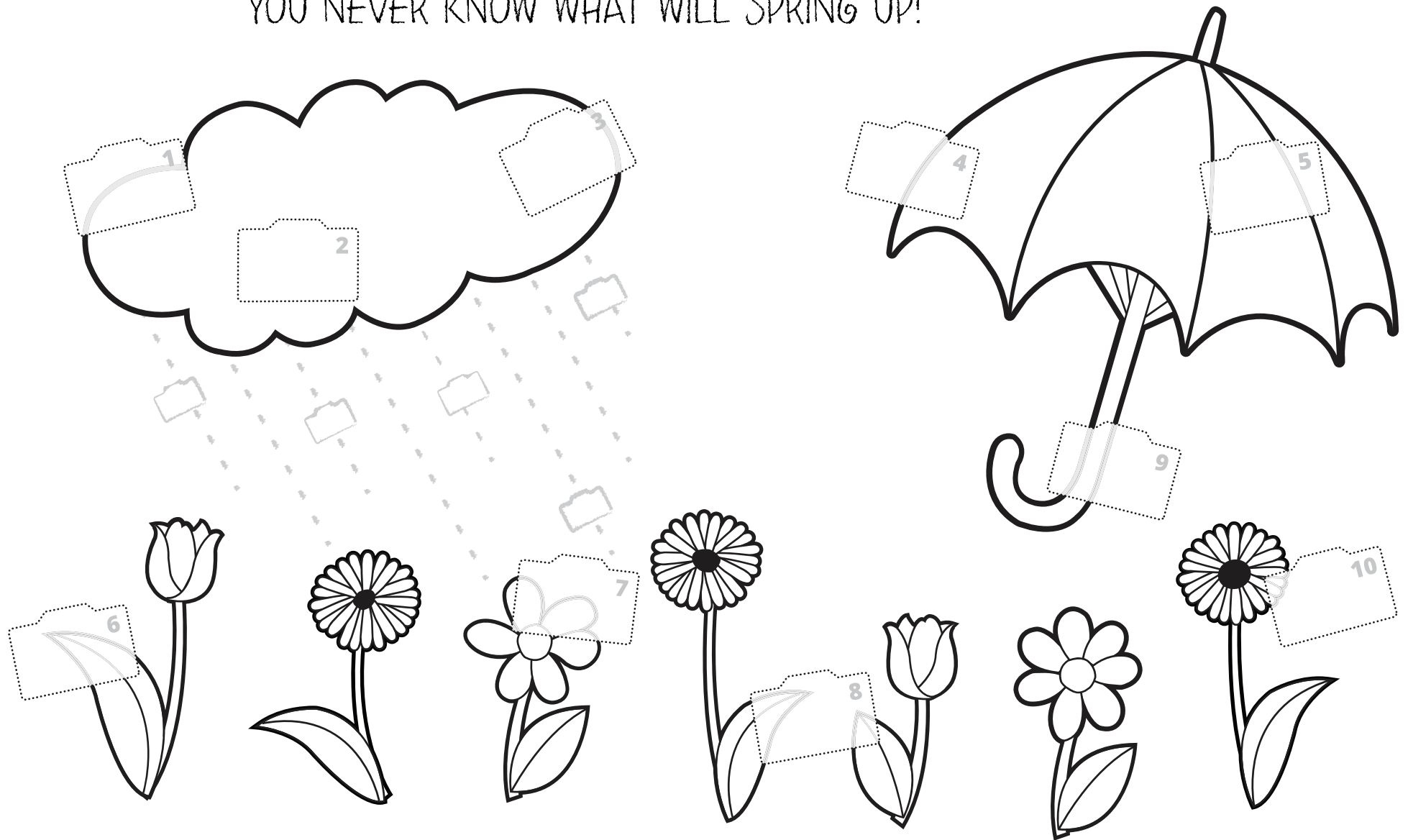
During the month of April, we will be having a Double Dose of Box Tops! If your child turns in a completed Box Top collection sheet, they will be entered into a drawing for some amazing prizes! Just neatly cut your Box Tops and attach them to the collection sheet with tape or glue (no staples please). Remember to put your child's name and teacher's name on each collection sheet. Your child will be automatically entered into our prize drawings for April. There is no limit to the number of collection sheets that a child can submit. Only completed collection sheets will be accepted. The more sheets you turn in, the more entries you receive. The **deadline for the contest is April 30th**. The Box Top committee will also make sure to include these numbers in the overall class participation contest for the year. So you get a double dose of credit for all the box tops you turn in during April! Just print off a collection sheet and start clipping.





SHOWER YOUR SCHOOL WITH BOX TOPS

YOU NEVER KNOW WHAT WILL SPRING UP!



Every Box Top you collect is worth 10¢ for your school; just fill in the collection sheet and send it to school. Please do not staple Box Tops or attach Bonus Box Tops Certificates to any collection sheets. To see more ways to earn cash for your school, go to BTFE.com.

Kenrose School Supplies

****Sales Runs May 1-30 ****

It is almost time to pre-order your child's school supplies for the 2014-2015 school year!! The school supply program is provided as a service by the PTO to assist Kenrose parents in purchasing the exact supplies that the children will need.

Please note, all items that are requested from your teacher will be included in the kit price and delivered to the school. You will not need to purchase any items separately!

All orders will be placed on-line directly with SchoolKidz (a Staples company). It is very easy and secure to order on line. Directions will be posted with the April 30 Bird's Eye View. Questions: email Robin - wjohnrobin@bellsouth.net.

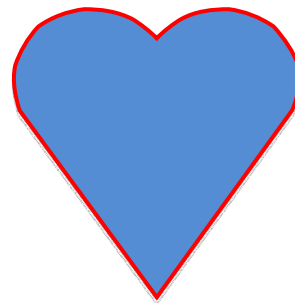
*Please note this is a service provided for the convenience of our students and teachers by the PTO; this is not a fundraiser.

PLEASE
HAVE YOUR
CHILD
CHECK
LOST & FOUND!!!!



There are piles of jackets, sweat-shirts, coats, and lunchboxes. Lost & Found is located just past the café, outside the music room.

All Lost & Found items **left after May 2nd** will be donated to the **Glenview Clothing Drive**



**KENROSE HAS A HEART FOR
HELPING OTHERS!**

Spring Glenview Clothing Drive
May 9-14th Collections
May 15th Distribution at Glenview

Please save your spring and summer clothing and shoes for the clothing drive.

If you would like to volunteer with your 3rd-5th grader, please contact Robin Severance: Sevy20@comcast.net.

PROMOTION



Save the Date
5th Grade Promotion
Rescheduled to
Monday, May 19th

**Community Event Invitations Extended to
Kenrose Students**

Elementary School Science Fair!

Ravenwood High School's Science National Honor Society will be hosting a Science Fair on Thursday, April 24th from 4-5 pm at Kenrose Elementary in Brentwood, TN. There will be a multitude of science demonstrations geared toward elementary school students, free of cost.

SNHS looks forward to seeing you all there!

Please e-mail Niman Mann
(nimanmann@gmail.com) with any questions.



RAVENWOOD HIGH SCHOOL



Middle School VOLLEYBALL CAMP

You are invited to attend the 4th annual RHS Middle School volleyball camp. This camp is designed for current 5th, 6th, 7th and 8th graders trying out for their upcoming middle or high school team. Athletes will be taught the basic fundamentals of volleyball: passing, setting, serving, and hitting by Coach Tracey Berry and present and past players from the Ravenwood volleyball team. This camp will give young players an opportunity to learn and improve on skills before trying out for their middle school team. For 8th graders this is a wonderful opportunity to understand the drills that will be used in the high school try-outs. Physicals must be on file at your school.

When: April 28th and 29th for 5th and 6th graders

When: April 30th and May 1st for 7th and 8th graders

Time: 3:30 - 6:00

Place: Ravenwood High School gym

Cost: \$60.00 per Athlete (make checks payable to Ravenwood High School)

Register: by April 25th

Please fill out the bottom portion and return to Tracey Berry, Ravenwood High School, 1724 Wilson Pike, Brentwood, TN 37027 or email it to coachtraceyb@gmail.com

Player's Name: _____

School: _____ Current Grade: _____ T-shirt size: _____

Parents' Names: _____

Address: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

RHS Basketball Camp

Ravenwood Basketball is pleased to announce its summer camp lineup. We are hosting our Middle School Camp (Rising 6th-8th Grade, Boys Only) on June 2-3 from 8am-10am. Cost is \$50. We are hosting our Junior Camp (Rising 1st-5th, Boys and Girls) from June 9-12th from 8am-11am. Cost is \$90. We are also hosting Middle School Boys clinics for 6th-8th graders on Sundays from 4-5pm. April 27, May 4. Cost is \$90.

You can download applications at www.ravenwoodbasketball.com or contact Patrick Whitlock at patrickw@wcs.edu for more information.

Patrick Whitlock

Athletic Director/ Boys Basketball Coach/ Social Studies

Ravenwood High School

615.472.4808



2014 VOLLEYBALL TRYOUTS



Place: Woodland Gym

Date: May 14th-16th (Wednesday-Friday)

**Times: 3:00-4:30 (8th and 7th ONLY)
4:30-6:00 (6th)**

(Please make sure you have a [PHYSICAL FORM/PARENTAL CONSENT FORM](#) on file before trying out.)

**Thank you,
Coach Sordelet (V), Coach Wingard (JV), and Coach
Shults (6th)**

If you have any questions please email: Rachels1@wcs.edu

Publix



Give your child the extra advantage next season and...

REGISTER HIM FOR CAMP TODAY!!!



Middle Tennessee Youth Wrestling Camp for Champs

810 Hillsboro Rd.
Franklin, Tn
37064
Phone No. 504-920-2517
Email address: frank.barbrie@wcs.edu



**Middle Tennessee Youth Wrestling
Camp for Champs**

"SUMMER CAMPS MAKE WINTER CHAMPS"

MIDDLE TENNESSEE YOUTH WRESTLING CAMP FOR CHAMPS

Summer Camps Make Winter Champions"

For Wrestlers Entering the 1st Grade
Through...Leaving the 8th Grade

- . Dedicated Staff
- . Personalized Instruction
- . Intense Drills
- . Live Wrestling
- . Motivation/Self-discipline

JUNE 4th TO JUNE 6th, 2014
*Registration will begin from 8:30 am
Wednesday morning @ Franklin High
School. (Main Gymnasium, 810 Hillsboro
Road) Franklin, Tn.*

TIME: 9:00 am—2:45 pm

PLACE: Franklin H.S. Main Gym



Tel: 504-920-2517

Middle Tennessee Youth Wrestling Camp for Champs **AGREEMENT AND MEDICAL CONSENT.**

In consideration of your acceptance of my entry for this wrestling camp
I, _____

will follow the rules set forth by the Camp Directors. I am in good physical condition and understand if I am under (18) eighteen years of age, I am required confirmation of this agreement by my parents) or guardian (s).

WRESTLER'S SIGNATURE: (below)

PARENT/GUARDIAN SIGNATURES:
(below)

EMERGENCY PHONE #: (below)

I/We the undersigned, hereby authorize any first aid, medication, medical treatment or surgery deemed necessary in case of an emergency for

A participant in this wrestling camp. I/We, the undersigned, hereby authorize the attending medical personnel to execute on my/our behalf any permission forms and other appropriate documents and act on my/our behalf if I/We are immediately unavailable to do so. The Middle TN Youth Wrestling Camp for Champs nor host school provide insurance coverage for enrolled wrestlers against expenses of accident, injury, or illness suffered while at camp, enrollment and participation is the sole risk of the enrolled wrestler and his parents or guardian. This agreement will serve as a full release and discharge for the camp and its officials from any and all liability from loss, damage or injury suffered by the child or undersigned. The undersigned will indemnify the camp, host school and its directors and hold them harmless against claims or suits made or brought by anyone on account of such injury, illness or loss. Any photos taken of campers may be used in future camp flyers.

Wrestler's Signature:

Date: ____/____/14
PARENTS SIGNATURE:

DATE: ____/____/14

****Please attach a wallet sized picture of the applicant to this page with a paper clip.**

Middle Tennessee Youth Wrestling Camp for Champs— **APPLICATION FORM - 2014**

Name _____

Grade Next year _____

Email Address (print legibly):

Parents'/Guardians' Names

Address:

City _____
State _____ Zip _____
Phone # (____) _____

Wrestler's Weight _____
Wrestler's
School _____

2nd Contact _____
Phone # (____) _____

3rd Contact _____
Phone # (____) _____

Circle wrestler's shirt size (below):

Shirt Size: YSM YM YL AS AM AL

Agreement of Medical Consent on all pages must be filled out completely and Signed to complete Camp Registration.

Camp Information

CAMP DIRECTOR: FRANK BARBRIE

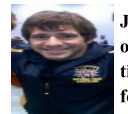
Clinicians



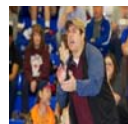
Matt Fisk—Asst. Coach Appalachian State. 2X PA State Champion. Fisk, who previously owned the Pennsylvania high school record for career wins and falls, compiled a 175-9 record with 117 falls and finished as the winningest wrestler in Pennsylvania history following the completion of his senior year. Matt had an outstanding career at Lehigh University of Pa, where he was a three-time team captain and a four-time NCAA qualifier .



Mike Hatcher - Wrestled for legendary Iowa Coach, Dan Gable. Coach Hatcher was an assistant coach for the UTC Mocs and has over 15 years combined, coaching at both the high school and collegiate levels.



Jeremy Welder—University of Nebraska NCAA D-I National Qualifier. Head Coach for the WASBO wrestling club.



*Along with the Franklin H.S. coaching staff and team members.

**Disclaimer: All/any clinicians are subject to change with-out notice.*

CAMP DESIGN AND CURRICULUM

We, the instructional staff, have designed this camp for the Youth Wrestler. Our goal and objective is to teach your child how to win matches using high percentage scoring moves and holds, that will work at the Youth, Jr, high and High School level. For a wrestler to succeed consistently, he must be good from all positions. Many camps are simply thrown together with no real focal point or plan for building a well rounded wrestler. Middle Tennessee Youth Wrestling Camp for Champs has been carefully planned with a sequence of instruction, review sessions, and (muscle memory) drills, that will help the wrestler score from all positions.

Campers will learn a variety of set-up actions that will allow them to constantly pressure their opponent and always maintain good position on their feet. Our staff will show in detail a variety of leg attacks and how to finish the same shot in more than one way. **Top Position**— emphasis will be placed on cradles, bars, tilts and leg wrestling. **Bottom Positions**— the staff will show a variety of ways to score from bottom, but the primary focus will be placed on the stand-up and sit-out series, because they are the safest, quickest, and most effective means of scoring on bottom.

CAMP COST AND ELIGIBILITY

- \$110 for two and half days of instruction, plus entry into the camp tournament on the third day (with USA or AAU wrestling card) \$15 off for siblings.
- \$145 for two and a half days of instruction, plus entry into the camp tournament (without USA or AAU Wrestling card).
- \$50 non-refundable deposit due by May 15th (Checks payable to **FHS Takedown Club**).

- Note: Campers must meet the range on the front of this flyer as well as have a grasp of basic wrestling skills.

CAMP INCLUDES

- * Dedicated Staff
- * 4 hrs. of instruction each day
- * Live wrestling
- * Entry into Camp Tournament
- *Intense Drills
- * Camp T-Shirt

Campers Must Bring

- * Wrestling Shoes
- *Head-Gear
- * Extra T-shirt per session (if needed)
- *Knee pads, Athletic tape, braces (if needed)
- *Sack lunch— **** the camp will have a full concession stand available for campers to buy lunch**

CAMP TOURNAMENT

A camp tournament will be held during the second half of the third day of camp. Medals will be awarded to the top four wrestlers in each weight class, and a trophy will be awarded to the Outstanding Wrestler of the tournament.

Match time periods:

Youth matches will consist of (3) 60 second periods.
Middle School will consist of (1) 60 sec, (2) 90 second periods.

Youth weigh classes (8 years and under): 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, Hwt.

Youth weight classes (9-11 years) 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, Hwt.

Middle school weight classes (12-14 years) 76, 83, 91, 99, 106, 113, 119, 125, 131, 141, 151, 165, 180, 215, (250 Hwt.)

**Disclaimer: The camp director reserves the right to add, delete or combine any weight classes the day of the tournament.*

Middle Tennessee Youth Wrestling Camp for Champs

Sign up for:	Price
<input type="checkbox"/> Camp fee with USA or AAU wrestling card	\$110.00
Sibling discount USA/AAU Wrestling Card # _____	\$ _____
Expiration Date: ____/____/____	
**Please send a copy of the USAW /AAU card with your application and camp fee	
<input type="checkbox"/> Camp fee with-out USA or AAU wrestling card	
	Subtotal: _____
	Total: _____

Name _____

Address _____

Phone _____

Method of Payment

☐ Check

Middle Tennessee Youth Wrestling Camp for Champs

810 Hillsboro Rd. Phone: 504-920-2517
Franklin, Tn Email: frank.barbrie@wcs.edu
37064

2014 RAPTOR FOOTBALL CAMP

DATES: JUNE 18-20 **WEDNESDAY-FRIDAY**

TIME: 5:30 - 7:30 p.m.

LOCATION: RHS Stadium

COST: \$60 **INCLUDES OFFICIAL CAMP SHIRT**

AGES: **RISING 1ST -8TH GRADE NO EXPERIENCE REQUIRED**

The Ravenwood Youth Football Camp will feature second-to-none instruction from the Ravenwood Varsity Football Staff. It will be a high-energy, high-excitement, three days of football action. Campers will learn fundamentals and techniques that they will be able to incorporate at any level of football they might play. We encourage the parents to come out as well as we will offer information and facility tours for you while your child is participating in the camp. We look forward to seeing you in June!

Go Raptors,
Coach Will Hester
#G2BARR



RAVENWOOD RAPTORS

REGISTER ONLINE AT: www.ravenwoodfootball.com



The Bird's Eye View is sent out every Wednesday during the school year to the email addresses registered with the Kenrose PTO, as well as posted on the Kenrose Elementary website at <http://www.wcs.edu/kes>. If you need to change or add an email address on our distribution list, please contact Jacqueline Cartailier at KenrosePTO@yahoo.com to update your information. If you have any questions, please contact us at KenrosePTO@yahoo.com.

Bird's Eye View Guidelines:

Our Mission is to make the school newsletter as concise as possible while still providing parents all of the important information they need. We would like to avoid lengthy articles, and instead, include links to the article online if parents need/want more information. Thank You!

- 5 pm Monday is the deadline for submittals to kenrosept@yahoo.com.
- Submissions should be in Word format, or in the body of an email. Please send a separate file/email for each submission.
- All submissions must be approved by a board member or Dr. Webb, and copied to Dr. Webb at marilynw@wcs.edu, Allison Hayes, PTO President, at allisonhayes.aol.com, and Jacqueline Cartailier at kenrosept@yahoo.com.
- Please limit 1 picture per article.
- Use limited clip art at your discretion.
- No advertisements allowed. Only WCS camps or activities that our students can participate in. We can post brief descriptions of an event to our feeder schools with a link to the web address for parents to access more information, if needed.