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**NEW
ATTENDANCE
POLICY**

IN A PAST NEWS-LETTER IT WAS REPORTED THAT A NEW ATTENDANCE POLICY WAS UNDER REVIEW BY THE BOARD OF ED. UPDATE: THE POLICY IS NOW OFFICIAL. ALL EXTRA-CURRICULAR PARTICIPANTS MUST BE IN SCHOOL THE FULL DAY IN ORDER TO PARTICIPATE IN THAT NIGHT'S ACTIVITIES. EXCEPTIONS: FUNERAL, DOCTOR/DENTIST APPMNT. (MUST HAVE NOTE FROM DOC). OTHER EXTENUATING CIRCUMSTANCES MUST BE CLEARED WITH MR. VEALE BEFORE!

**PAA: NEW
POSITIONS!**

President, Marcy Lay
laym@ckronline.com

Vice President position is currently available!

Treasurer, Sue Martin
ross_sue@sbcglobal.net

Secretary, Sue Katalenich
skatalenich@portlandk12.org

Concessions, Suzy Barber
paa48875@yahoo

**THANK YOU
DAVE HOORT
FOR YOUR
YEARS OF DEDICATION AND
COMMITMENT
TO PORTLAND
ATHLETICS!!**

Portland Athletics

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Fall/Winter Highlights



As another school year flies by, and with what has become the norm, the Raiders are tearin' it up in the Lansing area athletic world once again.

The fall included the following highlights:

Football—league champs, first ever playoff win, Justin Schafer All-State HM, Tyler Goodman 2nd Team All-State Academic, Coach Novara was named Regional Coach of the Year,



A. Johnson (24) - All State

the freshmen had a rare undefeated season.

Volleyball—Sydney VanMunster All-State HM. **G. Golf**—Hillary Roethele All Area HM D-3. **G. Cross Country**—2nd ever State Finals appearance, finished 11th; Alison Johnson was All-State and the team was 2nd team All State Academic!

Winter Highlights: **G. Basketball**—3-peat District Champions. **Competitive Cheer**—Individual Academic All State; Courtney Moulton, Paige Platte, Josie Alberta, All-District; Kara Lagenberg 2nd team, Paige Platte HM.

Wrestling—Trevor Maus qualified for the State Finals. **G. Bowling**—Kelsey Rogers qualified for the State Finals. **B. Basketball**—Jake Silas, chosen as one of the top 100



The Girls Basketball team raises yet another District Championship trophy after winning their third in a row!

underclassmen basketball players in the state, will compete in the BCAM showcase game later this spring.

A MESSAGE FROM YOUR PAA PRESIDENT

Greetings! I want to introduce myself and the Portland Athletic Association (PAA). My name is Marcy Lay, a former PHS athlete and alumni, now President of the PAA. I have 2 student athletes still at PHS and 1 that graduated last year.

The PAA was fortunate to have Judge Dave Hoort, who held the position for many years, as their leader. In February Dave decided to step down due to increased demands at work. What a remarkable job he did, the shoes will be hard to fill. Dave's commitment to the PAA years after his children graduated is truly remarkable. Thank you Dave for everything you have done to assist in our programs.

The PAA assists teams and athletes each school year. We run the concession stands at many sporting events, hold several fundraisers through the year and

assist teams with funding requests. The group does wonderful things and has managed to assist in filling budget gaps for our teams along with giving scholarships to our student athletes. There is much talk about trying to minimize team fundraising and enhance the PAA fundraising as a group, making it easier on our coaches and parents. With the demands that we place on our dedicated coaching staff, being able to assist them with their fundraising goals is a major objective. To tackle such a program, parent involvement is necessary.

The PAA's membership has decreased in the past few years. Today, more than ever, I encourage each of you to consider joining this group. As an alumni or as a parent. We will have 2 board positions open after this school

year; Vice President and Treasurer along with general membership member positions.

I urge each of you to consider helping to keep this group alive. One meeting a month - held on the 2nd Monday of the month 7:00 pm in the high school cafeteria. Consider it. Think of how fortunate we are to pay a small fee for our athletes to participate. Groups like this need to continue to make it possible. If you have any questions, please let me know. The PAA is providing an "incentive" for parents; if you attend 6 PAA meetings, you receive a sports pass for the following school year - what a deal!

Your commitment and involvement will be most appreciated. I look forward to seeing many new faces at the April 13th meeting!

GO TO HIGHSCHOOLSPORTS.NET FOR SCHEDULES AND SCORES!

What Is High School Sports All About?

The title of this article comes from the cover of a pamphlet designed, developed, and distributed by the MHSAA. You may have seen them on the table as you enter athletic events at PHS as they are always made available free of charge. Also distributed recently from the MHSAA was an article entitled, "Progression from High School Sports Participation to NCAA Division I and Professional Ranks" from which I have borrowed some statistics you see below. Finally, the hot topic in

a lot of our monthly coaching staff meetings and even the focus of a four part series special in Sports Illustrated recently is the high school athlete today and the problem of how to run off-season conditioning programs while still promoting multi-sport athletes and most importantly, letting kids have some free time to "be kids". This is a nation-wide dilemma, not just a state of Michigan dilemma and certainly not unique to Portland. It should be made clear that

participation in high school sports and other extra-curricular activities is one of, if not THE best use of time for school age children after the time needed is spent on academics, family, faith, and other priorities such as these. The life lessons and habits learned can't be learned anywhere else. Not to mention that high school sports are an extension of the classroom and are run with the focus being on such things as team, sportsmanship, and winning or losing with class. Unfortunately in many

"Ability may get you to the top, but it takes character to keep you there."

-John Wooden

ways, the demands put on high school athletes these days have increased to the point where less and less kids are playing multi sports; the three sport athlete is almost unheard of nowadays, (we graduated zero last year from PHS), partly due to the off-season programs which have become necessary and the temptations to "specialize". However, in order to remain competitive, off-season programs are a must. It's a fine line to walk and we at PHS do our best to try to provide the best programs we can for our students

so that they are ensured a positive, fun experience on quality teams that can compete while still trying to allow them free time for other priorities. When developing these off-season programs, our coaching staff also understands the importance of allowing for a maximum commitment to the sport the students are currently participating in and know that communicating with each other is of utmost importance.

With this being said, help from parents when encouraging the involvement of

your children and helping them with priorities and the scheduling of them is a necessity. There are three basic principles that we as a staff try to use as guidelines when running our off-season programs at PHS: 1. THE BEST OFF-SEASON CONDITIONING PROGRAM FOR ANY HIGH SCHOOL ATHLETE IS TO BE ON ANOTHER HIGH SCHOOL SPORT TEAM. Athletes need to have constant exposure to being a member of a team, being in competitive/pressure-filled

athletic situations, and the structure of schedule and supervision. Plus, it is beneficial to the quality of all of the teams we sponsor and this carries over to school spirit. 2. All off-season programs must adhere to MHSAA and PHS rules and regulations, and 3. The in-season sport gets precedence when demands on kids' time become an issue. Please do your part to promote multi-sport involvement of your children and help us make PHS Athlet-

ics as good as we can be.

(Numbers below are national averages of several sports put together in one category. The percentages of kids going on to Division I college and professional sports speak for themselves).

High School Participants
484,000

NCAA Division I Participants
8,154

Percent of HS to Division I
0.017

Professional Participants
550

Percent of HS to Pros
0.001

WE NEED YOUR HELP!
Please visit the PPS district website at www.portlandk12.org to write your legislatures on current issues that could take funding away from PPS!