



# COUGAR NEWS

*Be who God meant you to be and you will set the world on fire.*

*St. Catherine of Siena*

*Feast Day - April 29th*

## Beach Volleyball

Sunshine State Beach Volleyball champs  
for the second straight year!

Way to go Lady Cougars!



**This Wednesday, May 3  
7:55 Start Day | 7 Period Day**

**Senior and Underclass Exam Schedules are  
now Posted on Canvas (All School/General Information)**



TEN SENIORS COMPETE FOR THE TITLE

**TONIGHT**

**7 PM | MOONEY GYM**

**ADMISSION \$10**

**PURCHASE TICKETS DURING  
SCHOOL LUNCH OR  
AT THE DOOR!**



Seniors! Pick up your Yearbook at the  
Yearbook Distribution Party  
Monday, May 1 at 2:20pm in Selby!

On the  
same  
**Wave**length...



**Congratulations to Mrs. McCarthy and our talented  
music students on an amazing Spring Music Concert**

Senior members of symphonic orchestra

Joseph Antonelli-Pike  
Peter Carlo  
Owen Clough  
Cameron deBoer  
Dylan Ittig  
Thomas Matt  
Norah Secord





# A Garden of Gold

## PROM 2023

### IMPORTANT INFORMATION

- Prom is on Saturday, April 29<sup>th</sup> at The Grove in Lakewood Ranch.
- Students must check-in between 6:45-7:15 PM. Photo identification is required for check-in.
- Students will not be permitted to leave Prom prior to 10 PM.
- CMHS reserves the right to refuse any student entry into Prom for violation of any rules or regulations (dress code, inappropriate behavior, etc.)
- Dress code policies can be found on the CMHS All-School Canvas Hub.

### Congratulations to our NEW 2023-24 Class Officers

#### Class of 2024

President: Gigi Spagnolo  
Vice President: Ally Frank  
Secretary: Kaitlyn Giglio  
Treasurer: Jack Callahan

#### Class of 2025

President: Kennedy Atwood  
Vice President: Grant Eliason  
Secretary: Morgan Martin  
Treasurer: Porter Strand

#### Class of 2026

President: Alijah Tilton  
Vice President: Kelsey Fisher  
Secretary: Mia Womeldorph  
Treasurer: Emmy Stuart



# STUDENT LIFE



## **Attention Seniors: Reminders from Mrs. LaFemina**

\*The last day for seniors to submit any missing assignments or tests from the second quarter of the current semester is the end of school day Friday, April 28th. Teachers will not be able to accept work after this date. Additionally, any coursework through FLVS will need to be completed on or before May 8th in order to be added to the final high school transcript. If you have any questions about missing assignments, quizzes or tests, please reach out to your teacher or advisor, Mrs. LaFemina.

\*Mrs. LaFemina is seeking final transcript release forms and scholarship award forms to her office. Please be certain to get these documents to her for senior banquet and graduation.

\*Bright Futures: It is not too late to complete your application and test for the Bright Futures Scholarship Award. Please see Mrs. LaFemina for details.

## **Attention Seniors: Reminders from Mr. Scheuer**

\*This Friday, April 28th is the last day seniors and guest can register for the Senior Awards Dinner. This link will be closed at the end of the school day on Friday.

\*This Friday, April 28th senior final transcript release form is due to Mrs. LaFemina

\*This Friday, April 28th the senior 2023 acknowledgement form is due to your Theology teacher. Any senior who has not submitted this form may not get their cap and gown on Tuesday, May 2nd. I will be asking both senior Theology teachers for names of any senior who has not submitted this form.

## Important Dates!

**April 28**

Mr. Mooney Event | 7pm

**April 29**

Prom at The Grove | 7pm

**Wednesday, May 3**

**7:55 Start Day | 7 Period Day**

**Wednesday, May 10**

**7:55 Start Day | Block Day  
(1,2,3)**

**Early Dismissal at 12:24**

Baccalaureate

**Friday, May 12**

Graduation



We are looking for volunteers to assist with the breakdown of the Mr. Mooney Event TONIGHT

[Service Hours will be earned!](#)

We have two shifts to choose from (or volunteer at both!)

[Friday, April 28, 9 -11 PM](#)

[Saturday, April 29th, 7-9 AM](#)

Use the QR code to sign up to volunteer.

Parents and students are welcome to help!



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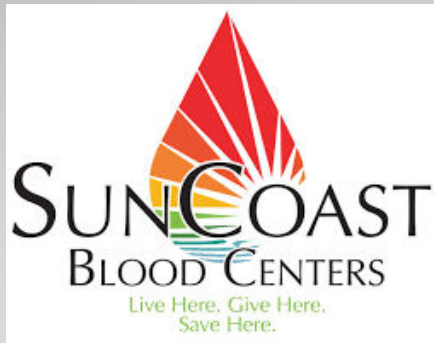
## LOOKING FOR COMMUNITY SERVICE OPPORTUNITIES TO COMPLETE YOUR CARDINAL MOONEY GRADUATION REQUIREMENTS?

The All School Module found on Canvas has a routinely updated community service link. Opportunities, current and yearlong, are all posted at this link. Verification forms and letters of our school requirements are also posted for easy access. If you have any questions, please contact Mr. Scheuer at [sscheuer@cmhs-sarasota.org](mailto:sscheuer@cmhs-sarasota.org).





# COUGAR COMMUNITY NEWS AND SERVICE



**Thank you to our  
nearly 70 donors!**

**We held our 4th and final blood drive of the year  
on Tuesday. Thank you for the gift of life!**



**Thank you  
for your  
support!**

Hey, Class of 2023!

The 2022-23 Cardinal Mooney Annual  
Fund closes on  
June 30th—only weeks away!

Pay it forward by making a 4-year Cardinal  
Mooney Annual Fund pledge of just \$5 or  
more.

Every gift of Every size impacts the life of  
Every Mooney student.

- You need not pay your first year until 2024!
- Don't be shy—pledge cards are located in the Admin Office and the Front Office. Leave your completed pledge in the can.
- Your pledge directly benefits Cardinal Mooney students and faculty. Make a difference!

Show your support today and join other families in making it a banner year. Click on Donate To Annual Fund - Cardinal Mooney Catholic High School: Sarasota Private School ([cmhs-sarasota.org](http://cmhs-sarasota.org))

# ACADEMIC SERVICES & GUIDANCE



## CMHS 2023/2024 Scholarships Available

The Knights of Columbus Council 7826 of St. Thomas More Parish offers a **high school scholarship** program for children and grandchildren of parents and grandparents who are registered parishioners of St. Thomas More.

Scholarships will be awarded for the school year beginning in August 2023 at Cardinal Mooney Catholic High School. There are currently five scholarships available to be awarded ranging in amount from \$1,000 up to \$2,500.

Application forms and guidelines are available at the Parish Office. The deadline for submitting completed applications is May 4, 2023. To receive a packet by email or if you have any questions please email Steve McElroy, Scholarship Committee Chairman, at [mcelroyfs@verizon.net](mailto:mcelroyfs@verizon.net) or call 941-539-4263.



Applications for the Leadership Sarasota Class of 2024 are now open!

This program is designed to develop and enhance the leadership skills of high school juniors and seniors who are interested in making a positive impact in our community.

As a participant in the program, you will have the opportunity to engage with other like-minded individuals, learn from experienced leaders, and gain valuable insights into the issues facing our community. Through a series of interactive sessions and experiential learning opportunities, you will develop the skills and knowledge necessary to be an effective leader and make a meaningful contribution to our community.

If you know someone who would be a great fit for Leadership Sarasota, we encourage you to share this opportunity with them. Not only will you be helping them to develop their leadership skills, but you will also be making a positive impact on our community by supporting the next generation of leaders. If interested, please see the application in the email from your school counselor.

The deadline for Youth Leadership is June 10.



# ACADEMIC SERVICES & GUIDANCE



## April's Gift of Christ Affability

**The final gift of Christ we are celebrating this year is Affability. Students were chosen for being kind and treating others the way they want to be treated. We are pleased to announce the 2 students who were selected for displaying these characteristics...Darling Bergstrom and Matthew Delzer.**



**AP Testing begins on May 1st  
Please check the schedule on Canvas  
for your testing dates and times.**



Some important notes regarding AP Testing:

- Make sure that you arrive early to your testing room.
- Late students cannot take the test.
- AP students are expected to stay on campus for their classes before or after their tests.
- If a student wants to arrive late or leave early, parent **MUST** complete the attendance/tardy/early dismissal notes online in advance.
- Students should read the AP terms and conditions prior to taking the test. [www.cb.org/apexamterms](http://www.cb.org/apexamterms).

Please contact Lori Lewis at [llewis@cmhs-sarasota.org](mailto:llewis@cmhs-sarasota.org) if you have any questions.  
Good luck!

# Athletics - GO COUGARS!

Day	Date	Time	Level	Sport	H/A	Opponent
TUES	5/2	4:00 PM	Varsity	Beach	TBA	FHSAA Play in Game
TUES	5/2	4:00 PM	Varsity	Softball Districts	A	CCC @ Eddiec. Moore
TUES	5/2	4:00 PM	Varsity	Baseball Districts	A	CCC @ Eddiec. Moore
Wednesday	5/3	TBA	Varsity	Track	Away	Regionals - Calvary Chr.
FRI	5/5	4:00 PM	Varsity	Beach	Home	Regional Semifinal - TBA

## Baseball



The boys are heading into Districts on a hot streak winning 3 of their last 4 games. The team heads into district play next week as the #3 seed. They will travel to Calvary Christian to face off against #2 Clearwater Central Catholic at 4pm.

## Beach Volleyball



Congratulations to our beach volleyball team for winning the SSAC State title this weekend. The girls also won The FHSAA Districts defeating Venice 5-0. The girls will host a Regional game on Tuesday May 2nd at 4pm and again on Friday, May 5th. Good Luck Ladies!

## Boys Lacrosse



The Cougars defeated St. Stephens 19-6 to win their Regional Quarterfinal game last Friday. Their season came to an end at the hands of Community School of Naples with a tough 13-12 loss on the road. Great season Cougar Boys Lacrosse!

## Spring Football



Starts Monday, May 1st from 3:30 to 6pm. See Coach Clark with any questions!! The Cougars will go on the road to face Island Coast on May, 25th.

# Athletics - GO COUGARS!

## TRACK AND FIELD DISTRICT CHAMPIONSHIP RESULTS

Below are all the athletes that advance to Regional Meet  
next Wed 5/3 at Calvary Christian - details forthcoming

### High Jump

- Randy Wilson, 2nd

### Pole Vault

- Grace Hronrich, 2nd

### Discus

- Madeline Carson, 1st
  - Riley Greene, 4th
  - Marc Dalmau, 1st
- Cooper Flerlage, 2nd

### Javelin

- Madeline Carson, 4th
- Marc Dalmau, 4th

### Shot

- Riley Greene, 1st
- Marc Dalmau, 2nd
- Jacob Charles, 4th

### 4/800 relay

- Girls 2nd 11:05, Addie Dempsey, Catalina Grieco, Kate Kochis, Rosemary Selke
- Boys 1st 9:04, Gage Hassler, Michael Yencik, Joseph Gillson, Sawyer Michel

### 100m

- Sean Scurry. 4th 11.26

### 1600m

- Addie Dempsey. 2nd 5:34
- Christian Kline. 2nd 4:55

### 4/100

- Girls 1st, 51.84 - Gina Toter, Mishyah Rumph, Josie Maloni, Sophia Steele
- Boys 4th, 46.48 - Bo O'Daniel, Sam Shamsey, Ryon White, Scott Silva

### 400m

- Lucas Hassler, 3rd 54.15

### 400m hurdles

- Eve Hare, 4th 1:17

### 800m

- Rosemary Selke, 1st 2:33
- Gage Hassler, 1st 2:05

### 3200m

- Addie, 1st 11:30

### 200m

- Sean Scurry, 3rd 22.88

### 4/400 relay

- Girls 1st 4:20 - Gina Toter, Josie Maloni, Mishyah Rumph, Rosemary Selke
- Boys 1st 3:40 - Lucas & Gage Hassler, Christian Kline, Sean Scurry





# Athletics - GO COUGARS!



**Summer Camp Information and Registration is now available on our website at <https://www.cmhs-sarasota.org/athletic-camps/>**

## **Boys Basketball Camp - June 26-30, \$150**

Participants will learn and work on fundamental basketball drills and skills. The camp is taught by Mooney coaches. Times: 9 a.m. to noon. Ages: Entering grades 3-8

## **Cougar Cheer Camp - June 19-21, \$100**

Campers will learn cheers, dances, tumbling techniques and stunting. The camp is taught by Mooney coaches. Time: 9 a.m. to noon Ages: Grades pre-K and up

## **Football Camp - June 12-15, \$175**

Participants will learn and work on fundamental football drills and skills. The camp is taught by Mooney coaches. Ages - 4th-8th grade

## **Girls Basketball Camp, June 19-22, \$150**

Participants will learn and work on fundamental basketball drills and skills, plus play five-on-five games. The camp is taught by Mooney coaches. Time: 9 a.m. to noon. Entering grades 3-8

## **Volleyball Camp, July 10-13, \$175**

Participants will learn and work on fundamental volleyball drills and skills. The camp is taught by Mooney Head Coach Chad Davis. Time: 9 a.m. to noon Ages: 8 and up

# School Reminders and Everyday Information

Monday	Tuesday	Wednesday	Thursday	Friday
7:55-8:47 Period 1 8:51-9:38 Period 2 9:42-10:29 Period 3 10:33-11:20 Period 4 11:24-11:54 Lunch A 11:24-12:11 Period 5B 12:15-12:46 Lunch B 11:59-12:46 Period 5A 12:50-1:37 Period 6 1:41-2:30 Period 7	7:55-8:47 Period 1 8:51-9:38 Period 2 9:42-10:29 Period 3 10:33-11:20 Period 4 11:24-11:54 Lunch A 11:24-12:11 Period 5B 12:15-12:46 Lunch B 11:59-12:46 Period 5A 12:50-1:37 Period 6 1:41-2:30 Period 7	<b>Late Start</b> Periods 1-3 7:30 - 9:22 Early Drop off Available in Selby Center. 9:27-10:55 Period 1 10:59-12:24 Period 2B 10:59-11:29 Lunch A 11:33-12:58 Period 2A 12:28-12:58 Lunch B 1:02-2:30 Period 3	<b>7:55 Start time</b> Periods 4-7 7:55-9:23 Period 4 9:27-10:55 Period 5 10:59-11:29 Lunch A 10:59-12:24 Period 6B 12:28-12:58 Lunch B 11:33-12:58 Period 6A 1:02-2:30 Period 7	7:55-8:47 Period 1 8:51-9:38 Period 2 9:42-10:29 Period 3 10:33-11:20 Period 4 11:24-11:54 Lunch A 11:24-12:11 Period 5B 12:15-12:46 Lunch B 11:59-12:46 Period 5A 12:50-1:37 Period 6 1:41-2:30 Period 7

**\*\*SUBJECT TO CHANGE BASED ON EVENTS\*\***

## Attendance/Tardy/Early Dismissal Form

This form needs to be filled out by 9 am each and every time your student is absent, arriving late or leaving early from school. Classes missed will be unexcused until the note is received.

Please use the link to upload any applicable doctor notes.

[Click here for the link.](#)

SPRING  
cleaning



Time to clean out those closets!  
We will take your pre-loved uniform  
pants, shorts and polos!  
Drop off in the front office.

**CARDINAL MOONEY COUGARS**  
OFFICIAL TEAM STORE

**15% OFF**  
RAINY DAY GEAR

April showers are no match for our top, water-resistant picks—now 15% OFF with code **EXTRA15** at your COUGARS Sideline Store.

EXPLORE OUTERWEAR

[HTTPS://TINYURL.COM/2P945KVV](https://tinyurl.com/2P945KVV)