



COUGAR NEWS

COMMIT TO THE LORD WHATEVER YOU DO, AND HE WILL
ESTABLISH YOUR PLANS.
PROVERBS 16:3



Congratulations to the Class of 2023



Valedictorian
Michael
Ramsamooj

Salutatorian
Michael Yencik

Most Outstanding
Senior

Celeste Harrell
and
Gage Hassler

STUDENT LIFE



FINALS BEGIN ON
MONDAY
Click here for the
schedule

STUDY

TIPS FOR PREPARING FOR FINALS

- Don't Procrastinate
- Get organized with your study materials
- Be well rested
- Find a space conducive to studying
- Get rid of distracting devices
- Switch up your study methods
- Write out practice test questions or note cards
- Work with a study group
- Take breaks and reward yourself
- Maintain a healthy, balanced diet



Feeling a bit stressed or overwhelmed?
Need a little time with God during Finals Week?
The chapel will be open for ADORATION before and in between finals on Tuesday, Wednesday and Thursday.
Feel free to stop in for some quiet pray time and to lean on God!



CLASS OF 2024

IT'S ALMOST YOUR SENIOR YEAR!!

And, time to schedule a Senior Portrait Appointment!

Scan the code to get started...

Appointment Details:
May 23, 2023-May 26, 2023
@ CMHS the Music Hall

Available Sessions:
Formal (Suit / Drape) - \$25



Most phones have QR readers built into the camera app. But, you can also schedule an appointment online by going here --> <https://www.vernonphoto.com/cmhs>



STUDENT LIFE

Exam Schedule

All students must be in dress code for all exams.

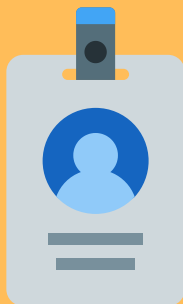
Please refer to CANVAS for all Exam Instructions.

Special Class and Exam Schedule | Monday, May 22nd

1 st	7:55-8:30
2 nd	8:34-9:04
3 rd	9:08-9:38
4 th	9:42-10:12
6 th	10:16-10:46
7 th	
5 th	11:24-11:54 – 5A class instruction and A lunch 11:58-12:28 – 5B class instruction and B lunch

Period 1 Exam begins at 12:37pm / See schedule below

Mon., May 22, 2023	1 st Period Exam	12:37-1:52 (quiet dismissal at 1:52) 12:37-2:30 – extended time
Tues., May 23, 2023	2 nd Period Exam	7:55-9:15 (quiet dismissal at 9:15) 7:55-9:53 – extended time
Tues., May 23, 2023	3 rd Period Exam	10:15-11:30 (quiet dismissal at 11:30) 10:15-12:08 – extended time
Wed., May 24, 2023	4 th Period Exam	7:55-9:15 (quiet dismissal at 9:15) 7:55-9:53 – extended time
Wed., May 24, 2023	5 th Period Exam	10:15-11:30 (quiet dismissal at 11:30) 10:15-12:08 – extended time
Thurs., May 25, 2023	6 th Period Exam	7:55-9:15 (quiet dismissal at 9:15) 7:55-9:53 – extended time
Thurs., May 25, 2023	7 th Period Exam	10:15-11:30 (quiet dismissal at 11:30) 10:15-12:08 – extended time
Make-up Exams:		
Fri., May 26, 2023	Media Center	7:55-9:15 (quiet dismissal at 9:15) 7:55-9:53 – extended time
Fri., May 26, 2023	Media Center	10:15-11:30 (quiet dismissal at 11:30) 10:15-12:08 – extended time



STUDENT IDS

Student IDs will be collected Monday in Theology classes for safe keeping over the summer.



SUMMER ASSIGNMENTS

Summer Assignments are available on the school website: cmhs-sarasota.org.



LOCKERS

If you purchased a locker this year, please remove your lock and clean out the locker before we start finals on Monday, May 22nd.



FIRST DAY OF SCHOOL

Wednesday, August 9th
Orientation Day for Sophomores, Juniors, and Seniors

COUGAR COMMUNITY NEWS AND SERVICE



Community Service Announcements:

All students were informed of their community service totals in Theology classes this week as we enter the summer months.

A full school wide email has also been sent to all students and parents (Renweb) explaining academic deadlines for community service with the 2023-2024 school year.

Community service opportunities will continue to be posted on Canvas in the All School Module at the Community Service link over the summer as they become available. And if you know of any incoming 9th grader, please let them know that they may begin this graduation requirement over the summer as well.

If you have any questions now or this summer please contact Mr. Scheuer at sscheuer@cmhs-sarasota.org



Donate your School Supplies to those in need!!

Hey Cougars!...Are you looking to donate used and/or new school supplies?
Well, look no further!

We are collecting school supplies for underprivileged children in Guatemala. Collection bins are located in Theology classrooms and in the front office.

Last day to donate is Monday!
Thank you so much!

COUGAR COMMUNITY NEWS AND SERVICE



Thank you for your support!

Hey, Class of 2023!

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

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!



**LEADERSHIP
SARASOTA**

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

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

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)



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.

If interested, please see the application in the email from your school counselor.

The deadline for Youth Leadership is June 10.

STUDENT LIFE

2022-23
YEAR IN PICTURES



ENJOY YOUR SUMMER

Next Destination...the world!

CLASS OF 2023!

LET US KNOW, BEFORE YOU GO

<https://www.cmhs-sarasota.org/alumni-update-form/>



No Matter Where Life Takes You...Remember Where You Came From.



Athletics - GO COUGARS!



TRACK AND FIELD

Congratulations to our State Competitors!

Addison Dempsey - 3200
Grace Hroncich - Pole Vault
Marc Dalmau - Discus
Madeline Carson - Discus
Riley Green - Shot Put



The championships took place on Thursday and results were not available at the time of the posting of this publication. Check social media for results.

CONGRATULATIONS TO BEACH VOLLEYBALL

The team advanced to the final four at the FHSAA State Championships last weekend at FSU. They concluded their season with a record of 24-2 and ranked 8th in the nation!



Way to go Boys Lacrosse!

The Cougar Boys Lacrosse program received 4 of the 12 1st team nominations. Those 1st team members were Logan Alexander, James Frankauski, Sean Laureano and RJ Salser. The Cougars also had three honorable mention players, those players were Jacob Brown, Jamison McCusker and Gio Zanoni. In addition, Coach of the Year went to our very own Derek Wagner. Way to go Cougars!!

Free Sports Physicals...June 1st, 6 pm on campus

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

Summer Workout Schedule is now available on our website

School Reminders and Everyday Information



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.

GRAB YOUR BAG

20% SITEWIDE SAVINGS ENDS 5/31

Now thru 5/31, savings are in the bag when you spend \$100+ at your COUGARS Sideline Store.

Get 20% OFF the perfect bag and anything else you need with code **MAY23**.

[SHOP NOW](#)