

COUGAR NEWS

CARDINAL MOONEY
CATHOLIC HIGH SCHOOL

FRIDAY, NOVEMBER 3RD, 2023



*Class of
1963*

"Let Your Roots Grow Down into Him
Let Your Lives Be Built on Him."

Colossians 2:7

Cougar
Family

IMPORTANT INFO

Upcoming Dates

November 8th

Open House for interested families 5:30-7:30pm.

Register on the CMHS Website

November 11th

HSPT testing for 9th grade admissions

December 14-19 Semester Exams

Make-up Exams on December 20

Grandparents Day - more info to come

January 31st - Student Last Name A-L

February 7th - Student Last Name M-Z



MENU

Week A

MONDAY:

BURGERS \$5

CHICKEN FLATBREAD \$5

TOTS \$3

TUESDAY:

CHICKEN TENDERS \$5

ITALIAN SUBS \$5

WEDNESDAY:

MEATBALL SUB \$5

PASTA \$5

THURSDAY:

CHICKEN SANDWICH \$5

EMPANADAS \$5

FRIDAY:

MARCO'S PIZZA \$2.50 A SLICE

Week B

MONDAY:

BURGERS \$5

SPICY CHICKEN \$5

TOTS \$3

TUESDAY:

CHICKEN TENDERS \$5

STEAK-N-CHEESE \$5

WEDNESDAY:

PULL-A-PARTS \$5

PRESSED CUBANS \$5

THURSDAY:

CHICKEN SANDWICH \$5

BBQ PORK RIBBS \$5

FRIDAY:

MARCO'S PIZZA \$2.50 A SLICE



Wednesday, November 8th 'Sending Hope Club' Fundraiser

Students send care packages to
Cougar Alumni at College

Selling Donuts at lunch for \$1
cash only

Wednesday, November 15th Boys Lax

Chick-fil-a for sale outside the gym

8am-9:15am

\$4.75 sandwich or \$2.75 biscuit
cash or credit

ADVANCEMENT



ADMISSION DATES FOR 2024-2025

Do you know someone who might be interested in
Cardinal Mooney?

OPEN HOUSE

Wednesday, November 8; 5:30 - 7:30 pm

HIGH SCHOOL PLACEMENT TEST

Saturday, November 11

or

Monday, November 20

For more information, please visit our web site at:

<https://www.cmhs-sarasota.org/admissions/>



Giving Tuesday | November 28th

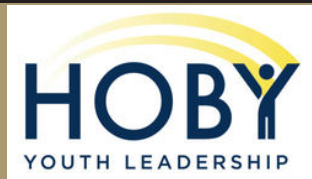


"First comes Black Friday, then Cyber Monday,
but the real holiday magic happens on Giving Tuesday.
CMHS Student Telethon #GivingTuesday



Giving Tuesday 2022

ACADEMIC SERVICES



Represent CMHS at HOBY

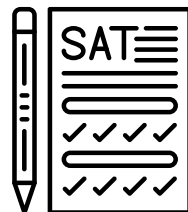
Submissions are due by November 10th, 2023.

Please deliver your essays to Mr.

Flatter in the Guidance Office.

For more information:

click
here!



**PSAT Scores Available
on Nov. 6th**

According to the College Board, students will be able to access their PSAT scores on Monday November 6th. If you provided your mobile number on test day, you'll receive a text message with access to the Big Future School mobile app.

As always, students may use their personal College Board account to access their scores as well. For clarification on your score report, please [click here](#)



Gifts of Christ October: Beauty



In October, our new focus for the Gifts of Christ program was on Beauty. Students looked for beauty in all things and in all situations. They found the beauty in God's creation and the wonders around them. Congratulations to our two winners this month, Alejandro Flores and Rosie Cadet.

PARENT INVOLVEMENT

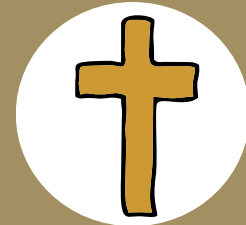
Class of 2013



What a fantastic evening at Cardinal Mooney's annual Fish Fry. We loved welcoming back our amazing alumni! It was great to see familiar faces, including graduates from 1963, coming together to celebrate our shared school memories. A huge shoutout to Walt's Fish Fry for making this event even more special with their delicious treats. A big thank you to John Moore for donating the wine and Gold Coast Eagle Distributing for donating the beer.



Thank You Cougar Parents!



All Are Welcome

First Friday Family Mass

We invite parents, students and faculty to join us for Mass on the first Friday of each month at 7:15am in the Mooney Chapel with Father Alex.

First Friday of the month @ 7:15am

November 3

December 1

FAITH & SERVICE

Mooney's Annual Thanksgiving Food Drive

This year we are expanding our efforts with our annual food drive. Each grade level will oversee a food pantry or food bank with their donations. Details will be discussed in Theology classes and grade level emails will be sent soon but these are the assignments:

Seniors: Collect for All Faiths Food Bank

Juniors: Collect for St. Thomas More Parish Food Pantry

Sophomores: Collect for St. Joseph Parish Food Bank

Freshmen: Collect for Incarnation Parish Food Pantry



NHS HOMEWORK HELPERS

Any student looking for assistance with homework or prepping for a quiz or test? We offer National Honor Society Homework Help Monday – Thursday in room G105. This free service begins at 2:40 and ends at 3:10. No appointment necessary. For any information please contact Mr. Scheuer at sscheuer@cmhs-sarasota.org



Blood Drive

The Bloodmobile will be here Tuesday, November 7th from 9:00 AM to 2:00 PM for those who are at least 16 and in good health are eligible to donate the “gift of life.” Three hours of community service is available for one pint of blood donated. If you are 16 but not yet 17, you **MUST** bring a parental permission slip and a photo ID with you to the Bloodmobile. You can obtain a permission form when you sign up.

Have a healthy breakfast before donating. To sign up for this Blood drive, see the Blood Bank recruiters at lunch time on Friday, November 3rd or Monday, November 6th.

If you have any questions please see Mr. Scheuer





STUDENT LIFE

Thank you to Mrs. Santiago
and our Awesome S.G.A.
for a Fun and Successful
Homecoming Week



COUGARS SWIM TEAM



The Cougar Swim team has had another great season! They returned to the Florida Catholic Invitational this year and placed 5th overall, and then took 8th at the Tampa Bay Classic. Almost all swimmers cut time in all their events! We have so many swimmers that we were able to have 2 Girls and 2 Boys Relay Teams for both the 200 Medley and 200 Free Events. 25 Cougars at both meets- quite impressive for a school our size.



Between 2 Conference Meets Michael Navarro-Lenza organized a CMHS Swim Team Breast Cancer Phone-a-thon where they raised \$1,728 benefitting H.Lee Moffit in honor of Susan Fernandez, (wife of AD, Rafael Fernandez) a survivor of Breast Cancer.

At Districts, all 25 swimmers swam their best and gave it their all! The Girl's Medley Relay team (Kennedy Trompler, Scarlett O'Malley, Isabelle Hokanson and Ally Mussey) took 9th, and the Girl's Free Relay team (Lauren Burd, Gaby Mussie, Noelle Troiano and Allie Mussey) took 7th! Way to go Ladies! The Boy's Medley Relay team (Xander Mitten, Daniel Krajewski, Michael Navarro-Lenza and Turner Mitten) took 3rd, and our Free Relay team (Turner Mitten, Alexander Suarez, Xander Mitten, and Daniel Krajewski) also took 3rd! These strong finishes qualified both of the boy's relay teams for Regionals.



The team traveled to Naples on October 26th to cheer on their Regional Swimmers. The 5 competing boys had fantastic swims! The 200 Boy's Medley Relay crushed their going in time by 5.32 seconds ranking them 14th for the State Meet, and the Free Relay dropped 2.12 seconds qualifying them also for the State Meet! Individually Daniel Krajewski qualified for 200 IM and 500 Free, and Turner Mitten qualified for 200 Free and 500 Free. Good luck Daniel, Michael, Alex, Turner and Xander at The State Meet on Saturday in Ocala, Florida!



Senior Swimmers

LAUREN BURD- Lauren was a two-year Mooney swimmer. She was captain of the swim team, President of Mu Alpha Theta and Model United Nations. Her college plans are still undecided. Her favorite moment was cheering on teammates in the rain at The Tampa Bay Classic. A fun fact about Lauren, she still....can't properly swim the butterfly.

ALEX MITTEN- Alex swam all four years while at Cardinal Mooney. His accomplishments were making states his Freshmen, Junior and Senior years. His future plans are to attend SCF and is undecided on his professional path. Alex's favorite moment was when Coach Smithers made Alex, "The X Factor" in relays his Freshmen years. Fun fact about Alex, he has been swimming since he was 2 years old.

ALLIE MUSSEY- Allie has been a four-year Mooney Swimmer. She was a National Merit Semifinalist. She is undecided in her college choice but would like to concentrate on Pediatric Medicine. Her favorite moment was on the bus during the lightning delay at the Tampa Bay Classic and attending Regionals her Sophomore season. A fun fact about Allie, she can't swim the breaststroke.

SAM ROMINE- Sam was a member of the swim team for three years and the captain his Senior season. He plans to pursue a career as an environmental lawyer. His favorite moment was hitting his PR with broken goggles. Fun fact about Sam, he is related to actor George Clooney.

ABIGAIL STAAS- Abigail has been a member of the swim team for three years. Her future plans are to pursue a degree as a Nurse. Her favorite moment was hanging out with teammates at meets. She will miss her teammates and Mooney very much!

KENNEDY TROMPLER- She was a two-year member of the swim team and enjoyed meeting so many new people and her community service efforts. Her future goals are to attend SCF and one day publish a book. A fun fact about Kennedy, is that she enjoys roller blading and watching horror movies.



ATHLETICS

Football Game at 7pm
Cardinal Mooney
AT
Bayshore High School, Bradenton

BOYS GOLF- The boys finished their season as well in Regionals as they took 8th place in the Region. Nico Bencomo fired an even par 72 for the Cougars.

CROSS COUNTRY- Congratulations to PJ Svilokos who finished 3rd with a time of 17:50 and Sawyer Michel who finished 5th with a time of 18:39 in last weeks meet at North Port. The girls were led by Rosemary Selke with a 1st place finish and time of 21:21. Up next is Districts this weekend at Lemon Bay.

GIRLS GOLF- The Cougars finished 11th place in regionals and were led by Freshmen Jolie Pastorick 's 75 and Junior Kaitlyn Galvin's 84. Great season Cougars and the girls will look to improve on this seasons success with Jolie and Kaitlyn returning along with Ally Stavola and Kayla Coddington.

SWIM - The Swim team has 5 athletes advancing to States this weekend. Those team members are:
State Qualifiers Medley AND 200 Freestyle Relays
Alexander Mitten, Turner Mitten, Daniel Krajewski,
Michael Navarro-Lenza, Alex Suarez

State Qualifiers – Individuals
Daniel Krajewski: 200IM & 500 Free
Turner Mitten: 200 Free & 500 Free



Save time and purchase your athletic tickets from home.

Visit the CMHS Go Fan Ticket page!



Cougar Fans live stream athletic events from our HOME stadium and gymnasium through CMHS Athletics' YouTube channel. **Subscribe today!**



Concessions

Pay by Cash, Credit cards,
Apple Pay, Google Pay

COUGAR ATHLETICS SCHEDULE



TUESDAY 11/7

GIRLS VARSITY SOCCER @ LAKEWOOD RANCH 6PM

WEDNESDAY 11/8

GIRLS JV SOCCER @ LEMON BAY 5:30PM

THURSDAY 11/9

GIRLS VARSITY SOCCER @ LEMON BAY 7PM

CROSS COUNTRY REGIONALS

8:45AM GIRLS / 9:15AM BOYS

FRIDAY 11/10

BOYS SOCCER @ SEFFNER CHRISTIAN 4PM

Thank You for Feeding Our Hungry Cougars

We wanted to take a moment to express our heartfelt gratitude for your incredible support in providing delicious meals for our high school football teams and cheerleading squad. Your generosity fueled our spirits on and off the field!

A Big Cougar Heartfelt thanks to:



Thank You TO THE FOOTBALL MEAL SPONSORS







- THE LIEBOLD FAMILY
- THE SILVA FAMILY
- THE EDENS FAMILY
- LIOTT BACK AND NECK CARE
- THE KEENAN & LISZEWSKI FAMILIES
- THE BLANTON FAMILY

