

COUGAR NEWS

CARDINAL MOONEY
CATHOLIC HIGH SCHOOL

FRIDAY, MARCH 1ST 2024



"Be strong and take heart,
all who hope in the LORD."

Psalms 31:25

Cougars
State Bound

IMPORTANT INFO



Upcoming Dates

IMPORTANT DATES

- March 15, Friday
Teacher Diocesan InService
Students: No School
- March 28-April 7th
Easter Break
- Monday, April 8th
School Resumes



Important Semester Deadlines

- Late work deadline is (first 9 weeks) March 8
- Senior Late work deadline (second 9 weeks) May 8
- Underclassmen Late work deadline (second 9 weeks) May 17

For clarification on a specific teacher's late work policy, please consult the teacher's syllabus or email the teacher directly. If exceptional circumstances interfere with your child's ability to meet the March 8 deadline, please email your child's guidance counselor, see contacts below.

Brian Flatter
Grades 9-11
Last names A-L
bflatter@cmhs-sarasota.org

Erika McGarity (Seniors)
emcgarity@cmhs-sarasota.org

Bianca George
Grades 9-11
Last names M-Z
bgeorge@cmhs-sarasota.org



Alumni News for the Now & Then Alumni Magazine

We Would Love to Hear from You!

Are you the parent of a recent Mooney graduate? Are you an alumni with news? Do you know a former Cougar who is doing some cool stuff? We are looking for interesting updates that we can share with our Mooney Alumni in the Now & Then communication. Whether it is about an interesting career, an important milestone or major accomplishment, we want to know about it! Please send your stories, news updates and photos to Caroline Melby in the Advancement office.



SPECIAL ANNOUNCEMENT

Dear Mooney Community

It is with mixed emotions that I share the news of Mrs. Rene Hebda's departure as our Director of Institutional Advancement. While we are saddened to see her go, we are also incredibly grateful for her dedication and hard work during her time with us. Please read the following letter from Mrs. Hebda.

Dear Students and Families,

After over 10 years of serving the Cardinal Mooney community, today will be my last day. I feel so blessed to have crossed paths with all of you. In addition to my three children who have graduated from Mooney, I feel like I have 690 others. I will miss seeing all of you walking through the gates in the morning, in the Selby at lunch and in the campus hallways. I know you will all do great things and I look forward to following your adventures, attending your sporting events, and watching you walk across that stage at graduation.

To the parents, thank you for sharing your children with me. They are all great kids! You are so fortunate to have your son or daughter attend Cardinal Mooney where they are cared for by every teacher, administrator and staff member. I can assure you that their teachers truly go above the call of duty. It must be so comforting when your child leaves the house in the morning knowing that they are going to a school where not only they are loved, but one that continues to pray for them daily.

Although I will not be at Mooney every day, a piece of my heart will always be there. I will take with me many great memories, lessons learned and incredible friendships. I am pursuing an opportunity that will allow me time to travel with my best friend and husband, Terry. I am going to continue to support Cardinal Mooney Catholic High school and I ask that you do the same. Mooney has many exciting things going on and you are all so lucky to be a part of it.

Once a Cougar, always a Cougar!

Love,
Rene Hebda



Please join me in thanking Mrs. Hebda for her contributions and in wishing her all the best in her future endeavors. As we navigate this transition, let us trust in God's guidance, knowing that He will lead the right person to us for this important role.

Sincerely,
Principal Ben Hopper



GALA



beneva
WEDDINGS & EVENTS



GET READY

Gala's silent auction, going live on
Monday, March 4 at 9 a.m. and closing on March 9 at 8:00 pm

thank
you

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ACADEMIC SERVICES

2024-2025 School Scholarships Available

Cardinal Mooney has over \$40,000 in scholarship money to award for the 2024-2025 School Year. Please visit our website under:

Admissions -> School Scholarships
to learn more about submission dates and eligibility.
[LINK](#)



Dual Enrollment Information for 2024-25

We are working with two colleges for dual enrollment for the 24-25 school year, SCF and UF. Current interested sophomores and juniors must meet the criteria set forth by the college. The deadline for SCF is May 15. The deadline for UF is April 12. For more information, please [click here](#).

Contact

Mrs. George in counseling with any questions.



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



ACADEMIC SERVICES

SPRING COLLEGE FAIR

MONDAY, MARCH 4TH 12:45-1:45



Over 55 College and University representatives will be on Campus to meet with our Juniors.

[CLICK HERE](#)



[For List of Attendees](#)

[Questions to Ask Reps](#)



FAITH & SERVICE



Friday Morning Mass

Join us for **Daily Mass each Friday in Lent** beginning today Friday, March 1st at 7:15 AM in our chapel. Enjoy this extra opportunity to celebrate the Eucharist during the Lenten season. All are welcome to attend including students, parents and teachers. We hope to see you there.



Eucharistic Conference

March 16, 2024



Steven Ray, Keynote Speaker

English and Spanish Sessions!

Bishop Verot High School
5598 Sunrise Drive
Fort Myers, Florida

QR Code to register!

For more information contact:
Jim Gontis, 941-486-4754
gontis@dioceseofvenice.org



[dioceseofvenice.org/
eucharistic-conference-2024](https://dioceseofvenice.org/eucharistic-conference-2024)



Bishop Frank J. Dewane

Sarasota's 26th Annual

PRAYER Walk



8am-12noon

Tuesday, March 5th

Students join Bishop Dewane on a Prayer Walk Downtown Sarasota.

To Participate contact Mr. Schipe.
Service Hours Available.
Deadline Monday at 12noon.
TSchipe@cmhs-sarasota.org

Cardinal Mooney Rice Bowl Collection:



Catholic Charity Rice Bowls will be distributed to all students this week during Theology Class. Please consider this opportunity as part of your family Alms Giving.

Each Lent, Catholic and non-Catholic families across the country unite to put their faith into action through prayer, fasting and almsgiving. Through CRS Rice Bowl, families learn about how our sisters and brothers across the globe and our diocese overcome hardships like hunger and climate change, and how through Lenten alms, we have the power to make the world a better place for all.

FAITH & SERVICE



Chase Edens

February's Gift of Christ Fortitude

Students can do all things through Christ who strengthens them. Students will seek courage in difficult situations in pursuit of what is true, beautiful and good.

Congratulations



Morgan Costallos

Diaper Drive

Collections will take place starting Wednesday, February 14th
ANY SIZE DIAPER
OR WIPES, PULL-UPS
until Tuesday, March 26th

Contact Mr. Scheuer



**SARASOTA
MEMORIAL**
HEALTH CARE SYSTEM

Community Service

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 our school requirement letter are also posted for easy access. If you have any questions, please contact Mr. Scheuer at sscheuer@cmhs-sarasota.org





STUDENT LIFE

HEY DANCING QUEENS!

tickets for
Mamma
Mia! are
available
now
through
GoFan 

**Buy your
Mamma Mia
tickets!**

To: Sam, Bill, Harry
& You!
From: Sophie

Showtimes

Mamma Mia!

Presented by CMHS Drama
Performing Arts

Thursday Mar 14 7:00 PM

Friday Mar 15 7:00 PM

Saturday Mar 16 1:00 PM

Saturday Mar 16 7:00 PM



The Sounds of Success



The CMHS String Orchestra performed at Lakewood Ranch before a panel of judges and received 3 “Excellent” scores and 1 “Superior” score! This is the first time in the history of Cardinal Mooney that a musical ensemble has participated in Music Performance Assessments! Fantastic performance, Cougars!





Sports blurbs written by student: Darling Bergstrom

ATHLETICS



Girls Basketball: Our girls basketball team won in the state semifinals on Wednesday 66-52. They are headed to the STATE CHAMPIONSHIP tonight at 5:30 in Lakeland, against Miami Country Day. Junior Symonique Simons and freshman Madi Mignery each scored 17 points in the final four game. Madi Mignery also had 21 rebounds. Let's cheer on our ladies as they head to Lakeland to bring back a state title.

Boys lacrosse: The boys lacrosse team is currently 3-1 on the season. They lost a close one last week to Plant, but have won their last two games. They beat Viera last Friday 13-9 and Newsome on Tuesday night 11-7. They have a busy week next week, taking on Lakewood Ranch and Berkeley Prep at home Monday and Tuesday. Friday (March 8) they travel to Lake Mary. Senior goalie Jacob Brown (captain) has had an impressive season thus far, averaging an over 60% save percentage.

Girls lacrosse: The girls lacrosse team is currently 1-4. They had a big win against Venice Monday night, winning 19-8. The girls also have a busy week next week, facing Bishop Verot away Monday, and hosting both Lakewood Ranch and Wiregrass later in the week. Senior Morgan Costallos (captain) currently leads the team averaging 3.4 goals a game. Another senior, Kaitlyn Giglio, leads the team in caused turnovers- racking up 5 CT's this season.





ATHLETICS

Sports blurbs written by student: Darling Bergstrom

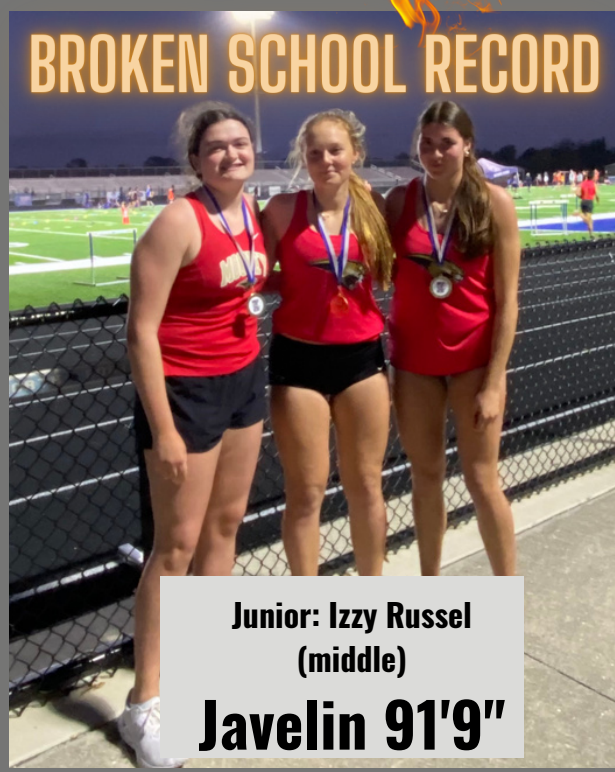


Beach Volleyball: The beach volleyball team is 2-0 this season. They hosted both Bradenton Christian and Lakewood Ranch this week and beat both. Helena Hebda and Lauren Leach led the team, winning 21-8 and 21-7 against Lakewood. The cougars travel to Charlotte on Wednesday (March 6), and to New Smyrna Beach on Friday (March 8).

Softball: Lady Cougars had their first Home game 2/29 with Erin Griffith taking the mound as pitcher. Watch for the Freshmen to make a big impact this season with Thursday being their first game as a Cougar.

Track and Field: Izzy Russel breaks her own school record in Javelin throwing 91'9"

Baseball: The Cougars are 1-1-1 so far. They beat Bradenton Christian 10-2 and tied Lakewood Ranch 6-6. They play tonight against Lemon Bay (away), but host Palmetto on Tuesday (March 5). Senior Johnny Antonucci leads the team with a 0.500 batting average, as well as a 0.667 on base percentage. Sophomore Matt Dalmau leads the team with 4 runs thus far.



BROKEN SCHOOL RECORD

Junior: Izzy Russel
(middle)

Javelin 91'9"

COUGARS

March 4 - 8

Monday - 3/4

Softball: Keswick Christian Academy - Home - 4pm
Boys LAX: Lakewood Ranch - JV 5pm and Varsity 7pm
Girls Lax: Varsity - Bishop Verot - Away - 6pm

Tuesday - 3/5

Softball: St. Pete Catholic - Away - 4:15pm
Boys Lax: Berkeley Prep - Home - 7pm
Baseball: Varsity - Palmetto - Home - 4pm
Baseball: JV - Sarasota - Away - 6pm
Boys and Girls Tennis: Bradenton Christian - Home (Payne Park) - 3:30pm

Wednesday - 3/6

Girls Lax: Varsity - Lakewood Ranch - Home - 6pm
Beach Volleyball: Charlotte - Away - 4pm

Wednesday - March 6

Boys Lax: JV - Sarasota - Away - 6pm

Thursday - 3/7

Baseball: Varsity - Bradenton Christian - Away - 7pm
Baseball: Manatee - Home - 4:30pm
Boys Weightlifting: Tri Meet with Sarasota and Lakewood Ranch - Away (Sarasota HS) - 4pm
Boys and Girls Track: Riverview Ram Invite - Away (Riverview HS) - 3pm
Boys and Girls Tennis: Booker - Away - 3:30pm

Friday - 3/8

Softball: Northside Christian School - Away - 4pm
Boys Lax: Lake Mary - Away - 7pm
Baseball: Varsity - Calvary Christian - Away - 7pm
Baseball: JV - Calvary Christian - Away - 4pm
Girls Lax: Varsity - Wiregrass Ranch - Home - 6pm
Beach Volleyball: New Smyrna Beach - Away - 4pm

Saturday - 3/9

Beach Volleyball: Hagerty - Away - Time TBD

For more Athletic Updates,
highlights & try-out info
follow:
mooney_athletics
on Instagram



Visit the CMHS
Ticket page!



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