

THE FULL CURL



Monroe Catholic Rams' Athletics

Announcements

- Boys' and girls' basketball will officially begin practice on Nov. 29th.

Kudos

- A big thanks to Michayila Thomas, Grace Hodges, Austin Clarkson and Tommy Bast for helping with the youth basketball camp we ran this past Saturday. The camp raised well over \$500 to help support Monroe Athletics.
- A big thanks to Isaac Garcia, Steven Emerson and Tommy Bast for helping officiate IYB basketball games last week to help fundraise for the Monroe Athletic Department.
- Congrats to Jordyn Sager, Lauren Grahek and Chloe Maynard, who were named to the Aurora All-Conference Volleyball Team.
- A big thanks to Mrs. Halvarson and Mrs. Hughes for the addresses and labels necessary to reach out to our basketball alumni!



Dear Parents:

Welcome to week 13 of The Full Curl.

As those of you who have been reading this column for a while know, I am sometimes lucky to have a guest columnist. This past weekend Kristy Parrish, who has contributed in the past, asked if I would allow her to write this week's column. I gladly said yes. I hope you enjoy her column as much as I did when I read it.

At Regionals this past weekend, we finally beat Hutch. After losing to them in four and five sets, respectively, during the regular season, we rallied on Friday to beat them in five sets. It was a joy, a relief, and a necessary step on the road to making it to State. Nancy Hanson, our super fan of the weekend, came back to the team room to pray with us afterward. She told the girls: "Be focused. Be fierce. Be filled with faith." Wise words.

But for the first time since I have been an assistant coach in the girls volleyball program here at Monroe Catholic, we did not make it out of Regionals to qualify for State. We knew going into the weekend that earning the berth was a real possibility but not a guarantee, and for a moment on Saturday morning we were only three points away from that reality, up 12-7 in game 5 against Valdez. After losing that

Last Week's Recap

- The MCHS Volleyball Team finished 3rd in the Aurora Conference Tournament. The girls gave Valdez (region champion) all they could handle Saturday morning in the championship game. Unfortunately the girls were spent and didn't have much left in the tank when they played Hutchison for the right to go to State. Congratulations ladies on a great season.
- The MCHS Wrestling Team made their way down to the prestigious ACS Wrestling Tournament and put on a show. Tanner Clark, en route to a championship in the 220 lbs. weight class, defeated last year's state champion and Riley Rust reached the finals of the 126 weight class, ultimately finishing 6th. He assures me he can and will ultimately defeat this individual, and I believe him.
- Both Madison Hrinko and Victoria Schachle traveled down to the State swim meet and represented the school very well. Both of these young ladies are sophomores, and will be back.
- The MCHS Hockey Team defeated both Kenai and Soldotna in dominating fashion, before losing to powerhouse Service (enrollment 1800) by a score of 3-2. I hope you get a chance to watch these guys play. We have a small team, but they are very talented.
- Our junior high girls' 7th and 8th grade basketball teams dominated Randy Smith in their lone game of the week.

morning match, however, we could not marshal the emotional energy to beat Hutch again, for the second time in two days. And thus our season came to a quiet end.

Of course there is great satisfaction in winning. There is the knowledge that you have come together as a group, that the sum of the whole has become much greater than the individual parts. There is joy in accomplishing a common goal. It would have been ideal to win — to vanquish our perennial nemesis Valdez, to take a relatively young team to State to experience it for the first time.

And at the same time, the experience of losing is often a necessary part of team growth and reflection. What did we need to do to prepare differently? What parts of team culture need adjustment? How do you provide those "dig deep" moments throughout a season so pressure becomes a non-factor?

When we started the day Saturday morning, I told the girls something along these lines: I want you to be proud of yourselves and proud of how you perform today — win, lose, or draw. And I also want you to walk away from the court afterward and know that volleyball is only a game. That faith and love and family will always be more important than anything that happens out on the court.

There were inevitable tears when we lost, and a lot of silence when we circled up in the team room. What do you say in those moments?

Knowing that the seniors are done with their high school careers is the part that always gets at my heart. So I spent a few minutes addressing Lauren Grahek and Jordyn Sager individually, thanking them for what they have given to our program and wanting to honor them in front of their teammates.

Then one of the girls said, "We didn't do compliment circle, Coach." Coach Demi had assigned each of the girls another teammate to pray for and think about throughout the weekend in the spirit of being supportive, unselfish teammates. So one by one, each of the girls looked at a fellow teammate and talked about her — the things they had seen her do well, the ways she had improved throughout the season. It was, in a word, genuinely Loving.

We circled up one last time together to pray — calmer, more at peace, more connected. The Jesuits challenge us to find God in all things, and I know He was with us then, as He has been throughout this season.

I am grateful that we lost. Not because I wanted us to lose, but because I think the result of being in the room together afterward was something we needed more than winning.

Losing an athletic contest keeps you humble.

Losing helps you learn how to stay present. To acknowledge the bittersweet feeling of loss and recognize that one ending is simply

MCHS Sports Trivia

TRIVIA QUESTION:

The boys 8th grade basketball team completed its third undefeated season, in the past ten years. Name two players from each of the previous two teams to accomplish this feat.

RULES

To win the trivia contest, you must give me the answer IN PERSON. Emails, texts and phone calls will not suffice! Remember, only one guess per household. The first person to correctly answer the trivia question will win an MCHS T-shirt.

LAST WEEK'S WINNER

There was no trivia question last week.

SMALL PRINT

The spouse of the Director of Athletics, parents and STAFF who work directly inside CSF are not eligible for participation in The Full Curl trivia competition for 24 hours after the emailing of The Full Curl.

another beginning.

Losing can provide much-needed perspective on what matters most in our lives: faith, love, family, just as I had told them to start the day. That playing volleyball does not make you a whole person or define you.

When I drove home, the garage door wasn't even halfway open before my son Sam — who turns four this week — was in the garage with a huge grin on his face and yelling, "Mama!" And Isaiah, not quite 15 months, was making his way down the step into the garage and smiling his 8-tooth smile, equally excited. In that moment the rest of the day faded into the background, and I was even more confident that our girls were also being received with love into the bigger picture of their lives and remembering what matters most.

You can follow all Monroe sports events by following me on Twitter. My handle is @thefullcurl. We are currently up to 277 followers!

This Week in Monroe Catholic Sports

Hockey

Tue. Nov. 7th	3pm	North Pole	Big Dipper
Thu. Nov. 9th	3:45	Palmer	Tourney
Fri. Nov. 10th	4:45	Palmer	Tourney
Sat. Nov. 11th	9am	Palmer	Tourney

Jr. High Girl Basketball

Tue. Nov. 7th	3pm/4pm	Tanana	Monroe
Wed. Nov. 8th	4:15/5:15	Ryan	Ryan
Fri. Nov 9th	TBA	Tourney	Valdez
Sat. Nov 10th	TBA	Tourney	Valdez

Jr. High Boys Basketball

Fri. Nov 9th	TBA	Tourney	Valdez
Sat. Nov 10th	TBA	Tourney	Valdez