

# Spartan Athletic Newsletter

November 26, 2018 Vol. 3 - #9

## North Springs High School

7447 Roswell Road NE, Sandy Springs, GA 30328

[www.northspringsathletics.org](http://www.northspringsathletics.org) 470-254-2490

### Boys Hoops Win Last Two over Galloway and Banneker

Prior to the Break, the Varsity Boys Basketball team defeated Galloway in overtime 76-73 for their first win of the season. Senior Jaylan Brown led the way with 19 points and 4 rebounds. Alonzo Bacon had 17 points and 7 rebounds and Josh Edelman chipped in with 9 points and 6 assists.

On Tuesday, the Spartans traveled to Banneker for a region contest and came away with a 48-39 victory. The Spartans were led by Jaylan Brown with 16 points and 6 rebounds. Despite the turnovers, the Spartans managed to pull a win out vs. a tough Region opponent. The Spartans will host Lithia Springs on Friday at 7:30pm and travel to Kipp Collegiate on Saturday at 2:30pm.

### Swim Shows Improvements at Pre-Thanksgiving Meet

Prior to the Thanksgiving Break, the Spartan boys and girls swim teams competed in a meet vs. Cambridge, Roswell and Westlake at Cumming Aquatic Center. The teams showed some improvements from their last meet to this one. North Springs posted some county and state qualifying times right out of the gate. Some highlights from this meet were...

#### State Qualifying Times

- 100 free-Turner Templeton-51.80
- 200 free-Turner Templeton-1:55.00



### Upcoming Sports Events

#### November 26

No events

#### November 27

Girls & Boys Varsity Basketball @ Banneker HS 6:00pm/7:30pm

#### November 28

Spartan Athletic Booster Club Board Meeting 6:30pm

#### November 29

No events

#### November 30

JV Girls & Boys Basketball vs. Lithia Springs 4:30pm

Freshman Boys Basketball vs. Lithia Springs 6:00pm

Girls & Boys Varsity Basketball vs. Lithia Springs\* 6:00pm/7:30pm

#### December 1

Boys & Girls Swim @ Lakeside Invite 9:00am (@ Chamblee HS)

Fencing Club @ Centennial HS 10:00am

Varsity Girls & Boys Basketball @ KIPP Atlanta 1:00pm/2:30pm

## County Qualifying Times

- **Boys**-Turner Templeton (100 free), James Roden (200 free), Alec Seever(100 and 200 free), Philip Weinstein(100 back), Charley Plumly(100 fly and 100 breast), Jonathan Kramer(50 free), and Harrison Ruddy(100 fly)
- **Girls**-Dani Nicholas (100 breast) and Grace Moncrief (50 free)

## Top Swims

- Alec Seever 200 free (dropped 8 seconds)
- Harrison Ruddy 100 fly (dropped 11 seconds)
- Zoe Rosenberg 100 free (dropped 10 seconds)

The team will compete again on Saturday in the Lakeside Invitational at the Chamblee High. Meet will begin at 9:00am.

## Wrestling Information

Any students interested in participating in the North Springs Wrestling program this season, conditioning has begun. Wrestling practices are held from 6:30am – 7:30am in the auxiliary gym. All students must have an approved physical in ArbiterAthlete to participate in ANY activities. NO EXCEPTIONS!!! If you have any questions, see Coach Komar in E002 or email him [komarm@fultonschools.org](mailto:komarm@fultonschools.org).

[ArbiterAthlete Information](#)

## Girls Lacrosse Conditioning

Any students interested in participating in the North Springs Girls Lacrosse program this spring, conditioning has begun. Conditioning is held Tuesdays and Thursdays from 3:45pm 4:45pm. All students must have an approved physical in ArbiterAthlete to participate in ANY activities. NO EXCEPTIONS!!! If you have any questions, see Coach Fleetwood in E008 or email her at [fleetwoodtw@fultonschools.org](mailto:fleetwoodtw@fultonschools.org).

## Baseball Conditioning Information

Baseball Conditioning is every Monday, Tuesday, and Thursday after school from 4:00 – 4:45 p.m. Interested student-athletes should bring a check for \$75 payable to SABC (write baseball in the memo line) to Coach Gershon. Participants must be cleared in the Arbiter Athlete system.

Baseball Tryouts will begin Monday January 14th. 9th graders and all students new to the North Springs baseball program will try out from 4:00 – 6:15 p.m. Returning players will try out from 6:30 – 8:30 p.m. Students interested in trying out must be cleared in the Arbiter Athlete system by Friday January 11th. All winter sports athletes will be able to try out for baseball three school days after the conclusion of their winter sport season.

## Girls Soccer Conditioning Information

Any girls interested in participating in the North Springs Girls Soccer program this spring, conditioning has begun. All students must have an approved physical in ArbiterAthlete to participate in ANY activities. **NO EXCEPTIONS!!!** Stop by and see Coach Paris in room E206 for conditioning dates and times. If you have any additional questions, email her at [parisam@fultonschools.org](mailto:parisam@fultonschools.org).

## Varsity Letter Jacket Fitting – December 3<sup>rd</sup>!

If you are interested in purchasing a letterman jacket, this will be a great time. On Monday, December 3<sup>rd</sup> a representative from the Neff Company will be on campus during lunches for a varsity letterman jacket fitting. If you purchase on the day of the fitting, Neff will pay your shipping and tax (about a \$30 savings). Also, you can bring your varsity letter and/or club patches and Neff will sew them on free of charge.

### **Jacket Prices:**

**\$130 (Deluxe Leather)**

**\$90 (Vinyl)**

**\*add \$20 for sailors collar (females)**

**Name on chest \$10**

**Graduation Patch on Sleeve \$15**

**Jersey number on Sleeve \$10 per digit**

**Position on Sleeve (up to 3 letters) \$25**

### **Pick One Below:**

**Script Chenille Word or Name on Back \$30**

**Script Chenille Word or Name on Back with Tail \$35**

**\*add any word in Tail \$5**

Click [here](#) for order forms to bring on December 3<sup>rd</sup>. Jackets can also be purchased online directly from Neff at [www.neffco.com/Varsity-Jackets](http://www.neffco.com/Varsity-Jackets). Please do not send any order forms and/or checks to the athletic director or staff. We will not mail any orders to Neff Company. Thank you for your support!

## 2018-19 North Springs Head Coach/Director List

### Fall Sports

Football	Scotty Parker	<a href="mailto:parkerd@fultonschools.org">parkerd@fultonschools.org</a>
Softball	Stephanie Peet	<a href="mailto:peets@fultonschools.org">peets@fultonschools.org</a>
Boys Cross Country	Rob Blaszkiewicz	<a href="mailto:blaszkiewicz@fultonschools.org">blaszkiewicz@fultonschools.org</a>
Girls Cross-County	Amanda Paris	<a href="mailto:parisam@fultonschools.org">parisam@fultonschools.org</a>
Football Cheer	Alexandria Jemison	<a href="mailto:jemisonam@fultonschools.org">jemisonam@fultonschools.org</a>
Volleyball	Brittany Peyton	<a href="mailto:peytonb@fultonschools.org">peytonb@fultonschools.org</a>

### Winter Sports

Boys Basketball	Charles Parks	<a href="mailto:parks@fultonschools.org">parks@fultonschools.org</a>
Girls Basketball	Tonique Frasier	<a href="mailto:frasiert@fultonschools.org">frasiert@fultonschools.org</a>
Basketball Cheer	Alexandria Jemison	<a href="mailto:jemisonam@fultonschools.org">jemisonam@fultonschools.org</a>
Swimming/Diving	Nancy Delano	<a href="mailto:delanonm@fultonschools.org">delanonm@fultonschools.org</a>
Wrestling	Marc Komar	<a href="mailto:komarm@fultonschools.org">komarm@fultonschools.org</a>

### Spring Sports

Baseball	Matthew Gershon	<a href="mailto:gershonmj@fultonschools.org">gershonmj@fultonschools.org</a>
Boys Golf	Maj. Todd Powers	<a href="mailto:powerst@fultonschools.org">powerst@fultonschools.org</a>
Girls Golf	Maj. Todd Powers	<a href="mailto:powerst@fultonschools.org">powerst@fultonschools.org</a>
Boys Tennis	Quinton Hunt	<a href="mailto:huntq@fultonschools.org">huntq@fultonschools.org</a>
Girls Tennis	Tonique Frasier	<a href="mailto:frasiert@fultonschools.org">frasiert@fultonschools.org</a>
Boys Lacrosse	Stefan Singer	<a href="mailto:singers@fultonschools.org">singers@fultonschools.org</a>
Girls Lacrosse	Teryn Fleetwood	<a href="mailto:fleetwoodtw@fultonschools.org">fleetwoodtw@fultonschools.org</a>
Boys Soccer	Bill Bratton	<a href="mailto:koachbillyatl@yahoo.com">koachbillyatl@yahoo.com</a>
Girls Soccer	Amanda Paris	<a href="mailto:parisam@fultonschools.org">parisam@fultonschools.org</a>
Girls Track and Field	Patty Carroll	<a href="mailto:carroll@fultonschools.org">carroll@fultonschools.org</a>
Boys Track and Field	Josh Weaver	<a href="mailto:weaverj@fultonschools.org">weaverj@fultonschools.org</a>

### Activity Directors

Band	Michael Brown	<a href="mailto:brownm4@fultonschools.org">brownm4@fultonschools.org</a>
Fencing	Robert Brooking	<a href="mailto:brooking@fultonschools.org">brooking@fultonschools.org</a>
Water Polo	Julie Ferris	<a href="mailto:ferrisj1@fultonschools.org">ferrisj1@fultonschools.org</a>
Chorus	Van Craven	<a href="mailto:craven@fultonschools.org">craven@fultonschools.org</a>
Drama	Joel King	<a href="mailto:kingj1@fultonschools.org">kingj1@fultonschools.org</a>
Orchestra	TBD	TBD

## Spartan Athletic Booster Club Membership

Parents...

If your student is a member of one of our athletic teams here at North Springs High School, we are asking that you become a booster club member. Our athletes need the extra support. We are asking that you join at a minimum level of \$25. There are also booster packages that will give you many other incentives. Click [here](#) to become a member. North Springs Athletics thanks you for your support our student athletes!

## North Springs Spartans Athletics on Social Media

You can follow North Springs Athletics on Twitter and Facebook.



Follow us on Twitter @NSHSSpartans\_AD

Like us on Facebook at North Springs Athletics

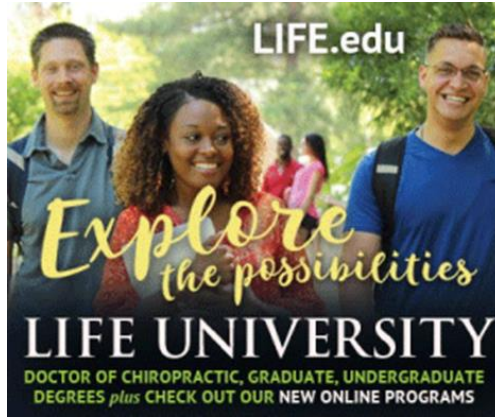
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