



Weekly Athletics Schedule

Monday, May 13 – Saturday, May 18, 2019

Spring Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Girls Varsity Volleyball	SEASON COMPLETED TEAM PARTY TBA	SEASON COMPLETED	SEASON COMPLETED	SEASON COMPLETED	SEASON COMPLETED
Varsity & Middle School Track & Field	PRACTICE: 3:30-5:30PM at FCA	HIGH SCHOOL MEET AT PINE PLAINS HIGH SCHOOL / 4:15PM / 2:30PM VAN. 12567 Church Street, Pine Plains, NY (To Be Confirmed) PRACTICE FOR MIDDLE SCHOOL TEAM: 3:30-5:30PM at FCA	MIDDLES SCHOOL MEET AT RHINEBECK HIGH SCHOOL / 4:15PM / 2:30PM VAN. 45 North Park Rd, Rhinebeck, NY. (To Be Confirmed) PRACTICE FOR HIGH SCHOOL TEAM: 3:30-5:30PM at FCA	PRACTICE: 3:30-5:30PM at FCA	PRACTICE: 3:30-5:30PM at FCA
Boys Varsity Baseball	PRACTICE: 3:30PM-5:30PM At FCA on the field.	PRACTICE: 3:30PM-5:30PM At FCA on the field.	GAME: HVAL LEAGUE TOURNAMENT SEMI-FINAL GAME / HOME at 4:00PM Vs. winner of Marvelwood & NYMA GAME DAYS MAY CHANGE BASED ON WEATHER FOR EACH ROUND THIS WEEK.	PRACTICE: 3:30PM-5:30PM At FCA on the field.	GAME: HVAL LEAGUE TOURNAMENT CHAMPIONSHIP GAME / HOME at 4:00PM (If we win on Wednesday) Game day will be confirmed after semi-final. GAME DAYS MAY CHANGE BASED ON WEATHER FOR EACH ROUND.
Middle School & JV Volleyball	PRACTICE: 3:30PM-5:15PM No Game Today	GAME: VS. UPTON LAKE CHRISTIAN SCHOOL / HOME at 4:15PM (Game to be confirmed)	SEASON COMPLETED TEAM PARTY TBA	SEASON COMPLETED	SEASON COMPLETED
Varsity Boys & Girls Golf (Grades 6-12)	PRACTICE: 3:30-5:15PM at CASPERKILL DRIVING RANGE /3:15PM VAN \$6.00 PER BUCKET OF BALLS – Plan on \$12	NO PRACTICE	PRACTICE: 3:30-5:15PM at CASPERKILL DRIVING RANGE /3:15PM VAN \$6.00 PER BUCKET OF BALLS – Plan on \$12	NO PRACTICE	NO PRACTICE

	Pick up at FCA or Golf Course.		Pick up at FCA or Golf Course.		
INTRAMURAL BASEBALL & SOFTBALL Grades 3-5 / FITNESS CENTER / OTHER		FITNESS CENTER AND WEIGHT ROOM OPEN 3:15–5:00PM. Grades 6-12.	INTRAMURAL BASEBALL & SOFTBALL PRACTICE / 3:30-5:00PM. Meet in the Art Room.	FITNESS CENTER AND WEIGHT ROOM OPEN 3:15–5:00PM. Grades 6-12.	

SATURDAY, 5/18:

HIGH SCHOOL TRACK AND FIELD MEET - NORTHERN COUNTIES MEET (PUTNAM & DUTCHESS COUNTIES) AT ARLINGTON HIGH SCHOOL.

Saturday, May 18 at 10AM / 8AM VAN AT FCA. Only our High School team members will compete in this meet. Events for our team should be over by 2-3PM. Team members can ride with our van or meet us at the meet.

WEEKLY SCHEDULE NOTES:

- FCA ATHLETICS SPRING SPORTS AWARDS DINNER: will take place Thursday, June 6 at 6:30PM in the FCA Café. All Spring Sports teams at the Middle School and High School**

levels are invited to the dinner. We will also be awarding our All Season Team Accomplishment Dri-Fit T-Shirts to team members of all FCA teams from each season.

All team members will receive Varsity or JV Letters and pins and senior awards. Teams that have won a League Championship will also be receiving League Championship Shirts. **The cost of the dinner is \$10 per person with a family maximum of \$40.** Please let Mr. Arnesen know if you will be attending. All Spring sports team members are eligible to attend the dinner. **We will need 6-8 parents to help with serving food. We will also need 2-4 parents who can help set up table cloths and decorations.**

2. **SPACKENKILL GYM PRACTICES:** A reminder that when any team has practice at our Spackenkil Gym, we will bring Team members to the gym from FCA on FCA vans. Parents can pick up at our Spackenkil gym or at FCA. We will be back at FCA 20 minutes after the scheduled end time for that practice.
3. **FCA ATHLETICS WEBSITE:** Please check our FCA Athletics Website. Our weekly schedule and our Master Game Schedules are on the website and are updated daily. All of the website will be updated soon. Go to the School Website and then go to Athletics. For Game Schedules, scroll down to “Click for Link to the Master Schedule”. The “Team Up” calendar has all team’s game schedules and is updated daily. When you click on a game, details and the address for the game are also included. The website will also have pictures and weekly highlights and schedule changes.
4. **INTRAMURAL BASEBALL & SOFTBALL:** Grades 3-5. Intramural baseball and softball will be on Wednesday 5/1 this week. Practice at 3:30-5:00PM. Meet in the Art Room.
5. **Spring Sports Athletic participation Fees** will be charged on the FACTS system during the first Or second week of May. The Athletics Participation Fee is charged for each sport season a student participates in. The fee is \$85 for Varsity and JV Sports, and is \$50 for Intramural

Sports.

6. WEEKLY HIGHLIGHTS / SUMMARY:

Our Varsity Girls Volleyball team won the Mid-Hudson Christian Athletics League Tournament Championship Game on Thursday, 5/9 over Upton Lake Christian School by a score of 3 games to 2. It was an extremely close and exciting match. FCA won the first 2 games and Upton Lake won the next 2 games. The match came down to the final game which is played to 15 points. Our girls had to fight back from a deficit to win the deciding game by a score of 15-13. Junior Sophie Dingle was named tournament MVP by the referees. Sophie had 20 plus service points and 3 kills, as well as many strong defensive plays. Nicole Petfield received the Christian Character Award. Senior Maya Greasham 8 kills and 3 blocks and 6 service points. Senior Yeur Hao had 8 plus service points, 2 kills and many stellar defensive plays. Junior Thomasina McCarthy had 8 plus service points and had 2 kills. Sophomore Nikita Chopitea also played very well and had 8 plus service points and 1 kill. The entire team played and this was a total team effort as Coach Andrew Leman had 10 players continuously rotating into the game. This is the second straight year the team has won the MHCAL Tournament Championship Game and the third straight year the team won the Tournament or the Regular Season Title.

Our JV Girls Volleyball team has an overall record of 7-1 on the season. The team will play Upton Lake Christian School on Tuesday at home for their last game of the season.

Our Varsity Boys Baseball team has an overall record of 7-1 on the season and a Hudson Valley Athletic League record of 6-1. The team is going into the HVAL playoffs as the Number 1 Seed. The team will play the winner of the quarterfinal game between Marvelwood and NYMA on Wednesday in the Semi-final game at FCA. If FCA wins on Wednesday, we will play in the HVAL Championship Game at FCA on Friday. (The game schedule may change this week depending on how the weather this week affects each round.) FCA has played in the HVAL Championship Game 2 of the past 3 years.

Our High School and Middle School Track and Field team competed at the ACSI (Association of Christian Schools International) Northeast Regional Track and Field Championships in Bangor, Pennsylvania this past Saturday.

40 Christian Schools competed in the meet from as far as Pittsburgh and West Virginia. FCA brought 8 team members to the meet and did very well. Junior Simon Maranga placed third overall in the 400 meter dash with a personal best time of 56.52. Simon lowered his personal best time and his own School record by over 2 seconds with his performance. Simon almost placed 6th in the long jump with a personal best jump of 16' 9". Simon also placed 11th overall in the 800 meter run. Simon scored 9 points in the meet which placed FCA 17th of 40 plus schools in the meet.

Our middle school team members also had many good performances and were led by Cassidy Ruhland who placed 2nd in her heat and 16th overall of over 44 runners with a personal best time of 76.66 seconds. The girls middle school 4 x 100 meter relay team of Cassidy Ruhland, Jillian Salvati, Maggie Bellamy and Jayda Taylor placed 5th in their heat with a season best/personal best time of 65.13. Jillian Salvati also ran a personal best time of 22.24 in the 100 meter hurdles and placed 14th overall. Gabriel Yeboah (72.13) and Ryan Miller (72.89) ran personal best times in the 400 meter run. Mikalah Artinian recorded a personal best throw of 35'6" in the discus, which is her best throw by over 6 feet. Sixth Grader Maggie Bellamy ran a very good time of 7:22.61 for the 1600 meter run.