

FROM THE PRINCIPAL'S DESK

Greetings Sarasota High School Families, Students, and Alumni!

Last night I was able to witness nine of our extraordinary seniors participate in an annual event that showcased their talents. As part of the event, the students had to dress like the person who inspires them the most and then provide an explanation as to why. It got me thinking...

I am most inspired by visionaries...those unique individuals who dream great dreams for their own lives and for those with whom they work or serve. They dream great dreams, they work tirelessly to fulfill their profound imaginings, and they don't let the naysaying of others deter them.

I immediately thought of Michael Jordan who in 1978 was a 15-year-old boy who wanted to be a professional basketball player. He was cut from his high school basketball team because he had a "lack of skill." He went on to make 14 All-Star Game appearances and win six NBA Championships.

Walt Disney provides us with yet another example. In 1919, his editor told him he "lacked imagination and had no good ideas." He then received over 300 rejections from bankers because his animation idea seemed crazy. The rest is history!

I think about Steve Jobs. He cofounded Apple Computers and successfully ran it for many years, but he was removed for being reckless and crazy. In 1997 he then came back to the same company as the Interim CEO to restructure it, and then became one of the most famous entrepreneurs in history.

One common element shared among these amazing individuals is they were all subjected to the "the crab-bucket effect," which is a way of thinking best described by the phrase, "If I can't have it, neither can you". The metaphor is derived from claims about the behavior of crabs when they are trapped in a bucket. When any one crab begins to climb out, it will be pulled back in by the other crabs, ensuring the group's collective demise.

It's easier for some people to persist in the belief that talent is for the chosen few, and these chosen few are <u>born</u> with it. It's easier to accept that premise than to face the reality that endless amounts of sweat and effort conjoined their lofty and inspired dreams.

What would happen if more of us dreamed great dreams AND put forth relentless effort to bringing these dreams to reality AND were not dissuaded by crabs attempting to hold them back? Could this mutual combination enable us to have a generation filled with resilient, brilliant, capable, kind, competent, and fulfilled human beings?

I'm inspired by visionaries; may we become more and more like them! May we enter into the final quarter of the school year with great ambition, a relentless work ethic, and an ability to overcome obstacles, especially when others might not believe we can do it.

Warmly, David Jones

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MISSION STATEMENT

Sarasota High School is dedicated to providing a culturally, socially, and intellectually diverse student population with an education that will allow them to be successful in today's ever-changing society.

Creating a learning environment that is challenging, relevant, and active is essential to ensure our students are equipped for success in their post-secondary pursuits. In doing so, we aim to develop in each student the skills of leadership, accountability, and self-reliance that are essential to become a productive citizen.

VISION

To Teach, Challenge, Support and Inspire

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Issue #1

SPEECH AND DEBATE

Bella North, NAHS Secretary

The Sarasota High School Speech and Debate Team competed in two championship tournaments in the month of February. They competed in FGCCFL Grand Finals held at St. Petersburg High School and the Florida Sunshine NSDA District Championship held at Wharton High School. Both tournaments were not only district championship tournaments, but also national championship qualifying tournaments.

The National Catholic Forensic League National Championship Tournament will be held in Louisville, Kentucky over Memorial Weekend. The SHS qualifiers are Gemma Davies (junior), first alternate in Extemporaneous Speaking, and Grant Luper (sophomore) Extemporaneous Speaking; James Mayer (junior) and Peyton Milhorn (senior) in Dramatic Performance; Ella Moulton (sophomore) in Oratorical Declamation; Bella North (senior) and Anika Sackerlotzky in Congressional Debate. Bella North has also served as the team captain for the past two years.

The following students earned qualifying invitations to the National Speech and Debate National Championship to be held June 11 – June 17 in Phoenix, Arizona: Devin Escobedo (sophomore) Informative Speaking, James Mayer (junior) and Peyton Milhorn (senior) Humorous Interpretation, and Anika Sackerlotzky (junior) in Congressional Debate.

The team's coach Dr. Terri St. John is exceptionally proud to say that this season marks the 22nd consecutive year that the team qualified students for one or both national tournaments under her leadership. It takes the support of the team parents, as well as student dedication and commitment to continue this level of success. Students are currently seeking support from the community and SHS faculty and staff to help students meet the financial needs to compete at these tournaments. If you are interested in helping send a student to nationals, please contact Dr. St. John at Terri.StJohn@sarasotacountyschools.net.



NSDA Qualifiers



NFCL Qualifiers



The AICE program is gearing up and getting ready to test 962 students during the months of April, May, and June. This year, we will be administering 2,508 AICE tests. Last year, we had 164 seniors earn their AICE diploma, and this year, we have 181 seniors attempting to earn their AICE diploma. We are excited to welcome our new, incoming 9th graders in the Fall. We received over 360 applications this year!

AICE Testing begins on April 19th, kicking off with AICE Art & Design and AICE Digital Media & Design. AICE testing runs until June 8th, wrapping up with AICE Biology. Students will receive their statements of entry after spring break. It is imperative that your student knows their Candidate Number, test date, and test time. No electronic devices of any kind will be permitted in the testing room, so students must plan ahead of time to securely store these items. Students are expected to use the restroom before or after the exam to limit the movement, disruption, and possibility of cheating during tests less than two hours long. Please also note that the testing dates are set by Cambridge many months ahead of time, and there are no make-up tests or exceptions. If a student misses a part of a test, that student will not receive the AICE credit, so please plan accordingly.

We will be celebrating our AICE seniors on May 4th at our annual AICE banquet and dinner. Invitations will be sent out soon. Student tickets are FREE to this event, thanks to our AICE Boosters. Two guests are invited per student, and the cost of each ticket will be \$50.

AICE merchandise is available on our website at shsaice.com or can be purchased directly from the AICE office located at 13-200. We have agenda books, large car magnets, lanyards, and keychains.

It's a busy time of year, but we are looking forward to a smooth and successful testing season!



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Lainey Natherson, NAHS Secretary

National Art Honor Society and the visual arts classes have had a lot of excitement in the past few weeks. In February, Mrs. Markley arranged for a group of students from NAHS and a few from other Art classes to visit the Sarasota Art Museum after school. They had a wonderful time seeing and learning about all the artwork that was displayed. On the heels of the museum visit was the Florida State Fair. We had numerous students submit their work to various Arts and Crafts contest categories. Out of all the students who participated, ten students were awarded First Place, eight students were awarded Second Place, and six students were awarded Third Place. Sarasota High also had 19 students who receive Honorable Mention.













BRADENTON







Students in the MaST Research Institute have been busy working on their research projects and entering competitions. Twenty students were selected to compete in the Florida Junior Academy of Sciences competition in Lakeland on March 11th, where they will compete with students from around the state. At the Sarasota Regional STEM fair in February, MaST students







STEM Fair Winners

were awarded 18 out of 24 total awards, including 10 out of 12 first place awards. Nine of the ten high school students invited to the state science fair were also from Sarasota High. These include Anja Schwarzbauer, Anna Smith, Nicholas Cox, Anna Davis-Lunardi, Jessica Ritchie, Anika Sackerlotzky, Tyler Isaacson, Riley Plank, and Rylee Mulhollen. Congratulations MaST researchers and award winners!



CLASS OF 2023

COUNTDOWN TO GRADUATION

Senior Fee Due (\$50) Apr. 3

Apr. 14 Cap & Gown Distribution

Apr. 21 Grad Bash (2:30 PM-4:00 AM)

Apr. 29 Prom (Hyatt Regency)

May 18 Mandatory Graduation Practice (7:45 AM-11:30 AM)

May 19 Graduation (8 PM)



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SERVICE IS KEY

Service is defined as the action of helping or doing work for someone and is a cornerstone of the Key Club experience. Key Club members served throughout the community in the past few months. In December, Key Club worked with Tatum Ridge Elementary students to raise funds for Hurricane Ian victims in our south county schools. Key Clubbers and the third graders in Mrs. McAnarney's class worked together to make ornaments to sell to parents and staff. They raised almost \$800 which was split among the families at Cranberry, Lamarque and Englewood Elementary Schools.

Since then, Key Club has been participating in beach clean-ups, the Superhero 5K Run, the Donut 5K Run, and have many more spring volunteer opportunities planned. Key Club has completed 950 community service hours so far this school year.











SHS THEATER PRESENTS MAMA MIA

April 19th-April 22nd

Tickets can be purchased at shstheater.com

In this musical, ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.



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Cadet Major Hayden Wilding, Cadet Captain Renna Ramsaran

Since the last Main Sail, our Bulldog Battalion has covered a lot of territory. From dances to competitions, inspections to physical training, the past quarter has been filled with many activities.

Our JLAB (JROTC Leadership and Academic Bowl) Teams competed in the Level 2 Test, with a chance to advance to nationals in Washington D.C. this summer. Our Academic JLAB team achieved the highest score from our program in three years! Our Leadership JLAB team scored excellent as well and attained their top score this season.

Drill cadets were also exceptional in their performance at the University of Tampa Drill Meet. Our drill team continues to practice and hone their skills in preparation for the District Championship Meet coming up in late March.

Our program has also participated in a myriad of fun social occasions. Our annual Bulldog Dining In, a formal event for the members of our Battalion, gave cadets a wonderful experience of getting to know their fellow bulldogs while also having fun and enjoying great food.

The Military Ball took place on February 25th. This event brought together cadets and their guests from JROTC programs across the county for a black-tie dinner and dance. After a night filled with dining and dancing, cadets returned home with many new friends from other JROTC units, and, of course, a full stomach.

Most importantly, our program recently conducted the JPA (JROTC Program of Accreditation), an annual inspection of our program's quality. We were judged on our marching skills, the exactness of our uniforms, our leadership knowledge, and our community service. We are proud to share that we received an extremely high score of 98%, retaining our Honor Unit with Distinction designation (the highest possible). This designation is displayed proudly with a gold star on our uniforms above our nametags.

In the next newsletter, look out for updates on our upcoming Raider Spring Season, as well as our Battalion Drill Meet and TreeUmph! Field Trip.





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SAILOR ATHLETICS



Sailor Varsity Baseball

Greg Mulhollen, Head Coach

Sailor JV Baseball Allen Morlock, Head Coach

Mar. 28

Mar. 30

Apr. 4

Apr. 6

Apr. 10

Apr. 11

Apr. 15-21

Mar. 28	Manatee @ GT Brey Park	7 PM
Mar. 30	@ North Port	7 PM
Apr. 3	Parkview High (GA) @ Home	7 PM
Apr. 5	Braden River @ Home	7 PM
Apr. 6	Strong Rock Christian (GA)	7 PM
Apr. 11	Cardinal Mooney @ Home	7 PM
Apr. 12	@ Palmetto	7 PM
Apr. 14	Venice @ Cool Today Park	7 PM
Apr. 18	@ Tampa Jesuit	7 PM
Apr. 21	@ Cape Coral Mariner	6 PM
Apr. 22	Tampa Riverview	1 PM
Apr. 24	Port Charlotte (Senior Night)	7 PM
Apr. 26	Riverview @ Home	7 PM



4:30 PM

4:00 PM

6:00 PM

6 PM

6 PM

6 PM

Sailor Track

Ed Sera, Girls Head Coach

John Stevenson, Boys Head Coach

Mar. 30-31	UF Relays
Mar. 31	Manatee Invite
Apr. 1	Brian Jaeger Invite—Winter Park
Apr. 6	Lakewood Ranch Invitational
Apr. 7	Bolles Mile
Apr. 8	IMG—Bradenton
Apr. 13	SRQ County Championships @ Venice
Apr. 22	Districts @ North Port
May 5	Regionals @ Sumner High
May 13	State Meet @ UF

Lady Sailor Lacrosse

Heather Ballew, Head Coach

ĺ	Mar. 30	@ Bradenton Christian	V Only	5:30 PM
	Apr. 4	Manatee @ Home	V Only	6:00 PM

Sailor Lacrosse

Kendall Gay, Boys Head Coach

Mar. 29	@ ODA	V Only	6:00 PM
Apr. 3	Springboro, OH @ Home	V Only	6:00 PM
Apr. 5	Manatee	JV/V	5:30 PM/7:00 PM

Lady Sailor Softball

Heather Mushrush, Head Coach

Mar. 28	@ North Port	JV/V	5:00 PM/7:00 PM
Mar. 30	Palmetto @ Home	JV/V	5:00 PM/7:00 PM
Mar. 31	Riverview @ Home	JV/V	5:00 PM/7:00 PM
Apr. 3	Lakewood Ranch	JV Only	6:00 PM
Apr. 5	Venice @ Home	JV/V	5:00 PM/7:00 PM
Apr. 11	@ Parrish Community	JV/V	5:00 PM/7:00 PM
Apr. 12	@ Braden River	V Only	6:00 PM
Apr. 13	Riverview @ Home	JV Only	6:00 PM
Apr. 14	Manatee (Senior Night)	V Only	7:00 PM
Apr. 17	@ Inspiration Academy	JV/V	5:00 PM/7:00 PM
Apr. 18	Charlotte @ Home	JV/V	5:00 PM/7:00 PM
Apr. 20	Lakewood Ranch @ Home	V Only	7:00 PM
Apr. 25	@ Venice	JV/V	5:00 PM/7:00 PM

Sailor Beach Volleyball

Daris Rodriguez, Head Coach

Apr. 3	Cardinal Mooney @ Bee Ridge Park	3:30 PM
Apr. 6	Venice @ Bee Ridge Park	3:30 PM
Apr. 12	North Port @ Bee Ridge Park	3:30 PM
Apr. 13	Riverview @ Bee Ridge Park	3:30 PM

Sailor Tennis

Titus Strom, Girls Head Coach Sean Bill, Boys Head Coach

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Mar. 29	@ Venice
Mar. 30	@ ODA
Apr. 6	@ Manatee



SAILORS RETIRE COACH **METCALF'S JERSEY**

JV Tournament @ Riverview

Manatee @ GT Brey Park

Riverview @ Home

@ Palmetto

@ North Port

Venice @ Home

@ Port Charlotte

Coach Clyde Metcalf was a dedicated and influential leader of the SHS baseball program for 41 years. Coach Metcalf's contributions to our school and community were recognized by the SHS Baseball Boosters and his jersey was retired on February 14th at Ronald K. Drews field.









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SAILORS WELCOME NEW HEAD FOOTBALL COACH

Sarasota High School is excited to welcome Joshua Phillips as the next head football coach. "Coach Phillips brings a wealth of knowledge and experience from every level of football," said Sailors Athletic Director Shane Ahles." We're excited for him to lead our young men on the football field and on campus." Coach Phillips comes to SHS from Manatee High where he was a defensive coordinator. Coach Phillips attended Lake Highland Prep in Orlando. After high school, he went to Yale University and played cornerback and running back, ran track and majored in Psychology.

Coach Phillips has extensive coaching experience on both sides of the ball and on special teams at many levels—high school defensive and passing game coordinator and strength and conditioning and defense and special teams at the collegiate level. He also coached at Bradenton Christian School as offensive coordinator before heading to Manatee for a season. At Manatee, he served as the boys weightlifting coach, strength and conditioning coordinator along with defensive coordinator.

Welcome Coach Phillips to the Sailor family!



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Coach Ivey Earns 300th Career Win

Photo courtesy of The Observer.



SIGNING DAY

Sailor athletes were celebrated at the most recent Signing Day on February 1st. Eleven student athletes gathered in the Edward F. Howell Gymnasium to sign national letters of intent to continue their academic and athletic careers at the collegiate level. Congratulations to each of the following athletes and their families!

- Sophia Ulvestad—Swarthmore College—Swimming
- Carisa Kohn—Milligan University—Swimming
- Ryleigh Bennett—State College of Florida—Softball
- Saremi Flores—State College of Florida—Softball
- Addisyn Schwied—State College of Florida—Softball
- Miranda Gill—Webber International--Softball
- Ella Menke—Florida State University—Cross Country & Track
- Flavia Almeida—Lynn University—Cross Country & Track
- Tyler Pack Florida International University -- Football
- Caleb Bradley—Northwest Missouri State University--Football
- Maddox Marchbank Towson University--Football



















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Sarasota County District Schools

SARASOTA HIGH SCHOOL

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FROM THE STUDENT SUCCESS CENTER

As Spring arrives, college admissions decisions also begin. Students are hearing back from universities near and far. Despite Florida universities increasing their admissions criteria, our students are still being accepted in strong numbers. Utilizing our Community Partners and our new Schoolinks software, students are diligently searching and applying for scholarships to help cover the cost of higher education.

All students on the move to a higher education institute, whether it be a state college, university, or technical college, should have completed a FAFSA to see if they qualify for grant money. Applications for the Bright Futures Scholarship should also be submitted. Another important step for seniors is completing and submitting all volunteer service or paid work hours to Ms. Odell. Students may stop by the Student Success Center for assistance with the Bright Futures Scholarship application and process.

The Student Success Center will be hosting a *Junior Parent Information Night* on April 12th from 6:00 PM--7:30 PM. Students will have the opportunity to talk with this year's seniors and parents will have the opportunity to talk with college advisors and school counselors to receive valuable information on what to expect during the senior year. Plan to join us and learn more about the college application process, financial aid, scholarships, and tips for supporting your student.

On April 26th, we are excited to bring over 30 local employers onto campus for a Career Expo. The Career Expo will provide an opportunity for students to connect with part-time, full-time, and internship work opportunities. Local businesses, non-profit organizations and military representatives will be set up and available during all three lunch periods.

If your senior student has not yet completed a FAFSA or would like to search for scholarships or discuss final decisions about their college choices, please have them stop by the Student Success Center and meet with us. Students who are freshman, sophomores, or juniors may also visit to discuss the next step towards reaching their academic goals. We look forward to finishing the year strong with all our Sarasota High School Sailors.

TESTING, TESTING, 1, 2, 3...

Below is the estimated window of test dates.

*Exact dates subject to change

Apr. 17—Apr. 28	Florida Civics Literacy Exam
May 1—May 5	FAST Reading Grades 9 & 10
May 8—May 12	Biology EOC
May 8—May 12	US History EOC
May 8—May 26	English 4 LEOC
May 8—May 26	English 3 LEOC
May 8—May 26	Economics
May 8—May 26	Government
May 8—May 26	Physical Science
May 8—May 26	Pre-Calculus
May 15—May 19	BEST Algebra 1 EOC
May 15—May 19	BEST Geometry
May 1—May 12	AP Testing

AICE testing calendar available at shs.aice.com under "Testing Calendar" tab.