



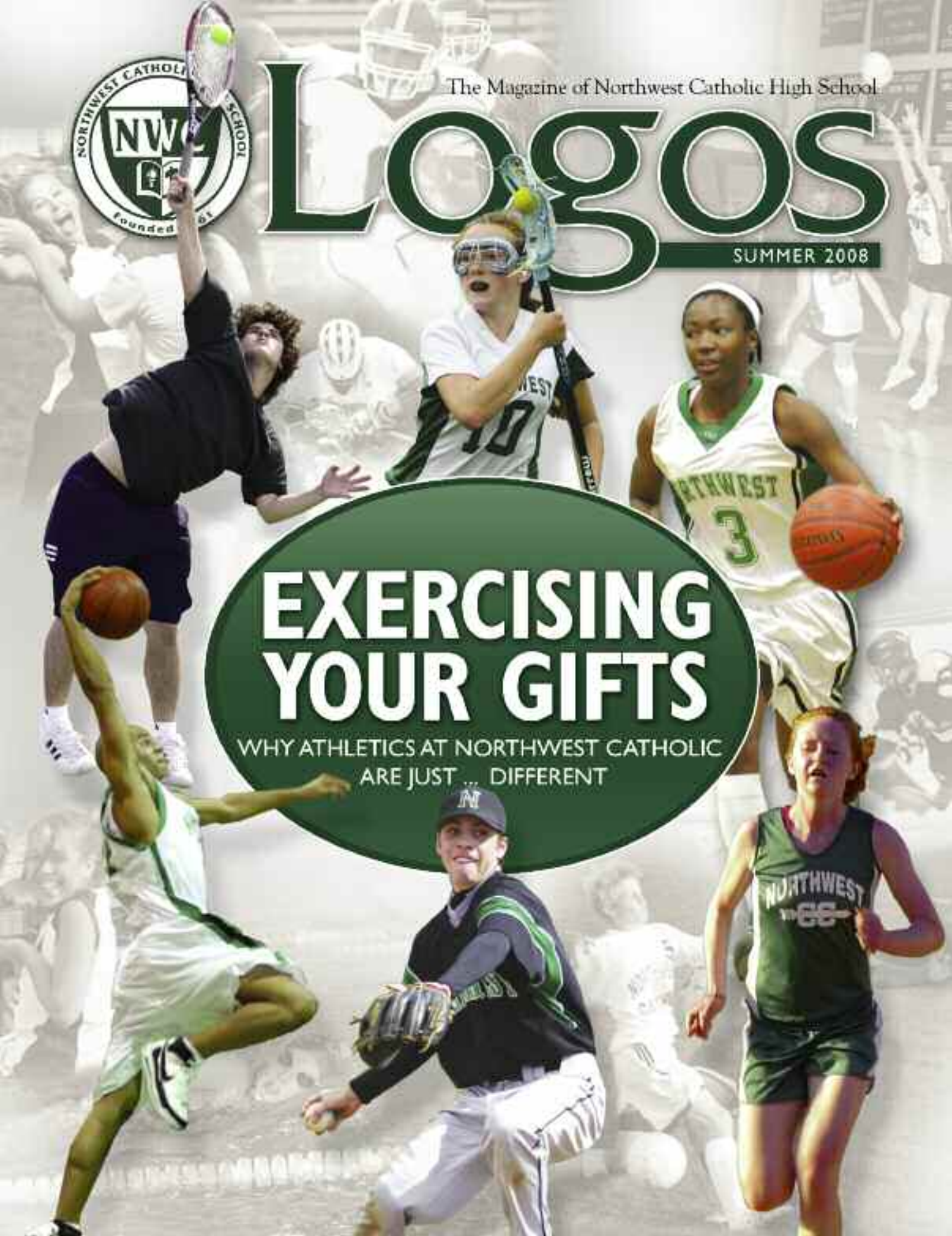
The Magazine of Northwest Catholic High School

Logos

SUMMER 2008

EXERCISING YOUR GIFTS

WHY ATHLETICS AT NORTHWEST CATHOLIC
ARE JUST DIFFERENT



Exercising Your Gifts

Why Athletics at Northwest Catholic Are Just ... Different

“God. Family. School. Basketball.”

Four simple words. Four words that hang on a sign in the Northwest Catholic locker room, words that come not from a priest or philosopher, but rather from John Mirabello, one of the most successful basketball coaches in school history.

Four words that, in a nutshell, capture the profound message that is imparted not just to our basketball players, not even just to our athletes, but rather, to all of our students: These are the things that matter most at Northwest Catholic High School – and they matter in that order. To be part of this school community – as a student, an alum, a parent, a coach – is to know that

our athletics program is just one component of the Northwest Catholic mission to educate the *whole* student: body, mind, heart, spirit, and soul.

“Our faculty, administrators, and coaches work together to stretch each young person intellectually, athletically, creatively, socially, and spiritually,” said NWC President Matthew Fitzsimons. “We recognize that a dynamic physical education and athletics program is vital to the complete formation of each student. Northwest Catholic’s athletics program seeks to develop physical fitness and athletic proficiency as well as teamwork, a sense of loyalty, respect for others, perseverance, and leadership skills that will be valuable throughout each student’s life.”



Patrick Dornfried '10



Mary Frailey '10

A Storied History

Athletics have been part of the Northwest Catholic experience ever since the doors first opened on Wampanoag Drive in 1961. Back then, the school offered just football, basketball, and baseball for boys, and cheerleading as a club sport for girls. By the time the first class graduated in 1965, golf and tennis had been added for boys.

Today, it's a different picture. Most of the student body (73%) participates in one of our 24 different sports. We have 42 teams and hundreds of conference and state championship banners and trophies. Last year alone, for instance, every one of the fall and winter sports teams qualified for post-season tournament play, as well as six out of eight spring teams (plus the boys' doubles tennis team). Our athletes are honored for individual achievements, as well: This year, we had 100 All-Conference players and 29 who were named All-State.

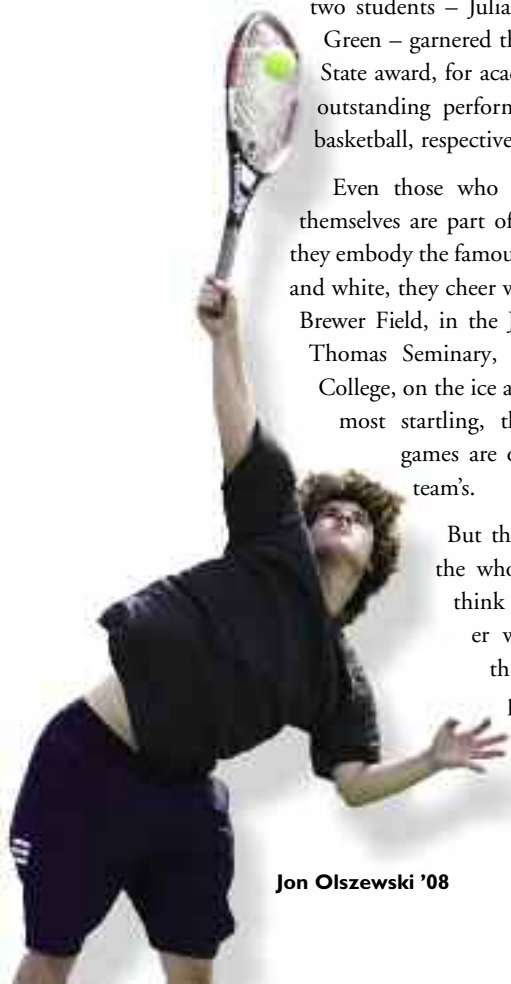
And, many of our athletes are stars in the classroom, as well. A whopping 173 students were cited as All-Academic, which is an honor conferred by the Northwest Conference on varsity athletes who achieve first or second honors. Furthermore, two students – Julianne McAndrews and Justin Green – garnered the prestigious Academic All-State award, for academic accomplishments and outstanding performances in field hockey and basketball, respectively.

Even those who don't participate on teams themselves are part of the athletics experience, as they embody the famous NWC spirit: Clad in green and white, they cheer wildly for their classmates on Brewer Field, in the Johnson Gymnasium, at St. Thomas Seminary, at the pool at St. Joseph College, on the ice at Newington Arena. Perhaps most startling, the NWC crowds at away games are often bigger than the home team's.

But the NWC mission to educate the whole person calls students to think about their bodies in a larger way, so to speak; it means thinking about them more philosophically, recognizing that because they are gifts

from God, they should be treated with reverence. *All* students, not just the athletes, are encouraged to avoid dangerous substances, knowing the havoc they can wreak on developing bodies and the damage that could be done to others. They're encouraged to be physically active, to *move* – to dance, walk, play intramurals, lead cheers. And they're encouraged to eat sensibly (well, as sensibly as teenagers can) – to think of food as fuel, rather than just a quick answer to hunger pangs, by understanding how protein and carbohydrates replenish their muscles after conditioning, practices, or competitions.

“Eating nutritious foods is part of a healthy lifestyle that can help us lead healthy and productive lives while lowering our risk for some diseases – heart disease, diabetes, and some cancers are some of the more common illnesses,” said **Jacqueline Bisson Gustafson '75**, a registered dietitian and vice president of marketing for Dinex International, a Glastonbury, CT firm that is a division of Carlisle Food Service. “You can lower your chances of developing one or more of these conditions by maintaining good nutrition... eating a balanced diet, consuming foods in moderation, and maintaining an exercise regime allow us to indulge from time to time. Food is a wonderful variety of taste, sights, smells, shapes and textures. Choose to eat a variety of foods everyday (especially colorful fruits and vegetables), and remember that moderation is the key.”



Jon Olszewski '08



Allison Mullings '10