

## SCARLET COUNTRY BULLETIN

Friday, October 21, 2016

“B” Day

Congratulations to the East Boy's and Girl's Varsity Cross Country teams for the successful completion of their season last night at the District Meet in Ankeny. Both teams saw all-time best performances from all 7 runners. The girl's varsity team was led by strong runs from Senior Captains Libbie Skeffington and Marie Demuth, as well as Senior Crystal Velasquez, Sophomores Hagar Ibrahim and Nina De La Cruz, and Freshman Rebecca Curtis and Sarah Landon. The boys varsity team was led on the course by sub-19 minute performance from Junior Captains John Rickabaugh and Anthony Rodriguez, and Sophomore Isiaha Walton, along with stellar performances from seniors Hardik Kalra and Austin Mapes, Sophomore Donny Carpenter, and Freshman Rocky Vizcarra. Way to go Running Scarlets!

The girls Swim Team had an amazing conference championship meet last night. East High is home to 5 new conference titles! Anna Liu is the conference champion in the 50 and the fly, now owning the conference records in both events. MaryKate Walling is the conference champion in the 200 and the 500. The Medley Relay Championship team was comprised of Morgan Palmer, Emma Buchacker, Anna Liu, and MaryKate Walling. East was on the podium in 10 of 11 events. With the fly being the most successful with Anna Liu and Morgan Palmer both on the podium. Great Job Ladies!

Congratulations to our East High Special Olympic Bowling team who competed yesterday at the district competition here in Des Moines. All did fantastic and represented East High VERY well. 4 bowlers will go on to state; those participating were Michaela Aunspach, Lance Burns, Adriana Contreras, Paul Costa, Parker Gay, Emma Goff, Cameron Gray, Harley Heston, Alex Low, Christian Norfleet, Preston Olmstead, Kaleb Putney, Alexis Rivas, Brandon Sudbrock, David Wilderom, and Shyan Wilson. Go East High!!

Remember that East's Haunted Tour is Friday, Oct. 28. First tours will start at 7:45 p.m. and the last tour will start at 9:45 p.m. All students must have a valid East High School ID. **High school students from other schools will not be admitted.** Family members are welcome to come with their East student. All volunteers should plan on attending an informational meeting in 3060N on Wednesday after school from 12:30-1.

OOOOO 4H Halloween Party after school tonight room 1046.

Students there are no backpacks allowed at varsity football games. Also, all students that attend must have their school ID on them.

Reminder to all boys swimmers that Fan Cloth orders are due today. Also, sign-ups are going on now and suit and warm-up order forms are due October 28th.

Anyone who is going to wrestle this year, managers, and cheerleaders, you must see Coach Giboo this week to pick up your order form. Thanks

Volleyball girls that still have their jersey. Please hand that in to Coach Carroll as soon as possible or else you will be charged \$50.

First Collection for Senior Dues

Date: Thursday, October 27th

Time: 10:30 am-1:00 pm (Cafeteria)

Parent Night (Josten's will be collecting Senior Dues)

Date: Thursday, October 27th

Time: 5:00 pm- 7:00 pm

Make-up Day for School Pictures will be November 1<sup>st</sup> – 8:45 – 11:45 AM (Concession Area).

Girls basketball tryouts on Monday Nov 7, 2016 from 3:15-4:45 p.m.