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# Westlake Pride



Monday April 25, 2016

WESTLAKE HIGH SCHOOL ATLANTA, GA

2016 Issue 24

## FIRST STEP REGION, SECOND STEP STATE, THIRD STEP WORLD FOR TRACK STARS

*Kennedy Simon and Rainey Anderson, both ranked nationally, could be headed to the 2017 World Championships (PAGE 15)*



### MAKE SURE TO READ THIS WEEK'S OTHER STORIES

*The following stories can be found in this edition.*

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### WHS MERCHANDISE FOR \$5



*For more information about how to get a Westlake car magnet or Lily Designed Agenda, take a look in side the newsletter, where we provide further details and contact information. Each purchase supports high school athletics programs, so we thank you deeply!*

### DIKEMBE MUTOMBO BROADENS HORIZONS OF STUDENTS

*The NBA's Global Ambassador visits Westlake (PAGE 7)*



# DISCOUNT DESIGNER AGENDAS ON SALE NOW



**BY COACH BOWEN**  
**ATLANTA-** The Westlake High School Volleyball Team has an amazing opportunity for you. We are selling Lily Pulitzer 2016 Agendas for only \$5. The retail price of these agendas is \$30.

These agendas are a great way to stay organized and include a full calendar for the year. They are also available in three designs. These also make great gifts for loved ones, teachers, employees, etc. Keep your social

schedule in order (and in style) with your new planner, running January 2016 through December 2016. There are plenty of new features in this year's agenda, including a monthly reference view added to calendar

pages, stickers, new graphics throughout to make you smile, and a new Palm Beach travel guide and journal section. This hard cover planner is durable (with a reinforced binding) and will safeguard your

plans all year long. No matter if you need this as your assignment book for school, or your daily and monthly planner for your busy life, you will love your Lilly Agenda. Please consider helping out the Westlake

High School Volleyball Team by donating to our cause and/or buying Lilly Pulitzer agendas. Monies raised will be used to offset student athletic fees and provide necessary equipment for our team. Thanks, again. **W**

# SHOW YOUR PRIDE WITH WESTLAKE CAR MAGNETS



**BY COACH GOSSETT**  
**ATLANTA-** Between our athletics, academics, arts, clubs, organizations, and community service, we have overflowing Westlake Pride, and the swim team has found a new way for us to show it on a daily basis. Westlake's swim team

is selling "W" car magnets that sport the official school logo, a blue lion leaping through a W, for \$5. Even though the \$5 goes to swim team as a fundraiser, it does not say "swim team," so the magnet can go on any Westlake lover's car.

It is also important to note that this is not a sticker, so the "W" will not damage your car by leaving sticker residue. Also, because it is magnetic, the "W" can double as a refrigerator magnet or decoration on any magnetic surface. This fundraiser was

brainstormed by AJ Orea's mother, Marcia Orea. If you know her, please let her know she hit it out of the park! If any clubs or activities would like to buy them in bulk and then distribute, we can do that as well. We want to get as many magnets on cars

as possible, of course to support our swim team budget but also to raise the profile of Westlake through our rides! Clubs and activities, please email any questions about bulk orders to the following county email: [gossetts@fulton-schools.org](mailto:gossetts@fulton-schools.org).

If you would like to buy a "W" car magnet, please have your student stop by Coach Gossett's room (467) with \$5. Parents, you will receive a receipt for your purchase along with the magnet, plus unquestionable Westlake Pride for your ride. **W**

## REMINDER: MORNING TARDIES

**BY MS. BATES**  
**ATLANTA-** It is critical that our students arrive to school on time each day. The first bell rings at 8:20am. Our highest rate of tardies occurs during this time. We are seeing an increase this semester specifically with carpool riders who are late. As we prepare for EOC and

Advanced Placement (AP) exams it is critical for students to arrive to school on time. The first 15 minutes of each class begins with test preparation. We have about instructional days (considering our A/B schedule) for these exams. If a student is just 5 minutes late for these 30 days that e-mails to 150 min-

utes of lost instructional time. We are here to ensure that every child reaches their full potential, but can only do that when they are present. Students that ride the school bus even if its late will not be marked tardy, so please encourage your child to ride the bus. The following are the consequences for being tardy to school:

## REMINDER: STUDENT LUNCHES

**BY MS. BATES**  
**ATLANTA-** When enjoying lunch, please be reminded about the following guidelines. First, students are not permitted to leave campus during lunch. As tempting as it might be for students with vehicles to drive to get food of their choice, it is NOT permitted due to safety concerns.

Second, parents may drop off money if needed to purchase a school lunch, however, no food should be brought to students during lunch. We simply do not have the resources in our front office to facilitate that process. Third, students are permitted to bring in lunch from home, but please keep in mind that

there will be no access to microwaves to warm up the food. Unfortunately, the county has explained that we cannot purchase microwaves due to concerns about food safety, food sanitation, and student safety. With these three details in mind, we hope all enjoy their lunch period experience! **W**

Cumulative Tardies (Per Semester)	Consequences
1-3 Tardies	Warning
4-6 Tardies	After-School detention
7-9 Tardies	Saturday School/ISS
10+ Tardies	Report to ISS for the remainder of the period; ISS/OSS

Please be advised that juniors and seniors desiring to participate in prom and other activities will have additional behavioral and attendance expectations in order to participate. These expectations will be clearly

communicated to students and parents. Also, please be advised, that student drivers may lose their on campus driving privileges if they are found in violation of our tardy policy. **W**

# WESTLAKE PUBLISHES EOC TESTING SCHEDULE

## Milestones Bell Schedule April 25th - May 6th

**Block 1:** 8:20 A.M. - 11:57 A.M. (95 min.)

**Block 2:** 12:05 P.M. - 3:30 P.M. (95 min.)

### Lunch for P.M. Testers

11:28 A.M. - 11:58 A.M. (30 min.)

### A Lunch

11:58 A.M. - 12:22 P.M. (30 min.)

### B Lunch

12:28 P.M. - 12:52 P.M. (30 min.)

### C Lunch

12:58 P.M. - 1:22 P.M. (30 min.)

### D Lunch

1:28 P.M. - 1:52 P.M. (30 min.)

## Milestones Bell Schedule & periods April 25th - May 6th

Monday	Tuesday	Wednesday	Thursday	Friday
04/25	04/26	04/27	04/28	04/29
US History 1 <sup>st</sup> and 3 <sup>rd</sup> pds	Am. Lit (1 & 2 ONLY) 2 <sup>nd</sup> & 4 <sup>th</sup> pds	9 <sup>th</sup> Lit (1 & 2 ONLY) Economics 5 <sup>th</sup> & 7 <sup>th</sup> pds	9 <sup>th</sup> & Am Lit. (3 ONLY) 6 <sup>th</sup> & 8 <sup>th</sup> pds	Make up tests Regular "A" day
05/02	05/03	05/04	05/05	05/06
Biology 2 <sup>nd</sup> & 4 <sup>th</sup> pds	Phy. Sci. 1 <sup>st</sup> & 3 <sup>rd</sup> pds	GSE Geo. 6 <sup>th</sup> & 8 <sup>th</sup> pds	GSE Algebra 5 <sup>th</sup> & 7 <sup>th</sup> pds	Make up tests Regular "B" day

# HOMEcomings QUEEN GRABS NATIONAL SPOTLIGHT



## BY STAFF

**ATLANTA-** Communities in Schools is in the business of unlocking the brilliant potential of talented students, and Westlake's site coordinator, cannot stop raving about the accomplishments of one of her students.

"Kelsy Brown has been an inspiration for us here at Westlake," said Dr. Demona Warren, who tells each of her students that she has taken them on as a grandchild.

"Let me just say, Kelsy's successes this year have made me a proud grandma," confessed Dr. Warren.

Kelsy Brown has become an institution at Westlake, where she has been crowned homecoming queen, begins each academic awards ceremony with a personalized speech, and leads the spirit sections of all the big playoff games.

With the impact Kelsy has had here at Westlake, it should be no

surprise that Communities in Schools (CIS) has chosen her to be one of the five "Faces of CIS" that will be featured on their national website.

That's right! An instrumental member of Westlake will be representing a national organization that serves 1.48 million students at 2,400 different schools across the country.

If your eyes just bugged reading those statistics, then you are not alone. Let's repeat that for emphasis. Out of one and a half million students, Kelsy has been one of the five selected to have her story published online.

This does not surprise Kelsy's friends, however, who to a fault describe her as extraordinary.

"She has a very sweet spirit and a very comforting smile. Every time she smiles, it makes you happy. She has a genuine happy aura," said Allana Hudson.

"She is very supportive, pretty, and kind. She

always helps me. We're bonded, like this," said Jasmine McCrary, wrapping her fingers together in a tight knot.

Dr. Warren noticed the same character that her peers praise and wrote the following recommendation:

### Recommendation

"It was a dream come true for Kelsy Brown — to be crowned Miss Westlake. But winning the title was only one of the ambitious teen's many personal goals. All A's and B's in high school, a high GPA and getting accepted at Albany State University, her favorite historically black college, were also on her wish list. The only obstacle standing in the way of Kelsy's success it turns out would be herself.

Kelsy's transition from middle school student to Westlake High School was difficult, as she struggled with handling her course load, studying and choosing the right friends. With

a low GPA at the end of the first semester in her freshman year, Kelsy was selected to participate in the Communities In Schools of Atlanta program to find support.

"I spent too much time hanging out with my friends and on extracurricular activities instead of my studies. I needed structure and to learn how to balance everything."

What followed was a 15-minute conversation that Kelsy says changed her life forever.

"CIS was a big help. They made sure I stayed on track. And they were always there for me."

Weekly sessions and check-ins with Dr. Demona Warren, a site coordinator with CIS of Atlanta, helped Kelsy learn to manage her time and chart a course for success. Kelsy failed geometry in her sophomore year and it bought her GPA down again. In her junior year she was not happy with her SAT score and in senior

year her ACT scores and elected to retake the exams to improve it. And she did.

With each minor set-back, Kelsy committed herself to her studies, worked hard and reminded herself that she could do whatever she put her mind to. She even found time to fulfill another of her passions — managing the school's varsity basketball and football teams.

Now the senior has a 3.2 GPA and will graduate in May. And the reigning Miss Westlake will be one of the guest speakers at the school's Senior Baccalaureate Service.

"I've overcome a lot," says the 18 year old, who wants to become an elementary school teacher before opening her own day care facility. "I'm really proud of myself for what I've achieved."

For the talent portion of the school Miss Westlake pageant, Kelsy performed 'I Can't Breathe,' a spoken word that she

co-wrote with her aunt. Her inspiration came from personal experience and witnessing the struggles that so many high school students encounter.

"There were times when I felt I couldn't breathe and I felt overwhelmed," she said. "I wanted to speak to all students, to let them know it takes time, but you just have to be strong and you can get through it."

Dr. Warren said, "She's not the same shy, soft spoken Kelsy that I first met. The confidence she exudes now is wonderful. I am super proud of her and what she has accomplished."

\*\*\*\*\*

Congratulations to Kelsy for this celebration of her unique ability to transform a school's culture for the better. We salute you for all you do and know that you are the best fit for the CIS website imaginable! **W**

## COLLEGE RECRUITING SEMINAR WILL HELP ATHLETES

**BY ROBERT WILSON**  
ATLANTA - In an effort to educate our parents and athletes about athletic scholarships and the college recruiting process, I have contracted Dynamite Sports to conduct an hour long seminar entitled "Guiding the College-Bound Athlete."

I am asking for your help in making sure that all of our prospective college-bound athletes and their parents attend this informative and entertaining event. And although it is NOT mandatory I would like every athlete that is considering playing college sports to attend



along with their parents.

I am also encouraging middle school families to attend, so please pass this along to as middle school parents that has an athlete with dreams of playing sports in college.

This seminar will help you become more knowledgeable and realistic about athletic scholarships and the recruiting process.

Examples questions of subject matter that will be covered include,

"How do I get noticed? How do I get recruited? How can I get scholarship offers? Where do I start?"

Also, attendees will receive a FREE SAT/ACT Prep DVD valued at \$250! (Please limit 1 per family / S&H not included).

The event will be on Tuesday, May 10, 2016 at 7:30pm in the cafeteria.

Thank you for making this event a huge success!! **W**

## PTSA ELECTION NEARS

**BY ALEXANDRA BATES**  
ATLANTA - Westlake PTSA invites you to our final meeting of the year as we elect officers for the 2016-2017 school year.

The nominations you see below were made at the nomination meeting on April 21st, but nominations can be made from the floor on the night of the election as well.

Remember, we need



fundraising, spirit days, problem based learning initiatives, and teacher celebrations, so we need strong support at our elections to maintain the strength of our program.

We know that we can count on YOU to be present at this meeting!

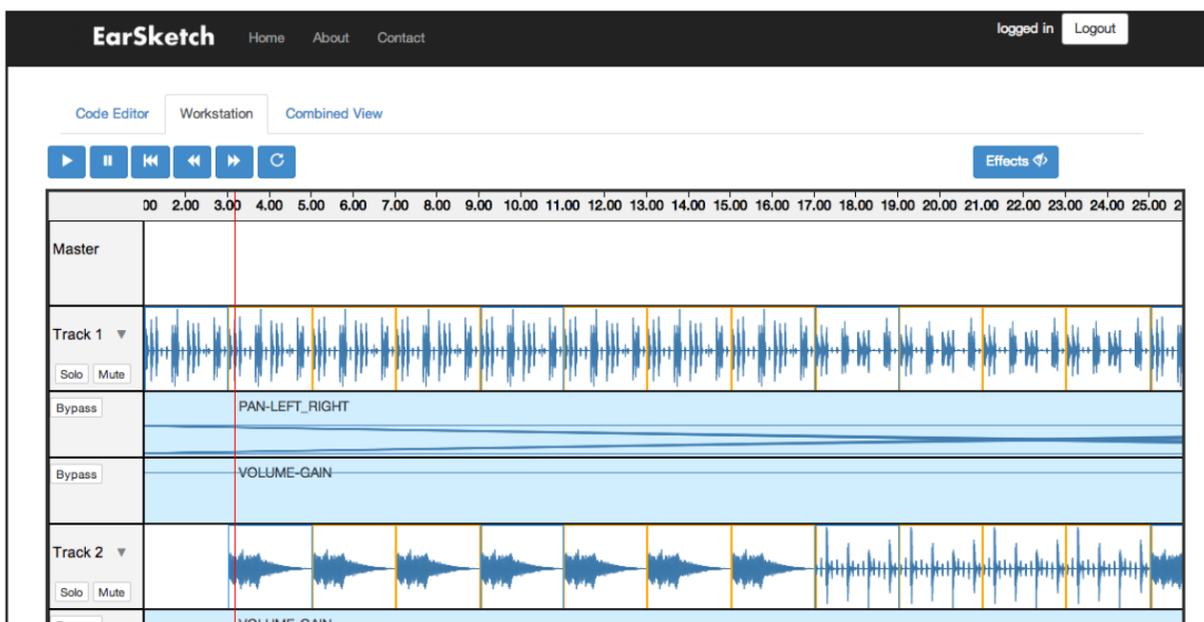
The PTSA General Body meeting and elections will be Wednesday, April 27 @ 6:30 PM in the Media Center. **W**

at least 15 members present to hold our elections that MUST take place in April. Our PTSA is the backbone of our school's

PTSA OFFICE	NOMINEE
President	Willie Davis
Vice President	Daphne Coleman
Secretary 1	Jessie Downs
Secretary 2	Mathis Colquitt

## GA TECH TO START DIGITAL AUDIO SUMMER CAMP

*Ever wanted to learn how to mix music? There are only thirteen spaces left in the program!*



**Location:** Westlake High School, 2400 Union Rd SW, Atlanta, GA 30331  
**Ages:** 4th - 8th grade students who live in the Westlake district  
**Dates:** June 6-10 (current 4th and 5th); June 20-24 (current 6th, 7th, and 8th)  
**Cost:** \$75

**Description:** Creatively learn foundational coding concepts by mixing music samples made by Young Guru, Jay-Z's producer and tour DJ. Students have fun learning computer science principles by making music. Sound samples from 15 genres ranging from dub step to hip hop to gospel can be mixed to come up with original music that the student owns the copyright. The camp culminates with a parent student music-mixing showcase.

**Details:** Those selected will receive an email link that includes a full application that they return with payment to Westlake. You must upload a copy of this student's official discipline report. Applications without a discipline report will not be considered as complete.

Please be reminded that the deadline to register and reserve your child's spot for this awesome opportunity is **Friday, April 29, 2016**. If you do not have children currently in 4th-8th grades, please pass this information along to friends and family with children who could benefit from this opportunity. Application and payment may be brought to the Westlake HS Main Office (ask for Mrs. Ouida Burke) or may be mailed (postmarked by April 29th) to:

EarSketch Summer Camp  
Westlake High School  
c/o Mrs. Ouida Burke  
2400 Union Rd. SW  
Atlanta, GA 30331



Sign up here!  
<http://ampitup.gatech.edu/apply/earsketch>



Learn more here!  
<http://earsketch.gatech.edu/landing/>

**BY MS. BATES**  
ATLANTA -The Georgia Tech EarSketch has been awarded \$65,000 from the Blank Foundation to pilot a STEAM Pipeline at Westlake High School that capitalizes on the popularity of creating music digitally.

STEAM, which is an acronym for Science, Technology, Engineering, Architecture, and Mathematics, also includes sound engineering, particularly digital audio.

STEAM is not only the fastest growing area in education but also the intellectual foundation of the future, and the Georgia Tech EarSketch team has chosen to invest in what Westlake students can do for our technology-driven future, which is a huge point of honor for our Math and Science Magnet Program.

Members of the EarSketch team include Doug Edwards (PI; CEISMC), Jason Freeman (Co-PI; GTCMT) and Brian Magerko (Co-PI, LMC). As its website

explains, EarSketch teaches core topics in computer science, music, and music technology in a fun, engaging environment.

Through EarSketch, students will learn to code in Python or JavaScript, two of the most popular programming languages in the world, while manipulating loops, composing beats, and applying effects to a multi-track digital audio workstation.

The EarSketch team is creating a summer camp model where high school students from EarSketch (ES) courses help run the summer camp for upper elementary and middle school students from schools in their cluster.

The summer camp will be held at Westlake High School in Fulton County in Summer 2016.

Applications will be available in February for the High School Student Assistants and in March for camp participants.

Details forthcoming regarding the cost of the camp for students. **W**

## TEACHER DEBUTS NEW MUSIC VIDEO, ALBUM

### BY STAFF

**ATLANTA** - We know that Westlake has talented teachers in the classroom, but it is becoming abundantly clear that Westlake has talented teachers outside of the classroom as well.

Social Studies teacher Ashley Baker spends his time away from the

school playing guitar and singing vocals for Over the Effect.

Over the Effect is an Atlanta-based band that travels all over the Southeast, and they have recently released their second full length album, *Satellites in the Sky*. The album is on sale on iTunes and Google

Play, so any interested students who would like to hear are only a few clicks away.

If you would like to attend a live concert, you just missed Over the Effect at the Masquerade, but the rumor is that they might perform at the Talent Show this Friday. **W**



## DISNEY DREAMERS FEATURED ON STEVE HARVEY

### BY STAFF

**ATLANTA** - When senior N'Naserri Carew-Johnson and freshman Nina Giddens attended the Disney Dreamers Academy, they described it as a perfect weekend, but if you asked them now, they would have to admit it just got a tad bit better.

Steve Harvey, who co-founded the event, has aired video package on the weekend event on his national talk show, *Steve Harvey*.

Our own students are featured several times in the inspirational video, which gives a great sense of the extraordinary opportunities N'Naserri and Nina found in Orlando.

If you would like to read more about their experiences, then please check out the March 21st *Pride Newsletter*, where we have a multi-page story about the magical trip.

If you would like to watch our students in the

video package that aired on *Steve Harvey*, please use the QR Code below.

Congrats N'Naserri and Nina for continually following your dreams and showing your excep-



## STUDENT EARNS EAGLE SCOUT AND MUCH MORE

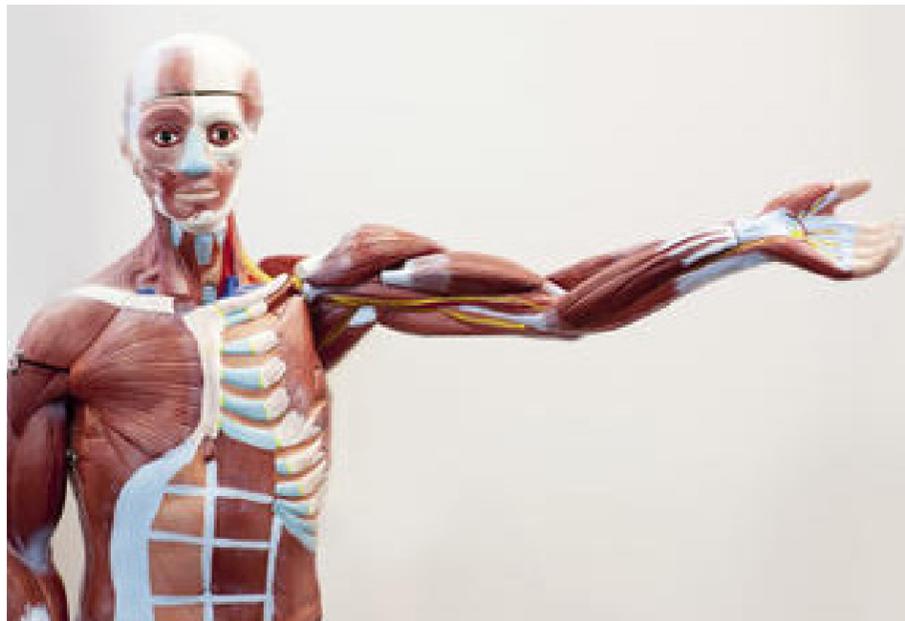
BY STAFF

**ATLANTA** - Congratulations to Westlake golfer Jonathan Johnson, who won the Peach of an Athlete Award, an award given to only one Boy Scout in all of Georgia for being an excellent role model in character, academics, and athletics.

Jonathan recently became an Eagle Scout, the highest rank that the Boy Scouts provides. To become an Eagle Scout, students must perform a massive community service project, which Jonathan did through the Lupus Walk. Earlier this semester, Jonathan was also selected as 21st Century Leader. **W**



## BODIES EXHIBIT TEACHES ANATOMY CREATIVELY



BY STAFF

**ATLANTA** - After a year of studying the human body, a group of anatomy students brought their textbooks to life by taking a field trip to BODIES, an exhibition that artistically displays cadavers for the public to tastefully view.

BODIES became famous a decade ago when it first posed the cadavers in common and sometimes athletic positions that showed off

the internal systems of the human body.

"I found out that they weren't plastic bodies, but they were real bodies from China," said Jasmine McCrary, who was impressed by the opportunity to see all the secrets of the human body that the skin usually obscures.

Visitors to BODIES begins in a room dedicated to the skeletal system and then progresses through the exhibition

to see what the website describes as "muscular, nervous, circulatory, digestive, respiratory, urinary, and reproductive systems."

Jasmine was not put off by the display of bodies. In fact, she was fascinated by the process behind developing the bodies for display.

"To display a body, they have to soak the body in acetone to dry it out and then inject the body with plastic filler to

preserve the body. Everything is real from the brain to the body parts, including the intestines," recalled Jasmine.

Of particular importance to Jasmine was being able to see the development of human fetuses, which ranged from five weeks to twenty weeks.

"My favorite part of the exhibition was the respiratory system because you could see how the fetuses developed.

You could also see how a disease in the uterus affected the woman's pregnancy," explained Jasmine.

Overall, Jasmine rated the experience as extremely informative and meaningful.

"I thought it was going to be someone talking and little plastic displays, like a regular museum, but you got to do hands on experiences. Instead of talking about the body, you could see

it. It was all real instead of a book, where you can read about a system but cannot see the insides of the digestive system in real life."

After touring BODIES, students took advantage of its location in Atlantic Station to eat lunch, and with any extra time, to shop, which of course the students greatly enjoyed. **W**

# NBA LEGEND DIKEMBE MUTOMBO DISCUSSES WORLD EVENTS WITH FRENCH STUDENTS

**BY MADAME HARDY**  
ATLANTA - NBA ambassador and world humanitarian Dikembe Mutombo visited Westlake High School's French students and inspired them with lessons on the power of education, dreaming big and enduring difficult circumstances.

Earlier during the school year, Mr. Mutombo was the "Person of the Week" in French class, and as students researched and discussed the native French-speaker's biography, their teacher, Ms. Corendis Hardy, challenged them to write him.

Ms. Hardy suggested that they ask Mr. Mutombo to visit their school to talk about the power of diplomacy and philanthropy as a

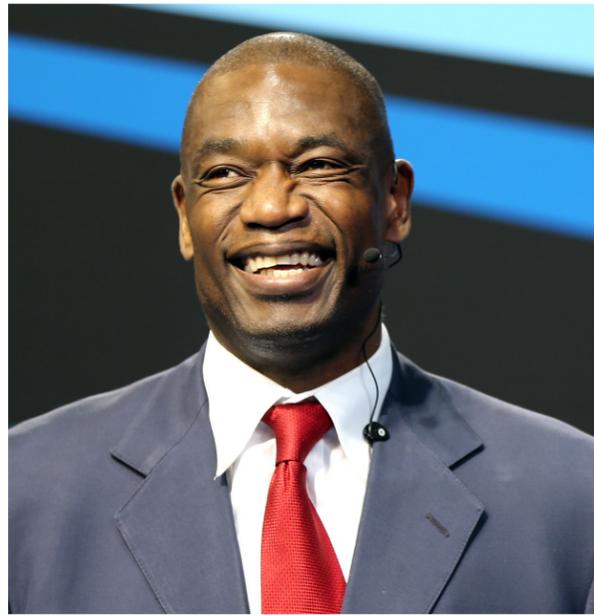


part of the class's ambassador workshop.

The students were elated when they discovered that Mr. Mutombo was going to take time out of his busy schedule to see them because he was so impressed with

their letters.

Countless and enduring lessons were learned from this activity, including the writing process (some students had to re-do their letters multiple times); persuasive writing (students had



to critically think and come up with compelling reasons for why Mr. Mutombo should come to Westlake); what it means to be an ambassador; and how fortunate they were (Mutombo's foundation sent videos

so students could see the conditions in his native country in which they saw unsanitary conditions in hospitals and people using dirty water to wash their food.)

The students were so moved that many con-

tributed to the \$500.00 donation that was given to the Biamba Marie Mutombo Hospital in the Democratic Republic of Congo.

Additionally, they expressed their gratitude to Mr. Mutombo and honored the basketball legend with a special plaque of appreciation.

However, having hope was one of the greatest lessons the students learned.

Most of them were doubtful that Mr. Mutombo would respond to their request, but now many of them have learned that what we believe can determine and affect outcomes; they now know that they can achieve whatever they believe.

**W**

## THE DIKEMBE MUTOMBO FOUNDATION'S MISSION STATEMENT

(republished from the DMF's website)

The Dikembe Mutombo Foundation is dedicated to improving the health, education and quality of life for the people of the Democratic Republic of the Congo.

The Foundation strives to accomplish this goal through an emphasis on primary health care and disease prevention, the promotion of health policy, health research and increased access to health care education for the people of the Congo.

The Biamba Marie Mutombo Hospital opened in December 2007 and has treated over 120,000 patients. The hospital has a number of training partnerships. Medical schools such as the University of Kinshasa and the University of Lubumbashi send us their fellows, residents and medical students. Our bio-medical technicians have been sent to the U.S. for training.

We have a relationship with the new medical school of the Protestant University of the Congo. In 2014, their first promotion will start their clinical rotations at the hospital. We also train student nurses.

Our major goal is to ensure the sustainability of the hospital as an institution providing high quality health care to people regardless of their economic conditions and

to train a cadre of health care professionals who will extend the vision and the reach of the Dikembe Mutombo Foundation into the future.

This work is very challenging, but at the same time so incredibly fulfilling. Each time we see a Congolese woman who has been ostracized by her community due to a fistula, and each time such a woman can rejoin her community after surgical treatment at the hospital, we celebrate. We also cry when we see children and adults die from health conditions that could have been easily prevented or treated.

### Future Projects

To build an elementary school outside the capital city of Kinshasa with an emphasis on science and technology.

To build a Welcome House adjacent to the hospital that will accommodate volunteer physicians, nurses, medical students, skilled technicians and educators from abroad.

To read more about the DMF or to donate to these great causes, please scan the QR Code below.





### CALENDAR OF SPORTS EVENTS

MaxPreps National Recognition of ..... 4/28  
Boys Basketball Team

**DATE:** Thursday 4/28

**PLACE:** Auditorium @ 2:00pm - 3:30pm

Sectionals Track Meet ..... 4/30

**DATE:** Saturday 4/30

**PLACE:** Mill Creek HS @ 7:00am - 4:00pm

Swim Team Awards Ceremony ..... 4/30

**DATE:** Saturday 4/30

**PLACE:** Escape the Room 2:45pm - 5:00pm

**PLACE:** Hard Rock Cafe 5:00 - 6:45pm

Girls Track State Championship ..... 5/5 - 7

**DATE:** Thursday 5/5, Friday 5/6, and Saturday 5/7

**PLACE:** Albany, GA @ 7:00am - 5:00pm

Volleyball Spring Conditioning ..... 5/9 - 12

**DATE:** Tuesday 5/9 - Thursday 5/12

**PLACE:** Gymnasium @ 3:30pm - 5:30pm

Volleyball Tryouts ..... 5/13

**DATE:** Friday 5/13

**PLACE:** Gymnasium @ 4:00pm - 6:30pm

Boys Track State Championship ..... 5/12 - 14

**DATE:** Thursday 5/12, Friday 5/13, Saturday 5/14

**PLACE:** Jefferson, GA @ 7:00am - 5:00pm

## HALL OF FAMER POSES WITH FUTURE OF THE GAME



## ATHLETIC TRAINERS FROM WNBA TALK SHOP



**BY RYAN COOPER**

**ATLANTA-** Many healthcare science students dream of becoming athletic trainers, so it was an incredibly helpful when two trainers for the Atlanta Dream came to share their experiences.

The athletic trainers' expertise working for the Women's National Basketball Association (WNBA) was appreciated because students here at Westlake know working for a professional team is the ultimate athletic training success story.

Westlake's healthcare classes gathered in the auditorium to hear a speech from Michael Douglas, the head athletic

trainer for the Atlanta Dream, and Lynette Fitts, the assistant athletic trainer.

The two began by introducing themselves and telling students what their everyday tasks are as athletic trainers.

Next, they explained the hardest parts of their jobs, stressing the grueling task of performing CPR and the difficult days when athletes run "two-a-day" practices.

Michael and Lynette kept the students interested with stories about their jobs before transitioning to the question and answer phase of their presentation.

Everybody was cu-



rious about the details behind what athletic trainers do, so plenty of questions were asked.

One question that stuck out was when a student asked about whether trainers were able to have close relationships with their clients.

The athletic trainers laughed before reminding the student that although they are able to befriend clients, they

maintain a level of professionalism, which prevents much else.

This was important because professionalism is preached in every healthcare class, and it reminded students that Michael and Lynette were students like them at one point. What students learn in class now will one day be a job's standard practice.

Another interesting



question was about free time. Michael and Lynette explained that it is hard to have free time as an athletic trainer for a professional sports team because of their work schedule, but the inflexibility of the job is negated by how much they get to travel with the team.

Every student seemed to enjoy the visit, and many were pretty disappointed when the bell rang and their access into the world of athletic training ended.

"I thought it was really insightful and inspiring, especially for those of us who know they want to be in healthcare but struggle with what



healthcare occupation will be best for them," gushed Lena Dennis.

"I also really appreciate the fact that they took the time out of their busy schedules to speak to us," added Lena.

"It was an incredible experience. I really enjoyed learning about this career choice," commented Kiyah Elias.

It is safe to say that everyone in attendance valued the experience of speaking to two trainers firsthand and hearing their spiels.

Thank you, Michael and Lynette for giving us such helpful information and such an enjoyable experience. **W**

# PLAYOFF BOUND BASEBALL TEAM BY THE NUMBERS



HITTING	PA	AVG	OBP	H	2B	3B	HR	RBI	R	BB	K	SB
Willis, Malik	42	.487	.512	19	1	1	0	7	11	1	6	12
Laster, Ramon	32	.469	.469	15	0	0	1	7	6	0	1	5
Hitchcock, Brandon	61	.429	.517	21	1	1	0	15	15	7	13	6
Freeman, Tripp	32	.419	.406	13	5	0	0	11	3	0	5	1
Lorenzo, Raglin	70	.400	.522	22	8	0	1	13	8	10	7	0
Daniels, Janan	69	.373	.456	22	3	2	0	10	3	7	11	2
Combs, Tre	34	.367	.441	11	0	3	0	7	9	3	6	3
Butler, Lawrence	44	.353	.477	12	4	0	0	6	12	9	3	10
Riley, Deswan	62	.333	.452	17	2	0	0	9	19	10	8	20
Nowlin, Cameron	53	.292	.321	14	2	1	0	11	16	1	9	10
Frazier, Terrell	75	.288	.419	17	4	3	0	12	19	11	21	29
Austin, Miles	55	.283	.400	13	1	2	0	8	12	8	15	15

PITCHING	IP	ERA	W-L	BB	K	HBP	OBA	OBP
Laster, Ramon	34.2	1.82	4-2	17	46	2	.201	.297
Daniels, Janan	33.2	2.70	3-3	29	44	7	.189	.373
Combs, Tre	13.1	3.68	2-0	12	23	2	.204	.381
Hitchcock, Brandon	14.1	3.91	2-0	16	14	0	.241	.405

2/15	1	2	3	4	5	6	7	R	H	E
Fayette (6-18)	0	0	0	0	0	0	0	0	1	5
Westlake (15-9)	1	3	3	5	0	0	0	12	12	1

W

2/17	1	2	3	4	5	6	7	R	H	E
Westlake (15-9)	1	0	0	2	1	1	0	5	10	5
Griffin (18-7)	0	0	0	0	4	1	1	6	5	2

2/18	1	2	3	4	5	6	7	R	H	E
Woodward (3-20)	1	0	0	0	1	0	0	2	4	2
Westlake (15-9)	3	1	8	0	0	0	0	12	12	0

W

2/20	1	2	3	4	5	6	7	R	H	E
Westlake (15-9)	0	0	0	0	0	2	3	5	5	2
SW Dekalb (17-6)	1	3	0	5	0	2	0	11	10	2

2/25	1	2	3	4	5	6	7	R	H	E
Westlake (15-9)	0	1	0	3	0	1	0	5	6	0
Villa Rica (8-17)	1	0	0	0	1	1	0	3	1	1

2/26	1	2	3	4	5	6	7	R	H	E
Westlake (15-9)	1	0	0	0	0	0	0	1	4	4
Sandy Creek (6-18)	0	5	6	3	0	0	0	14	10	0

2/27	1	2	3	4	5	6	7	R	H	E
Mays (19-2)	0	0	0	2	3	0	2	7	9	1
Westlake (15-9)	0	0	0	3	0	0	0	3	8	4

## SPORTS NEWS

3/1	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	0	0	0	1	0	0	7	8	8	2	W
Langston (4-21)	0	0	0	0	1	0	0	1	3	5	
3/2	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	0	0	0	4	0	0	1	5	8	3	W
Wheeler (7-16-2)	0	1	1	0	0	0	1	3	6	0	
3/4	1	2	3	4	5	6	7	R	H	E	W
Langston (4-21)	2	1	0	1	0	0	0	4	5	6	W
Westlake (15-9)	10	0	1	0	3	0	0	14	5	0	
3/8	1	2	3	4	5	6	7	R	H	E	W
Douglas (6-19-1)	0	0	0	0	2	0	0	2	2	5	W
Westlake (15-9)	0	0	0	2	9	1	0	12	13	1	
3/10	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	0	0	0	0	0	3	0	3	8	4	W
North Cobb (17-9)	3	2	4	0	0	3	0	12	10	0	
3/11	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	1	1	4	0	8	0	0	14	15	0	W
Douglas (6-19-1)	1	0	0	0	0	0	0	1	5	3	
3/15	1	2	3	4	5	6	7	R	H	E	W
Campbell (10-10)	0	0	0	1	0	0	0	1	3	3	W
Westlake (15-9)	3	0	5	0	1	0	0	9	7	2	
3/18	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	2	0	10	0	0	0	0	12	14	1	W
Campbell (10-10)	0	0	0	0	0	0	0	0	1	1	
3/22	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	8	3	2	1	3	0	0	17	13	2	W
Pebblebrook (0-19)	1	0	1	0	2	0	0	4	5	5	
3/25	1	2	3	4	5	6	7	R	H	E	W
Pebblebrook (0-19)	1	1	0	0	0	0	0	2	6	3	W
Westlake (15-9)	2	1	3	1	4	1	0	12	14	0	
3/29	1	2	3	4	5	6	7	R	H	E	W
South Cobb (13-12)	2	0	0	0	0	0	0	2	6	0	W
Westlake (15-9)	1	0	1	1	0	5	0	8	11	2	
3/30	1	2	3	4	5	6	7	R	H	E	W
Galloway (10-11)	0	0	0	1	0	0	3	4	7	1	W
Westlake (15-9)	5	0	0	0	1	2	0	8	12	3	
4/1	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	0	1	1	0	0	1	0	3	8	1	W
South Cobb (13-12)	0	0	0	0	0	0	0	0	6	0	
4/9	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	1	2	1	0	0	0	0	4	9	2	
Johns Creek (14-12)	6	0	0	3	1	2	0	12	8	0	
4/12	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	1	0	0	0	0	0	0	1	3	1	
Newnan (17-8)	0	1	0	2	0	0	0	3	5	0	
4/15	1	2	3	4	5	6	7	R	H	E	W
Newnan (17-8)	2	0	0	1	0	3	1	7	8	0	
Westlake (15-9)	0	0	1	0	0	2	0	3	7	4	
4/19	1	2	3	4	5	6	7	R	H	E	W
Westlake (15-9)	0	0	0	0	1	3	0	4	6	1	
East Coweta (19-6)	0	1	3	1	2	0	0	7	3	1	

# FIRST STEP REGION, SECOND STEP STATE, THIRD STEP WORLD FOR TRACK STARS



## BY STAFF

**ATLANTA** - When Rainey Anderson approaches the starting line at a track meet, his mind is clear and focused, prepared to count his steps and jump over the first high hurdle, a three foot three inch obstacle. He has already mentally prepared for the race, envisioning each hurdle that he must clear.

When Kennedy Simon takes her mark at a track meet, she is coiled, her muscles ready to leap into action. Once the race begins, she bursts from the starting line, and it can be hard keeping up with her because her pace is quick and devotion to reaching the finish line furious.

No matter how much runners might fantasize about crossing the finish line, Anderson and Simon know that most races are decided by how professionally, focused, and confidently they approach the starting line, and Simon is a perfect example of how that is done.

Even though the school year is almost over, sectionals are quickly approaching, and state will be in May, so Westlake's Track and Field teams now find themselves at the starting line of the most important races of the year.

At region competition, Westlake's girls team took first place, and the boys team secured second place to Campbell, which is a good sign that both Westlake teams can again finish

with elite status at State, where the girls team will be competing for a staggering fourth state championship in a row.

Much of the school's success can be attributed to the leadership its two young track stars, Anderson and Simon, who are turning heads as sophomores and making track fans and coaches across the nation ask themselves, "Just how far can these athletes go?"

### THE NUMBERS

It is not an overstatement to say that Anderson and Simon have attracted national attention.

They have both spent time at the top of the national youth rankings this year, turning in some of the fastest times in all of high school track and field.

Rainey Anderson, 16, has spent months this season ranked second in the nation in the 110 Meter Hurdles, but at the region meet, he lowered his personal best from 14.15 seconds to 13.70 seconds, a shattering drop that will most likely give him the number one spot in the country when we get the latest results.

"It's my coach," said Anderson, ready to defer the credit to someone else.

"We have one of the best hurdling coaches in Georgia in Courtney Davis. He used to be a hurdler himself, so he knows the mechanics for everything. He gives us work outs that Olympic hurdlers do. He knows how to keep us at our best."

Anderson also had praise for a teammate who always pushes him.

"Wesley Watkins is right beside me. We have a brother relationship, and we are always having a good time with each other. We laugh and play but know when to get serious. I feel like he is an older brother."

What Anderson cannot deny, however, is that he brings plenty of talent to the table to be coached and pushed.

"When I first started, I did start off eighth in the nation," confessed Anderson, a bit bashful to admit his success as an 8 year old new to the world of track and field.

This success despite youth has been typical of Anderson's high school career as well, where his youth has made his accomplishments all the more astounding.

Anderson turned 16 in February, a mere three months ago, so his best-in-the-nation time is being compared against 17 and 18 year olds.

When an age metric is applied, he is not only the fastest U-17 110 Meter Hurdler in the country but the fastest in the world.

The next fastest U-17 hurdler? Naoki Takahashi of Japan, who runs the 110 Meter Hurdles in 14.13 seconds. The next fastest U-17 American? Jamal Safo of Illinois, who runs it in 14.20 seconds.

If this is not amazing enough, Anderson also ranks as the World Youth Leader in the 300 Meter

Hurdles, a longer event, where he has a time of 37.84 seconds, pacing a half second faster than his U.S. and international competition.

In the 300 Meter Hurdles, Anderson is now only .15 seconds from breaking the high school national record of 37.69 seconds, which was set by none other than Westlake alum Treymane Flaggler, who graduated last year and is running for Iowa Western Reivers.

It is difficult to get Anderson to talk about these records due to his humility, which is so pronounced that very few of his classmates have any idea that they are friends with such a talented athlete.

That sentiment would go double for Kennedy Simon, 16, who makes a conscious effort to ignore the trappings of rankings and awards in order to focus on the more immediate aspects of her life---training diligently, running with passion, and studying regularly, a habit necessary for this Math and Science Magnet student who will be joining the International Baccalaureate program to focus on Chemistry.

"Success is a combination of being humble, training hard, and having a faith in God," explained Simon, showing maturity and foresight befit a person much older than a sophomore.

"When you're good at something, you're always expected to keep on producing and producing, and it's good for

you to keep your faith and do your best. That's the thing I've been working on the whole time I've been running track. I always just told myself to do my best, and whenever I do that, it's usually the outcome I want."

And of course it is usually the outcome she wants.

Simon has done no less than outrun all U-17 competition and has found herself ranked as the U.S. Youth Leader with a 42.85 second performance in the 300 Meter Hurdles.

Simon would be ranked as the outright World Youth Leader, but Frida Hamalainen of Finland has also recorded a 42.85, the exact same time as Simon's, so they share the title as co-leaders.

Based on these outcomes, there really must be something to adopting a level-headed, sensible approach to working hard keeping success in perspective.

Any young athletes reading this, please take note what a healthy dose of humility and hard work can do.

In addition to hurdles, Simon is also the U.S. Youth Leader in the 400 Meter Dash with a time of 53.72 seconds, which becomes even more impressive when you take into account that she is the only U-17 American who can run it under 54 seconds.

For the 400 Meter Dash, Simon ranks third in the world behind Anna-Kay Allen and

Shaniqua Walker of Jamaica, who ran the race in 53.46 and 53.59 seconds respectively. Simon is only .13 and .26 seconds behind them, so she has positioned herself to perhaps overtake their times in State Finals this season.

### WORLD YOUTH CHAMPIONSHIPS

With their current rankings, both Anderson and Simon are on pace to qualify for the 2017 World Youth Championships, which will be held July 12th - July 16th in Nairobi, Kenya.

The IAAF World Youth Championships meet is an international competition held every two years for athletes who are younger than 18, and to earn entry, Anderson and Simon will have to attend the U.S. qualifying meet, where the top three times move on to Nairobi.

"I think Nairobi is a great opportunity, and I want to take advantage of it and go. I feel like I have earned it because I have been training hard," said Anderson.

If Anderson and Simon decide to attend, there will be a few quirks.

For example, the 110 Meter Hurdles will use low hurdles of 36 inches instead of the high hurdles of 39 inches, and the 300 Meter Hurdles, which is popular in high school competition but not college or international competition, will be 400 Meter Hurdles.

According to Anderson, the change in hurdle height should be advan-

## SPORTS NEWS

tageous for the Westlake runners, because they will go faster after having trained with higher hurdles.

The change to 400 Meter Hurdles, however, would most likely require a different training regiment, but Simon for one prefers the longer races.

"The 300 Hurdles is a sprint hurdles race and less about speed endurance. It's easier to mess up on the 300 Hurdles because there are less steps. You have to know your steps and can't stutter-step. With the 400 Hurdles, steps still matter, but they are not as important. In the 300, it can be that one stutter-step that can cost you the whole race."

Simon prioritizes endurance so much that her favorite race is the 400 Meter Dash.

"It is my favorite because it is a mixture of speed and endurance. It is a difficult race because it's dependent on how long you can hold your speed. It's not just a burst of energy or speed. It's more so that you have to run fast for a longer amount of time. I get the most adrenaline when I'm about to do that race."

This means that if Anderson and Simon go to Nairobi, then the shorter hurdles and the longer events should play into everyone's strengths, letting them even chase the World Youth Championships record books.

It is difficult to convert times their times from 300 Meter Hurdles to the 400 Meter Hurdles, but Anderson and Simon will both have times that could rank with William Wynne and Sydney McLaughlin, the current record holders.

Wynne, an alum of McEachern High School, a local school in Powder Springs, Georgia, ran the 400 Meter Hurdles in 49.01 seconds in 2007, and McLaughlin, an athlete from the United States, ran it in 51.19 seconds last year.

In the 110 Meter Hurdles, Anderson will be .57 seconds behind the all-time youth record of 13.13 set by Jakeel Hyde of Jamaica in 2013, a stunningly fast time taking into account that the 25 fastest world records for any age are under 13.03, with the fastest being 12.80.

**BEGINNINGS**

Anderson and Simon's extraordinary



opportunity to go to Africa for the World Youth Championships will be a reward for many years of hard work and dedication.

Both runners started training when they were about eight years old, and their stories are deeply intertwined.

First of all, Anderson was born February 10, and Simon was born February 12, just two days apart, and they have long been classmates before they ran together.

"We have known each other since third grade," explained Simon, who then elaborated on what it is like to have such a longtime team member.

"We relate on a lot of things, and I've been running on teams with him for a long time. I know how he competes. I can tell when he's not feeling it, when he's feeling it. You can gauge him

more."

Simon proved a big factor in Anderson's decision to begin running. Anderson had been playing little league football, running from one side of the field to another, sometimes being out of position because he was fast enough to chase down any play, and his coach realized that Anderson needed to find a way to control his speed by harnessing its potential.

"We ended up talking to Kennedy Simon's parents, because we knew she was a runner, and they suggested joining her team, and he's been running ever since," said mother Ginger Anderson.

Anderson began training with Simon under Dwight Howard Sr., the father of the NBA star center Dwight Howard, at South Atlanta Christian



Academy (SACA) and never looked back.

Simon has also been dominant since a young age, but she faced adversity in middle school, when she felt tremendous pain. She went to the doctor and was diagnosed with hip fractures.

Rather than trying to rush her return, Simon and her family decided to take the year off from running so she could heal fully and not experience any lingering issues as her body continued to grow.

It should be no surprise that Simon was getting the best professional advice available in the comfort of her home. After all, her mother, Crystal Simon, is a nurse, and her father, Timothy Simon, is a surgeon who went to Howard University and Emory University for his medical training.

"She has had some years where she was injured and hasn't been able to run, so seeing her get back to almost top notch shape, form, and running ability really feels good. You want her to feel good and run well, so it feels good for us all," explained her mother.

The year off benefited Simon greatly, and perhaps it added perspective on what it means to take care of yourself as you seek greatness.

**PERSPECTIVE**

Despite the opportunity to go to Nairobi, Simon is making an effort to keep her success in perspective.

She embodies the philosophy to not get too focused on rankings or distracted by success, instead concentrating on working hard and doing her best on a day-to-day basis.

"How you feel that

day on the race is what counts rather than rankings," said Simon, wisely.

In fact, Simon's whole family seems to ascribe to this philosophy.

"Nationally, I'm not really sure her rank. There are some great runners out there, so we try not to focus on the rankings, because they change almost every week, and she could go from first to fourth and back to first depending on the week," said her mother.

As a nurse, her mother is used to listening to patients and knowing what they need, so of course she is attuned to what is best for her daughter while she develops her young running career.

"Kennedy is focusing on State to see how well she does, and then she will be deciding what she wants to do. It's great to be on the world team, but many great runners don't do any of that. There's time."

Simon is clearly learning a healthy approach to running from her family, and much might have to do with her father's successful professional running career.

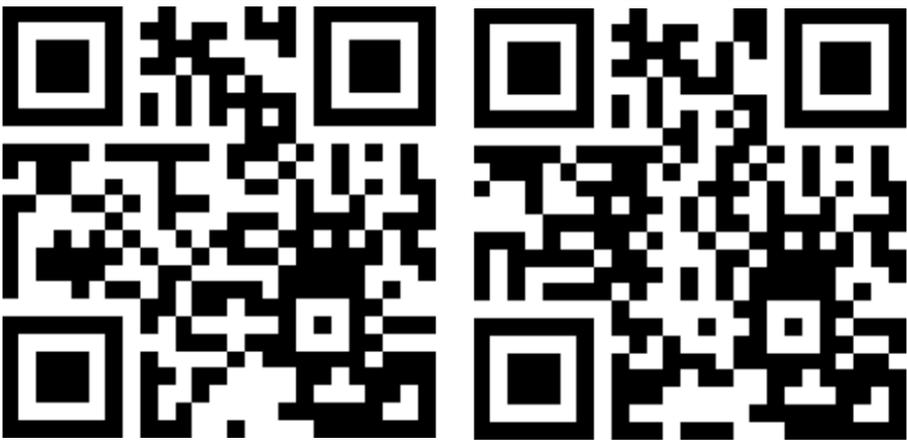
Her father appeared at the Pan American games and the Olympic Trials in 1984 and 1988, where he raced against legend Carl Lewis. In order to run the Olympic trails, he even took a hiatus from medical school, striking a balance between athletics and academics on his path to becoming a surgeon.

Among the many powerful lessons Dr. Simon is sharing from his running career, he seems to empower his daughter to learn how to run for herself, avoid undue stress, and pursue an academically challenging life that will lead to a fulfilling career of helping others like her mother and father.

"Family support is important," said Simon.

"Being able to talk to not just your coach but your parents and them being able to relate to what you're talking about. I talk to my dad if it's a difficult race coming up, because he has experienced it, and he knows how to talk me out of being scared and into being confident."

Simon fundamentally sees running as a family, which was clear when she described how she has tapped into the full



Scan the QR Code for Kennedy Simon (left) and for Rainey Anderson (right)

support of her coaching team at Westlake.

“Each of my coaches is different. They think differently about the sport as far as training goes. Coach Davis is more of the hardcore coach who will get you pumped up, yell, and make you believe you can do anything,” said Simon.

“Coach Wilson is more of the calm coach who you can talk to when something is bothering you, and he will calm you down and tell you to step up your race. Coach Wilson makes you feel just as confident but in a different way.”

Furthermore, Simon might be competitive in her individual races, but she prides herself for being a part of relays, which is often described as being part of a family.

“Individual races have a sense of feeling alone. I think, I have to do this by myself, and I want to do my best to bring points to the table. I feel way more pressure in the individual races,” said Simon.

“In the relay races, the pressure is divided amongst four people, so there is even responsibility. We take care of each other, and if someone drops the ball, then the other person can pick it back up. The teamwork and camaraderie feels great.”

**THE STARTING LINE**

Simon and Anderson must spend time thinking about what separates a good runner from a great runner.

For Simon, preparation, hard work, and confidence are huge themes, but she also spoke about having heart.

“Being able to have heart is important in any athlete. You may not be as fast as someone you’re competing against, but your heart will help you keep up,” said Simon.

“It will help you compete even when you weren’t expected to be able to do that. A lot of times, some athletes have that, some athletes don’t. Some athletes have talent, some athletes have skill, some athletes

work hard, and some athletes have heart. I think the combination of all of those things makes someone a champion.”

Approach the same starting line might seem straight forward, but the truth is that for such successful runners, there are many different and entangled finish lines that lie ahead ----one for the timekeepers, where they are ranked among the fastest runners in the nation and the world----one for the teammates, where they bring points to win the meet----and one for satisfying themselves, where they simply try to execute the best race possible on any given day.

How Simon and Anderson balance the pressures that come with these different finish lines is mind-boggling, but they have obviously found a secure, humble perspective that allows them to run an uncomplicated race for themselves, straight forward into success. **W**

**SECTIONALS ROSTER**

100 Meter Dash	Boys
Marquez Burdette	10.76
Rashaad Pollard	10.75

100 Meter Dash	Girls
Jenee Nichols	12.00

200 Meter Dash	Girls
Jenee Nichols	24.44

400 Meter Dash	Girls
Kennedy Simon	53.82

800 Meter Run	Boys
Marcus Abdul	1:59.89

800 Meter Run	Girls
Jada Watson	2:22.71

110 Meter Hurdles	Boys
Rainey Anderson	14.15
Welsey Watkins	15.86

100 Meter Hurdles	Girls
Kennedy Russell	15.70

300 Meter Hurdles	Boys
Rainey Anderson	37.84

300 Meter Hurdles	Girls
Kennedy Simon	45.59

Discus Throw	Boys
Mikael Khaaliq	127-06

Discus Throw	Girls
Osjalee Glenn	90-08

Shot Put	Boys
Mikael Khaaliq	43-00.00

Shot Put	Girls
Osjalee Glenn	30-10.50

Long Jump	Boys
Cameron Murray	23-07.00

Long Jump	Girls
Kennedy Simon	18-08.25

High Jump	Boys
Austin Wright	6-01.00

High Jump	Girls
Daysha Ward	5-02.00

Jada Watson	5-06.00
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Triple Jump	Boys
Torique King	44-00.00
Wesley Watkins	45-00.00

4 x 100 Relay	Boys
Rainey Anderson Cameron Murray Darrel Nichols Tre Person Christian Smith AJ Terrell	42.47
Jarrett Cornelius Tyrique Davis Baharr Halls Rashaad Pollard Wesley Watkins	42.24

4 x 100 Relay	Girls
Erefa Ewo Amiya Little Jenee Nichols Kennedy Simon Arieuanna Terrell Victoria Wilson	47.05

4 x 400 Relay	Boys
Rainey Anderson Tyrique Davis Caleb Dixon Tre Person Christian Smith	3:20.60

4 x 400 Relay	Girls
Zyaira Dewater Shanice Elliot Erefa Ewo Ra'breekia Harrison Kaia Preston Kennedy Price	3:56.46
Victoria Lamar Jenee Nichols Kennedy Simon Jada Watson Trinity Williams	3:47.44

# KEEP UP WITH ALL THESE SCHOOL EVENTS

## Summer School Registration

Summer school registration is now open. Summer School is an opportunity for students to accelerate (tuition based) or recover credits (free) during the summer. Students have an opportunity to register for Face to Face Summer School at Westlake or Fulton Virtual Summer School online. Tuition is required for classes taken for the first time and transportation is provided between selected locations for high school students attending face-to-face summer school. The summer sessions are condensed versions of content provided during the school year, and students must have their course requests validated by their counselor before being enrolled.

### Tuition for accelerated courses:

½ Credit = \$225 (\$180 with free / reduced meal status) per course

1 Credit = \$450 (\$360 with free / reduced meal status) per course

All Face to Face and Fulton Virtual registration **MUST** be completed online. Once a student has completed the registration process online, the request will be sent to the school to be approved or denied.

**For Face-to-Face Summer School, students may retake up to 1.00 credit:**

- one ½ credit course (semester class) OR
- one full credit (yearlong) of a course during Face to Face Summer School

Registration link: (Face to Face Registration)  
<http://www.fultonschools.org/en/divisions/acd/learn/learn/Pages/SummerSchool.aspx>

**For Fulton Virtual School at no cost, students may retake up to 1.00 credit.**

- one ½ credit course (semester class) OR
- one full credit (yearlong) of a course during Face to Face Summer School

Registration link: (Fulton School Virtual School)  
<http://www.fultonschools.org/en/divisions/acd/learn/learn/InstrTech/Pages/FultonVirtual.aspx>

### Important Summer School Dates:

Online Registration	March 1 - June 3, 2016
Late Registration	June 6 - 10, 2016
Fulton Virtual Summer School	June 6 - July 15, 2016
Face-to-Face Summer School	June 8 - July 12, 2016
End of Course (EOC) Testing	July 11 - 12, 2016

Dear Westlake Families and Staff:

Our behalf of the Westlake PTSA Nominating Committee, I am sending this email to all the Westlake families regarding the upcoming PTSA elections for the 2016-17 school year. The PTSA has four positions for which we will hold elections: 1) President; 2) Vice President; 3) Secretary; and 4) Treasurer.

This email includes information regarding the PTSA nomination process, including duties for each office and the current goals and objectives for the PTSA.

PTSA is intended to represent all families. As such, it is important to the Nominating Committee that all families have an opportunity to participate in the election process.

Our Nominating Committee will be leading the following nomination process:

- Step One – Announcement to the Community  
April 6 – Email sent and information posted on school website inviting all families of WHS students to nominate an individual or self-nominate for one of the positions on the Executive Board.
- Step Two – Receive Nominations  
From April 6 – April 14, 2016, nominations will be received via email by, Westlake Nominations Committee at [westlakenominations@gmail.com](mailto:westlakenominations@gmail.com)

Each nominee who is self-nominating must submit a resume and letter of interest. If you wish to nominate another Westlake parent, please submit the person's name, email address, and phone number so we can contact that person to inform them of your nomination and the requirements to accept such nomination for consideration by the Nominating Committee. Note – all nominees must be members of the Westlake PTSA during the 2015-16 school year.

If you are interested and have not yet joined, please contact sign up online at [Join PTSA -Sign Up Now](#).  
Deadline to receive all documentation – April 14 at 4:00 p.m.

- Step Three – Interviews  
All nominees who submit the required resume and letter of interest will be interviewed by the Nominating Committee starting April 6, 2016.
- Step Four – Nominating Committee Presents Slate of Officers  
The Nominating Committee will nominate one person for each PTSA position. This slate will be posted on the school website and in the front office for the required 10 days (April 17, 2016).
- Step Five – PTSA Election  
The current PTSA President will conduct the formal election at our regularly scheduled PTSA meeting on April 27. At this time, the slate will be presented by the Nominating Committee and additional nominations will be accepted from the floor.

### Requirements for Nominees:

- Be a current PTSA member.
- Submit letter of interest and resume to [westlakenominations@gmail.com](mailto:westlakenominations@gmail.com) by 4:00 p.m. on April 14, 2016.

In an effort to better prepare a potential nominee for the duties and responsibilities, I have provided a description of each office (per the Georgia PTA).



## COLLEGE ATHLETES

*"A College Coach is looking for YOU!"*

- How do I get **NOTICED**?
- How do I get **RECRUITED**?
- How can I get **SCHOLARSHIP** offers?
- Where do I **START**?

*Get these answers and much more on:*

**Tuesday, May 10, 2016 - 7:30 PM**  
**Westlake H. S. Cafeteria**

**For Athletes & Parents grades 8 – 12**

Attendees will receive a **FREE SAT/ACT Prep DVD** valued at \$250!  
\* Limit 1 per family / B&H not included



Dear Westlake High School:

Do you need a cool shirt to wear on jeans days? Many of you have asked about these shirts and they are now available for only \$10.00. I have 4 small, 1 medium, and 7 large shirts. Purchase your shirt while supplies last. Support your healthcare science students. If you have any questions, please let me know. Thank you for supporting HOSA (Healthcare Student Organization).



Westlake PTSA invites you to our final meeting of the year as we elect officers for the 2016-2017 school year.

**PTSA General body meeting & elections will take place on Wednesday, April 27 @ 6:30 pm in the Media Center!!!**

Westlake PTSA Nominating Committee presents nominations for the following positions:

PTSA OFFICE	NOMINEE NAME
PRESIDENT	Willie Davis
VICE PRESIDENT	Daphne Coleman
SECRETARY 1	Jessie Downs
SECRETARY 2	Mathis Colquitt
TREASURER	Melissa Bailey

## TESTING CORNER

## STATE MILESTONES RESULTS

## BY STAFF

**ATLANTA** - State scores from the 2014-15 administration of the Georgia Milestones Assessment System (Georgia Milestones in grades 3-8 and Georgia Milestones EOCs in grades 9-12) were released.

These preliminary scores reflect the first administration of Georgia's new comprehensive testing system.

This year's assessment results establish a baseline for the progress we expect student to make over time.

According to the Georgia Department of Education, the state showed overall lower results than in past years.

"These results show a lower level of student proficiency than Georgians are used to seeing, but that does not mean Georgia students know less or that teachers are not doing a great job - it means they've been asked to clear a higher bar," State School Super-

intendent Richard Woods said.

**State Results for GA**  
9th Grade English (25% Beginning, 39% Developing, 29% Proficient, 6% Distinguished)

American Lit (25% Beginning, 39% Developing, 29% Proficient, 6% Distinguished)

Algebra (31% Beginning, 36% Developing, 26% Proficient, 8% Distinguished)

Geometry (32% Beginning, 35% Developing, 25% Proficient, 8% Distinguished)

Biology (37% Beginning, 25% Developing, 29% Proficient, 9% Distinguished)

Physical Science (36% Beginning, 33% Developing, 26% Proficient, 5% Distinguished)

US History (27% Beginning, 34% Developing, 30% Proficient, 9% Distinguished)

Economics (30% Beginning, 31% Developing, 30% Proficient, 9% Distinguished)

SCHOOL GOVERNANCE  
COUNCIL ANNOUNCED**Representatives****3 Parents:**

Chris Lennon  
Keisha Minter,  
Christel Jackson

**2 Teachers:**

Yoshana Jones,  
Ashley Barker

**2 Community:**

Suzanne Wilborn,  
Rhonda Hudson

**2 School Employees:**

Chantrise Holliman,  
Estella B. Cook

**FY16 SGC****Meeting Calendar****Location:**

Westlake High School  
Media Center

**Time:**

Tues. 4:30-5:30 PM

**Dates:**

12/01/15, 1/26/15,  
2/23/15, 3/22/15,  
5/10/15

## COUNSELING PROGRAMS

School Programs .....

- Counselors' Corner will be held in the school cafeteria (November 3rd)
- Apply to College Day (November 5th)
- Counselors' Corner will be held in the school cafeteria (November 17th)

9th Grade Programs .....

- 9th Grade BRIDGE Law Benchmark Activity: Career Interest Inventory (October - November)
- Suicide Prevention Classroom Guidance: Signs of Suicide (October - November)

10th Grade Programs .....

- 10th Grade BRIDGE Law Benchmark Activity: Dual Enrollment and College Credit Now Opportunities (November 18th - 19th)

11th Grade Programs .....

- Applying to College Guidance Lesson (November 10th - 11th)
- Fall Junior Classroom Guidance: What Colleges Consider in Admissions (November)
- 11th Grade BRIDGE Law Benchmark Activity: Virtual College Search (November)

12th Grade Programs .....

- Please see School Programs

Counseling Programs Reaching 11th - 12th.....

- College and Career Center
- College Representatives at WHS (Grades 11-12)

Counseling Programs Reaching 9th-12th .....

- New Student Enrollments
- Academic Advisement
- Post-Secondary Planning and Advising
- Dual Enrollment Information
- Parent/Teacher Conferences
- Summer School Information
- Community Agency Referrals
- Collaboration with Teachers, Administrators, School Social Worker, and School Psychologist
- Care Team Referrals
- SAT and ACT Information
- Crisis Intervention
- Career Guidance and Exploration
- Transcribing Student Records

## COUNSELOR'S CORNER

PARCHMENT REGISTRATION  
FOR SENIORS

**ATLANTA** - To make it easy to send transcripts to colleges, Fulton County Schools has partnered with Parchment to provide secure online transcript ordering available

24/7.

Creating the account is free and only takes a few steps. All seniors received their Parchment registration codes on September 24th and/or 25th and should register with Parchment right

## SIGN UP FOR REMIND 101

**ATLANTA**- Join our distribution list to receive texts and/or emails with information on upcoming college representative visits and scholarship updates.

Both students and parents are encouraged to register.

Don't be left out of the loop—join today.

To receive messages via text, text @566a2 to 81010 or to receive messages via email, send an email to 566a2@mail.remind.com.

## CHECKING SENIOR STATUS

**ATLANTA**- On May 20, 2016, senior students will be closing this chapter on their high school career.

Congratulations to all the senior students and parents of senior students who have almost made it to the graduation milestone.

Counselors will begin senior status checks immediately following the schedule change window so we can inform you of your student's specific status.

Thank you in advance for your patience and understanding.

## CONTACTING COUNSELORS

**ATLANTA**- As the year advances, you may find yourself in need of contacting one of Westlake's counselors.

When that happens, we want to make sure that you know the correct number and can quickly get in touch with the person who can best help your student.

Below, you will find a list of useful contacts for

the counselors.

If you need to set up a parent-teacher conference, we can set up a conference with all your student's teachers if you contact the Student Services office.

Please either call the school at (404) 346-6400 and request Student Services or email Jeanine Griswold at the email address posted below.

## STUDENT SERVICES' CORNER

## CONTACTING STUDENT SUPPORT STAFF

Please use the following numbers to contact the school in times of need.

**Student Services Administration**

**Curriculum Assistant Principal:** Cecelia Johnson,  
johnsonc5@fultonschools.org

**Administrative Assistant:** Candice Hickman,  
hickmanc@fultonschools.org

**Student Support Staff**

**College and Career Advisor:** Steven Johnson  
johnsons16@fultonschools.org or 470-346-6400 x46462

**504 Coordinator and Graduation Coach:** Twanda Harrison,  
harrisont1@fultonschools.org or 470-346-6400 x46428

**Instructional Support Teacher:** Jennifer Swint,  
swint@fultonschools.org or 470-346-6400 x46444

**SEC Department Chair:** Andrea Freeman,  
freemana1@fultonschools.org or 470-346-6400 x46444

**Data Specialist:** Jan McLemore,  
mclmorej@fultonschools.org

**Back Up Data Specialist:** Mesi Spencer,  
spencerm@fultonschools.org

**Records Clerk:** Jenna Bannister,  
bannister@fultonschools.org

**Guidance Secretary:** Donna Carter,  
carterd2@fultonschools.org or 470-346-6400

**School Social Worker:** Willette Stephens,  
stephensw@fultonschools.org or 470-346-6400 x46483

**School Psychologist:** Judith Perkins  
perkinsj@fultonschools.org

**School Psychologist:** Elizabeth Scott,  
scottea@fultonschools.org

**9th Grade (A - Z):** Antonio Grissom,  
grissom@fultonschools.org  
470-346-6400 x46429

**10th - 12th (A - E):** Anthony Decosta,  
decosta@fultonschools.org  
470-346-6400 x46434

**10th - 12th (E - K):** Beatrice Ford,  
fordb@fultonschools.org  
470-346-6400 x46482

**10th - 12th (L - Q):** Shelia Reese-Jackson (Head),  
reeses@fultonschools.org  
470-346-6400 x46433

**10th - 12th (R - Z):** Dawn Perry,  
perrydb@fultonschools.org  
470-346-6400 x46432

**Guidance Secretary:** Donna Carter,  
carterd2@fultonschools.org  
470-346-6400

CALENDAR OF SCHOOL EVENTS

- Karma Step Team Tryouts** ..... 4/25 - 27  
**DATE:** Mon 4/25, Tues 4/25, and Wed 4/26  
**PLACE:** Auxillary Gym @ 3:45pm - 5:00pm
- ACT/SAT Mock Exam** ..... 4/27  
**DATE:** Wednesday 4/27  
**PLACE:** Auditorium @ 2:00pm - 5:30pm
- PTSA Nomination for Executive Board** ..... 4/27  
**DATE:** Wednesday 4/27  
**PLACE:** Media Center @ 6:00pm - 8:00pm
- Job/Career Fair** ..... 4/28  
**DATE:** Thursday 4/28  
**PLACE:** Track in Main Gym @ 8:00am - 12:00pm
- MaxPreps National Recognition of Boys Basketball Team** ..... 4/28  
**DATE:** Thursday 4/28  
**PLACE:** Auditorium @ 2:00pm - 3:30pm
- Band Awards Ceremony** ..... 4/28  
**DATE:** Thursday 4/28  
**PLACE:** Cafeteria @ 7:00pm - 9:00pm
- Cady Studios Rising Seniors** ..... 4/29  
**DATE:** Friday 4/29  
**PLACE:** Auditorium @ 2:30pm - 3:30pm
- Talent Show** ..... 4/29  
**DATE:** Friday 4/29  
**PLACE:** Auditorium @ 6:30pm - 8:30pm
- HOSA Banquet** ..... 4/29  
**DATE:** Friday 4/29  
**PLACE:** Holiday Inn Atlanta Airport  
1380 Virginia Ave Atlanta, GA @ 7:30pm - 11:30pm
- Saxophone Summit** ..... 4/30  
**DATE:** Saturday 4/30  
**PLACE:** Fine Arts Wing @ 7:00am - 5:00pm
- Advanced Placement Practice** ..... 4/30  
**DATE:** Saturday 4/30  
**US HISTORY:** Cafeteria (8:30am - 12:30pm)  
**LITERATURE:** Room 217 (8:30am - 12:30pm)  
**STATISTICS:** Room 415 & 416 (9:00am - 12:00pm)  
**CHEMISTRY:** Room 282 & 284 (10:00am - 4:00pm)
- Swim Team Awards Ceremony** ..... 4/30  
**DATE:** Saturday 4/30  
**PLACE:** Escape the Room @ 2:45pm - 5:00pm  
**PLACE:** Hard Rock Cafe @ 5:00 - 6:45pm
- HOSA Ice Cream Social** ..... 5/2  
**DATE:** Monday 5/2  
**PLACE:** Room 278 @ 3:45pm - 4:45pm
- PTSA Meeting** ..... 5/6  
**DATE:** Friday 5/6  
**PLACE:** Media Center @ 7:00am - 8:30am
- Advanced Placement Practice** ..... 5/7  
**DATE:** Saturday 5/7  
**STATISTICS:** Room 415 & 416 @ 9:00am - 12:00pm
- JROTC BBQ** ..... 5/7  
**DATE:** Saturday 5/7  
**PLACE:** Football Field @ 10:00am - 4:00pm)
- Spring Concert for Band and Chorus** ..... 5/10  
**DATE:** Tuesday 5/10  
**PLACE:** Auditorium @ 6:00pm - 9:30pm)

STUDENTS OF THE DAY



**MONDAY 4/25 STANLEY HYMAN** helped us out in a tough situation with some timely conflict management when others were getting angry. Stanley showed us the best of Westlake by stepping up when we needed help. It takes a mature young man to act with such integrity and foresight, so we salute you. Thanks, Stanley. (Nominated by Mr. Adams)



**TUESDAY 4/26 Charives Hunter** is an honest student who you can rely on day in and day out to keep a good environment in the classroom. I have been impressed with his contributions and appreciate all that he does for us. (Nominated by Ms. Tiffani Smith)

**WEDNESDAY 4/27 DARRINIQUE KIRKSEY** found another student's cell phone and made sure to find a teacher. Thank you Darrinique for looking out for another student who you did not even know and saving someone a whole lot of heartache. (Nominated by Mr. Gossett)

**BRANDI WILLIAMS** is taking chemistry in the virtual world, but she is seeking out help to really understand the concepts instead of just passing the course. She comes to see me for help throughout the day, and never gives up on her goal of getting through the course before she graduates. She is tackling a very difficult task with grace and diligence. I am very proud of her. (Nominated by Ms. Cordeiro)



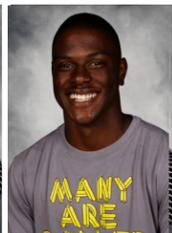
**THURSDAY 4/28 ASIA SHOWELL** and **KAYLA ALLEN** are two young ladies have shown great dedication to their academics. Asia is always very helpful and respectful. Kayla always asks thought provoking questions. They are two great citizens of Belingaville. (Nominated by Ms. Belinga)

**DAVON CANNON, TORI OSBORNE, JAMAL REID, SAVANA SAFFOLD, HYDIA SMITH, TIONNE THOMAS, ALEXYS TODD,** and **CHEYENNE WILKINS** SET the bar for excellence in the classroom, namely These students demonstrate Westlake PRIDE and turn in assignments on-time and serve as class role models in character for classmates. (Nominated by Ms. R. Hudson)



**FRIDAY 4/29 JASON MORGAN** is an outstanding student in my Advanced Marketing class. He is a huge part of the DECA organization as well. Jason is trustworthy and dependable. I wish him nothing but success in the future. (Nominated by Ms. Mecca Jones)

**ASHLEY MUNDAY** and **REGINALD ROBINSON** are great additions to my class. They are always willing to take risks and speak Spanish for the whole class even if it's brand new material. Any time I need something done, I know I can count on Ashley and Reginald. (Nominated by Ms. Downs)



CONGRATULATIONS PROM COURT



Queen Janecia Aderhold

King Josh Jones

Princess Wynter Holliday

Prince Jordan Brown

**NCAA Academic Eligibility and College Recruiting Seminar** ..... 5/10  
**DATE:** Tuesday 5/10  
**PLACE:** Cafeteria @6:00pm - 8:30pm

**Bachalaurrette** ..... 5/15  
**DATE:** Sunday 5/15  
**PLACE:** Mt. Zion Baptist Church @ 4:00pm - 6:00pm  
**DETAILS:** Students report at 3:00pm; Ladies must wear black dresses with black shoes; Gentlemen must wear black slacks, white shirts, black ties, and black shoes. No jeans or athletic shoes.

**Senior Class Breakfast** ..... 5/16  
**DATE:** Monday 5/16  
**PLACE:** Cafeteria @ 9:00am - 11:30am

**Senior Yearbook Signing Party** ..... 5/16  
**DATE:** Monday 5/16  
**PLACE:** Auditorium @ 10:00am - 12:00pm

**Spring Signing Day** ..... 5/17  
**DATE:** Tuesday 5/17  
**PLACE:** Auditorium @ 2:30pm - 3:30pm

**NHS & BETA Club Induction** ..... 5/17  
**DATE:** Tuesday 5/17  
**PLACE:** Auditorium @ 6:30pm - 8:00pm

**Senior Class Picnic** ..... 5/18  
**DATE:** Wednesday 5/18  
**PLACE:** Practice Football Field @11:00am - 3:30pm

**Westlake High School Graduation** ..... 5/20  
**DATE:** Friday 5/20  
**PLACE:** Georgia Dome @ 7:00pm

SENIOR BIRTHDAYS



Monday 4/25

Monday 4/25

Malaikatu Kargbo

King Solomon Moore