

NOTES FROM THE NEST

MHS ATHLETIC DEPARTMENT NEWS



WINTER SPORTS

Our girls basketball, swimming and hockey teams begin official practices today. We are looking forward to great things from them this year! Good luck to our athletes and coaches on a successful season!

SOCCER TOURNAMENT

The boys soccer team will play for a district title on Saturday at 7pm vs. University at Eastlake North. The boys defeated Mayfield in Penalty Kicks on Wednesday night to advance to the final! Good luck boys!

VOLLEYBALL AND CROSS

The cross country teams both qualified for the regional meet in Boardman on Saturday. The boys were district runner up! The volleyball team will play for a district title on Saturday at 2:30pm at Euclid vs. Riverside. The Cards defeated South 3-0 on Tuesday to advance to the Final! Good luck Cards!

NEXT WEEKS SCHEDULE OF EVENTS:

Wednesday	10/31/18	varsity boys soccer	Away	TBA Regionals	7:00 PM
Thursday	11/1/18	varsity volleyball	Away	Hudson Regionals	6:00 PM
Friday	11/2/18	football	Home	playoff game vs. TBA	7:00 PM
Saturday	11/3/18	JV/V girls basketball	Away	North Olmsted scrimmage	1:00 PM
Saturday	11/3/18	varsity/JV hockey	Away	Thorton Park - Shaker	7:00 PM
Sunday	11/4/18	varsity hockey	Away	Iceland - Strongville	4:30 PM

MEET ATHLETIC TRAINER MICHELLE GODEK

Michelle is a graduate of the University of Florida and received both her Masters degree and Doctorate from Ohio University. She was a staff ATC at Ohio U from 2000 to 2012 and has been here at Mentor ever since with our partners at Lake Health. Thanks for all you do Michelle!



ATHLETIC DEPARTMENT THEME

#CARDINALSCOMPETE

This is the whole idea of #Cardscompete. We have to out hustle and out work our opponents. We may not be the most talented athletes but our effort will help us to overcome and succeed.

**HUSTLE BEATS
TALENT WHEN
TALENT DOESN'T
HUSTLE**
— COMPETE EVERY DAY.COM —

CONGRATS AND PLAYERS OF THE WEEK!

Congrats to Cross Country runner Nick Kozlowski for his runner up finish at the district track meet! Way to go Card!

Congrats to Marco Toth who was named News Herald football player of the week! Marco had 2 interceptions in last weeks win over Euclid! Way to go Card!