



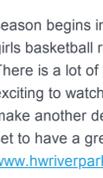
HARVARD-WESTLAKE ATHLETICS NEWSLETTER

November 1, 2019 | Season: Fall | Issue: 3

Teamwork and self-sacrifice for the collective good are central to the Harvard-Westlake athletic experience and are expected of all athletes.



Message from Head of Athletics



TERRY BARNUM, HEAD OF ATHLETICS

It's playoff time! This is one of the most exciting times of the season, where our teams make their final push toward a championship. While some of our teams have already concluded their seasons, others are in the middle of playoff competition. We are proud that every team has earned a playoff appearance so far and wish good luck to our Wolverines as they represent our school with pride. Winter sports season begins in a few weeks and we are extremely excited about our teams. Boys and girls basketball return veteran squads that should challenge for league and CIF titles. There is a lot of talent on both our boys and girls soccer teams and they should be exciting to watch this season. Girls water polo looks to defend their league title and make another deep playoff run. Finally, our wrestlers have been working hard and are set to have a great year. Don't forget to support the River Park Project at www.hwriverpark.com. See you at the games soon!

Sports Report

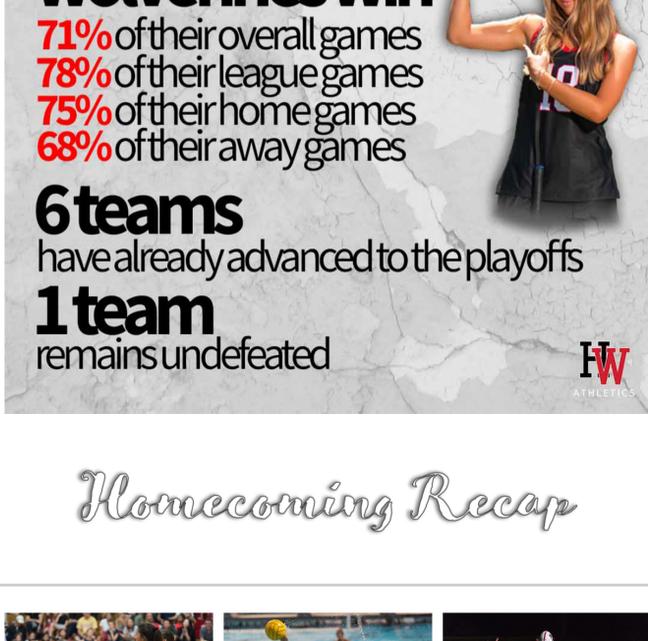


SPORTS REPORT AS OF OCTOBER 28TH

Fall teams are entering the post season, and our Winter sports are itching to get started. Our Boys Water Polo and Girls Field Hockey teams continue to lead the Wolverines with outstanding seasons so far, and an exciting post season to look forward to. In October, Field Hockey earned their 50th consecutive win (and counting) and look to defend their back-to-back championship titles in LAFHA playoffs this week. Boys Water Polo had big wins over Mater Dei and Santa Margarita last week and battled Loyola for their fourth consecutive Mission League title.

Winter sports are gearing up for their seasons. Get ready to cheer on your Boys/Girls Basketball, Boys/Girls Soccer, Girls Water Polo, and Wrestling teams soon! Boys Basketball will open our Winter season on November 19th in our first annual Wolverines Invitational. Be sure to join us in Taper Gym to cheer on your Wolverines.

Visit www.hw.com/athletics or download the HW Athletics App to view specific team score reports, rosters, and more.



NOVEMBER SPORTS REPORT

as of October 28th

Fall sports have played **97** games
collecting a combined
season record **69-28**

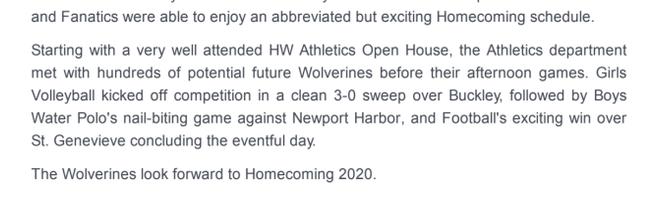
wolverines win
71% of their overall games
78% of their league games
75% of their home games
68% of their away games

6 teams
have already advanced to the playoffs

1 team
remains undefeated




Homecoming Recap



Get to know



GET TO KNOW: KELLI BLUMBERG

Kelli joined our HW family in 2017 as an Athletic Trainer on our Sports Medicine team. Kelli watches over the health and safety of all our student-athletes, and works closely with our Baseball, Girls Basketball, Boys & Girls Swimming, and Boys & Girls Water Polo teams.

When you aren't at HW, what do you like to do? I love to be outdoors, playing with my dogs, and spending time with my family! However, I also love to spend a Sunday here and there on the couch in my sweats watching TV.

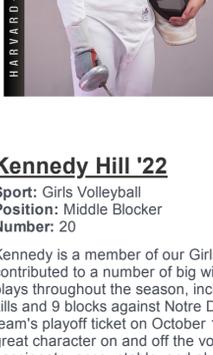
If you could be a professional athlete, what sport would you play? Beach Volleyball!

What's your favorite food in the cafeteria? The sandwich/salad bar is my go-to most days but I do love orange chicken day!

Favorite HW color: Red, Black, or White? We have the best school spirit colors. I love them all, but black is my favorite.

Fun fact about yourself. Most people would not know that I Show Horses and Mules and have been doing this since I was 3 years old!

Athlete of the Month



Matthew Lee '21

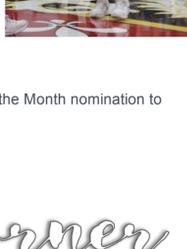
Sport: Fencing
Weapon: Epee

Matthew captained the boy's epee fencing team during their homecoming victory over Vista Mar. Matthew has been named to both the high school USA First Team Fencing All American and All Academic teams for two consecutive years. Outside of fencing, Matthew dedicates time to a number of communities, including but not limited to, HW Model UN team's leadership council, running a political blog that promotes high school and college students' involvement/opinions, and writing as a journalist for a major English education newspaper in China. Matthew is described by adults around him as confident, caring, and a great teammate.

Kennedy Hill '22

Sport: Girls Volleyball
Position: Middle Blocker
Number: 20

Kennedy is a member of our Girls Volleyball team who contributed to a number of big wins and momentous plays throughout the season, including a team high of 18 kills and 9 blocks against Notre Dame to solidify the team's playoff ticket on October 10. Kennedy displays great character on and off the volleyball court. She is passionate, accountable, and always spreads joy to her peers.



Have someone to nominate? Submit your Athlete of the Month nomination to athletics@hw.com.

Fanatics Corner



MARK YOUR CALENDAR!

Cheer your Wolverines on to the post-season of Fall Sports, and opening games for Winter sports.

Football vs La Salle (November 1) **Senior Night** and playing for a CIF playoff bid

Field Hockey vs Newport (November 2) LAFHA Championships

Boys Basketball opens their season vs Van Nuys (November 19)

Girls Basketball opens their season vs Bishop Montgomery (November 20)

Wrestling opens their season vs Palisades (November 21)

Did you know?



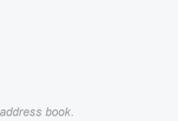
NUTRITION COACH, SARAH EMMA

HW Athletics takes pride in providing resources for our athletes that are second to none. Did you know that all HW Athletes have access to our Nutrition Coach, Sarah Emma? In addition to being one of our Sports Performance coaches, Sarah also works with athletes who need help gaining muscle, getting more nutrients from their food, creating healthy eating habits, creating plans for nutritional challenges that student-athletes face, and more. Sarah works with our HW teams and offers individual time with our students. Being a new resource to HW Athletics, Sarah is excited to be working with our students in ways that help them feel and perform better on and off the courts. Have questions? Sarah can be reached by email at semma@hw.com.

NEWS & ANNOUNCEMENTS

HW Boys Basketball ranks in top 25 in Scorebook Live's preseason California high school boys rankings (No. 8 in California, No. 6 in SoCal). [Click here](#) to read the full article.

Learn more about our impressive HW Boys Water Polo program and their streak of success led by Program Head, Brian Flacks, in the recent Daily News Article [here](#) published on October 20.



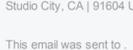
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Go Wolverines!

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