

Tigers Athletic News



TIGERS BOYS BASKETBALL NEWS

Tigers Boys Basketball Scoreboard

6th Transfig	32
St. John Baptist	10
5th Transfig	
Faithful Shepherd	
7th Transfig.	37
Holy Trinity	45
8th Transfig.	60
Ascension	58
6th Transfig.	38
St. Ambrose	51

Tigers Boys Basketball Upcoming Games

02/23	6th Away
02/28	7th Away
02/26	5th Away
02/28	8th Away

8th Grade

The team came out strong and took the early lead. But there was a reason Ascension had not lost this season. They fought back and late in the game Ascension went ahead with a small lead. With time running down our Tigers didn't give up and scored enough to pull out the win. Now they play on Sunday against Highland Catholic at the St. Agnes gym at 8pm.

7th Grade

The 7th grade boys traveled to Faithful Shepard Wednesday night to face Holy Trinity in their first CAA playoff game.

In the first half, the Tigers emerged with some great energy and drives. A handful of baskets were generated to put the Tigers in a nice lead. Sean and Logan were among the players to put some points on the board to make for an exciting first half.

The second half, the Tigers failed to grab the necessary rebounds to hold their lead and quickly fell behind. Although many players came to the line for free throws, the baskets just did not go in and those points were critical in maintaining an advantage. The scoring percentage for the Tigers in the second half was low and sadly they lost their game 45-37.

We are very proud of the team's achievements this past season. We are thankful to coaches Tom Manor and Mike Moynagh for their time, commitment and encouragement.

6th Grade

The 6th grade Tigers were in two end of season playoffs – one for their Immaculate Conception League and one for the CAA league. Let's start with the Immaculate Conception playoffs first.

The Tigers started their playoff run to the championship against Immaculate Conception. The Tigers came out and did what they do best. Play great defense and let that translate into offense. The big men ruled in this game. Braden "I am Groot" Kaufman controlled the boards on both the defensive and offensive sides of the court. Emmett "Silky Smooth for Big Guy" O'Keefe deftly sliced and diced his way through the defense to get some nice easy layups. Tanner "Vanilla Ice" Thoms was a quiet assassin with great pressure on defense, which translated to nice easy buckets on offense. In the end, the Tigers came away with a 39-16 victory.



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TIGERS BOYS BASKETBALL NEWS

6th Grade

Game two found the Tigers matched up against Columbia Heights. This game was similar to the previous game against Immaculate Conception – stifling defense turned into easy offense. Jackson “Clean Up on Aisle 5” Moddrell was a rebounding machine for the team. Jesse “I’m Just Not that Into You” Hernandez pestered the other team on defense forcing several turnovers to set up our offense. The Tigers ended with a 33-12 victory.

Game three was for the championship against St Charles, a team we had lost to by one point earlier in the season. The Tigers were pumped, excited and ready for this game. It started with both teams going back and forth. But then the Tigers started to impose their will, or more precisely, their height on St Charles. Andy “We Got This Coach” Schoenecker was a beast on the boards and smooth with his shots at the basket. Max “I Own Every Rebound” Teeters was relentless in going after every rebound and loose ball. Daniel “Easy Like Summer Morning” Anderson was calm and collected in moving through the defense. The Tigers put everything they had into the game to come away with 46-30 victory and a championship trophy to bring back to Transfiguration.

Now moving on to the CAA playoff.

The Tigers started out their playoff run against St John the Baptist and continued to carry over their focus on team defense and rebounding. Charlie “Pester Them Until They Give Up” Lindell was all over the place on defense hounding the ball and helping out where needed to cause turnovers. Luke “The Floor General” Honerman controlled the tempo of the offense and efficiently attacked the basket when the opportunity presented itself or made a great pass to set someone else up. Zach “One-Two Punch” Frey was the peanut butter to Luke’s jelly and came in and created opportunities for himself to score and to set up his teammates. The Tigers came away with a 32-10 victory.

Game two of the CAA playoffs found the Tigers matching up against fellow eastside rival, the red army from St Ambrose who have a couple of talented basketball players. The Tigers were ready. Zach “Energizer Bunny” Frey was pumped up and flying around like a superball to get the Tigers rolling. Defense was the name of the game for the Tigers with Max “I know What You Ate for Dinner” Teeters was all up in their best player’s chest, so much so that he thought he was having a heart attack. Tanner “Take It to the Rim” Thoms was a steady force on the offensive end. The Tigers went into halftime with a 22-21 lead. Coming out of halftime, the Tigers continued their great play. Andy “Kick, Bite and Scratch” Schoenecker was fighting for every rebound and loose ball that was out there. But as the half wore on, the red army’s key players started to come alive and the Tigers’ shots just didn’t fall. Luke “Tre en Fuego” Honerman dropped in a three pointer to keep the game close, but the red army just kept slowly pulling away. The Tigers ended with a 38-51 loss to end their CAA season.

A special thank you goes out to all of the 6th grade parents who got their boys to practices and games and supported them at every turn along the season.

Tigers Athletic News



Tigers Girls Basketball Scoreboard

TIGERS GIRLS BASKETBALL NEWS

6th Grade

Last week end was a busy one for the Lady Tigers. The ICS tournament was played and the team had three games in a round robin style approach. The coach is out of town right now but before he left ,the Third Place trophy was left in my office. Nice job by our girls.

The CAA playoffs were not so kind to the girls as they lost their first game by a score of 34–13.



Swim Team

The Swiminators had another fun meet at St. Thomas Academy on Saturday, February 24th hosted by Visitation. The meet had 177 registered swimmers from Visitation, Swiminators, St. Thomas Moore, St. Joes of West St. Paul, and the 6th Grade St. Thomas Cadets who are eligible to participate in CAA sports. The Swiminators had 51 swimmers registered but our ranks were reduced by a few with illnesses over the weekend as has happened at all of our meets so far this year.

Our swimmers had a great day, with many completing new events for the first time at a meet with 50's, 100's and Breaststroke. As coaches we love to see our swimmers try new events at meets, complete them, and validate for themselves that they are capable of the event. They also prove to themselves that their hard work and dedication at practice and willingness to step outside of their comfort zone pays off.

Our first congratulations goes to Billy S (7) who competed in his first ever swim meet after just joining the team on Feb. 1st! Joyce M (K) continued her rapid improvement with another 16.77 seconds taken off her 25 Free time and 34 seconds total from our January Time Trials and a 1st place 100 Free Relay team finish, Connor B (4) took 35 seconds off his 50 Backstroke time since our Time Trials, Mariano M (4) completed his first 50 Breaststroke event, Kayleigh S (4) completed her first 50 Free and Back events at a meet while improving her time in both from our Time Trials, including 29 seconds off her Backstroke, Alicia M (5) improved her 50 Backstroke time with another 2 seconds off from the Meet just two weeks ago, and Sean V (7) took over 3 seconds off his 50 Free time.

Please congratulate all of these Swiminators!!

We hope that all of our swimmers are healthy and can be with us at next meet on Sunday, March 4th, at St. Kates hosted by St. Odilia.

Tigers Athletic News



Tigers Hockey

On Monday the Tigers were at Augsburg to take on the St. Odilia team. Ten players were there but no goalie again. The score ended up 10-3.

Then the team played on Wednesday, 02/21 against St. Rose at the North Dale rink. The end result was a win, 9–8. The season has come to a close but the skaters showed a lot of grit and determination. The eighth graders showed leadership for the younger students on the team.

I believe the overall record was 1-5-1. The following teams will move on to a playoff to determine the overall CAA champ. They are STA Blue, Nativity, STA White and St. Joseph of WSP.

Athletic Hall of Fame

Watch for the announcement related to this year's event. It will be on April 7, 2018 and be held in the Transfiguration gym. Part of the Black & Gold that evening is devoted to the inductees into the Hall of Fame. Mark your calendars and plan on being there. I hope to see you all that night. Mr. Chris Preiner will be inducted into the Hall of Fame that evening.

Transfiguration Catholic School

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Athletic Director

Be aware that coaches, assistant coaches and volunteers need to be current with the VIRTUS training.

The Boys Basketball Finals are set for 03/04/18 at St. Agnes.

Any questions can be directed to me. GO TIGERS!!!!!!!

The registration for Spring sports is beginning. The form is attached to this newsletter.

Tigers Athletic News



GENERATION ENDURANCE CAMPS

Does your child LOVE the outdoors? Do they enjoy the challenge, adventure, personal success through dedication and hard work? GE camps are PERFECT for ANY athlete looking to build their aerobic capacity, muscular and cardiovascular strength and nutritional health.

2 GE Summer Camps in 2018:

YOUTH TRIATHLON TRAINING

- 🏃 Ages 7-11
- 🏃 4 - 75 minute group training days
- 🏃 3 locations

CROSS COUNTRY CAMP

- 🏃 Ages 10-14
- 🏃 20 - 90 min sessions
- 🏃 Varying NW Metro Locations



Summer 2018



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Improving Muscular, Cardiovascular & Nutritional Health

contact PamBaker@GenerationEndurance for additional information
view programs photos on [Generation Endurance Facebook Page](#)
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Transfiguration Catholic School

6135 15th Street North • Oakdale MN 55128 • 651-501-2220

SPORTS REGISTRATION-Spring 2017-18

PARENTAL/GUARDIAN CONSENT FORM AND LIABILITY WAIVER

Participant's name: _____

Birthdate: _____ Grade _____ Sex: _____

Parent/Guardian's name: _____

Home address: _____

Home phone: _____ Business phone: _____ Email address: _____

I, _____ grant permission for

my child, _____, to participate in this school activity.

As parent and/or legal guardian, I remain legally responsible for any personal actions taken by the above named minor ("participant"). I agree on behalf of myself, my child named herein, or our heirs, successors, and assigns, to hold harmless and defend Transfiguration Catholic School, its officers, directors and agents, and the Archdiocese of Saint Paul & Minneapolis, coaches, chaperones, or representatives associated with the event, arising from or in connection with my child attending the event or in connection with any illness or injury or cost of medical treatment in connection therewith, and I agree to compensate Transfiguration Catholic School, the parish, its officers, directors and agents, and the Archdiocese of Saint Paul & Minneapolis, coaches, chaperones, or representatives associated with the activity for reasonable attorney's fees and expenses arising in connection therewith.

Signature: _____ Date: _____

MEDICAL MATTERS: I hereby warrant that to the best of my knowledge, my child is in good health, and I assume all responsibility for the health of my child. *(Of the following statements pertaining to medical matters, sign only those that are applicable.)*

Emergency Medical Treatment: In the event of an emergency, I hereby give permission to transport my child to a hospital for emergency medical or surgical treatment. I wish to be advised prior to any further treatment by the hospital or doctor. In the event of an emergency, if you are unable to reach me at the above numbers, contact:

Name & relationship: _____ Phone: _____

Family doctor: _____ Phone _____

Family Health Plan Carrier: _____ Policy# _____

Emergency Contact #1 Name _____ Phone _____

Emergency Contact #2 Name _____ Phone _____

Emergency Contact #3 Name _____ Phone _____

Signature: _____ Date: _____

Other Medical Treatment: In the event it comes to the attention of Transfiguration Catholic School, its officers, directors and agents, and the Archdiocese of Saint Paul & Minneapolis, coaches, chaperons, or representatives associated with the activity that my child becomes ill with symptoms such as headache, vomiting, sore throat, fever, diarrhea, I want to be called.

Signature: _____ Date: _____

Medications: My child is taking medication at present. My child will bring all such medications necessary, and such medications will be well-labeled. Names of medications and concise directions for seeing that the child takes such medications, including dosage and frequency of dosage, are as follows:

Signature: _____ Date: _____

No medication of any type, whether prescription or non-prescription, may be administered to my child unless the situation is life-threatening and emergency treatment is required.

Signature: _____ Date: _____

I hereby grant permission for **non-prescription medication** (such as non-aspirin products, i.e. acetaminophen or ibuprofen, throat lozenges, cough syrup) to be given to my child, if deemed appropriate.

Signature: _____ Date: _____

Specific Medical Information: The school will take reasonable care to see that the following information will be held in confidence.

Allergic reactions (medications, foods, plants, insects, etc.): _____

Immunizations: Date of last tetanus/diphtheria immunization: _____

Does child have a medically prescribed diet? _____

Any physical limitations? _____

Has child recently been exposed to contagious disease or conditions, such as mumps, measles, chickenpox, etc.?

If so, date and disease or condition: _____

You should be aware of these special medical conditions of my child: _____

_____ I am interested in information about a coaching position with the Athletic Director

Please sign up for one activity per permission slip.
Completed forms are to be submitted to the Athletic Director.
Payment for all Transfiguration activities may be made by cash or check (made payable to Transfiguration Catholic School).
Athletes are not eligible to play until the permission slip is completed and the athletic fee is paid.
Teams may be co-ed and/or multiple grade levels to field a full team.

Spring Sports
Boys Baseball (5 th -8 th) -- \$65
Girls Softball (5 th -8 th) -- \$65
Track and Field (4 th -8 th) -- \$25
Lacrosse (6 th -8 th) -- \$65

** In order to keep athletics fees low and provide sufficient equipment for our teams, families will be required to volunteer 4 hours a season or give \$30 to Transfiguration Athletics to hire someone to work tournaments and games and/or fundraising events. These hours can count towards your school volunteer hours as well as athletics.*