



Arvada High School Athletics Newsletter

October

Celebrations!!

Our Students helping Hattie
Pearls



Athletic T-Shirts donated by
Santiagos



Thank you to our amazing support system. We have many local businesses and churches, along with many individuals who support us on a daily basis. We hope you know how valuable you are to our students and staff. We can't thank you enough.

Dan Quaratino
Athletic Director
303-982-5721

Shonna Pivic
Athletic Secretary
303-982-0116

Vivien Tran—Featured Student Athlete

Vivien Tran is one of our outstanding tennis players who has been playing since her freshman year and has the highest GPA of all of female student athletes. She has a 4.66 cumulative GPA. Her proudest moment while playing tennis is when her doubles team finally synced and played well together. She could always count on her partner if she needed her. Not only is she an amazing athlete and student, she prides herself on her philanthropy. She believes in serving her community and those less fortunate than her. She would like to attend UCD when she graduates. Vivien is our Student Body Vice President and looks forward to going to college and preparing for a future in the medical field. She has not decided exactly what she would like to do, but is really looking forward to life after high school. Her favorite

classes here at Arvada HS are Anatomy and Chemistry, both of which will help her immensely in her future. Her advice to younger athletes is to get involved and participate in as many sports or activities as you can. Being very involved here at Arvada has made her high school experience very positive and memorable. When she enters college, she will miss the stress-free environment that Arvada has. She has enjoyed the freedom of being a high school student and considers most of her classes pretty easy. Her favorite part of being a high school student is going to dances and athletic events. Vivien is a very humble and kind young woman.



A message from our Athletic Director—Dan Quaratino—As mentioned in the last newsletter, I talked about how our athletic program believes in benefiting those who we serve. We are very fortunate to have several people or community groups who support our athletic program. It truly takes a "team" to build a successful program and having their support means more to us than they know. We want to highlight two different community groups who have been instrumental to our student athletes.

Hattie Pearls, a non-profit organization run by Cynthia Midiwo has been one of our MVP's. For every away game for each one of our sports programs, Cynthia provides a sack dinner to every athlete. She spends countless of hours getting these sack dinners together. In addition, she truly cares about our student athletes and wants them to be fed well and treats them like her own. She not only serves us, she helps feed the homeless in the community as well. Our athletic leadership team had the opportunity to help support her this summer with feeding the homeless. It was a great opportunity for our students to support her and her cause. Right now she is doing a sock drive to help the homeless and is in need of new socks. If you want to donate to this cause or help her with the dinners please see Mrs. Pivic or me in the main office and we can get you in contact with Cynthia.

The next community group that helps us is Santiago's Mexican Restaurant. They have been such a fantastic "teammate" to our athletic program. The past two years they have done many things to benefit our student athletes such as, donating Arvada Athletic T-Shirts to our students and staff, providing our end of season breakfast and helping sponsor our free sports camp for our community. These things are important as they help provide school spirit, celebrate our students and help provide opportunities for our community. Santiago's generosity is helping us change our culture and having a huge impact with our athletic program.

Bulldog Highlights—By Sydney Barnt—Retiring Alumni Teacher—Rick Durant

Most often when a person graduates, they rarely reconnect with their high school. In this instance for Arvada High School graduate and now science teacher Rick Durant, he continues to keep up and help here at Arvada high school. He is also a member of our proud Alumni Community. Mr. Durant started off his career as a tutor for 2 years, an elementary school teacher for one and he started teaching in 1990 the first of 29 years here at AHS. He was a coach for cross country from 1993-2011 and also a track and soccer coach for many seasons. He has helped in multiple areas at

Arvada High like introducing technology and building it up to where it is now. He also helps keep students on track no matter their situation.

With so many incredible years of being a part of the Alumni and Arvada High School community, Mr. Durant is approaching the end of his career. He is planning on retiring at the end of the 2018-2019 school year and he is very happy with where he is ending his teaching career.



"It gives me such pride to be part of the Arvada High School Alumni" said Rick Durant.