



# PORT PRIDE

## PORT WASHINGTON HIGH SCHOOL

Thad Gabrielse, Athletic Director

Tuesday, May 26, 2015

### Quote of the Week:

*"Life is too important to be taken seriously."*

– **Oscar Wilde**

## Upcoming Events

### Tuesday, May 26, 2015

Time	Event	Details	Comments
TBD	Tennis:Boys Varsity Sub-Sectional	WIAA @ WIAA	
09:00am	Golf:Boys Varsity Regional	Slinger @ Washington County Golf Course	
3:15pm	Track:Boys Varsity Regional	Plymouth @ Plymouth High School	
3:15pm	Track:Girls Varsity Regional	Plymouth @ Plymouth High School	
5:00pm	<b>Soccer:Girls JV Match</b>	vs. Germantown @ Thomas Jefferson Middle School	
5:30pm	<b>Baseball: JV Game</b>	vs. Cedar Grove-Belgium @ Grady Park Saukville, WI	
5:30pm	<b>Baseball: Varsity Game</b>	vs. Cedar Grove-Belgium @ Port Washington High School	
7:00pm	<b>Soccer:Girls Varsity Match</b>	vs. Germantown @ Thomas Jefferson Middle School	

### Wednesday, May 27, 2015

Time	Event	Details	Comments
TBD	Tennis:Boys Varsity Sectional	TBD vs. Wauwatosa West @ Wauwatosa West High School	Event on 5/27 OR 5/28
4:15pm	Baseball: Varsity Game	Homestead @ Rennie Field	
4:30pm	Softball:Girls Varsity Regional	Manitowoc Lincoln @ Manitowoc Lincoln High School	
5:00pm	<b>Baseball: JV 2 Game</b>	vs. Grafton @ Grady Park Saukville, WI	
5:30pm	<b>Baseball: JV Game</b>	vs. Homestead @ Port Washington High School - PWHS Baseball Field	

### Thursday, May 28, 2015

Time	Event	Details	Comments
TBD	Tennis:Boys Varsity Sectional	TBD vs. Wauwatosa West @ Wauwatosa West High School	Event on 5/27 OR 5/28
5:30pm	<b>Baseball: JV Game</b>	vs. Grafton @ Grady Park Saukville, WI	
5:30pm	<b>Baseball: Varsity Game</b>	vs. Grafton @ Port Washington High School	
7:00pm	<b>Soccer:Girls Varsity Match</b>	vs. Dominican @ Thomas Jefferson Middle School	
7:30pm	Pandemonium	PWHS Auditorium	

### Friday, May 29, 2015

Time	Event	Details	Comments
TBD	Softball:Girls Varsity Regional	TBD vs. WIAA @ WIAA	

**Friday, May 29, 2015 Cont'd**

TBD Track:Boys Varsity TBD vs. Beaver Dam @  
Sectional Beaver Dam High School

TBD Track:Girls Varsity TBD vs. Beaver Dam @  
Sectional Beaver Dam High School

5:30pm **Baseball: Varsity** vs. Milwaukee Madison @  
**Game** Port Washington High School

**Saturday, May 30, 2015**

**No Events Scheduled**

**Sunday, May 31, 2015**

**No Events Scheduled**

**Monday, Jun 01, 2015**

**No Events Scheduled**

Congratulations to Alan Dust and the students involved in the 9<sup>th</sup> Annual Pandemonium show this weekend.

Pandemonium is a student percussion group at PWHS that is strongly inspired by Blue Man Group, Stomp, Recycled Percussion, and Saturday Night Live. The students put on a new 2 hour show each year that is completely memorized. Skits include music that is written by the students, props that are built by the students, and rehearsed by the students. Proceeds benefit the PWHS Instrumental Music department and the Paul Watry Memorial and Scholarship funds.





PWHS

## CHARACTER COUNTS

### ATHLETE OF THE WEEK



We are proud to present Dylan Scharnweber as this week's Character Counts Athlete of the week.

Dylan is a Senior pitcher and corner infielder on the Boy's Varsity Baseball Team, and is currently beginning his second season as a starter and key contributor on the mound. Day in and day out, Dylan's leadership skills and work ethic surface in one way, shape, or form. Whether at practice or during the last inning of a close game, Dylan always seems to maintain a calm and focused demeanor.

The boys opened their baseball season at Two Rivers last Saturday, May 23<sup>rd</sup>. Dylan was given the opening day nod and responded with a 6-inning, 12 strikeout no-hitter in a 10-0 Port victory. He attacked opposing hitters all game, constantly worked ahead in the count, and issued no free passes in a truly dominant performance.

Not only is Dylan an excellent athlete, he is an outstanding student and will attend the Virginia Military Institute in Lexington starting this June. His coaches and teammates will be sad to see him go but will also thank him for all the hard work, discipline, and effort he brought to the program. The Baseball Program would like to recognize Dylan for being a great teammate, role model, and competitor while also congratulating him for putting together one of the finest pitching performances in PWHS history.

CONGRATULATIONS SCHARNY!!!

## Boys Varsity Baseball by Ryan Finnerty

May 23, 2015 vs Two Rivers

**Pirates: 10**  
**Two Rivers: 0**

Dylan Scharnweber tossed his first career No Hitter against Two Rivers. Dylan threw six innings and had 12 K's vs 20 batters faced. The Pirates won 10-0.

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**Boys Varsity Golf** by Kurt Baehmann

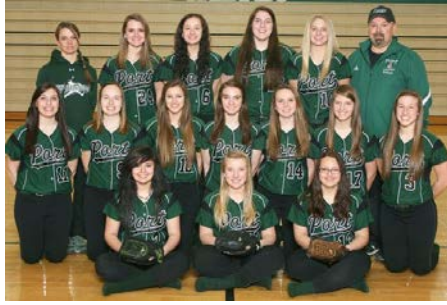


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**Girls Varsity Softball** by Bob Snook



No Information Available

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**Boys Varsity Track** by Mark Pasten



**May 19, 2015 NSC Outdoor Championships**

The boys had a rough day at Wisconsin Lutheran College on Tuesday and ended up finishing in 8th place in the NSC Championships with 38 points. The meet was won by Milwaukee Lutheran with 131 points. The highlight of the meet was Nick Michalowksi's victory in the 3200 meter run. Nick also anchored the 4 x 800 relay team to a 2nd place finish. The other members were Eagan Norman, Max Noll and Eli Olson. Alec Masters had a great day finishing 4th in both the 100 meter and 200 meter dashes. Alec also anchored the 4 x 400 meter relay team to a 5th place finish. The other members of the 4 x 400 were Olson, Norman, and Max Franzkowiak. The highest finisher in the field events for the Pirates was Jake Krapfl's 5th place in the high jump. Next up for the boys and girls track meet is the WIAA Regional on Tuesday in Plymouth.

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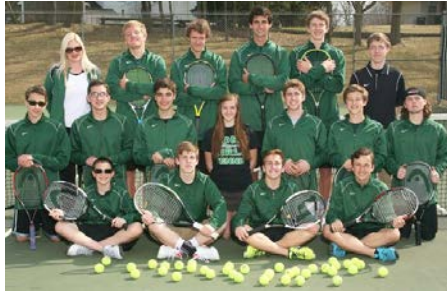
**Girls Varsity Soccer** by Mike Bultman



No Information Available

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**Boys Varsity Tennis** by Robert Vollbrecht



No Information Available

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## Girls Varsity

Track by Joe Adamak



### May 19, 2015 Varsity Conference Meet

Conference place finishers:

2nd Place - Tonyia Murar, Shot Put - 35' 6"

2nd Place - Alexis Reichardt, High Jump - 5' 0"

2nd Place - Natalie Bozikowski, Triple Jump - 33' 5"

4th Place - Cayla Kuchler, Pole Vault - 9'0"

4th Place - Amanda Kissinger, 100M High Hurdles - 17.5

7th Place - Brenna Kautz, 3200M Run 12:25.97

400M Relay - 5th (Kaylyn Garant, Lisa Beirtzer, Natalie Bozikowski, Anna Sandberg)

800M Relay - 4th (Kaylyn Garant, Elise Benkley, Anna Sandberg, Emma Meyer)

1600M Relay - 5th (Elise Benkley, Natalie Bozikowski, Kaylyn Garant, Alexis Reichardt)

3200M Relay - 6th (Emma Meyer, Brianna Ahner, Lillie Cook, Brenna Russell)



**Congratulations to the following students who were honored at the 42<sup>nd</sup> Annual Lions Club Banquet on 5/20/15.**

**AWARD**

**RECIPIENTS**

**Port Lion's Scholarships** – Colin Mueller, Maggie Schmit, Blake Plier

**Saukville Lion's Scholarships** – Tyler Grisar, Nichole Haasch

**Leo's Club Scholarship** – Amanda Henkle

**Senior Key** – Eagan Norman, Brenna Russell

**Academic Excellence Scholar** – Peter Kortes, Lucas Bischoff

**Badger State** – James Clarke, Alex Penkwitz, Alex Burbach, Will Schanen, Kenny Zacher, Ashton Yurk, John Sternemann. Alison Pujanauski, Caitlin Dreier, Erin McCraw, Simone Witlinger, Natalie Bozikowski, Carolyn Erlich, Ashley Stacey, Amanda Kaiser, Brooke Effinger

**Science** – Mryia Hubert, Lucas Bischoff, Matthew Murphy, Peter Kortes, Tyler Grisar

**DECA** – Ben Larson, Juliette Larsen, Courtney Luib, Jared Bruttig, Kenny Zacher, Brad Burbach, Jake Huebner

**Student Council** – Brenna Russell, Abby Becker, Erin King, Rohan Katti, Madeline Lerche, Jennifer Fidler

**Exchange Student** – Luibov Artmonova, Jakob Chorbacher, Lars Hatlen, Siyu Wen

**Band** – John Phillip Sousa Band Award – William Myers, Louis Armstrong Jazz Award – Zach Riedel

**Choir - National School Choral Award** – Joel Van Pietersom, **American Choral Directors Student Award** – Sarah Litke

**Musical** – Jack Walch, Rachael Billmann, Brianna Dawson, Zach Riedel, Kim Cawley

**Outstanding Athletes Sr.** – Matt Kirmse, Maggie Schmit, **Jr.** – Cullen Bauer-Trottier, Kylee Paradowski

**Athletic Director Award** – Abby Becker, Blake Plier

**WIAA Scholar Athlete** – Ben Schueller, Brenna Russell

**Legion Academic/Athletic** – Nick Michalowski, Hanna Strohm

**Spanish**

**Spanish 1** – Clare Goodman, **Spanish 2** – Austin Wojciehowski, **Spanish 3** – Eagan Norman, **Spanish 4** – James Clarke, **Spanish 5** – Katherine Krejci

**German – Beginning** – Thomas Huegerich, **Intermediate** – Amanda Kaiser, **Advanced** – Emily Freier

**Robotics Team** – Eric Drewitz, Skyler Sandlin

**Forensics** – Daniel Cook

**Math** – All A's- Lucas Bischoff, Mryia Hubert, Peter Kortez, Matthew Murphy

**Math - Outstanding Seniors** – Lucas Bischoff, Mryia Hubert

**Rensselaer** – Sarah Spaeth

**MAA** – John Sternemann

**Math-Gold Medal** – Lucas Bischoff, Thomas Huegerich, Eagan Norman, Zachary Peer, James Clarke, Matthew Murphy, John Sternemann, Benjamin Schueller, Jonathan Bischoff

**1<sup>st</sup> Team All-State** – Eagan Norman, Thomas Huegerich

**2<sup>nd</sup> Team All-State** – State Math Meet – Lucas Bischoff, Matthew Murphy

**Silver Medal** – Peter Kortez, Erik Moe, Sarah Spaeth, Courtney Luib, Jake Huebner, Rohan Katti, Amanda Henkle, Mryia Hubert

# Fitness Tip of the Week: Stretching

## The Basics of Warming Up

It's important to warm up your body before any physical activity. Warming up for about 5-10 minutes goes a long way toward preparing the body for exercising, both physically and mentally. It also helps prevent injuries.

The term "warm-up" describes many light-aerobic and cardiovascular activities. When you warm up, you are literally warming up the temperature of both your body and your muscles.

Warming up also:

increases your heart and respiratory rate

boosts the amount of nutrients and oxygen delivered to your muscles

prepares the body for a demanding workout

## Types of Warm-Ups

You can use many types of warm-up activities to prepare your body for intense physical exercise. Often a warm-up activity is simply the activity you are about to do but at a slower pace. For example, if you're about to go for a brisk run, warm up with a light jog, and if you're going to go for a swim, do a couple of slow freestyle warm-up laps. If you play a sport, focus on the muscles that are used for your particular sport. For instance, if you play baseball, you might focus on your shoulder for throwing.

Dynamic stretching uses many muscle groups in a sport specific manner and can be incorporated in your warm-up. In addition to warming up the body and preparing muscles that will be used in the activity, dynamic stretching allows for full range of motion of the joints.

## Stretching

Stretching used to be considered the main activity before a workout. Recent studies have called into question the benefits of stretching before working out. Traditional, or "static," stretching may lead to decreased muscle strength and performance. Consider doing dynamic stretches before and static stretching after a workout.

Stretching still can be a beneficial activity after you have sufficiently warmed up. The reason for this is that stretching cold muscles can directly contribute to pulled or injured muscles.

Stretching properly may reduce muscle injuries and improve athletic performance. In addition, stretching provides increased:

flexibility

joint range and motion

blood flow to muscles

Stretching has to be done right to have benefits, though. Here are some tips on stretching properly:

**Stop if it hurts.** Stretching should never hurt. If you have reached a point in your stretch where it hurts, relax to where it feels comfortable and hold the stretch.

**Maintain each stretch for 10-30 seconds.** Holding a stretch for any less won't sufficiently lengthen the muscle. Holding a stretch for longer may have negative effects on performance. Stretch the muscles gradually and don't force it. Avoid bobbing. Bobbing or bouncing while stretching may insure the muscle you are stretching. This damage may even cause scar tissue to form. Scar tissue tightens muscles and can get in the way of flexibility.

**Remember to breathe.** Breathing is a necessary part of any workout, including stretching. **Practice equality.** Even if you are a righty, it doesn't mean that you should neglect the left side of your body. Make sure you stretch both sides equally, so all of your muscles are evenly ready for action.

If you play a sport, you should do warm ups that go with that sport. The same is true for stretching. These types of stretches are known as sports-specific stretches, and they focus on the muscles that are used for your particular sport. For instance, if you play baseball you might focus on your shoulder for throwing or your forearm for batting.

Stretch regularly. To maintain flexibility, you should stretch at least 3 days a week.



## Cooling Down After Your Workout

The most efficient way of slowing down a car or bike isn't by riding straight into a brick wall. The same way you have to gradually slow down either your bike or your car, you need to slow down your body after a workout or exercise: 5-10 minutes of slowed-down, easy activities will go a long way in helping your body recover from a workout.

Your cool-down routine can vary from workout to workout. It should include light aerobic activity and stretching. If you're running at a quick pace, you can slow down to a steady walk to cool down. Cooling down and stretching at the end of a workout help to:

- slow your heart rate to a normal speed
- return your breathing to its regular pace
- avoid stiffness and soreness of the muscles
- reduce any risk of dizziness and lightheadedness
- relax the muscles

Whether you are new to working out or have been playing a sport your entire life, adding a good before-and-after routine to your workout will give you the best chance of avoiding injuries and may even help improve your performance.

Excerpt from kidshealth.org

Reviewed by: Mary L. Gavin, MD

Date reviewed: July 2013



*It's a Great Week to be a Pirate!*

**\*\*If you would like to submit articles or photos from any PWHS events to be included in future editions of *Port Pride*, please e-mail them to [thad.gabrielse@pwssd.k12.wi.us](mailto:thad.gabrielse@pwssd.k12.wi.us)**

**\*\* Please check out our complete athletic schedule of events on the Port Washington-Saukville School District website located at [www.pwssd.k12.wi.us](http://www.pwssd.k12.wi.us) under "Calendars"**

The Port Washington-Saukville School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of Special Services, Port Washington-Saukville School District, 100 W. Monroe Street, Port Washington, WI 53074- Duane.Woelfel@pwssd.k12.wi.us