

THE GOAT



In This Issue:

- JUDSON ATHLETICS
- VETERANS ATHLETICS
- WAGNER ATHLETICS
- MIDDLE SCHOOL ATHLETICS
- CHEER ATHLETICS
- PHYSICAL EDUCATION
- STRENGTH and CONDITIONING
- ATHLETIC DEPARTMENT MESSAGE



JUDSON HIGH SCHOOL ROCKETS



Judson Girls Basketball is in full FLIGHT!

The Rockets are currently 11-3.

This past weekend the girls captured the 2nd place trophy out of 32 teams that competed in the McDonald's Invitational.

Along with that accomplishment Junior Kayla King was selected to the All-Tournament team. In the tournament Kayla averaged 18.8 points shooting 45%.

Averaging 4 rebounds per game.

The Rockets still have more games ahead in pre-season as they prepare for District play when it starts January 5th.





JUDSON HIGH SCHOOL ROCKETS



Rocket Parents serve a spaghetti dinner to our varsity football team the night before our playoff game vs Dripping Springs. Thank you to all the parents that sacrificed time to help our teams be successful this season.



ROCKET PRIDE

Our football staff would like to share a heartfelt thank you to our 2023 seniors. We are proud of your efforts, passion, and class. Your leadership has shown many young Rockets what it means to play with Rocket Pride!





JUDSON HIGH SCHOOL ROCKETS



Multi-sport athletes (Lf to Rt) Ja'Shaun Kindred, Elijah Favela, Davian Watson, and Kenyon Smith go from the gridiron to the court to join the varsity basketball team after a long hard fought football season.



VETERANS HIGH SCHOOL PATRIOTS



Football - The Patriots finished an exciting season on November 17th in the Area round of the playoffs. While the outcome of the game against Corpus Christi Flour Bluff was not what we wanted, the team is proud of how they represented Patriot Nation on the gridiron this season. The coaches want to thank all the seniors for their hard work and commitment over the last 4 years. They have left a standard of excellence for the underclassmen to reach for. Our team, school, and community are better places thanks to the efforts of the senior class!

The Patriots have already hit the ground running in the off-season to begin building next year's team. We will be working hard between now and Christmas break in the weight room to set a foundation for the 2024 season.



WE ARE

PROUD



OF



YOU!



VETERANS HIGH SCHOOL PATRIOTS



Girls basketball

The month of November has been busy for the Patriots on and off the court. We traveled to an assisted living facility to play games and visit with our neighbors for our first community service. We even found that some of the ladies can play the piano. We traveled to the Harlandale tournament and got a couple wins under our belt. The Seniors competed in a 3 point competition and Sanayah Rozier made it to the finals!! The Floresville tournament gave our team great opportunities to grow on and off the court. We have one more tournament on our schedule this weekend. We welcomed back our future Patriots, the Wortham Elementary wildcats to their home court for their season!! Always excited to see girls at all levels growing the game of basketball.

#operationHOME #PatriotNation



This is The Future





VETERANS HIGH SCHOOL PATRIOTS



Boys basketball

Our 2023-2024 Varsity Basketball Team is off to a phenomenal start! This group is led by a healthy amount of experience but also blended with some new to varsity players playing key roles. The seniors are doing their best to continue to build a competitive team. The Patriots have an 8-1 record to date. The most recent accomplishment is going 5-0 in the NEISD/NISD tournament and winning first place in the Gold Bracket. In addition, Demarion Dennis has committed to Texas A&M Corpus Christi. Our JV and Freshmen groups are committed to the process of becoming better people, better students, and better athletes while displaying that through their A.C.T.S.





VETERANS HIGH SCHOOL PATRIOTS



Wrestling - The 2023 Wrestling season started with an amazing home dual with Uvalde HS on 11/9 at Veterans Memorial. The Vets had the opportunity to showcase their state qualifier, Torrance Adkins, as well as returning two-time defending district champion, Mia Trujillo. The stands were packed as Veterans Memorial wrestled with over 50 wrestlers showing an amazing growth of 20 girls and over 32 JV and Varsity boys. The girls started off strong with pin after pin and won their dual with a convincing 44-6 score while the boys squeezed out a close win with a 46-44 score. Uvalde was loaded with 3 state qualifiers and one state champion.





WAGNER HIGH SCHOOL THUNDERBIRDS



The Wagner swim team continues to improve at every competition as we make our way through the season. October and November were busy months for our Tbirds, as they competed in 4 meets both at our pool and the SAISD Natatorium. Our boys team continues to drop time in the 200 medley and 200 freestyle relays. On November 3rd, the TBirds competed in the SAISD Pentathlon where 4 of our boys, Alan Chen Caal, Malik Jackson, Isaac Sierra, and Cameron Solis completed a 50 of every stroke as well as the 100 IM, achieving PRs across the board. We had the rest of our team compete in multiple events at this meet as well, where we achieved 35 personal records in total.



The Tbird swim team kicked off the Thanksgiving break on November 18th at the JISD Invite, where sophomore Izabelle Manuel took first place overall in the 200 freestyle, achieving a personal best. Alan Chen Caal took first place in the 200 individual medley and our girls team of Neveah Steen, Janiris Troche, and Madeline Walker all achieved personal bests in their 50 and 100 freestyle events. Sophomore Malik Jackson and Cameron Solis competed in the 100 breaststroke, taking 3rd and 4th place respectively while accomplishing personal bests in this event. Junior Gabby Mercado-Rivera also competed in this event on the girls side, also achieving a PR. Freshman Izacc Alejos, sophomore Matthew West and junior Ivan Gutierrez all obtained a personal record in the 100 freestyle, with sophomores Luke Cavazos and Malik Jackson achieving PRs in the 50 freestyle.

The Thunderbird Swim Team looks ahead to a busy December, competing in the SWISD Invitational on December 1st, a Tri Meet at the JISD pool on December 9th, and the SAISD Winter Invitational on December 14th.



WAGNER HIGH SCHOOL THUNDERBIRDS



HOOP

there it is!



The Lady T-bird Basketball team began the season with some unexpected injuries. In that void we had freshman Nia McBride and Elle Williams step up to provide grit and intensity needed to keep us afloat. With a few of our injured players returning to full strength we are hitting our stride as a team and getting our chemistry back. With one of the toughest preseason schedules in the state; we feel like the adversity and challenges we tackle daily is paying off. The preseason schedule is getting us ready for district play, which starts in a few weeks. We are looking forward to continuing to put the pieces of the puzzle together and defending our District title. Please come out and support us whenever you can.





WAGNER HIGH SCHOOL THUNDERBIRDS



The 2023-24 Soccer season has officially started and we are very excited. The girls have been working hard in the weight room and on the field in the preseason and are ready to translate it into game play. The girls competed in fall ball this year and made great strides in skill development and confidence. We are going to be a young growing team that will be exciting to watch. We can't wait to have everyone come out and see us play.



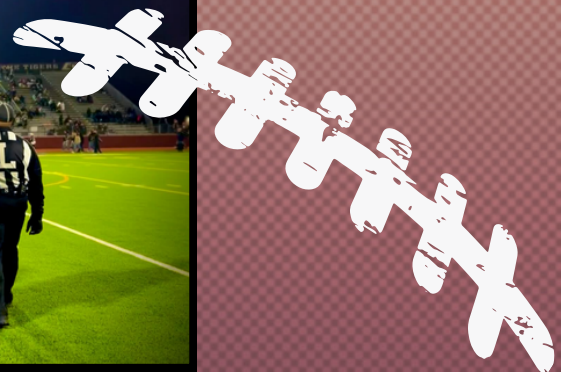


WAGNER HIGH SCHOOL THUNDERBIRDS



With a third-place finish in District 12-5a, our football team earned an opportunity to extend the season with a return to College Station for a first round matchup with the regional powerhouse A&M Consolidated Tigers. This team featured the speed and size that would rival any 6A school in the San Antonio area. Even without some key starters, we jumped out to an early lead using the option to surprise a super athletic and talented Tiger defense. We were able to take that lead into halftime, but it was a tough ending to a well-played game by both teams.

We are extremely proud of the fight and effort our kids showed in such a competitive game. The way they responded to adversity, not just in this game, but throughout the season, has us excited about the future. This year's playoff loss can be looked at as a catalyst for continued buy in and improvement going into the offseason for the upcoming athletes. This offseason we need to focus on the things which prevented us from reaching our potential as a football team. Which are, execution, focus and depth. There will be big shoes to fill as we are losing some great players at key positions, but our commitment to building a "system" will help us fill in gaps more quickly and seamlessly than other





WAGNER HIGH SCHOOL THUNDERBIRDS



Our underclassmen had another great season. Our teams looked sharp, were competitive, we maximized eligibility and the kids had fun. A tradition we began last year is the Wagner Football T-Bird Bowl. It's our last chance to see the Freshmen and JV T-Birds compete as we combine teams for an exhibition game in front of family and friends. Family support was impressive as they dealt with the rain and cold to come see their boys one final time in the 2023 football season.



We must give credit to the coaching staff. It's our third season and we have grown our program into something special that our community can be proud of. A year ago, we established a goal to "Level Up." Winning is hard, no matter the circumstances. This season we overcame a ton of adversity to beat a top ranked team, improve our overall record from last season and dramatically improve statistically. As I write these words, four of our opponents from this season are preparing to play a 4th round playoff game. Our strength of schedule was second to none and our kids deserve credit for never backing down.

We're very grateful to have coached these young men this season. We are honored by the support from the parents who donated their time and resources to provide and serve a delicious pre-trip meal before our trip out to College Station. Also, we want to acknowledge the effort our families made to drive 3 hours to watch our boys give everything they had in a tough loss to the A&M Consolidated Tigers. In addition, a special shoutout to the dads who, led by Mr. Scott and Mr. Lang made every game to set up our run-through tunnel for the boys.



Thank You to Board President Jose Macias for delivering an encouraging message on perseverance before our final regular season game against Canyon. It really does take a village.



WAGNER HIGH SCHOOL THUNDERBIRDS



Boys' basketball is off to a 6-2 record early on including impressive wins over TMI and Houston Yates. There are some new faces on the team. However, we return a core of young players who have focused on Team Building and committing to the core values of Compete, Energy, Toughness and Consistency.

Also, the team went out on their 2nd Making a Difference campaign as they volunteered their time at Kirby's Trunk or Treat. Coach Clark and his staff have done a remarkable job of developing players and increasing participation.



Our baseball coach, Kenyon Clack, has been working non-stop. From the early success of his fall ball league and the volunteer opportunities it's been a busy start to the year. He's looking forward to a slightly slower schedule during the holiday season before things pick back up full speed with baseball coaching school and tryouts soon after the holiday season ends. Soon he'll have a few guest speakers come visit his team to help develop their competitive mindset.

Coach Jarvis Wiggins leads a mentorship program at Candlewood elementary for wrestlers and football players to set a good example for younger students. The Wrestling program is successful on the mat, with Jason Rosales, Melondy Gates, and Dominic Corey placing in the Charger Classic tournament. The Men's Team finished 14th out of 24 teams, and the Lady T-Birds finished 13th with only 4 participants.

Lady T-Bird Ivaana Wallace and Men's T-Bird Jonathan Pacheco finished with a 3-2 record, and Angel Garcia with a 2-2 record.



**We're very proud of the young people participating and leading our athletic programs
All hard work brings profit!**



JUDSON MIDDLE SCHOOL



Our Boys Soccer teams are off to a Great start on their seasons. Our 8th Graders started their first four games holding a 2-1-1 Record, while our 7th Graders have jumped out to a 3-0-1 Record. Our boys are excited and growing every day to become the best versions of themselves on and off the field.

Our off-season program has kicked it into high gear looking to get bigger and faster every day.

Our number in the weight room continues to go up and impress. We are proud of their efforts and enthusiasm they have for each other.



★WAY TO GO!★



Violet Cowling was recognized beyond the game for being a servant leader and helping our life skill students in the classroom.



Breast Cancer Awareness/ Guest Speaker Jaguars ended the last few days of October with breast cancer awareness. We teamed up with Susan G. Komen and Mrs. Pointer to honor family members and bring awareness to our community. The highlight of the week was a guest speaker for our athletics class. Former Olympian and survivor Donna Dennis. It was a wonderful event, and our girls truly enjoyed it.





JUDSON MIDDLE SCHOOL



6th Grade WNBA League came to an end this month and those young ladies improved weekly! They found a love for the game of basketball and learned what being a team player is all about. We are so proud of the growth the girls made and we can't wait till next year's season!



7th and 8th grade Basketball teams are off to a great start. We are midway through the season and these Jaguars are playing tough and working hard to earn these wins. Both A teams are currently undefeated and hope to make a run for this year's STAC championship. Hard work, leadership and determination is what it's going to take, and these girls are ready to rise to the occasion.



Be GRATEFUL



Our athletic class got to spend time together before the Thanksgiving break to share what they were grateful for and enjoy some treats. It's always nice to take a moment & enjoy each other's company and spread joy.

Many of our athletes joined the JHS track team for workouts over Thanksgiving break. Thank you, Coach Holland, for such a wonderful opportunity.





KIRBY MIDDLE SCHOOL



Girl's basketball is focused on growth every game! We are growing every game and look forward to wrapping up the season strong in the next few weeks.



6th grade pre-athletics Jr. WNBA league has wrapped up their league! We are extremely proud of this group of athletes for working hard every day to improve their skills. We are extremely grateful for the opportunity to compete! They are already looking forward to next year!



Kirby girl's athletics had the opportunity to participate in the Her Time to Play Courtside Conversation, put on by the Spurs organization. The workshop's goal was to inspire and empower middle school girls to develop a positive mindset and confidence in themselves and their abilities.

Through interactive activities and group discussions, we covered topics such as positive self-talk, defining the key to confidence, overcoming mind traps, and more. We are thankful for the opportunity to have former WNBA Strength and Conditioning Chrissy Stragisher be our guest speaker and lead the workshop!





KIRBY MIDDLE SCHOOL



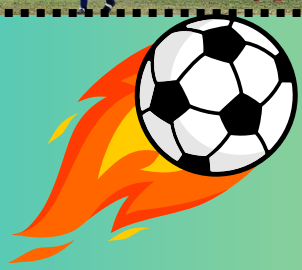
Tis the season to be thankful and we are thankful for all the effort that is being put forth in our athletic periods.

Whether it is our in-season soccer boys or our off season boys getting ready for basketball and other sports. They are giving 110% on and off the field. KEEP IT UP BOYS!



In education, once November comes, it never fails that time seems to just fly by.

It seems as though soccer season had just started and now we are mid-way through the season. Kirby is growing and getting better everyday. The boys are understanding their soccer positions as well as getting better at their technical and tactical approach to the game. As we say at Kirby, "Day by day, we getter better and better!"



Pre-athletics is still rocking with learning the culture and high expectations of what it means to be a Kirby Falcon student-athlete. The 6th grade are showing some great prospects for next year's soccer season. We have been performing the same drills and skills as the 7th and 8th grade soccer teams. We want to instill the expectations of what is to come when they become 7th graders.



KITTY HAWK MIDDLE SCHOOL



November was the start of our soccer season and the Kitty Hawk boys have been playing very well. The 8th grade team has been led by Roel Garza and Dedric Rangel. Both players have been playing at a high level and their effort on the soccer field has been impressive. The 7th grade team which has been led by Noel Hernandez and goalie Caleb Grizzelle have also displayed hard work and effort in games as well as practices. The soccer coaches, coach Fabii and coach Jimenez, have done a great job in preparing the athletes physically and mentally for each game. We would also like to thank you to our families and fans for the positive demonstrations of sportsmanship throughout the season so far





KITTY HAWK MIDDLE SCHOOL



Both our 7th and 8th grade basketball teams have been working hard in practice. They are learning to work together as a team and trust each other in the process. We are improving every day in preparation for STAC.

Pre-Athletics Basketball League - Our pre-athletics basketball team (Storm) finished their season before Thanksgiving Break. The future Flyers improved so much from the beginning of the season. All the athletes stated they cannot wait to try-out for the Kitty Hawk Basketball team next year! We are proud of the girls' hard work and efforts. Our KH basketball team is looking bright for 7th grade.

Athletics - Our athletic programs continue to grow stronger each week. They are working hard on and off the court/field. We are fortunate to have coaches from Veteran's Memorial High School visit us every week. As we are in our final weeks of the basketball season our girls are excited for the upcoming soccer season.

Fundraiser - Our girls athletics program wrapped up their annual fundraiser with a bang! The athletes raised over \$12,000. We are thankful for the love and support from our community.





METZGER MIDDLE SCHOOL



The Metzger Boys soccer team has been hard at work, since the start of the season. With the 7th & 8th grade teams each with a record of 1-2, they are led by Coach Jones and Coach Wilson. With each team member on the 7th & 8th grade contributing, the players with a significant contributions are 7th grader Jamie Alvarado and 8th grader Jerimiah Cruz.





METZGER MIDDLE SCHOOL



The 6 grade WNBA league came to a close, but not before our athletes were gifted a swag bag from Indiana fevers very own Nalyssa Smith. Which was graciously delivered by her mother, Mrs Niki Smith. The girls LOVED their bags.

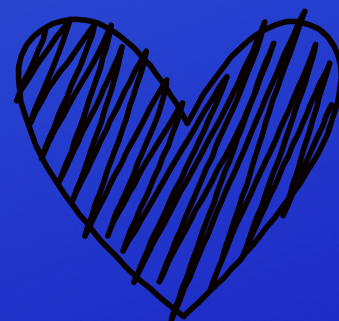


TEACHERS OF THE MONTH
MRS. GIBSON/COACH WILSON



THANK YOU FOR EVERYTHING YOU DO!

Congratulations to Coach Wilson who was anonymously nominated and voted Teacher of the month on our Campus which proves that she continues to impact our campus athletes and teachers alike.





METZGER MIDDLE SCHOOL



Girls basketball is well underway, and we are learning a ton and having fun while doing so. The Mustang athletes are working hard and improving with each game.



The honor roll and perfect attendance athletes made us proud as they were recognized in front of their peers. Continue to lead from the front Mustangs!

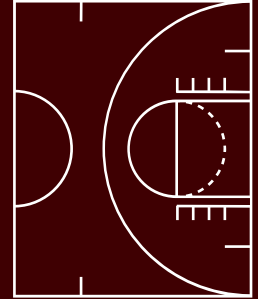




WOODLAKE HILLS MIDDLE SCHOOL



The coaching squad hit up the UTSA basketball clinic! We also caught the last WNBA hoopla and showed our 8th-grade admin some love for all their support. And, let's not forget our Pink Out Sock pics - they were a total slam dunk! Finally, we feasted like kings and queens at the Thanksgiving Giving Luncheon.



THANK YOU!





WOODLAKE HILLS MIDDLE SCHOOL



The Woodlake Hills Boys Soccer Teams are practicing hard for this soccer season. They are off to a good start and are expecting great things this year.



GOAL!





JISD

iPlay Sports



iPlay is back and did not miss a beat. 13 of our elementaries competed in Red McCombs iPlay Soccer tournament on November 11th. Of the 48 schools around the city, our very own Hopkins Hawks and Coach Cuellar, brought home the 1st place Trophy.. Yet again!!



Congratulations also goes out to:

Spring Meadows-2nd place

Wortham Oaks- 3rd place

Escondido- 4th place



GREAT JOB!

Also, to all the students and coaches that participated, we are Proud of you!

The next tournament will be volleyball February 2, 2024.



Celebrity P.E. Coaches



In the hallowed halls of Judson High School, two legendary P.E. coaches reign supreme: Coach Green and Coach Logan. But did you know that these two masters of motivation are also TikTok sensations, renowned for their lunchbox beatbox? With their lyrical wizardry and rhythmic prowess, they channel the power of music to inspire and invigorate their students and fellow coaches alike. In their latest viral masterpiece, Coach Green's words of encouragement soar to new heights, lifted by Coach Logan's electrifying beats. By meeting their students where they are, whether on the field or off, these coaches weave a web of wonder that inspires greatness in all who hear them. Bravo, Coaches!

@lunchbox_freestyles



CheerLEADERS in the Community

With football season coming to an end and basketball season starts to begin, our cheerleaders dedicated some time to give back to the community over the past couple of months. The definition of a cheerleader is person who leads spectators in cheering, usually a member of a team that performs dance, acrobatic, and tumbling routines at sporting events or in competitions with other teams.

However, the key word in CheerLeader is LEADER. Many cheerleaders are looked at as role models and pillars in the community, so being a servant leader is not too far out of their comfort zone. Thank you JISD cheerleaders for always stepping up and helping when needed.



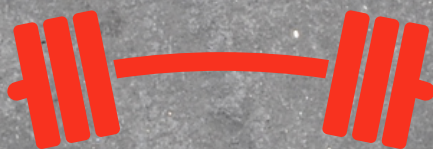


Coach Jackson

Wagner HS Strength Coach



Coming off the Thanksgiving break, the Wagner Strength and Conditioning team is buzzing with gratitude for the athletes and sport coaches who have been pumping iron at our facility.



As the chill of winter sets in, Boys and Girls Basketball are revving up their training for the season, focusing on power and speed movements. Our JV girls' basketball team is still keeping up the pace while Varsity Girls Basketball is out there slaying tournaments left and right. One of our star players, the Point Guard, is even nominated for the Express News Player of the Week award. Talk about a slam dunk!



On the football front, we're happy to report that Juan'Yae Taylor has broken our school record with a soaring 37" vertical jump! He's also one of the strongest athletes we've ever tested with an enviable Strength Index. Watch out, world



Boys and Girls soccer teams are gearing up for their training to transition from Strength and Muscular Endurance to Power and SPEED.

A big shoutout to our janitorial superheroes, Mr. Alfredo and Mrs. Martha, who keep everything spick and span for our athletes.



Veterans Memorial HS Strength Coach

With the first half of the school year winding down, Patriot S&C is in full swing. Mobility exercises have been incorporated all year which has led to a reduction of soft tissue injuries. Many athletes have made monumental gains as their season approaches. As the athletes get stronger and improve their coordination, progressions are implemented to break through any plateaus.





Coach Walden

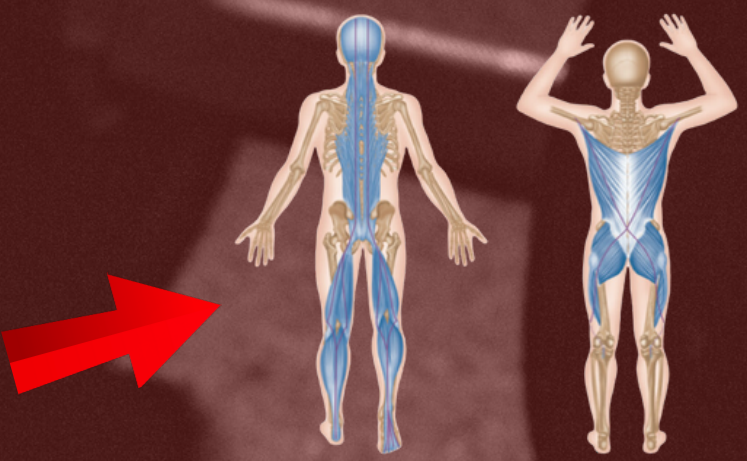


Judson HS Strength Coach

DON'T HAVE AN INFERIOR POSTERIOR

Talk to any coach, they will mention how important it is that their athletes have developed posterior chains. What does that even mean? Is it that important? How do we train it?

The posterior chain consists of the back lower half of the body (Pictured). It is so important to athletes because they are such large muscle groups, so when trained correctly, the posterior chain produces the majority of your power. Power allows you to be explosive and fast. My job as a strength coach is to improve upon your performance. Training it is extensive. We can do several things to build the hamstrings, glutes, calves, and even achilles tendon.



You know how we love our theme days at JHS... November has been renamed NORDvember. Named after one of the toughest yet most effective exercises, the Nordic Curl. Every group must perform prescribed sets of Nordic curls (based on the day and activity level) every day they are in the weight room in the month of November. Develop your posterior and you will develop your athleticism!

How to perform Nordic Curl: Make sure your feet are locked in place. You can use a partner to hold your feet. Start in upright position, lower yourself as close as possible to the floor, and pull yourself back up without using your hands.

JISD ATHLETICS PRESENTS THE JORDAN FORD...



HIGH SCHOOL COACH OF THE MONTH

MIDDLE SCHOOL COACH OF THE MONTH



RT Gonzales
HIGH SCHOOL

Seneca Saenz
MIDDLE SCHOOL

ATHLETE OF THE MONTH

ATHLETE OF THE MONTH



Jovanni Whittaker

London Bailey

CONGRATULATIONS!



'tis the season...no room for complacency!

As the holiday season unfolds, our athletic programs are in full gear with a spirited atmosphere that extends beyond the festive decorations and warm gatherings to embrace the on-going intensity of competition.

Although we welcome these joyous celebrations, there's no room for complacency on the court or the field; but instead, a call to strive for excellence that propels our student athletes forward.

Courts and fields will serve as arenas for unwavering determination, teamwork, and the pursuit of victory, mirroring the resilient spirit that defines this holiday season.

Embrace the festive holiday spirit, but let it fuel your motivation rather than breeding complacency. Keep pushing for your goals with renewed vigor, cherishing the joy of the season while maintaining a steadfast commitment to progress and achievement!

Wishing all our athletes and coaches the very best!

 dlG

KARL POINTER

DIRECTOR OF ATHLETICS



The Season of Giving: Choosing a Positive Mindset During Holiday Time

As we gather with loved ones to celebrate the festive season, it's important to remember that while many of us are surrounded by joy and blessings, this time of year can also be one of fear and despair for some. As humans, we thrive in community and it's easy to forget this when we isolate ourselves. However, it's crucial to recognize that we are all blessed in our own way and have something to offer others. What we choose to focus on can greatly impact our lives. By intentionally looking for the good in our lives and focusing on positivity, gratitude, and creative outlets, we can rewire our brains to create more positive pathways. It's up to us to choose what energies, practices, and ideas we allow to grow in our consciousness.

This holiday season let us make a conscious effort to choose a positive mindset. Let's take a moment to reflect on our blessings and spread joy to those around us. Remember, what you focus on expands, so let's choose to focus on the good and create a more positive environment.

One way to spread joy during the season of giving is to volunteer or donate to a local organization that is doing good in the community. This could be a food bank, homeless shelter, or animal rescue. Not only will you be making a positive impact on those in need, but you'll also feel good knowing that you are contributing to something greater than yourself.

Another way to cultivate positivity during the holidays is to practice self-care. Take time for yourself to relax, unwind, and do things that bring you joy. This could be as simple as reading a book or going for a walk in nature. When we take care of ourselves, we are better equipped to take care of others and spread positivity.

Lastly, let's remember to be kind and compassionate to those around us. We never know what someone else may be going through, and a small act of kindness can go a long way. Whether it's holding the door open for someone, giving a compliment, or simply smiling at a stranger, let's choose kindness wherever we go.

So, choosing a positive mindset during the holiday season can have a profound impact on our lives and the lives of those around us. Let's focus on gratitude and spread joy to those around us!

TRIVA CORRALES

EXECUTIVE DIRECTOR OF ATHLETICS



Thankful for FEEDERS

Growing up my family would always joke and call my dad a feeder. You could see on his face that he took great enjoyment in feeding people. Anytime someone came over the first thing he would ask is if they would like something to eat. As kids growing up he would always want us to have seconds. (OK don't be thinking about my weight right now - I'm working on it 😊) But seriously, now I find myself in the same boat because Thanksgiving is my favorite holiday and I love feeding everyone! This Thanksgiving I fried three turkeys, and had plenty of sides, Makes me think of that song - Greens Beans Potatoes Tomatoes (U Name It)! LOL Although, we made fun of our dad then, now I find myself also enjoying being a FEEDER.

But there are so many other ways that you can FEED people without providing food. You can provide guidance, a helping hand, encouragement, support, honesty, and so many more ways that fuel their body, mind and soul. I am so thankful for the people that have FED me: my parents, my family who has always supported me and been my place of comfort, security and encouragement every single day, and the coaches throughout my life. I was able to share in my mentors 60th birthday. A person who has FED me since I was 12!

As a coach you have such a tremendous impact on our youth. At times, you don't realize the impact until much later. Even student athletes don't realize how much a Coach has FED them until much later as well. As I was watching Judson vs Wagner girls basketball square off, I beamed with Pride seeing so many of our ex athletes now coaching in our district. It gives me such joy to see them on the sidelines, doing what they love and now FEEDING the next generation. This includes Lena Wilson at Metzger, Lennique Brown at Wagner, Jessica Sommers at Judson, Ashley Catlett at Kirby, and Amber Ramirez at Judson, just to name a few.

Lastly I'm thankful for one of our team members who has FED many around her and finished her RACE in Public Education. Who is she? She is a Champion and her name is Ruby de la Garza. Ruby, thank you for all the nourishment you provided to everyone your served! You will be missed!

Daye, Thank you for your Hard Work, Fun Times,
and for Leaving it Better than you Found it!



THANK YOU!!!



Follow us at:

NOW
PLAYING



#LockedIn



@JISD_ATHLETICS



@jisdathletics



Judson ISD - Athletics Department



@jisd_athletics