

# SUMMIT ACADEMY SPORTS



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## UPCOMING EVENTS

- \* **Open Enrollment 26-27**  
Tuesday, Dec 2
- \* **Sports Psychology**  
Wednesday, Dec 3
- \* **First Semester Finals**  
Dec 9<sup>th</sup>- 11<sup>th</sup>
- \* **Bumper Cars & Pickleball**  
**@ Stable 12:30-1:30**  
Friday, Dec 12<sup>th</sup>
- \* **Winter Break**  
Dec 15<sup>th</sup>- Jan 2<sup>nd</sup>
- \* **First Day @ Stable**  
Monday, Jan 5<sup>th</sup>
- \* **First Day @ Summit**  
Tuesday, Jan 6<sup>th</sup>

## IMPORTANT LINKS

- \* [The Summit Academy](#)
- \* [SAS 25-26 Schedules](#)
- \* [Tuesday Pizza Order Form](#)

## TEACHER HOURS @ THE STABLE

- \* **Ms. Stoll- English**  
Wednesdays 8:15-3:15  
[179993e@jeffcoschools.us](mailto:179993e@jeffcoschools.us)
- \* **Ms. Cusick- Science**  
Thursdays 8:15-3:15  
[dcusick@jeffcoschools.us](mailto:dcusick@jeffcoschools.us)
- \* **Ms. Johnson - Math**  
Thursdays 8:15-3:15  
[186881e@jeffcoschools.us](mailto:186881e@jeffcoschools.us)
- \* **Ms. Eguia**  
Mondays 1:00-3:00  
[nemandl@jeffcoschools.us](mailto:nemandl@jeffcoschools.us)
- \* Please email to set-up an appointment for parent(s) and/or student if needed.



## Semester 1 Finals Schedule

Everyone should have received an email from Jordan with their child's final exam schedule. If you did not receive it, or if your child has a travel conflict, please contact Jordan as soon as possible so she can make any necessary adjustments. On December 9th, the school will be providing Chick-fil-A lunch for all students. If your child will not be staying for lunch, please let Jordan know so we can order the appropriate amount of food.

## Winter Celebration

Please join us at the Sport Stable on Friday, December 12<sup>th</sup> for our Winter Celebration. We will be doing Ice Bumper Cars and Pickleball from 12:30-1:30pm

## November Student-Athlete of the Month



Congratulations to Harrison a standout 7th-grade dual-sport athlete who brings the same level of dedication to the classroom that he does to baseball and basketball. He consistently demonstrates strong work habits—completing assignments on time, studying with intention, and seeking out opportunities to push himself academically.

Teachers and coaches alike frequently share how impressed they are with his focus, drive, and positive attitude. Harrison shows up every day ready to work, support his peers, and represent what it truly means to be a Summit Academy Sports student-athlete.

His commitment to excellence, both on the court and in the classroom, sets a standard for others to follow. We are proud to celebrate Harrison and all the hard work he has put in this month. Way to go, Harrison! Keep it up!

## WINTER FEST VOLUNTEERS NEEDED



Summit Academy is excited to participate in the Third Annual Superior Winter Fest Celebration on December 13th from 1-5. This community-driven event is an exciting opportunity to showcase our school. We are going to set up a booth and have an activity for the community to participate in and we would love student volunteers to help. Please check out more information and sign up to help [here](#).



## DU Sports Psychology

This last month in Sports Psychology, student-athletes participated in an energizing large-group activity to boost focus and get moving before diving into reflective work around identity and values. Across all grade levels, students explored who they are—both in and out of sport—by identifying the values that guide their actions, examining how those values show up in school and athletics, and reflecting on how their identities influence performance. Through activities like creating value compasses, booklets, and identity maps, student-athletes gained a deeper understanding of what drives them and how staying connected to their core beliefs can support their growth, decision-making, and resilience in high-pressure moments.

**Open Enrollment**  
**2026-2027 School Year**

Open enrollment for the 2026-2027 school year will open on December 2<sup>nd</sup> through January 9th. Current families can find the steps to re-enroll [here](#).

Move through the prompts to verify that you will be returning to Summit Athletic Academy.

If needed when you get to step 5 & 6 please select the following:

**Step 5:** Part time or Home School Enrichment program

**Step 6:** The Summit Athletic Academy

**NOTE:** Please MAKE SURE your email, address and phone numbers are correct in your Infinite Campus account.

**Early enrollment discounts apply**



## A PRECIOUS CHILD- A PRECIOUS GIFT

The #PreciousGift program is underway! A PRECIOUS CHILD hopes to collect gifts for 10,000 Colorado children who would otherwise go without his holiday season. We invite you to join us in supporting their mission. Stop by the Blue Sport Stable to drop off your gifts and unwrap impact this year right here in our community, a child in need is awaiting holiday cheer. Please click [here](#) for more information.

## YEARBOOK HELP NEEDED

Jordan is in charge of creating the yearbook and she needs your help collecting photos of our wonderful students. If you have



any photos of students please upload them to this [Dropbox link](#). Photos can be from our various events, candid, kids dressed up for games, action photos of their sports, them hanging out... really anything that captures our year together.

# SPORTS



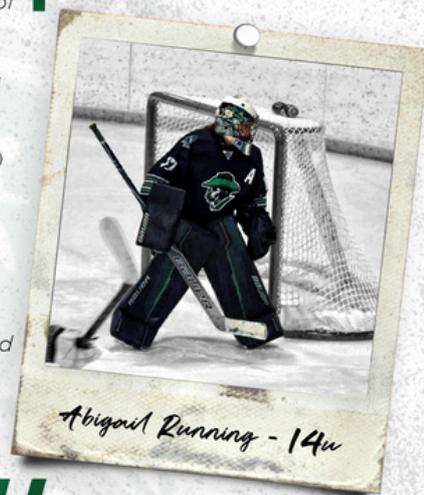
## Hockey

*For the month of November we spent a significant amount of time on 2ND Chance pucks and 2ND Chance plays.*

*The group worked on learning and refining body positioning and puck placement for the 2ND chance plays, as well as moving off puck to create these types of situations. We worked on tracking pucks off of a spray (rebound/net drive) both attacking the net and defending the net, as well as the simple mechanics of how we move into a net threatening or net defending position as quickly as possible.*

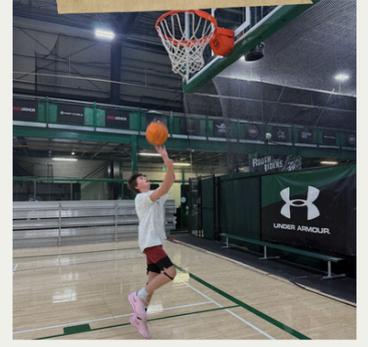
*I believe it is crucial for our age groups to learn the game in situations that change quickly, and when the first option or opportunity does not go as planned. As our group grows and makes the move to the next level of play, their first effort is what will keep them competitive, but their second and third effort is what will set them apart.*

**- HOCKEY DIRECTOR'S NOTE | BRADY REYNOLDS**



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Coch Coach Brady is going to meet with athletes and families 1v1 to go over the first semester as well as second semester goals. Please sign up for a time at the [following link](#)



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## “Basketball

*Workouts just got harder this month with our players are rising to the challenge. We built the foundation in October of ball-handling, shooting, finishing, footwork. Now we've turned up the intensity: faster pace, more physical contact, decisions under pressure. This is where real growth happens. We are seeing better shooting form + balance, smarter finishes at the rim, more confidence in 1v1 and 2v2 competition, players pushing themselves — and each other.*

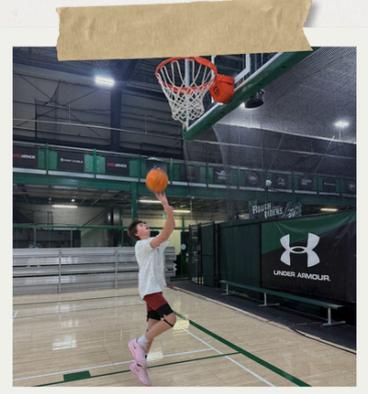
*Next we will apply these skills to the game; creating space, attacking with purpose, becoming stronger + quicker*

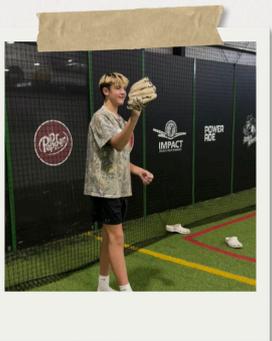
*Our goal is to help these boys play better in games. They're working hard, they're coachable, and they're improving fast.*

*Excited for what's ahead.*

**- BASKETBALL DIRECTOR'S NOTE | GALEN HARKNESS ”**

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## Lacrosse

*We had an outstanding month of hard work and development. The boys showed great focus and competitiveness throughout November as we continued building our foundation.*

*This month we:*

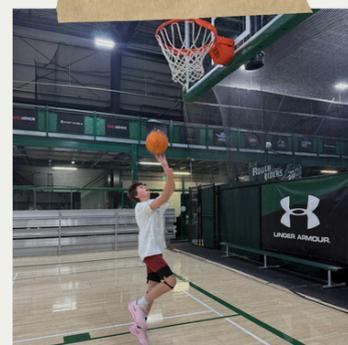
- *Trained our Up-the-Hash and Island offensive progressions*
- *Added in pick play concepts and defensive positioning work*
- *Welcomed a few new players into the program — excited to have them on board!*

*The group is growing quickly, learning fast, and pushing each other every session. We're already looking ahead and getting ready to set some big goals for 2026.*

*Thanks for the continued support. December is going to be a great month of progress*

**- LACROSSE DIRECTOR'S NOTE | ETHAN LAHODA**

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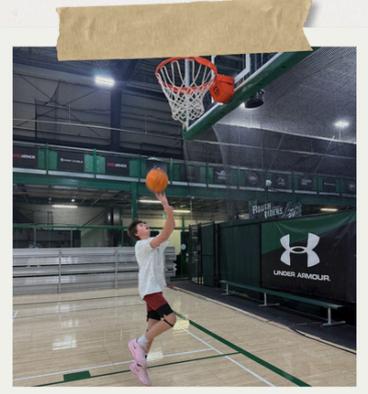
## “ Soccer

*Coach Frank wrapped up his first month at Summit Academy with a smooth and seamless transition, quickly setting a clear technical foundation for the group. His sessions this month focused heavily on going back to basics and improving the players' first touch- making their first contact with the ball a top priority, learning how to take a directional touch, and using that touch to break lines and escape pressure. On the technical side, he emphasized clean passing with the inside of the foot, creating stability through the ankle and mobility in the hip flexors, while shooting sessions centered on keeping the striking foot at 6 o'clock and driving through the ball with the body over the shot. These two techniques were then applied to game-like scenarios, helping players understand when and why to use each action, for example using the inside of the foot for short quick combination play and the low-driven technique for either longer passes like switching the field or a low driven shot. The players have already shown better recognition of problems in real time and stronger, more confident decision-making.*

*Looking ahead, Coach Frank's goal is to continue tailoring sessions to the specific areas each player wants to improve using the facility's resources to accelerate development. He emphasized this point, stating "The goal for our sessions moving forward is to focus on the specific areas the players want to improve right now. Training in this facility allows us to accelerate their development because of the equipment and resources we have access to. We're very fortunate to have these tools available, and they're a big part of what will make this program even more successful." With Coach Frank's individualized training sessions and the enthusiasm driving the program, we're looking forward to sustained growth in the coming months.*

- SOCCER DIRECTOR'S NOTE | TIM GUMM ”

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## Baseball

Over the past several months, the three Summit Academy athletes training with RoughRiders Baseball have made significant strides across all areas of their development. With consistent effort, attention to detail, and guidance from our coaching staff, each player has begun to turn foundational work into noticeable on-field improvement.

### *Infield & Hitting - Coach Cody Byrnes*

Mondays and Thursdays have continued to build on the fundamentals, and the athletes are now demonstrating more advanced control and consistency. Infield footwork has become cleaner and more efficient, leading to improved angles, smoother transitions, and stronger accuracy across the diamond. Glove work has tightened as well, with each athlete showing better posture, timing, and confidence on routine and challenging plays. At the plate, the athletes have taken big steps forward in understanding and repeating the five stages of the swing. Their ability to make mechanical adjustments is improving, and each player is developing a more personalized approach that allows them to drive the ball with greater intent. Their swings now show more balance, better sequencing, and increased bat speed.

### *Pitching - Coach David Ellingson*

Wednesday pitching sessions have produced improvements in body awareness and movement efficiency. By continuing to apply principles from Tom House and Driveline methodologies, the players have strengthened their throwing muscles with functional strength workouts. Most importantly, each athlete is starting to understand how much work goes into keeping your arm healthy.

### *Catching - Coach Scott Laur*

The athletes working in the catching position have shown tremendous growth in both technique and leadership. Receiving has become more stable and quiet, blocking technique has improved through better angles and reactions, and throwing mechanics are becoming more efficient with cleaner footwork and quicker transfers.

Together, these improvements reflect not only the athletes' hard work but also their growing confidence and understanding of the game. RoughRiders Baseball looks forward to continuing this progress throughout the remainder of the program.

- BASEBALL DIRECTOR'S NOTE

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