

SUMMIT ACADEMY SPORTS



SUMMITACADEMYSPORTS.COM

UPCOMING EVENTS

- * **Olympic Gold Medalist**
Wednesday Feb 4
- * **Sports Psychology**
Wednesday, Feb 11 & 25
- * **No School- Presidents Day**
Monday, Feb 16th
- * **Ms. Jordan Out of Town**
February 17th-23rd
- * **Concurrent Enrollment**
Thursday, February 12th
- * **Open House**
Thursday, Feb 26th
- * **Parent Teacher Conferences**
Tues, March 3rd
- * **Career Day**
March 4th- 6th

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



SAT/ PSAT for grades 9, 10, & 11

Test administration will be Tues, 4/14. Please see [SIGNUP](#) to receive additional details and to select whether you want to test in the morning or the afternoon that day. All students will be required to complete a Digital Readiness Check the week of March 31st

IOWA State Testing for grades 6-8

Test administration will be Tues, 4/14 for SAS students. Additional details will be coming soon. Please email Jordan if you have any questions. All students will be required to complete a Digital Readiness Check the week of March 31st

January Student-Athlete of the Month



We are proud to recognize Braxton, a senior with Colorado Prep, as our Student of the Month for January!

Braxton has done an outstanding job staying on top of his academics by consistently submitting his work on time and showing up to the classroom ready to learn. He takes ownership of his work, seeks help when needed, and follows through—qualities that set him apart as a student-athlete.

Beyond the classroom, Braxton demonstrates strong leadership both on and off the court. His commitment, responsibility, and positive example make him a great role model for those around him. Way to go, Braxton! We are proud of the growth and leadership you continue to show. Keep up the great work!

CONCURRENT ENROLLMENT

Concurrent enrollment provides high school students with the opportunity to enroll in post-secondary courses and earn credit at no cost to them for tuition. Colorado data show that students in concurrent enrollment programs are more likely to enroll in post-secondary education, have higher post-secondary grade point averages and retention rates, and have a decreased need for remediation. If you are interested in Concurrent Enrollment you must attend a meeting on Feb 12 at 3:30pm in the Community Room at Summit Academy Westminster.

Jordan will be out



Ms. Jordan's brother, Jaccob Slavin, made the USA Men's Ice Hockey Olympic Team. Jordan will be heading to Italy to watch her brother and will be gone February 17th-23rd. There will be a sub at school on Tuesday the 17th and Ms. Shannon (the academic director from last year) will be volunteering to cover at the Stable the 18th- 23rd. If you need anything during this time please contact the school or coach Brady.



Parent Teacher Conferences

Tuesday, March 3rd

- School is half day for students, pickup at 11:30am
- No lunch. All students must leave campus to allow our staff to prepare.
- Open house style conferences from 1:00-3:00pm
- Meetings are first come, first serve, no scheduled appointments - there may be a wait.
- Please keep conferences to 10 minutes. If you think you will require additional time with a teacher, please contact that teacher directly via email to schedule a meeting on a different day

Highlight Reels



We want to show off our student athletes! If you have video or picture highlights of sports or outside achievements, please upload them to [this form](#) so we can show case our student athletes!

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 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.



February Student-Athlete of the Month



We are excited to recognize Emily, a senior, as our Student of the Month for February!

Emily somehow manages the impossible—despite a demanding travel schedule, she always turns her work in on time. Her ability to manage her time, stay organized, and keep up with assignments is truly impressive and speaks to her maturity and dedication as a student-athlete.

In the classroom, Emily is engaged and thoughtful, consistently participating in discussions and contributing in meaningful ways. On the ice, she leads by example—pushing herself, setting high standards, and always striving to be better.

Emily embodies what it means to balance academics and athletics at a high level. We are so proud of her commitment, leadership, and work ethic. Keep crushing it, Emily!

SUMMIT ACADEMY CAREER DAY



Summit Academy will be hosting Career Day from March 4–6, 8:15–11:30 AM. This is an important opportunity for students to explore a wide range of professions, trades, and career pathways, while gaining a better understanding of how their interests, skills, and education connect to future opportunities.

Research consistently shows that early career exposure helps students build motivation, see real-world relevance in their learning, and make more informed academic and postsecondary choices as they grow.

How to get involved:

Parents interested in presenting: Please let Summit know if you're available to share about your career or professional path and sign up here:

[Parent sign up to present](#)

Logistics Day of:

Students attending Career Day: Please sign up [using this form](#).

Parents are responsible for dropping off and picking up students during Career Day hours. Carpools are welcome—please just notify Jordan so training schedules at the Stable can be planned accordingly.

Thank you for partnering with us to make Career Day a meaningful and inspiring experience for our students!

Tuition and Registration for 2026-2027

Information for tuition for 26–27 school year will be emailed out next week! Please contact Ms. Jordan if you have any questions. Thank you

Declan Farmer



We're excited to welcome **Declan Farmer**, Olympic Gold Medalist and Team USA Paralympic sled hockey athlete, to Summit Academy Sports on Wednesday, February 4! Declan will be sharing his journey, mindset, and what it takes to compete at the highest level.

Impact Sports Performance will be slightly adjusted so students can take part in this incredible experience.

Girls Shadow Day @ Stable

Please help us spread the word about a Girls Shadow Day at SAS. It will be a normal day for our current athletes with hopefully an influx of females for the day. We will be offering the following sports on that day:

- VOLLEYBALL
- Soccer
- Basketball
- Lacrosse
- Baseball/SOFTBALL
- Ice Hockey

You can send out the [following flyer](#) to interested female athletes.



SPORTS

IMPACT



This month in January, we introduced weekly speed testing along with additional performance assessments to give athletes clear, measurable feedback on their progress. These tests allow each athlete to see how they are developing over time and help us make informed adjustments to their training as needed.

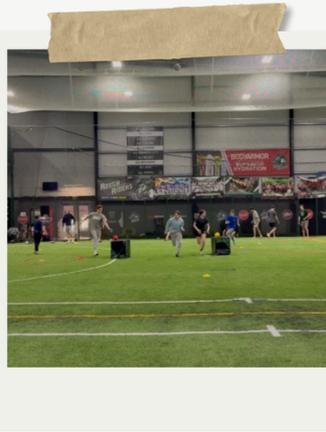
On the field, a major emphasis was placed on change of direction while continuing to maintain and reinforce top-end speed. This balance is critical for sport performance, ensuring athletes are not only fast in a straight line but also efficient, controlled, and explosive when changing direction.

In the weight room, our focus centered on single-leg strength movements to improve stability, balance, and force production, while also continuing to build upper-body strength. This approach supports both performance enhancement and injury reduction.

Each athlete is following an individualized program tailored to their age, physical development, and current point in their competitive season. This allows us to meet athletes where they are and progress them appropriately and safely.

As we move forward, we will continue to closely monitor how athletes' bodies are feeling and responding, especially as the demands of a long season add up. Our goal remains to support consistent development while keeping athletes healthy, resilient, and performing at their best.

Head of SAS Sports Performance | Zach Goberis



SOCCER



Coach Frank continues to build momentum at Summit Academy this January, keeping sessions focused on the fundamentals while steadily implementing elements of game realism. Coach Frank continues to focus on the players first touch, decision-making, and vision, with an emphasis on developing habits that can soon become second nature when in match situations. Players spent significant time working on clean, purposeful first touches, learning how to play with their head up, and making quicker, more confident decisions under pressure.

A highlight of the month was the integration of a new player, Charlie, who is just beginning his soccer journey. Through Coach Frank's inclusive and fundamentals-driven approach, Charlie has been able to jump straight into sessions alongside the other players due to Frank's sessions that create an environment where newer players can learn efficiently while also building confidence. Coach Frank states, "Charlie has already shown noticeable progress, picking up good habits and demonstrating the ability to "keep up" while learning the game at a fast rate."

Looking ahead, the focus will be on continuing to build an environment where we can easily integrate new players like Charlie while maintaining a high standard for all athletes. This is done by building sessions around refining a strong foundation and recognizing realistic game cues, Coach Frank aims to create a training environment where every player, new or veteran, can be comfortable to enjoy themselves and take meaningful steps forward.

Soccer Director | Tim Glumm



SPORTS

LACROSSE

Summit Academy Lacrosse has had a great semester of work, and I couldn't be more proud of the group. The players have been putting in consistent effort every day, and are seeing major results in their speed and strength training. They are looking faster, more explosive, and stronger as the semester progresses, and it's been fun to watch their confidence grow as the physical work pays off on the field.

From a lacrosse standpoint, we've been very intentional about building habits and

understanding the game at a deeper level. Each week we've focused on a specific theme to guide our training and mindset. This week's theme was inspired by the Bill Walsh quote, "Champions act like champions before they are champions."



The players have really taken this to heart, embracing the idea that growth comes from consistency in our habits, our systems, and the way we show up every day. That mindset is becoming part of who we are as a group. On the field, we're spending a lot of time developing lacrosse IQ. Defensively, we're diving into the details of slides and recoveries, defending two man games, and understanding how to adjust to different offensive sets. Offensively, the focus has been on creating separation from anywhere on the field through bounces, freezes, and redodges, while learning how to attack and manipulate help defenders through smart decision making. This is a great group of athletes who genuinely want to learn and get better, and I'm excited to keep building with them as we move

forward.

We don't rise to the occasion, we fall back on the level of our training, habits, and preparation!

We are looking forward to welcoming more lacrosse students in the 2026-2027 school year!

Lacrosse Director | Ethan LaHoda

DANCE

This month, our dancers have been putting in long hours of hard work, learning choreography from a variety of talented choreographers from across the U.S. When they aren't rehearsing, they're training in a wide range of styles including contemporary, ballet, acro, tap, ballroom, and more. In each class, dancers focus on strengthening technique while learning new combinations that challenge and inspire them.

Our girls recently competed at Universal Ballet Competition and Press Play, where they took master classes, auditioned for scholarships, and competed alongside studios from all over.

We would love for anyone to come out and support our dancers! Competition schedules will be shared as they become available each month. Best of luck this season to all Artistic Fusion dancers!



SPORTS

BASEBALL

As January gets underway, the Summit Academy athletes training with RoughRiders Baseball are beginning to see their offseason work translate. With high school tryouts and club teams practices approaching, the players have taken important steps forward, sharpening their skills, building confidence, and preparing themselves for the upcoming baseball season.

Infield & Hitting – Coach Cody Byrnes

January training has been about turning practice reps into instinctive movement. On the infield, the athletes are beginning to play faster as footwork patterns become more natural and efficient. Their first steps are more decisive, positioning is improving, and throws are coming out cleaner as body control and balance

continue to improve. Plays that once required extra thought are now being executed with confidence and consistency.

Offensively, hitters are developing a better feel for their swings and learning how to make adjustments on the fly. January sessions have emphasized rhythm, timing, and intent at the plate, allowing each athlete to find a swing that fits their body and approach. The result has been more consistent barrel contact, improved bat speed, and a growing understanding of how to attack different pitches—important progress as live at-bats and tryouts approach.



Pitching – Coach David Ellingson

Wednesday pitching sessions have focused on improving body awareness, movement efficiency, and arm care. Now that the season is right around the corner throwing intensity has started to increase as the last few months have been more focused on building a strong foundation in our players throwing muscles. We have started to throw bullpens and have been thinking more about the pitching motion—throwing motion in general, so the players understand why they miss with a throw or pitch.

Catching – Coach Scott Laur

The athletes working at the catching position have made noticeable strides in both technique and leadership as training intensity has increased. Blocking progression has been evident through quicker first movements, improved body positioning, and stronger recovery after blocks. Footwork and transfers have also taken a step forward this month, leading to faster and more accurate throws to bases. As these physical improvements have come together, the athletes have shown increased confidence behind the plate, taking on more responsibility in directing pitchers and controlling the tempo of play—an important development as they prepare

Over the past several months, the three Summit Academy athletes training with RoughRiders Baseball have made significant strides across all areas of development. Through consistent effort, attention to detail, and guidance from our coaching staff, foundational work is now turning into noticeable performance gains. We also have welcomed one new athlete this month, Jonah and Jaxon. We are excited to start working with them as well!

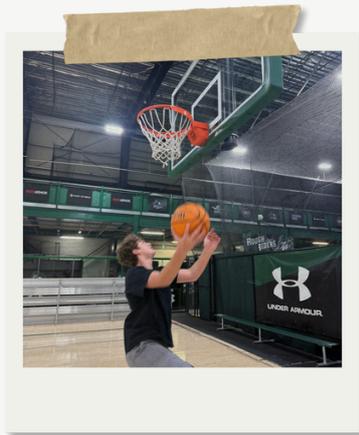
Baseball Coach | David Ellingson

SPORTS

BASKETBALL

Basketball is off to a strong start this semester.

- We have had perfect attendance at training sessions.
- Our effort and focus are high during each training session, and the guys want to work and want to get better.
- Each player recently took a questionnaire about their goals for the next 30 days.
- With their answers, we are creating individualized development plans for each player to achieve their improvement goals.



We are working for each player to be their best version of themselves on and off the court.

- Basketball Director | Galen Harkness

HOCKEY

We had quite a few changes for the hockey program to begin the New Year. We added Coach Zach Goberis to the staff and changed our ice model to allow for more specialized training according to our students development bell curve. This has allowed for us to focus more in depth on each age groups' skill development while still allowing for our students to learn and grow by "teaching" or learning from the more mature players.

In January our focus has been on working off of the puck, scanning the ice for the next play. Positioning is all important at every level, and working on SEEING where we need to be to support a play and ultimately make a play happen is more than just a physical movement. A big part of this has been zone entries, zone exits, spacing and how we attack the interior of the ice.

I am pleased with our groups adaptability this month and ability to workshop some new concepts.

- Hockey Director | Brady Reynolds

