

# SUMMIT ACADEMY SPORTS



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## UPCOMING EVENTS

- \* **Parent Teacher Conferences**  
Tues, March 3rd
- \* **Career Day**  
March 4<sup>th</sup> - 6<sup>th</sup>
- \* **Girl Shadow Day**  
March 11th
- \* **Sports Psychology**  
March 11 & 25
- \* **Spring Break**  
March 16-20th
- \* **PSAT/ SAT grades 9-11**  
Tuesday, April 4<sup>th</sup>
- \* **IOWA Testing grades 6-8**  
Tuesday, April 4<sup>th</sup>
- \* **Career Day**  
March 4<sup>th</sup> - 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.



SAS Students heard from Para Olympic Athletes Declan Farmer, Josh Pauls, and Brett Bolton

## SAT/ PSAT for grades 9, 10, & 11

Test administration will be Tues, 4/14. All 9-11<sup>th</sup> are expected to take the test. Please be on the lookout for an email from Mrs. Miller as to what time your test is.

## IOWA State Testing for grades 6-8

Test administration will be Tues, 4/14 for all SAS 6-8<sup>th</sup> grade students. Info coming soon.

## March Student-Athlete of the Month



We are excited to recognize Chase Buehler, a junior at Summit Academy Sports, as our Student of the Month! Chase consistently demonstrates dedication to his academics, working hard to maintain strong grades and standing out as one of the few students fully caught up in his Spanish class. He takes initiative in his learning, often spending extra time studying with Ms. Johnson to ensure he is prepared for upcoming assessments. On the ice, Chase is equally impressive. As a left winger for the UI6AAA RoughRiders, he capped off an outstanding season with 73 points (41 goals, 32 assists)—a testament to his skill, work ethic, and competitive drive. Chase shows up each day ready to work, continually pushing himself to improve both academically and athletically. We are proud of his commitment and growth—keep up the great work, Chase!

## SUMMIT ACADEMY CAREER DAY

Summit Academy will be hosting Career Day from March 4–6, 8:15–11:30 AM.

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.



## 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

Ms. Shannon has graciously volunteered to help with the yearbook so Please Please Please continue to upload photos of our wonderful students. If you have any photos of students please upload 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.



### Congrats to Gerard "G" Germain

G and his RoughRiders U12AA team were sponsored by the Colorado Avalanche to compete in the prestigious Quebec International Pee-Wee Tournament, one of the most celebrated events in minor hockey. We are incredibly proud of G's hard work, dedication, and growth that led to this amazing opportunity—way to go!

### 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

## DICKS SHOP DAYS

Summit Academy is taking part in Dicks Shop Days March 6<sup>th</sup>- 9<sup>th</sup>

SAS families get 20% off the entire purchase using [this coupon](#).

There are other [coupons here](#) that are good for the 2026 year.

## OUTDOOR EDUCATION

The Mountain Lab School at IdRaHaJe

April 13–15, SAS students will have the opportunity to participate in an incredible outdoor educational experience through Mountain Lab School. This is a hands-on, adventure-based learning program designed to build leadership, teamwork, and resilience. More details (including cost information) will be shared soon.

Please note: Students in Grades 9–11 who are scheduled to take the PSAT/SAT on April 14 will not be able to attend due to testing. Students in Grades 6–8 will complete their IOWA state testing upon return.

If you would like your child to participate, please email Jordan to let her know.

Check out their website for details [IdRahaJe](#).

## IMPACT

As we continue to prioritize safety and performance during sports training, please make sure your student arrives each day wearing proper athletic footwear. Sport-specific shoes (running shoes, court shoes, turf shoes, etc.) that are supportive and tied securely are essential for both injury prevention and effective movement. Crocs, slides, Vans, or non-athletic shoes are not appropriate for training sessions. Thank you for helping us keep our athletes safe and prepared to perform at their best.

## HOCKEY



This month our focus was on zone entry tactics and concepts, and attacking/controlling the middle of the ice.

We spent a significant amount of time working on isolating 2v1 situations, attacking defenders' heels, using slip plays and short support passing to work to the interior of the ice creating scoring opportunities.

We began to breakdown lane support from zone exit to zone entry, and how they shift during a fast paced game. We introduced the ideas of transportation and distribution as puck management and puck possession skills as well as reading a defender's stick and body position, using weight transfers and stride mechanics to move quickly through read progressions and ultimately play a faster North/South game.

Although these seem like simple ideas, in practice, they are a difficult concept, but one that we think is crucial to their success. They have been eager to learn and I am seeing the improvement everyday!

- Hockey Director | Brady Reynolds



# SPORTS

## LACROSSE

This month at Summit Academy we placed an added emphasis on field sense and lacrosse IQ. As our athletes continue to grow, the goal is not just sharper skills but deeper understanding. We are spending more time teaching the why behind what we do. When players understand the why, they make better decisions, play faster, and compete with more confidence.

On the offensive side, we are incorporating more dodge to feed concepts. We are layering individual skills into team concepts so players can

connect their footwork, vision, and decision making within live situations. It is not just about beating your defender. It is about creating advantages for the offense and recognizing when to score and when to move the ball.

Defensively, we are increasing our focus on live reps, and communication. A major teaching point has been LED slide decisions. Loud. Early. Decisive. We want our defenders communicating with authority and sliding with purpose. It all starts with communication - if you say it first, you're right! One of the things I am most proud of is that our players continue to train on both sides of the ball. Offensive players are developing defensive instincts. Defensive players are sharpening their offensive skills. Complete lacrosse players understand the full game, and that is the standard at Summit Academy.



Film review will begin in March as we prepare our athletes for their spring seasons. This will give players the opportunity to see the game through a different lens, reinforce our concepts, and accelerate their growth heading into competition.

Thank you for trusting us with your athletes and allowing us to be part of their journey.

Lacrosse Director | Ethan LaHoda

## BASKETBALL

Our basketball athletes continued to work hard throughout February, consistently building their individual skill sets. With most winter seasons now complete, we have transitioned into focused individual development plans.

Each athlete completed a self-evaluation to identify specific areas of growth. This process allows us to narrow their focus and train with greater purpose and direction.

Over the next several months, our sessions will place added emphasis on improving basketball IQ and on-court decision-making. Our goal is to help each athlete develop the skills, awareness, and confidence needed to perform at a higher level.

We look forward to the continued growth ahead.

- Basketball Director | Galen Harkness



# SPORTS

## BASEBALL

As February moves forward, the Summit Academy athletes training with RoughRiders Baseball are transitioning from offseason development into true preseason preparation. With tryouts underway and team practices beginning, the focus has shifted toward sharpening execution, building consistency, and helping each athlete trust the work they've put in over the winter.

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

#### *Defensive Development (Mondays)*

Monday defensive sessions have centered on efficient footwork patterns when fielding ground balls. Athletes are learning how to move with purpose, replacing unnecessary steps with clean, direct routes to the baseball. Emphasis has been placed on reading hops early, creating proper angles, and arriving at fielding position under control and in rhythm.

#### *Offensive Progress (Thursdays)*

February hitting sessions have focused heavily on weight shift and moving into the baseball from a strong, leveraged position. Hitters are learning how to control their center of mass, load efficiently, and transfer energy from the ground up. Rather than drifting or spinning off pitches, they are beginning to stay stacked and connected, allowing their lower half to drive the swing.

### **Pitching – Coach David Ellingson**

Pitchers have continued building functional strength through targeted exercises, medicine ball work, and ladder drills designed to improve coordination, explosiveness, and body control. These movements directly support efficiency on the mound and reinforce the connection between strength and mechanics. With bullpens now underway, intensity has increased as athletes prepare for game competition. A major focus has been establishing the fastball for consistent strikes, commanding the zone with intent. In addition, pitchers are refining

the shape and feel of their offspeed pitches, learning how grip, release, and hand position influence movement profiles.

Additionally, athletes are learning about the effect of mechanics on pitch location. Rather than guessing on why a pitch misses, athletes are beginning to identify breakdowns in timing, direction, or posture. This awareness will help them make adjustments in game.

### **Catching – Coach Scott Laur**

February was a big month for our catchers as they prepared for tryouts. A key emphasis was improving consistency on throws to third base. By cleaning up unnecessary movements and tightening footwork and transfer patterns, the athletes were able to maximize pop-time efficiency. The result was quicker releases, more accurate throws, and a noticeable boost in confidence heading into tryouts.

Blocking development has also taken a major step forward. Catchers have built a stronger understanding of the mechanical movements behind effective blocking, learning how to get their bodies into athletic, controlled positions regardless of pitch velocity. Whether facing 60 mph or 90 mph, they are working to beat the ball to the spot, control rebounds, and recover quickly.

In addition, each catcher has set measurable goals for the season when it comes to blocking consistency. This intentional approach not only sharpens technique but also reinforces accountability and leadership behind the plate.

As we move closer to the start of the season, the progress across all groups continues to build. The athletes are not only improving physically, but also growing in awareness, confidence, and competitive mindset.

February has been about turning preparation into performance, and we're

excited to see that work show up as games begin.

