

**SANTA FE TRAIL HIGH SCHOOL  
NEWSLETTER  
OCTOBER 2021**

**HOMECOMING 2021**

What a great day for USD 434 on Friday, September 24<sup>th</sup>! The homecoming events and parade in Carbondale was a great day to celebrate Charger Pride. Thank you to all that helped to make this the wonderful event it has become.

Mr. Staab's government classes returned the following week to clean up the main streets of all three towns. Thank you for organizing and doing this.



**POWERCLUB AT SFT COMING SOON WITH MS. KRAMER**

Here at SFT, the weightlifting program provides several important purposes for students. There are the obvious goals of getting stronger, gaining muscle mass, and preventing injuries. However, there are other motives that our students have found while spending time among the racks of dumbbells and weight plates. Students have seen the most important

part of lifting weights, the primary reason why a high school weights class exists- the mental benefits. From freshmen to seniors, kids have gained confidence through lifting weights they didn't think was possible. When a student accomplishes a weight or a lift they have been striving to hit, it builds confidence and hits our reward system in our brains. Students are finding consistency through being challenged and, day after day, finding a way to rise to the challenge. When a student completes a hard workout or challenge, it builds mental toughness and the belief that they CAN push through tough situations. We are seeing extrinsic benefits as well. Students from all areas of the school are jumping higher, lifting more weight, and building a work capacity that carries over to sporting events and life activities. Students are learning how to lift, how to apply force, and how it translates into different activities. We have had several impressive displays of athleticism over the past year, including:

- Brett Schwartz set a new SFT all time clean record at 335#, has the highest deadlift in the school at 525#, front squatted 385#, and has a 30" vertical jump.
- Three girls have deadlifted over 300#: Hally Smith, Sierra Dempsey, and Rachel Simpson.
- Nicole Vandevord back squatted 300# to set a new SFT all time squat record.
- Sophomore Hailee Crosland tied the SFT all time bench press record at 155#.
- Senior Chase Arnold has the highest vertical jump in the school at 36.6". Sophomore Kyle Strother is next at 35.3". Sophomore Trent Sleichter is third at 33.3".
- Senior Lakin Stahel, at 116#, has bench pressed 125, power cleaned 140#, squatted 215#, and has a vertical of 27.2". Her current power ratio is 4.14.
- Sophomore Noah Burgoon back squatted 355# and front squatted 275#.
- Sophomore Deacon Crumpton bench pressed 225# and power cleaned 225#.

Compared to last year, there are higher numbers of students that are in a weights class. Students have seen the product of hard work and, like a domino effect, it has encouraged new students to take a weights class and buy in as well.

This year, there are several new things taking place in this department. For the next 6 weeks, students are participating in a team competition. Students were put into teams of four within their weights classes. Once a week, there are team competitions ranging from speed tests to strength tests. At the end of the competition, the winning team from each class will advance to compete in a one day competition against the winners of other weights classes for a grand prize.

This winter, we are beginning a new activity called PowerClub. PowerClub meets take place on Saturday mornings. Students compete against other students from other schools in the bench press, power clean, and back squat movements. Students compete in weight classes, similar to wrestling. In March, there is a 3A Kansas State PowerClub Meet held in Halstead, KS. We are beginning a PowerClub team as a way to continue the daily buy in during weights classes, to provide another extracurricular for students, and to provide a way for students to display the hard work they have been putting in. PowerClub also provides a competitive environment for students who love lifting, but aren't a big fan of team sports. I am proud of the progress we have made this far and what our students have build here in a short amount of time. We have a great atmosphere in our weights classes- there is rarely a day that lacks upbeat energy, students cheering for others, and lots of sweat. I look forward

to coaching our students daily in the weight room and to see the product of their hard work come winter when PowerClub begins.

**KAY AT SFT ON NOVEMBER 2<sup>ND</sup>, 2021**

SFT is excited to be one of the host sites for the KAY Regional Conference.

**AREA 1  
REGIONAL CONFERENCE  
TUESDAY, NOVEMBER 2**



**SANTA FE TRAIL  
HIGH SCHOOL**

**REGISTRATION DEADLINE: OCTOBER 19**

**PARENT/TEACHER CONFERENCE**

For the high school, we will have our parent/conferences on Tuesday, October 26<sup>th</sup> and Wednesday, October 27<sup>th</sup> both from 4:00 to 7:00 pm. It's a great opportunity to meet your teacher!!

**FREE BREAKFAST AND LUNCH**

Breakfast and lunch are still free for all students.

**FLU SHOTS AT SFT**

The Walgreens Flu Vaccination Clinic will be at SFTHS on Friday, October 15, 2021 for USD 434 staff and their families.

**COUNSELOR'S COURNER**

Paying for Post-Secondary Education

*The FAFSA* (Free Application for Federal Student Aid) opened on October 1<sup>st</sup>, 2021.

In order to apply you will need to:

- Create a FSA ID at [fsaid.ed.gov](https://fsaid.ed.gov)
- Complete the Free Application for Federal Student Aid at [fafsa.ed.gov](https://fafsa.ed.gov)

If you need additional information:

- The following link gives a great step-by-step description of the entire process. <https://www.nitrocollege.com/fafsa-application>
- The helpline number for FAFSA is 1-800-433-3243.

## **FROM THE ART DEPARTMENT**

### ART CALENDAR OF EVENTS FOR 21-22

- Check out the Still Lifes in display cases at the High School.
- SFTHS ART DEPARTMENT FACEBOOK page If you haven't already please like and follow us at: <https://www.facebook.com/434-SFTHS-Art-107070800993078>
- **Open Art Studio Oct. 12th & 26th 2021.**
- **Dec. 13th end of semester Fine Arts & Practical Arts Show 6:00 pm - 8:00 pm at the SFTHS.**

### **Athletics and Activities at Santa Fe Trail High School**

The Fall sports seasons are winding down. Although COVID has been a factor, the sports seasons and activities have occurred fairly close to normal. Our hopes are to keep it going through this winter.

Homecoming this year did not disappoint. A big thank you goes to our community, staff, and students for their part in this enjoyable experience. We are looking forward to seeing everyone on 9/16/22 in Scranton, at 1pm!

### **Football**

Currently, the varsity Chargers are 1-4 on the season. The Chargers have Topeka-Hayden, Baldwin, Perry-Lecompton, along with a final game TBD yet to play this year. We are currently 1-1 in district play, defeating Osawatomie and losing to Bishop Ward. The top 4 in districts will advance to the playoffs. If we finish 5<sup>th</sup> or 6<sup>th</sup> in our district, we will be playing the 5<sup>th</sup> or 6<sup>th</sup> place team out of another district to ensure that the varsity team gets 9 games in.

\*Districts for 3A football have changed from 6 teams to 5 teams. The next two years SFT will have Baldwin, Osawatomie, Bishop Ward, and Wellsville in their district, where the top 4 still will advance to the playoffs. The first game is on September 2nd and will begin at Burlington, then follow with Prairie View, Anderson County, @Baldwin, @Osawatomie, Bishop Ward, @Wellsville, Iola, with the final game TBD.

### **Volleyball**

As of October 6<sup>th</sup>, the Santa Fe Trail Charger varsity volleyball team is 5-3 in league, and 11-15 overall. The varsity team will travel to Council Grove this weekend for their final regular season tournament. The freshmen travel to Perry-Lecompton for their final tournament. On Saturday, October 23<sup>th</sup>, the Chargers will travel to West Franklin for Sub-State action. The teams at this Sub-State will be Kansas City-Bishop Ward HS; Olathe-Heritage Christian Academy; Osage City HS; Perry-Lecompton HS; Pomona-West Franklin HS; Santa Fe Trail

HS; Silver Lake HS; Wellsville HS. Class 3A State Volleyball will be played at Hutchinson Community College, 1300 N. Plum, Hutchinson, 67501 on October 29-30th.

### **Girls Golf**

The girls golf team has again had good success as a team as well as individually. The ladies competed at the Regional tournament on 10/11 in Council Grove. The top 4 teams of 6 will qualify for state, and the 6 highest scores that are not on the qualifying teams will go to State. State will be 10/18-19 at Heston.

### **Cross Country**

The Santa Fe Trail cross country team continues to gather momentum as the season winds to an end. The girls team finished 1st last week at the Council Grove Invitational, and the team still has the Osage City Invitational, as well as the Pioneer League meet remaining before Regionals. Regionals will be at Sabetha on 10/23, with the Girls race starting at 10:00a, and the boys following. State will be at Wamego on 10/30, and will consist of the top 3 Regional finishing teams, along with the top 10 individuals from Regionals.

### **Scholars Bowl**

The Scholar's Bowl team will see their first action on November 1st at Burlington.

### **KAY**

KAY will hold their annual volleyball tournament on Wednesday October 13th. SFTHS will also be the host of the KAY Area 1 Regional Conference on November 2nd, which will bring in over 30 schools that will participate in activities throughout the day.