

Announcements – May 28th, 2025

Jeremy Raab ... please stop and see Suzie sometime **TODAY!**

Student Services Office

10th Graders

Your PSAT 10 scores should now be available on your College Board account. If you scored a 1000 or higher and would like to get out of Test Prep for next year, see your Counselor and show her your score. Student scores are not available to schools staff until June 30th, so Counselors need to see your actual score from The College Board.

Happy Birthday

Addison Block
Jackson Price
Zoe Rozendaal
Areyna DeWyze

Lunch Specials

Monday -
Tuesday -
Wednesday - Popcorn Chicken Bowl w/ dinner roll
Thursday - Mac & Cheese w/ corn dog
Friday - Nachos / Soft Shell Tacos

Athletics

Varsity baseball beat Calvin Christian yesterday 5-4.

Here are the **Varsity golf** final results for this season:

The golfers went to Stonehedge GC yesterday to compete at Regionals for a chance to make the state cut. Each golfer gave the round their best and kept positive attitudes on the course.

Here are the scores:

- Seth Lappinga - 80 (had 2 chip in for birdies)
- Grant Petroelje - 83
- Dominic Schipper - 84
- Jackson Hansen - 88
- Keegan Johr - 94
- Team score - 335 (finishing in 8th place out of 18 schools)

Varsity softball defeated Northview yesterday 5-4.

HHS Sports Schedule

(Home events are highlighted)

Monday 5/26

Tuesday 5/27

Wednesday 5/28

Thursday 5/29

Friday 5/30

Saturday 5/31

9am Varsity Track - Hosting D2 State Track Meet

12pm Varsity Softball District Semi-Final @ South Christian

Other Announcements

Sign up for summer HEAT

Here is the link:

<https://tshq.bluesombrero.com/Default.aspx?tabid=2750448>

The HEAT program is designed to maximize each individual's athletic potential through specific group training. This program will focus on the following areas:

- Exercise technique
- Creating a wide foundation of strength
- Speed & power development
- Conditioning
- Nutrition
- Injury reduction
- Increasing mobility and functional movement quality
- Recovery education and application
- Leadership and what it means to take ownership of your progress

Planet Fitness High School Summer Pass

Students 14 - 19 years old ... Planet Fitness has a special program for you this summer. You'll be able to work out for free all summer; starting June 1st - August 31st. You can sign up at: planetfitness.com/summerpass or at their front desk. Check out the flyer on the Student Community Board by the student lounge.