

# PHOENIX ATHLETICS



ISSUE 08 OCTOBER 9 2020

## IT'S A TIE!

We have a three-way tie for our Newsletter name.

[CLICK HERE](#) to vote by Wednesday.

## PSA SCOREBOARD



### VOLLEYBALL

10/5 JV Volleyball @ PSA vs Mil Magnet  
W 3-0 (25-18, 25-20, 25-13)

10/6 V Volleyball @ Cross  
W 2-0 v LC Leadership (25-20, 25-10)  
W 2-0 v Cross (25-12, 25-16)

10/7 JV Volleyball @ Military Magnet  
W 3-0 (25-20, 25-10, 25-17)

10/8 V Volleyball @ PSA  
W 2-0 v St. John's (25-7, 25-3)  
W 2-1 v CCMS  
(L 22-25, W 25-23, 25-16)

### CROSS COUNTRY

10/3 5K Military Magnet Invitational

Brasington Burnside, 21:23  
Zachary Kersey, 21:27  
Grant Quartuccio, 22:42  
Matteo Mascarin, 22:50  
Tony O'Neill, 22:50  
Jacob Crabb, 24:50  
Antonio Roberts, 26:19  
Bryce Blevins, 30:01

Catherine West, 23:01  
Samantha Watson, 23:02  
Ava Shadrick, 26:10  
Lucinda Bulanow, 28:59

reach us

[www.gophoenixathletics.org](http://www.gophoenixathletics.org)

FB : Palmetto Scholars Academy Athletics

IG : phoenixathleticspsa

Athletic Director : Shelley Gordon

[shelley.gordon@psaschool.org](mailto:shelley.gordon@psaschool.org)

### UPCOMING SCHEDULE

Monday October 12, 530pm  
\*Volleyball JV & Varsity  
@ Whale Branch v Military Magnet

Wednesday October 14, 5pm  
XC 5K @ Philip Simmons  
1st Annual Iron Horse Meet

Wednesday October 14, 530pm  
Volleyball JV & Varsity  
@ PSA vs Bridges Prep  
THINK PINK / DIG PINK NIGHT  
Wear your pink!

Thursday October 15, 530pm  
Volleyball Varsity  
@ PSA vs North Charleston  
SENIOR NIGHT

# PHOENIX ATHLETES OF THE WEEK



## VARSITY VOLLEYBALL

Ever since she put that libero jersey on, SIRI HELMSTETTER has been a fearless defensive player. She leads the back row in serve receive and defense with quiet confidence and her teammates trust that she will get everything up. Her serves in our matches over the last week carried us through some tough point battles to give us leads and ultimately win the sets. She rarely gets aced and leads the team in digs with 58 total this season. Keep being relentless, Siri!



## JUNIOR VARSITY VOLLEYBALL

MARISA BLUNT is a returner this year who has stepped up to help lead in the back row. She has worked hard this season and earned the libero position. Marisa has also put in a lot of time off the court and it has shown. She is a consistent server and it was evident in the game against Military Magnet when she went on a run of 12 straight serves to help her team come from behind and get the WIN! Her positive attitude, consistent hustle and drive to do her best has made her a great asset to the team this year.

## GUYS' CROSS COUNTRY

ZACHARY KERSEY always gives it everything he's got. This week he had to work through some serious leg pain while running in a race at Timberland High School. You could see it in his eyes that he wanted to quit. Coach told him he was going to have to dig deep and he pressed on. Zac isn't the type to quit and he proved that Wednesday on the racecourse.



## GIRLS' CROSS COUNTRY

SAMANTHA WATSON approaches each week with a cheerful attitude. She shows up ready to work and always offers encouragement to fellow teammates. Hard work continues to pay off for her and she set a new PR last week at the Military Magnet meet!



## THE POWER OF OUR WORDS

I was at our Cross Country 5K last Saturday. A field of 216 girls ran first and I sat under our tent with a couple of our girls' moms to wait for them to pass by and cheer them on. With about 1,000 meters remaining, as they all rounded the corner for the second time to where we were sitting, most of the 216 had passed by our tent. As the final few trickled by, one by one, no one else was in sight on their path. No one ahead of them. No one behind them. They were walking, just simply exhausted and worn and ready to give up. I called out to each one as they walked to where we were along the course, "Don't give up, Girl! You got this! You're almost there. Keep going." Ms. Jen and Ms. Meghan and I started clapping and encouraging them to continue. EVERY SINGLE ONE OF THEM started running when they heard our voices. One of them looked over and called out, "THANK YOU!" Another said, "OH! YOU'RE PSA! THANKS, PSA!" and gave the biggest smile. I don't know where they finished in the race. It didn't matter. They finished.

Later that night, as I replayed the events of the day, it made me realize how just a few words can encourage someone to continue, to push through, to not give up.

As exhausted as we are, when we walk instead of run, when there is no one else around, a lone voice can call out and give us that encouragement we need to just simply finish the race.

Be that voice today.

