

REDBIRD NEWSLETTER

Volume III
Edition X

Work hard



No regrets

5/19/22

Summer Preview & Physical Information

This Summer there will be opportunities for AHS Student-Athletes to participate in off-season activities and camps. As of right now coaches will be planning their summer activities and the list will be updated on our Athletic website as we get closer to June. Please continue check out the following link for info and forms as we move through the spring and summer:

<https://www.altonathletics.org/main/campsclinics/>

If a student intends to play sports for the Alton Redbirds, he/she must have a valid physical on file in the athletic office prior to participation. A valid **physical** must be performed & filled out and signed by a doctor. Forms can be downloaded at:

<https://www.altonathletics.org/main/filesLinks/>

or picked up at the Alton Athletic Dept. office. We only accept the IHSA form or Illinois State Physical form. All incoming Freshmen must use the Illinois State Physical Form **only**.

When a student registers for classes all the necessary paperwork can be filled out online. Tryout info:

<https://www.altonathletics.org/main/otherad/contentID/49596192>



STL Post-Dispatch Scholar Athlete of the Year winner for Alton

Renee Raglin

Academic rank: 52 of 510.

Sports: Track and field, basketball, volleyball.

Athletic bio: Track: team MVP; first team all-conference. Basketball, volleyball: team captain.

Also: most athletic; basketball most improved player; Big Z scholar athlete of the month.

College: Quincy.

Goal: “Become a physical therapist and own my own clinic.”

Favorite subject: Creative writing. “It gave me the opportunity to express myself through my writing.”

Role model: My basketball and track coach, Deserea Howard. “She has been a part of my whole high school career and has pushed me to strive for greatness every chance she gets.”

May Student-Athlete of the Month

Senior Tate Sumpter is the Alton High School May Student-Athlete of the Month selection. Tate has been a member of the AHS Redbird Boys Volleyball team for just one year and has also played Boys Soccer in past. Tate is an excellent student and has a 4.279 GPA overall and is ranked 39-510 in his class. He is also a member of NHS at AHS. Tate will be attending South Alabama University in the fall and is interested in majoring in Business.



May Athlete of the Month

Junior Simon McClaine is the Alton High School May Athlete of the Month selection. Simon is a member of the Redbird Boys Track squad and will letter this year for the 2nd year in track. He has been excelling all spring in the 110m Hurdles and the 300m Hurdles. He recently took 6th in the 110m Hurdles and 7th in the 300m Hurdles at the Kahok Track Invite and then took 2nd Place in the 110m and 300m at the Southwestern Conference Meet. Simon also has lettered for 3 years in Cross Country and has played Basketball in the past. Simon also is an excellent student and hopes to go into Sports Medicine after high school.



Go Redbirds

The purpose of sport is to create better human beings. When you develop champions you develop people who will change the world. – Mike Smith

The Countdown...

- 0 days for each Redbird to get better!
- 98 days until Cahokia (first FB game)

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<https://twitter.com/AltonAthletics>