

## **SEPTEMBER 7, 2023**

Good Morning Ketcham Nation!  
Today is Day 2

Today's Motivation: Your future is not ahead of you, it's inside of you.

### **STRENGTH CLUB**

Strength Club will meet in the weight room every Tuesday and Thursday 2:30-3:30 starting on 9/12. You can take the late bus home at 3:30. See Mr. Perry for more details or email [christopher.perry@wcsdny.org](mailto:christopher.perry@wcsdny.org). Join the google classroom with code: ioaesrv for updates/schedules.

### **SENIOR SUNRISE**

Class of 2024 - save the date as we kick off senior year with the annual Senior Sunrise. Meet at the RCK Turf at 6am. Bring a blanket and dress for the weather. Refreshments will be provided.

### **SAT REVIEW CLASSES**

For those students taking the November SAT, Wappingers Continuing Ed is holding after school SAT Review classes at Ketcham on Tuesdays and Thursdays. The cost is \$100 and includes a copy of the The Official SAT Study Guide book. To register, go to [wappingersschools.org](http://wappingersschools.org) and click on COMMUNITY then select CONTINUING ED and follow the link on the Continuing Ed webpage.

### **SWIM TEAM**

For Varsity Girls Swim team practices, bus pickup is at 2:30pm at RCK before pickup at John Jay and arrival at MSMC. PLEASE NOTE THAT FOR THIS FRIDAYS MEET (September 8,2023) THE ABOVE WILL ALSO HAPPEN....BUT ONLY FOR THIS FRIDAY'S MEET. Going forward for meets, the bus will pick up @ RCK @ 2:30 bring them to John Jay and the kids will depart the bus and wait for the trip bus to pick them up.

### **RCK BASEBALL**

Congratulations to our Varsity Baseball team who will be honored tonight in a pre-game ceremony by the New York Yankees for winning the 2023 Section 1 State Championship!

### **RCK ATHLETICS**

Good luck to our Ketcham teams competing today! Boys Volleyball at Yorktown, Varsity Boys Soccer vs Port Chester, JV Boys Soccer at Port Chester. Let's go RCK!

### **STUDENT FORMS**

Please be sure you have completed all necessary student forms. The list can be found at. <https://sites.google.com/wcsdny.org/wcsdstudentforms/home>

### **MASQUE & MIME**

First meeting is Friday 9/8 after school. Acting Workshop Saturday 9/9 from 9am to 12pm to work on scenes from our fall production of Romeo & Juliet. Auditions are 9/13 & 9/14 after school until 5:30pm. Callbacks are 9/18. Sign up in Google Classroom.

### **ACTIVITY PASS**

Reminder: any student who stays after school for any reason (clubs, athletics, etc) must obtain a pass from their teacher, coach or advisor. You must have a pass in order to take the late bus.

Make this a great day RCK and remember to go #All In All Ways.

Your principal,  
Dave Seipp