

The La Salle Club Bulletin



The La Salle Club
Helping Student Athletes
Since 1939

Summer 2013

The La Salle Club

Executive Board 2013

President:

Bernie Church '62

Membership:

Bobbi Pires '76

Finance:

Jean Lahey

Communications:

Joe McNamara '83

Board Members

Ron Bird '76

Troy Bird '82

Jack Clara '50

Maribeth DaRosa-

Niehaus '73

Mike Elorduy '60

Eric Edelmayer '82

David Gau '76

Pat Gormley Jr. '07

Vince Juarez

Rich Poletti '63

Sean Stone '84

Jack Witry

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Message From the President



Dear La Salle Club Members,

Now that the 2013-14 school year at C.B.H.S. is about to begin, I'd like to update you on how last year went for the La Salle Club.

On October 20th, 2012 we sponsored the 18th Annual "Sacramento's Area Coaches' & Officials Hall of Fame Dinner and Awards Presentation".

Inducted this year were: Paul Gonzalez, Stan Harms, Tom Murphy '58, Pat O'Brien (CBHS), John Rankin, John Volek and Tami Yasuda. Jack Witry once again chaired the event.

Our annual Membership Drive for 2013 commenced in January. After our initial mailing we also did a second mailing for those we didn't hear from on the initial mailing. After both mailings we had a total membership of 230 for the year 2013.

The 59th Annual "Sacramento Area Baseball Hall of Fame Dinner & Awards Presentation" was held on April 27, 2013. Inducted this year were: Fernando "Fred" Arroyo, Tom Dictakes, Joe Gill '63, Mike Green '62, Leon Lee, Butch Metzger, Nick Peters, Gene Sackett, and Gary Szackacs. Joe McNamara '83, chaired this very successful event in his first year at the helm.

Because of the success from the three annual fundraisers mentioned above we were able to financially help the Athletic Department with all of their needs and requests of us for the school year of 2012-13.

Don't forget that your membership gets you a \$2.00 discount at all home football (2013) and basketball (2013-14) games. The only time the discount is not in effect is for the "Holy Bowl" and/or any playoff game in either football or basketball. The discount is good for anyone named on your card.

January also brought us the resignations of three long-standing board members: Jim Westlake, Anna-Lea Caudwell, and Pat Seitz. Pat was a past President of the club, Anna-Lea was the long time secretary, and Jim was involved with many facets of the club, including the chairman of the Baseball Hall of Fame Dinner. These three people, combined, have given the club and C.B.H.S. more than 100 years of service. They are going to be missed. A big "THANKS" to all of them.

Because of the vacancies left by their resignations, the board approved new members Maribeth Da Rosa-Niehaus '73, Eric Edelmayer '82, David Gau '76 and Pat Gormley Jr. '07. They will be a great addition to the board.

In the Fall of 2011, The La Salle Club selected a committee to research the viability of honoring the rich tradition of athletic excellence at Christian Brothers by establishing a permanent school Athletic Hall of Fame. The committee was chaired by Mike Elorduy '60, and included Troy Bird '82, Joe McNamara '83, and Sean Stone '84. After researching various high schools across the country, including other La Sallian institutions, the committee concluded that our school was unique in NOT having an Athletic Hall of Fame. In January of 2012, the committee then presented its findings and recommendations to the school administration. *(continued on next page)*

(President's Message Continued)

One of the major recommendations were that this Hall of Fame should be driven by the school and not by the La Salle Club. The administration accepted all of the committee recommendations and signed on to take over all the responsibilities of enacting a school Athletic Hall of Fame. This past year, under the leadership of co-athletic directors Jill Bennett and Dan Carmazzi, they formed a committee to work on this project. They are hoping that maybe in the Fall of 2014 they can have their inaugural event. The La Salle Club has made a commitment to the school to help in any way we can, which includes helping financially to make sure the event gets started on solid footing. We are looking forward to seeing this project come to fruition.

In the spring of 2012 the Christian Brothers Jr. Falcons Youth Football and Cheer program started to take flight. Head football coach George Petrissans and board member Sean Stone '84 were some of the key players to bring this program aboard. There were four teams (both football and cheerleading) ages 6-14 that competed in the Fall semester of 2012. CB Jr. Falcons exclusively sign up kids from Parochial Athletic Fall League (PAL) schools, and students of alumni of CB. The La Salle Club helped with some seed money for the program by donating \$5,000 to help them get started.

Another project that the club was able to help with was the scoreboards in both the gym and field house. Up until now, none of the four scoreboards had either the name Christian Brothers or Falcons on the signage. Now in both venues one scoreboard will say Christian Brothers while the other will say Falcons.

For the first time in the history of the club, we have a formal set of by-laws. These by-laws were approved by both the La Salle Club and school administration. They were formally adopted on March 14, 2013. A special thank you to Bobbi Pires '76 for all of her work on the project.

This past spring and summer, the school finished the new "Victor & Phela Vesci Strength & Conditioning Center." The La Salle Club also donated to this worthwhile cause. Please read more about this great project elsewhere in this bulletin.

Also in this bulletin you can read about some of the successful teams and individuals that stood out because of their athletic accomplishments in 2012-13. More important was how many of these students were also outstanding in their academic endeavors. Christian Brothers is a true example of why we call them "student athletes."

Its because of people like you, who donate each year with your membership and individual financial gifts that we were able to help the athletic department to make sure that these students get the best possible chance to compete at the highest level. The students are doing their part by competing and also doing well in their academic subjects. They are to be commended. You are also to be commended for your continued support. We couldn't do it without you.

Thanks again,

Bernie Church '62



Coach Petrissans addresses the Jr. Falcons

La Salle Club Mission Statement

Founded in 1939, the La Salle Club is a volunteer group dedicated to supporting the needs of the Christian Brothers' Athletic Department and the student athletes.

It is the purpose of the La Salle Club to collaborate with the school to fund projects outside the school's operational budget.

The Athletic Director will keep the school President advised of all La Salle Club activities. All money raised will be held in trust for the La Salle Club in the business office of Christian Brothers High School.

Any project that is proposed, either by the school or the La Salle Club, must be agreed to by the Athletic Department, the President, and the La Salle Club before any project can begin.

For a complete list of CB game schedules, visit the athletics page at www.cbhs-sacramento.org

The Victor and Phela Vesci Strength & Conditioning Center

Over the years, Christian Brothers' athletic programs have established themselves among the area's most competitive. Currently, more than 600 students participate in one of more of the school's 28 sports teams, and an additional 300 student athletes participate in our summer sports program and camps, with only a small and outdated weight room to service their training needs.

Through a sizeable donation by Victor and Phela Vesci, and subsequent generous contributions (including a \$10,000 check from the La Salle Club) a much needed Strength & Conditioning Center has been built and is ready for use.

The resulting Conditioning Facility has three purposes:

- 1) **Sports Conditioning.** A conditioning facility and the coaching will ultimately help the student athletes improve their strength and physical condition, increase their flexibility and reduce sports-related injury.
- 2) **Physical Education Classes.** Approximately 420 students per semester are enrolled in PE. These students will use the facility for wellness and fitness classes.
- 3) **Training and Physical Rehabilitation.** Our certified Athletic Trainer assists between five and ten students each day and up to 235 students per sports season in post physical rehabilitation. The trainer helps with

recovery from sports injuries, and strengthening for injury prevention. The trainer also works with students on concussion prevention and recovery.

The school's certified athletic trainer teaches an after-school athletic training program that includes lessons in anatomy, exercise physiology, biomechanics, injury prevention, and the importance of proper hydration and nutrition.



This facility will benefit virtually every student at CBHS, and will continue to have a positive impact on student health and fitness for many years. The facility will see year-round use and will reduce sports-related injuries, improve the physical condition of the student athletes, and in doing so, help make the school more competitive.

**60th Annual Baseball
Hall of Fame Dinner**

February 15, 2014—CB Field House

**19th Annual Sacramento Area
Coaches & Officials Hall of Fame**
October 26, 2013—CB Cafeteria

Falcon Highlights

Athletic Scholarship signees:

- Ana Burch — CSU Stanislaus (basketball)
- Omari Gray — Butler University (football)
- Andrej Bevins — New Mexico State (golf)
- Hunter Rappleye — St. Mary's College (golf)
- Kalan Miurrelle — San Diego State (fencing)
- Vinnie Johnson — UC Berkeley (football)
- Taryn Sigl — Cumberlands, Kentucky, (softball)
- Mallory Velte — Simon Fraser, Canada (wrestling)
- Kendall Williams NM Highlands (football)

League Champions

- Men's Water Polo (2nd consecutive)
- Women's Golf (3rd consecutive)
- Women's Basketball (2nd consecutive)
- Men's Golf (8th consecutive)
- Men's Volleyball
- Section Champions
- Women's Basketball
- Men's Golf

State Champions

- Mallory Velte (Wrestler of the Year)
- All City HS Sports Award

Excellence in Sports and Academics

47 of 50 teams earned a 3.0 or better G.P.A.'s

Top 3 Team G.P.A.'s

Women's Varsity Lacrosse 3.89

Varsity Cross Country 3.88

Men's Varsity Wrestling 3.82



Mallory Velte's wrestling talents are taking her north of the border to Simon Fraser University in Canada.

Cooking with The La Salle Club

The La Salle Club's new BBQ is ready for action.

Look for us at these three great upcoming events:

The Blue & Red Scrimmage @CB 8/24/13, 9:00 AM

Wine, Beer, Food Extravaganza @CB 9/6/13, 7:00 PM

**The Holy Bowl @Hughes Stadium Parking Lot, 9/21/13
2:00/4:30/7:00**



Blue & Red Scrimmage: hot dogs and burgers



Wine tasting: pulled pork sandwiches



Holy Bowl: BBQ tailgate party

The La Salle Club

Membership Information (Please Print)

Name(s) _____

Address: _____

City/State/Zip : _____

E-mail: _____

Phone: _____