

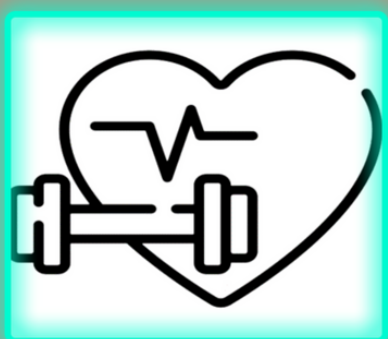
# HEALTH FITNESS NEWSLETTER

DECEMBER 2022



WEST SUPPORT CENTER

## WINTER TIME



### JOLLY TIMES

## HAPPY HOLIDAYS!

Enjoy this month's edition of the Health Fitness Department's newsletter! Hope everyone has a very Merry Christmas and have a Happy New Year! Let's get ready for the new year of 2023!

### TABLE OF CONTENTS

Page 1: Introduction  
Page 2: 'Tis the Season!  
Page 3: HF Staff Feature  
Page 4: AHA Kid's Heart Challenge Photo  
Page 5 - 19: Lawrenz Photos  
Page 20 - 21: Champions Challenge 2023  
Page 22: Advanced Movers Basketball Schedules  
Pages 23 - 24: Farewell 2022!

### UPCOMING EVENTS

#### DECEMBER 1

CPR for Graduation Requirement Report Due

#### DECEMBER 5

Opt In Letters sent home to Middle School Parents

#### DECEMBER 7

SBHFTA Innovative Grant App Due

#### DECEMBER 9

Fall Fitnessgram Results Due

#### DECEMBER 15

SBHFTA Board Meeting  
3pm on Zoom

#### DECEMBER 19 - 30

Student/Staff Holiday

#### JANUARY 2

Professional Development @ SWHS  
11:30am - 3:30pm for MS Coaches (Gym 3)  
12:30 - 3:30pm for Elem. & HS Coaches (Gym 1)

#### JANUARY 16

Staff + Student Holiday



'TIS THE  
SEASON



# HF STAFF FEATURE



Lizbeth  
Figueroa  
LMS

Hello! I was born in Houston, TX. I grew up in Spring Branch ISD my whole life. Attended Buffalo Creek Elementary, Cornerstone Academy, and graduated from Spring Woods High School. I knew I wanted a career that involved sports and mentoring kids. Coaching was the perfect fit. My goal is to impact my student's life and make them a better athlete in any way that I can. I'm super excited for Soccer Season because I will be coaching the LMS Girls' Soccer Team! It's my favorite sport and I will have the opportunity to coach along with my brother.  
Fun fact about me: I've gone Sky Diving!



Ron  
Knowles  
LMS

My name Ron Knowles. I am from Houston Texas. I graduated from Westfield High School in Spring ISD. I played collegiate football at Blinn College and graduated from Sam Houston State University. I chose Health Fitness because I have been active my entire life. Being in health fitness I can motivate those who are not as excited about health fitness. Ultimately I can educate students on a healthy and active lifestyle. I am most excited about watching my students progress and excel as the year goes on. I always find joy in my students' improvements.





CHECK THIS OUT!  
MEADOWWOOD HEALTH FITNESS TEACHERS  
WITH THEIR HEART HERO FOR **KIDS HEART**  
**CHALLENGE!**



American Heart  
Association.

**KIDS**  
**HEART**  
**CHALLENGE™**







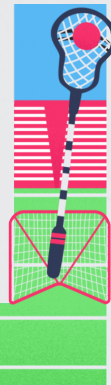
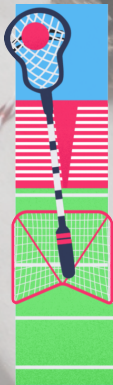
# **Lawrenz Health Fitness Extravaganza**

***11.12.22***

***grades 4 - 6***







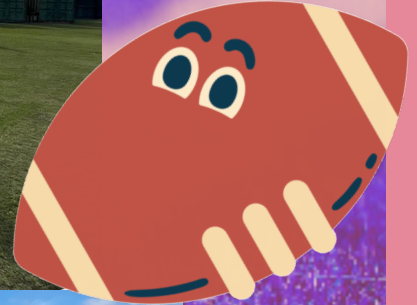
**LACROSSE**







# FOOTBALL







**SOCCER**

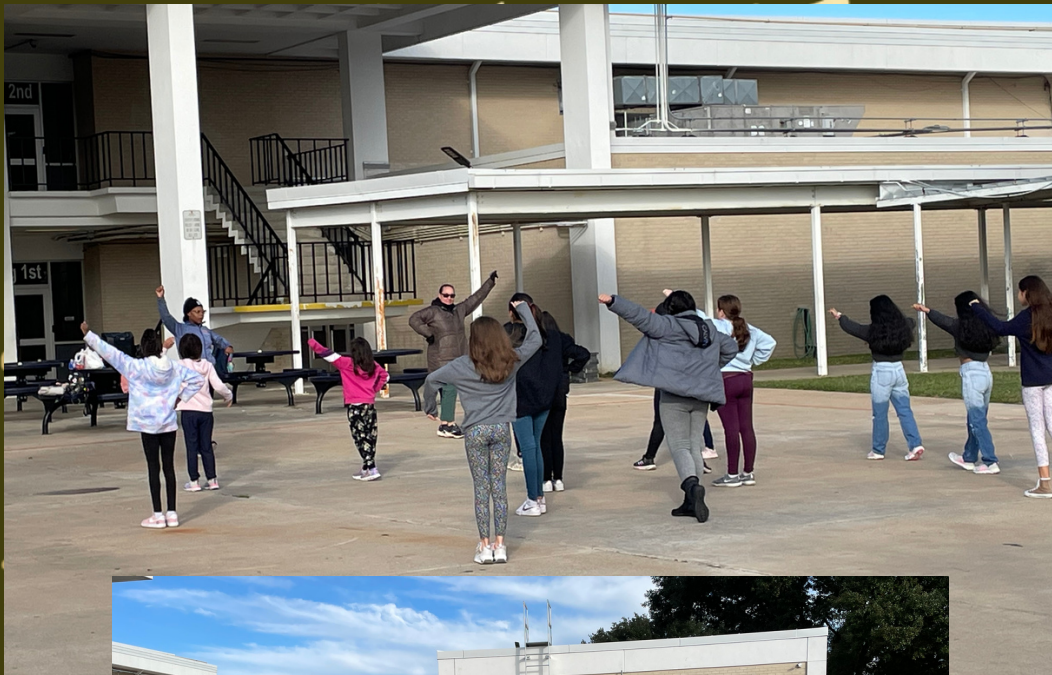




# TENNIS







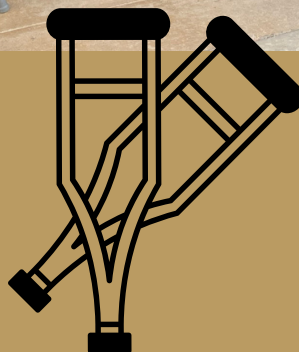
CHEER



DRUM FIT









FIRST AID



CUP STACKING

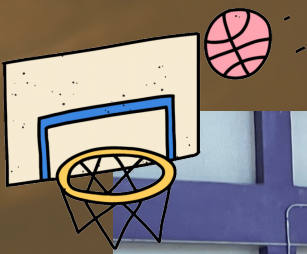




# HIP HOP DANCE







BASKETBALL



VOLLEYBALL

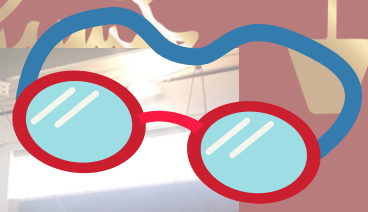






SWIMMING



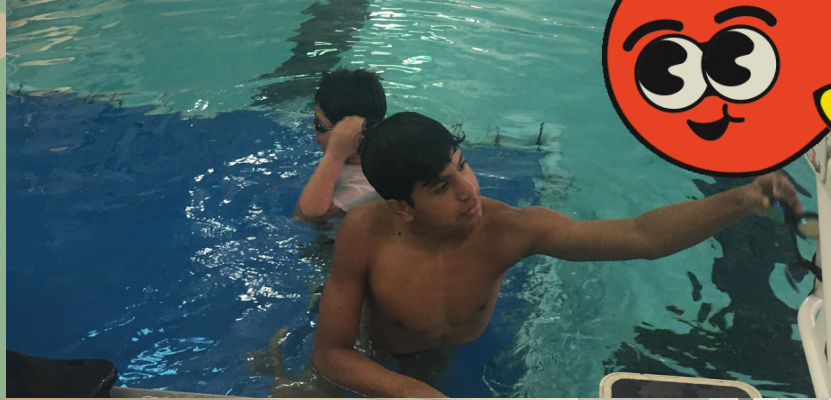


SWIMMING





# SWIMMING





# PLAN AHEAD!

first Tee Champions  
Challenge will be  
March 25th 2023.

not April 1st!

See the next page for  
more information  
regarding the event!





**CHAMPION'S CHALLENGE 2023 IS  
SCHEDULED FOR SATURDAY, MARCH  
25, 2023!**

**CHAMPION'S CHALLENGE IS A COMPETITION USING  
GOLF SKILL ACTIVITY STATIONS AS TAUGHT BY THE  
FIRST TEE SCHOOL PROGRAM ACTIVITIES IN  
HOUSTON-AREA SCHOOLS.**

**WE WANT EVERY ELEMENTARY SCHOOL TO CHOOSE  
TWO FOURTH GRADE STUDENTS FOR THE  
COMPETITION.**

**STUDENTS WILL BE GROUPED INTO TEAMS WITH  
OFFICIAL UNIFORMS AND WALKING SCORERS.  
THEY COMPETE IN PUTTING, CHIPPING, FULL SWING  
AND RUNNING ACTIVITIES, AS WELL AS MAKE NEW  
FRIENDS AND MEMORIES TO LAST. PARENTS ARE  
INVITED TO ATTEND AND CHEER FOR THEIR KIDDOS  
AS WELL.**

**LESLIE WILL BE SENDING THE REGISTRATION  
FORMS TO YOU ALL IN JANUARY BUT HAVE  
ATTACHED IN THE EMAIL SENT ON 11/16/22 THE  
PARENT AND PARTICIPANT INFORMATION TO VIEW  
IN THE MEANTIME.\***

**\*Please view the email for more information regarding the  
event and First Tee School Program!**





## 2022-2023 High School Boys Basketball Schedule

### Northbrook High School 2022-2023 Boys Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	December 6, 2022	Galena Park	4:00 p.m.			5:30 p.m.	7:00 p.m.	DCC
	Friday	December 9, 2022	Northside	4:30 p.m.			6:30 p.m.	7:00 p.m.	Northbrook
	Saturday	January 7, 2023	Cy-Creek	9:00 a.m.	10:30 a.m.	9:00 a.m.	10:30 a.m.	12:00 Noon	Northbrook
	Wednesday	January 11, 2023	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Northbrook
	Saturday	January 14, 2023	Spring Woods				9:00 a.m.	10:30 a.m.	DCC
	Friday	January 27, 2023	Cy-Fair	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Northbrook

### Stratford High School 2022-2023 Boys Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	December 6, 2022	Klein Collins	4:00 p.m.	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Stratford
	Saturday	January 14, 2023	Jersey Village	9:00 a.m.	10:30 a.m.	9:00 a.m.	10:30 a.m.	12:00 Noon	Stratford
	Tuesday	January 31, 2023	Cy-Ridge	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford
	Friday	February 3, 2023	Memorial					7:00 p.m.	DCC
	Tuesday	February 7, 2023	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford
	Tuesday	February 12, 2023	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Stratford

### Spring Woods High School 2022-2023 Boys Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	December 6, 2022	Kingwood	4:00 p.m.	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Tuesday	December 13, 2022	Needville	4:00 p.m.			5:30 p.m.	7:00 p.m.	DCC
	Saturday	January 14, 2023	Northbrook				9:00 a.m.	10:30 a.m.	Spring Woods/DCC
	Friday	February 3, 2023	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods
	Tuesday	February 7, 2023	Northbrook					7:00 p.m.	Northbrook/DCC
	Tuesday	February 10, 2023	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Spring Woods

### Memorial High School 2022-2023 Boys Basketball Schedule

Advanced Movers Schools	Day	Date	Opponents	Freshman A	Freshman B	Sophomore	JV	Varsity	Location
	Tuesday	December 6, 2022	Alief Taylor	5:30 p.m.	4:00 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Monday	December 12, 2022	F.B. Kempner	4:00 p.m.	5:30 p.m.		5:30 p.m.	7:00 p.m.	Memorial
	Wednesday	January 11, 2023	Stratford				4:00 p.m.	5:30 p.m.	DCC
	Saturday	January 14, 2023	Cy-Fair	9:00 a.m.	10:30 a.m.	9:00 a.m.	10:30 a.m.	12:00 Noon	Memorial
	Wednesday	January 18, 2023	Cy-Creek	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Tuesday	January 31, 2023	Jersey Village	4:00 p.m.	5:30 p.m.	4:00 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Friday	February 3, 2023	Stratford					7:00 p.m.	DCC

## 2022-2023 High School Girls Basketball Schedule

### Northbrook High School 2022-2023 Girls Basketball Schedule

Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Tuesday	December 6, 2022	Waltrip	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook
	Saturday	January 14, 2023	Spring Woods				12:00 Noon	DCC
	Wednesday	January 18, 2023	Cy-Ridge (Teacher Appreciation)	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook
	Tuesday	January 31, 2023	Cy-Creek (Future Raider Night)	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook
	Friday	February 3, 2023	Jersey Village (Senior Night)	4:00 p.m.		5:30 p.m.	7:00 p.m.	Northbrook
	Tuesday	February 7, 2023	Spring Woods			5:30 p.m.	7:00 p.m.	DCC

### Stratford High School 2022-2023 Girls Basketball Schedule

Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Friday	December 9, 2022	Cy-Fair	4:00 p.m.		5:30 p.m.	7:00 p.m.	Stratford
	Saturday	January 7, 2023	Cy-Ridge (Feeder Pattern)	9:00 a.m.		10:30 a.m.	12 noon	Stratford
	Wednesday	January 11, 2023	Memorial				7:00 p.m.	DCC
	Saturday	January 14, 2023	Jersey Village	9:00 a.m.		10:30 a.m.	12 noon	Stratford
	Saturday	January 21, 2023	Cy-Creek	9:00 a.m.		10:30 a.m.	12 noon	Stratford
	Friday	February 3, 2023	Memorial			4:00 p.m.	5:30 p.m.	DCC

### Spring Woods High School 2022-2023 Girls Basketball Schedule

Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Friday	December 2, 2022	Baytown Lee				5:30 p.m.	Spring Woods
	Tuesday	December 13, 2022	Cy-Ridge	4:00 p.m.		4:00 p.m.	5:30 p.m.	Spring Woods
	Wednesday	January 11, 2023	Cy-Creek	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods
	Saturday	January 14, 2023	Northbrook				12 Noon	DCC
	Wednesday	January 18, 2023	Jersey Village	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods
	Tuesday	January 31, 2023	Cy-Fair	4:00 p.m.		5:30 p.m.	7:00 p.m.	Spring Woods
	Tuesday	February 7, 2023	Northbrook			4:00 p.m.	5:30 p.m.	DCC

### Memorial High School 2022-2023 Girls Basketball Schedule

Advanced Movers School	Day	Date	Opponents	Freshman A	Freshman B	JV	Varsity	Location
	Friday	December 9, 2022	Cy-Creek   Deer Park	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Saturday	January 7, 2023	Jersey Village	9:00 a.m.		10:30 a.m.	12:00 Noon	Memorial
	Wednesday	January 11, 2023	Stratford				7:00 p.m.	DCC
	Friday	January 27, 2023	Cy-Ridge   St. Agnes	4:00 p.m.	5:30 p.m.	5:30 p.m.	7:00 p.m.	Memorial
	Friday	February 3, 2023	Stratford			4:00 p.m.	5:30 p.m.	DCC
	Tuesday	February 7, 2023	Cy Fair (senior night)	4:00 p.m.		5:30 p.m.	7:00 p.m.	Memorial





A vibrant Christmas-themed illustration. At the top, a sloth wearing a blue and white patterned sweater hangs upside down from a branch, holding a small holly leaf and a red berry. Below it, a large, green Christmas tree is decorated with red and gold ornaments, white lights, and a large gold star on top. A string of warm white lights hangs across the top of the image. The text "HAPPY+ HOLIDAYS" is written in large, stylized, white letters with a yellow outline and a drop shadow, positioned in the center of the image. At the bottom, several cartoon animals are gathered around a row of wrapped gifts. On the left, a hedgehog wearing a red and white striped Santa hat holds a small red and white patterned ball. Next to it is a small white mouse wearing a red Santa hat and a green sweater, holding a large, colorful, patterned Christmas stocking. In the center, a blue and purple bird wearing a red Santa hat and a string of colorful lights stands next to a green gift box. On the right, a white duck wearing a red and white striped scarf holds a small red gift box. The background is a solid red color.

# HAPPY+ HOLIDAYS





Happy  
New  
Year