



For more information contact:
Lisa Mercurio
Saint Michael School
919-468-6150

For Immediate Release: Once approved

**Girls Varsity Basketball Conference Champions, Girls JV BB Undefeated
Boys Varsity Basketball 4th in Shamrock, JV Boys Basketball Has Fantastic Finish**

2009-2010 WINTER SPORTS SUMMARY:

Girls Varsity Basketball:

The StMS Girls Varsity Basketball team won the Diocese of Raleigh Triangle Conference Championship. They also competed in Greensboro at the Shamrock tournament finals. In an exciting game against St. Pius X, the score was tied at the end of regulation play. The girls entered into overtime losing to the team that they defeated to become the Shamrock Champions in 2009.

Coach Cheryl Reid summarized the 2009-2010 season, "The season could be wrapped up with one word....HEART. This team practiced with a lot of heart and played with a lot of heart – I have never coached a team that had such intensity. Their hard work showed in this season's 24-1 record. Over the past two years the varsity record is 50 -1."

Girls JV Basketball:

The StMS Girls JV Basketball team consisted of 13 players and a team manager. Coach Ken Peoples summarized the season by saying, "The contributions throughout the season by all allowed us to go UNDEFEATED! Many of the girls will be making a major impact on the Varsity Team next year."

Boys Varsity Basketball

The StMS Boys Varsity Basketball team had a strong finish against talented conference opponents this year to end the season 6-8. Team cohesion and a defensive focus earned the StMS squad tough wins against opponents who were often bigger and more experienced. An inspired victory in the first round of the conference tournament carried the team into post-season play in the region's Shamrock Tournament. In Charlotte, the team's inspired efforts proved true, where they finished 4th out of their championship bracket of 41 boys' teams from Georgia, North Carolina, South Carolina and Virginia.

Travis Davey, the Athletic Director summarized the season, saying, "The boys never seemed phased by the team on the other bench. Regardless of the game's circumstances, the St. Michael players consistently represented our school well from the first game's tip-off in November through the final buzzer of the Shamrock Tournament in February."

Boys JV Basketball:

"Our StMS JV Boys basketball team consisted of 16 outstanding young men who established individual and team goals at the outset of the 2009-2010 season. We enjoyed a very competitive season and our team was extremely dedicated. Each of the boys improved tremendously and contributed to our winning record. We finished a fantastic season with a 9-6 overall record," stated Coach Bill Donovan.

Cheerleading:

"We are so proud of the girls and feel blessed to have shared this season with them. The girls truly were dedicated and were willing to practice until it was right. They were very positive and encouraging with one another while keeping their focus on school spirit and spirituality," according to the cheerleader coaching team of Debbie Sunday, Kathy Jarboe and Tammy Krear.

Shamrock Tournament Overview Charlotte NC February 19th -21st:

Started in 1962, the **St. Patrick Shamrock Tournament** is the region's oldest middle school tournament. There are over 70+ Catholic School Basketball Teams or Catholic Church affiliated teams invited from Virginia, Georgia, North Carolina, and South Carolina.

The games are held at various local Charlotte gymnasiums. The excitement for Shamrock started with the Pep Rally at StMS before the tournament. About 200 StMS fans went to Charlotte and supported our teams throughout the weekend's many games and the cheerleader exhibition. Quoting a key organizer of the tournament, Michael J. Samuelson, "We enjoy having St Michael's attend each year – your teams are not only competitive but are outstanding models of sportsmanship."

StMS Shamrock Results:

The StMS Girls Varsity team played with heart all the way through the tournament. Once again, the StMS team played against St. Pius X in Greensboro and at the end of regulation the score was tied. The girls entered into overtime losing to the team that they defeated to become the Shamrock Champions in 2009. The varsity girls won second place out of the 35 girls' teams that played.

The StMS Boys Varsity team's enthusiastic efforts proved true at the Shamrock Tournament, where they finished 4th out of their championship bracket of 41 boys' teams from Georgia, North Carolina, South Carolina and Virginia.

At the Cheerleading Shamrock Exhibition performance, the StMS squad did a fabulous job and hit every mark in their routines and all of their stunts! Their coaches were proud of their spirit, performance and the respectful way they represented StMS the entire weekend in Charlotte.

A portion of the Shamrock Tournament proceeds goes to Holy Angels (<http://www.holyangelsnc.org/>), a private, nonprofit corporation, founded in 1956 by the Sisters of Mercy in Belmont, NC, dedicated to providing a home of unconditional love and unlimited possibilities for children and adults with mental retardation and physical disabilities.

810 High House Rd. Cary, North Carolina 27513 (919) 468 - 6150

