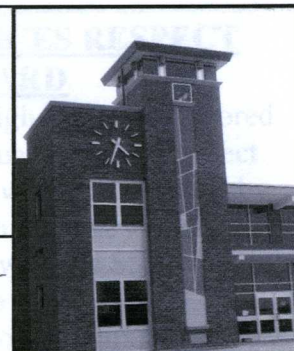


# PRINCIPAL'S

# NEWSLETTER

Mr. Frank P. Crowley, Principal  
Volume 14, Issue 2, December 2008  
www.saratogaschools.org/hs



**SARATOGA SPRINGS HIGH SCHOOL**

BLUE



STREAKS

## SARATOGA ANNOUNCES THE SPONSOR-A-SCHOLAR PROGRAM

Saratoga Sponsor-A-Scholar is a district initiative designed to assist capable students realize their dream of attending college. Applicants for the program are students who have demonstrated academic potential, have a strong desire to succeed, attend school on a regular basis and can demonstrate financial need. Student candidates for the program are identified at the end of their freshman year. Teachers, counselors and mentors may nominate potential candidates. After a review and interview process, ten (10) students are selected. The Scholars remain in the program throughout high school and college.

At the high school level, the Scholars receive academic support through weekly tutoring sessions. In addition, the student scholars are also provided mentors who will act as another source of support. Students in the program occasionally participate in field trips on Saturdays or over the summer designed to facilitate the connection with college life and to connect as a group.

At the college level, the Scholars will be provided with a \$6000 sponsorship fund. Students may choose to continue their relationship with their mentors as well. The Saratoga Sponsor-A-Scholar program is supported by donations from local benefactors.

Additional information about the Saratoga Sponsor-A-Scholar Program is available by contacting Kathy Kennedy, Director of Guidance at the high school.



*Students & teachers work together in the SAS program after school*

## PHYSICAL EDUCATION COURSE OFFERED THROUGH NYC BALLET

Athletes pride themselves on their balance, core strength, muscular endurance and agility. Beginning in February, students in grades 9 and 10 enrolled in Block 2C day's physical education classes will have the opportunity to enhance these physical attributes in a unique elective: The New York City Ballet Workout.

This workout was developed by NYCB's Education Department under the direction of principal dancers Melinda Roy and Peter Frame to expose high school students to the daily training regimen of the New York City Ballet. The workout consists of a moving warm-up, stretch, abdominal strengthening, floor barre and standing barre. The class concludes with a dance inspired by one of the dances in NYCB's repertory. The class uses music from NYCB's musical catalog which includes classical, jazz and contemporary tunes. In addition, students will view selections from NYCB performances and analyze them for skills relating to the New York State curriculum for physical education, movement and dance.

The 5 week experience will be taught by certified NYCB Workout instructor Mary Anne Fantauzzi. Mrs. Fantauzzi has been teaching the workout in Saratoga Springs High School since 2001 making SSHS the only non-NYC high school to offer the program. Log onto [www.nycballet.com](http://www.nycballet.com) to learn more about the New York City Ballet Workout.

