

# ROOSEVELT

## ATHLETICS

### ATHLETIC UPDATES

Monday, April 27<sup>th</sup>

Hello Rider Fans,

I hope you and your family are well. We are headed into week 7 since we walked out of the school doors, headed into school closures and the cancellation of the Spring Sports season. Thank you - those of you that work in the medical field and are providing care at the forefront. Thank you - those of you that are going to work providing essential services to our community and others. Thank you - those of you staying home working while taking care of yourself and your family. This is truly a family-community-state-national-global event that requires all our attention and cooperation.

The further along we are in this the more challenging it is to stay connected and active so I urge you to step up your care of self, family and community.

Here are some important updates moving forward:

- We are celebrating '**Be the Light**' to celebrate our seniors. This is a movement taking place across the state. The Roosevelt Baseball/Softball field lights will be lit on Friday nights at 8:20pm (20:20 Military time - to celebrate our seniors graduating in 2020). The lights will be on for 20 minutes.
- Summer practice and camp schedules will be coming out very soon.

### SENIOR ATHLETES

*We would like to celebrate the following senior from the Girls Tennis program:*

**Alia Starman:** *This is Alia's first year on the tennis team. She was a captain and key player on the Girls Soccer Varsity team. She has been in the Japanese language program, an honor roll student and our valedictorian this year. She plans to attend Oregon State to major in Biomedical Engineering and minor in Japanese. Thankyou Alia for the stellar student-athlete you have been at Roosevelt!*



## CONGRATULATIONS

- Calliope Callaway-Hoilman for being selected as the 2019-20 MAC (Multnomah Athletic Club) Scholar Athlete from Roosevelt. Calliope is a 4.0 GPA student while participating in 4 sports this year: Cheer/Cross Country/Wrestling/Track & Field.

Athletes, here is my challenge to you: Character can be defined in many ways. Your character defines who you are by the actions you take. Your true character is further defined by the actions you take when no one is around to witness your good intent. I want to challenge you with 'Athletic Character' – you have an opportunity on your own to stay physically active, practice your sport in a creative manner, get in the best shape of your high school life while no one (team mates or coaches) are around to witness what you do. You can come back in the summer or fall much better prepared than you normally would be. Challenge your Athletic Character every day, every week. What are you going to do to make you better and separate yourself from those with less Athletic Character than you!!

What is your 'gut check' workout? I have been working out almost daily but yesterday did my first run on my gut check workout – I rode on my bicycle from Sauvie's Island along highway 30 and then rode up Logie Trail which is steep hill climb. I plan to try and ride this once a week to work on pushing myself each time to improve the time it takes me to get to the top. ***Email me your gut check workout!***

Please follow my new instagram '[sanjayriderbedi](#)' for athletic news, information, updates, tik toks, challenges, etc.

*Thank you and take care,  
Sanjay Bedi  
Roosevelt Athletic Department*