

Verbatim

adjec-tive | ver ba -tim | 축 어적으로 | literalmente | 逐字 | doslovně | 逐語的 | từng tiếng
một
: being in or following the exact words : WORD-FOR-WORD
// a *verbatim* report of life at Cardigan

Monday
Feb. 25th
Verbatim Staff
Tony He '19
Editor-In-Chief
Ari Sloan '19
Managing Editor
Ms. Kidder
Faculty Advisor

Vol. I, Number

AUGERE VIRTUTEM-DIRIGERE MENTEM

62 Alumni Drive, Canaan,

“I absolutely believe in the Class of 2019” Mr. Langetieg on sharing Cardigan and March Ninth.

Tony He '19
Editor-In-Chief

For eighty members of the graduating Class of 2019, the short window of forty-eight hours between March Ninth and March Tenth informs them and their families on their status with secondary schools. For Mr. Langetieg, Mrs. LeRoy and Mrs. Day, it's a day that they've restlessly worked towards, with countless hours on the phone and a dedication that shines through.

How has Cardigan's relationship evolved with secondary schools?

Cardigan's standing with schools have been stronger than ever. Secondary schools know that life here is not easy, and that our academics and athletics are very rigorous, and they value that.

“They know that life is harder on the point”

in rural New Hampshire. They know that we emphasize character and that we do so harder than other schools that educate the same age group. Secondary schools, they resonate with the way that we form relationships with each other, with teachers, with peers, and with the activities and sports that our students participate in.

Our combined work shows most clearly outside of Cardigan, where we are not there to watch you. It happens when you're in that McDonalds, or when you're in the locker room of another school, or most importantly, when you are heading to interviews. Secondary schools do not see a normal applicant, they see a Cardigan kid. They see a confidence with kindness. They see a kid who has already experienced the ideals that they want to foster on their campus.

“Even though we are faced with hard times on this campus, and the real world starts to creep in; it is then that we band together the most.”

For the Secondary School counselling team, what does the month of March look like?

Decisions happen through three weeks before the notifications. That is what I am working on with Schools. Calling and working after committee sessions, after applications are read, and at every second possible. With each step, they get closer to inviting one of you to their schools. Some schools are nearly done, and others will be in the process. With the advent of the internet, they can make their decisions now closer than ever to the notification.

For schools, they value your interview a lot. While College admissions are moving away from prioritizing face-to-face interviews. I would argue that it has never been more important in secondary schools. Additionally, they look closely at your recommendations. They look closely at the letters that me and Mr. Day co-author. While confidential, they are only meant to portray you guys in a well-rounded and multifaceted manner. Our letters are a snapshot, a section by section of everything that you do.

As a team, we do not throw our students in competition with one another, and we refuse to rank.

Cardigan does not do that. I actively try to prevent that from happening. Schools know that I prefer to talk about their strengths and leave the decisions to them. I, absolutely believe in the Class of 2019. I have gotten to know each and every applicant in ways that are not necessarily apparent just based on the conversations in the hallways or by the quick update. We gather data, and painstakingly keep up with teachers because

I want to be sure that I can confidently speak to “what makes you, you”, “what makes you special” and “what your strengths are” and emphasize those.

Ultimately, I am sharing, Cardigan. I am ultimately the one tasked with showcasing who you are, and who we are as a school and as a community. Know that, come the ninth or the come the tenth, we share your joint pride but also your joint loss.

As we speed towards March break and March tenth, the secondary school counselling team continues its work supporting the Class of 2019. Thank you, Mr. Langetieg, Mrs. LeRoy and Mrs. Day for your efforts.



Mr. Langetieg, standing in his office.

IN THIS ISSUE
Student Athletes of
the Week
Jay Lee on Skiing

Athletics

Macsen Elkouh '19 • Varsity Wrestling
Varsity Student-Athlete of the Week
Jihwan Sung '19 • JV Basketball
Sub-Varsity Student-Athlete of the Week

MACSEN, ADAM, TAEWON, STEVEN, HUGH AND SANTI NOMINATED FOR VARSITY STUDENT ATHLETE OF THE WEEK

MACSEN ELKOUH '19 – VARSITY WRESTLING
Macsen is one of the wrestling team’s hardest workers He arrives at practices early each day to begin conditioning and sets a great example for his teammates. Besides doing 100 push-ups and 100 sit-ups each day, he has also been competing with Coach Gartner to match or exceed the number of pull-ups each can do daily. In the course of a single practice, Macsen has done 160 pull-ups! Astounding!! He is often called upon to demonstrate new techniques and review old ones. His enthusiasm and encouragement are constantly pushing the entire team to greater heights. Macsen had never wrestled before his senior year. It's a testament to his courage that he stepped outside his comfort zone to tackle something completely different. It's also a testament to his character that he competes at such a high level. It has been an absolute pleasure for all his coaches to work with Macsen throughout the wrestling season and witness his transformation from rookie to solid competitor. The entire coaching staff and his teammates are looking forward to watching his performances at next week’s end-of-the-year Fessenden Tournament.

ADAM BECHT '19 – VARSITY HOCKEY
Adam has played solid in net the entire season. His focus level on and off the ice has significantly improved as of recently. Adam is very reliable in goal and played an amazing game against Stanstead College. We can always count on Adam to do the right thing and inspire his teammates to finish strong in tight games.

TAEWON MOON '19 – VARSITY ALPINE SKIING
Taewon continues to impress his coaches with the remarkable improvements he has made in his skiing. The work ethic that we have had the pleasure of watching grow to a varsity level is incredible. Taewon has established himself as a leader on the team and continues to work tirelessly on improving himself and those around him. It has been a pleasure to coach Taewon over the last four years.

STEVEN SONG '19 – VARSITY NORDIC SKIING
Steven has had another great week of skiing. He has been a positive member of the team who is always ready and excited to ski. Steven had his final race for CMS on Wednesday at the Lakes Region Championship held on the challenging trails at Proctor Academy. He skied an impressive classic leg to begin the 5km race and then finished in style on his classic skis. Keep skiing fast, Steven!

HUGH JUNG '20 – VARSITY BASKETBALL
Hugh has demonstrated tremendous growth heading into the final week of the season. It is evident that he has become more confident on the floor, distinguishing his basketball IQ and passing ability. Hugh is a selfless athlete, continually putting his teammates’ needs before his own; he is willing to make the necessary sacrifices within practice to make those around him compete and get better.

SANTI CONCHA ALVAREZ '19 – VARSITY SNOWBOARDING
Santi has been committed to the snowboard team ethos of “we ride” all season long. Santi has become a strong rider this year, developing his all-mountain riding skills and continuing to grow in confidence in the park hitting jumps and tails with ease. Santi’s enthusiasm has been infectious with his teammates. Great teammate!

Verbatim Corrections
Staff missed Varsity Hockey Game against Eaglebrook (6-2 Win)
Staff missed all basketball game scores
Staff missed Vietnamese translation for the title
Editorial did not fully survey all viewpoints for Phones article
Staff missed French translation for the title

“I am getting payback on the speed” Jay Lee on being the “number one skier” at Cardigan.

Tony He '19
Editor-In-Chief

First, I have to say, I am the number one skier at cardigan. No one has ever beaten me this season. I maintain the highest record for speed in our team.

What makes you want to ski?
It is the satisfaction when I go really fast, when I nuke down a slope. It's like I go down really fast and forget about everything, or any kind of stress. Skiing has really helped me manage academic stress and when the feeling of going down a slope compares to nothing else in the world.

How did you start skiing?

I started in 3rd or 4th grade, my dad brought me to the ski mountain. And my dad had already bought all my ski equipment. I just put on the equipment and just started skiing. Coming to Cardigan I first did rec. skiing because I didn't know how to race. Mr. Nevins saw me ski in a video and he took me

onto the alpine skiing team and taught me how to race. At first, I was really confused, and I learned how to go faster and it's like a different kind of sport but in Korea I did demo skiing, the judges judge you on how good you look when you are skiing. But here, because when I am racing I don't have to focus on the useless arm positions, I can focus on my skiing. And that feels liberating.

How did the concussion happen?

I went into the terrain park and there was a small jump that I went too high and too fast on. And as I landed, and that's when my memory blacked out, I woke up with my face covered with blood on the ground.

After my injury I figured out how much skiing meant to me in my life. It's not only the sport that I am best at, although I do many other sports, it has also become part of my identity. Skiing with my team has been life changing as it has help me battle my fear of going too fast.

Many people think that skiing is an indivual sport, but in reality, we score as a team. We support each other in so many ways. For example, when I am at the gate; I hear all of my teammates cheering me on as we ultimately win and lose as a team.

Last year, at the Lakes Region tournament, eight people were racing and six people fell so we couldn't qualify to be placed. We were expecting a pretty high, I was expecting second or third. This has served as a reminder that we win as a team, but we also have to get through our lows together.

How do you envision your skiing career to grow beyond Cardigan?

Cardigan will forever be the place where I learned how to race, but I applied to many schools that have skiing teams, and half of them have ski teams and I want to continue on with my ski career, I really need to improve my stamina and I need to go down faster, by pulling all the gravity that is pulling/dragging down on me.

I am afraid of speed over a certain point, I have had two major injuries two years in a row. That makes me want to stop in the middle, and it has made me more afraid of the speed.

If you are so afraid of the speed, how do you still manage to beat everyone?

It feels like I am getting payback on the speed, even though I am afraid of the speed, I manage to push through and just, because I have the goal of beating everyone else, and I set that as my expectation throughout the whole season, that was my goal for the whole season. I am able to push past my fear of the speed with my conviction and goals.

For Submissions, Corrections and Questions
chenglin.he@cardigan.org
psidder@cardigan.org



JV Baseketball against KUA

Photo | Smugmug

JIHWAN, MICHAEL, TIGER, LACHLAN, WILL, AND REID NOMINATED FOR SUB-VARSITY STDUENT ATHLETE OF THE WEEK

JIHWAN SUNG '19 - JV BASKETBALL
Over the past week, Jihwan's effort has improved immensely in both practices and games. On Wednesday, in a close game against KUA, Jihwan secured several crucial rebounds and also converted on a number of drives into the lane late in the second half. Jihwan was receptive to my feedback this week, incorporating my advice on how to attack a zone into his gameplay. Jihwan saw great success because of his willingness to learn during practice this past week. His contributions in both practice and games were crucial to our team's success this week. While we lost our game at Brewster yesterday, Jihwan's efforts should not be overlooked. Jihwan was poised and confident with the ball in his hands, and he battled for position in the post throughout the game. His defensive efforts also forced their team to turn the ball over on numerous occasions.

MICHAEL LIU '21 – RESERVE BASKETBALL
In the past three games, Michael has been a positive, active teammate, as well as one of our top scorers, providing some real presence at the post. He hustles, he makes baskets, and he makes people laugh. A great guy to have on the squad.

TIGER YANG '22 -RESERVE HOCKEY
Tiger has taken advantage of every opportunity to become a better hockey player this year on the reserve hockey team. His work ethic and overall optimistic demeanor is a true testament to his character. This being Tiger's first year skating, he has made tremendous strides in just a few months. Also, being a sixth grader on a team comprised mostly of upperclassman, Tiger has earned the respect of his teammates because of his work ethic and overall kindness in the locker room. Tiger's potential in hockey is very high and we hope he continues to love the sport.

LACHLAN SIMMERS '20 -JV HOCKEY
Lachlan has had an amazing week. His hard work in every practice and his willingness to compete were displayed in the game versus Ulysse U14. Lachlan's effort and touch around the net allowed him to scored four goals in one game and earned his team a 5-4 win. Great work Lachlan!

WILL SABAT '20 -THIRDS BASKETBALL
“Big Shot Bill” was a machine in our win against Cornish last week, scoring 11 points and forcing several turnovers. Will's attitude and sense of humor have been a bright spot all season. He's improved significantly as a player.

REID GUELDENZOPH '22 -THIRDS HOCKEY
Reid has been a solid member of the Thirds Hockey Team this season. He is a good defensive player, but when asked by the coaches to give us a different look on offense, Reid filled the gap as a center with aplomb. Although he is diminutive in stature, Reid is not afraid to play a physical game, and he sacrifices his body for the good of the team and does well separating opponents from the puck. Reid puts forth his best effort during practices and games, and is a very coachable young man. For these reasons, he is the Thirds Hockey Team's nomination for student-athlete of the week.