

Verbatim

adjective | ver ba tím | 축 어적으로 | literalmente | 逐字 | doslovně | 逐語的 | từng tiếng một

: being in or following the exact words : WORD-FOR-WORD

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AUGERE VIRTUTEM-DIRIGERE MENTEM

62 Alumni Drive, Canaan,

“An Exceptional Community of Individuals”

Mr. Nowak and Senior Leaders Reflect on Leadership at Cardigan

Tony He '19
Editor-In-Chief

As a community, why is it important that we put an emphasis on the Leadership process?

we can give you that chance. Beyond that, whether titled or not, all ninth graders have a chance to be a leader in our community, and that's a really valuable opportunity

Every year, a certain group of students from the eighth-grade student body qualify to become senior leaders through the Senior Leadership application process. Today marks the official start to the Leadership process as applications are now open for submission.

We sat down with Mr. Nowak to discuss the impact that Leadership has had in our community, and its importance annually.

Fundamentally, why do we have a Leadership process?

From your experiences with the Leadership process, have there been any specific memorable moments?

At the beginning of the school year during orientation,

you can really see the profound impact that student leadership has on a school.

“Leadership at Cardigan is ultimately about students exemplifying our core values.”

“We recognize each other as an exceptional community of individuals”

and part of that is recognizing that our boys have an enormous potential for leadership and that the impact of leadership on our community is huge. Personally, I believe that having a successful, productive and respectful partnership between students and adults is really important to the health of a school overall;

“and in our community, we look to our student leaders to set the example for the rest of their Cardigan brothers.”

The energy, the positivity and the ability to bring students into this community, to make them feel welcomed into the brotherhood and comradery is moving. The ninth-grade leaders do a tremendous job of this year after year.

Best of Luck to everyone who decides to apply!

“A student leader at Cardigan Mountain School is someone who is able to model those core values and understand the motto of “helping the other fella”, and is someone who is sound in character and makes a positive contribution to their community.”

It's a difficult job for our boys here at Cardigan because it comes with really high expectations, but it's also an incredible opportunity in your ninth-grade year to be in a position of leadership. In life, it's not often that you will have a formal chance at Leadership so early in life, but at Cardigan,



“I remember the satisfaction of bringing my dorm to a boat regatta win, coming in first place is just really fun. It's just fun seeing everyone doing their thing but ultimately coming together... that was really special to me as a dorm leader, because I know that they look up to me and I feel a responsibility from that.”



“If you don't get leadership don't think that your job is over, or that you don't have a job. You can still help out and that makes Cardigan better when everyone is doing their part ... Also, don't forget cleanup on Headmaster's day.”

Jack Armstrong – Clark-Morgan Dorm Leader



“Responsibility. It takes a lot of courage to be that in that position because it's a hard job to do throughout the whole year and at this age. It takes a lot of responsibility to do it.”

Alex Pilliod – Kitchen Leader



Will Hindle and Malcolm Bussey at the Investiture Ceremony Photo | Smugmug

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Crittty in a Hockey Faceoff Against Académie Saint-Louis

Photo | Smugmug

“I still can work ten times harder” Crittty Conroy on Finding Motivation and Effort

Tony He '19
Editor-In-Chief

Since coming to Cardigan, what has your athletic career looked like?

My main sport is Hockey, and I started on thirds in my seventh-grade year, moved up to JV my second year and this year, I made the varsity team. At first, when I got cut from JV in my seventh year, I took it pretty bad and it was a pretty tough season for me. I would carry myself as if I was the best player on the team, I did my part on the ice

but when it got to the locker room I didn't do the best that I could

When you get cut from a team, you got to take in the aspect of like – I still got 3 years left, and that I have to build upon something. Personally, I think that crying about it won't do anything because you have to put in your motivation and effort, and strive for your goals every day.

What is it like as an athlete who is challenging the size stereotype of having to “be big to be good”?

How I see it is: If I'm smaller, I've got to work ten times harder, I'm small and that's alright because I still can work ten times harder than everyone bigger than me. If you're good then your good, it doesn't matter how big you are. If you are a good player then the coaches and players will see how good you are, no matter your size. You just got to put in the work, and sometimes that means working harder than everyone else.

Do you have any advice to other student-athletes about how to improve themselves over a season?

Always have fun with it, I made varsity but I'm still having fun with it. At Cardigan, you will always have a choice, and sometimes people can get caught up with placements and cuts too much but it's all about having fun in the end. Whatever lane you go down, simply try and be the best person you can be in that area. Just have fun. Always be yourself and try to block out the noise.

Culture

FOR A THURSDAY SLEEP-IN

“I can concentrate more during classes , it doesn't really mess up the schedule that much, and sleep in once a week reduces stress ... I like sleeping so we should continue it during spring”

- James Kwon

“We should have it, because I like my sleep”

- Brogan Lamb

“It's helpful for kids to have extra sleep in the morning it's scientifically proven that more sleep is good.”

- Mrs. Edson

“More Sleep = More Productivity”

- Tony Carrandi

“I'm going to talk with my advisor and advocate for its return”

- Chad Leach

A Campus Split: Thursday Sleep-Ins

AGAINST A THURSDAY SLEEP-IN

“The one-hour sleep in is too long for the spring, because, we only need thirty minutes instead of an hour. And since spring only has 8 weeks left, there would only be 4 club todays... we therefore cannot do much in club. I only like it in the winter, in the spring waking up at 6:30 is not that bad because it's already bright outside.”

- Figo Wang

“I couldn't care less but, I say no. No Sleep in. It takes away time from clubs”

- Isaac Abbott

With the sun shining on you and you hear birds chirping ... everything is perfect ... you don't need an extra hour. Also, some kids are used to waking up at six ... there's no point

- Taewon Moon

“We don't need in the spring. We have the sunlight. Daylight savings.”

- Leopold Dorilas