



SUPERINTENDENT NOTES by Mrs. Dottie Heusman



Happy July! July 3rd is the start of my new adventure as the Superintendent of Sterling Public Schools. I am very excited for this opportunity to work with great kids, families, staff, and community members.

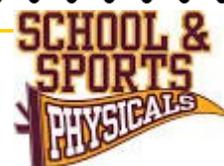
I have been an educator for 30 years. My experiences have included teaching at a rural school outside Ashland, a 1st grade teacher, a 3rd grade teacher, Title I and Reading Recovery teacher at Ashland-Greenwood, a K-12 Curriculum Director at Ashland-Greenwood, an Assessment Coordinator for the Nebraska Department of Education, and most recently, for the last nine years, I have been a Pre-K through 5th grade Principal at Eagle Elementary for Waverly Public Schools. Throughout all of these experiences I have also done coursework at the University of Nebraska-Lincoln to receive my Master's Degree to be a K-12 Principal and my Specialist Degree to be a Superintendent.

Sterling has been home to my family and me for 27 years. My husband Kevin stays busy working for BNSF Railroad, managing our trucking company, and farming. Our oldest son Klay is 24 and also a BNSFRR employee. Our son Kale is 22 and farms and drives a truck for our company. Kevin, Klay, and Kale are all Sterling Public Schools graduates. I definitely have a strong commitment to Sterling.

I look forward to getting to know all the patrons of Sterling and to continue the quality teaching and learning that occurs each and every day. Please stop by the school in July and introduce yourself to me. It's going to be a great year!

*All incoming 7th grade students must complete a physical regardless of their intent to participate in extra-curricular activities.

*All students participating in extra-curricular activities must complete a physical.



The **PREPARTICIPATION PHYSICAL EVALUATION** packet can be found on the school website: www.sterlingjets.org.

In order to provide confidentiality and to meet privacy and HIPPA requirements, the examining physician will retain the **HISTORY FORM** and the **PHYSICAL EXAMINATION FORM**.

All sections of the **CLEARANCE FORM** and **STUDENT AND PARENT CONSENT FORM** (last two pages of packet) must be completed, including signatures from the physician, student, and parents. These forms must be returned to the school office or Mr. Heusman before the student will be able to participate in extra-curricular activities. Returned forms will be placed on file in the school.

If you have any questions, please contact the school office (402-866-4761) or Mr. Heusman.

August 14, 2017

PreK - 6th Grade Open House from 5:30-7PM

Classrooms will be **OPEN** so you can drop off your school supplies. One less thing to worry about on the first day of school!

Sign up for Parent/Teacher Conferences too!

7th Grade Parent Orientation @ 7PM

In the High School Music/Band Room

Teachers will discuss class expectations, show you books, and inform you of items you will need for class. You are strongly encouraged to ask **any** questions you may have. It is up to you if you wish to bring your child along. If you have any questions please feel free to contact the office at 866-4761.

STERLING PUBLIC SCHOOLS 2016-17

4TH QUARTER / 2ND SEMESTER HONOR ROLL

HONOR ROLL OF DISTINCTION

(Students receiving an overall average of 93% or above, with no grade lower than 90%)

*Students marked with an asterisk qualified for both Quarter 4 and Semester 2.

7TH GRADE

Kody Goracke*
Garrett Hier*
Danielle Janssen*
Kaylee Lafferty*
Andrew Richardson*
Ella Wingert*

8TH GRADE

Sam Boldt*
Bianca Gonzalez-Castillo*
Isabella Haner*
Jessie Klein - S2
Kaitlyn Wusk*

10TH GRADE

Caleb Dolbow*
Nicole Harms*
Cameron VanGroningen - S2
Carly Wenzl*
Malayna Wingert*

12TH GRADE

Dylan Benson*
Austin Buss*
Antonio Corocher*
Liset de Haan*
Micah Erickson*
Sydney Goracke*

9TH GRADE

Joel Rathe*

11TH GRADE

Daniel Schwenneker*

REGULAR HONOR ROLL

(Students receiving an overall average of 90% or above, with no grade lower than 85%)

*Students marked with an asterisk qualified for both Quarter 4 and Semester 2.

7TH GRADE:

Tanner McDonald*
Abigail Thies*

8TH GRADE:

Jessie Klein - Q4
Madison Smith*
Macie Whalen - S2

9TH GRADE:

Colby Thies - S2

10TH GRADE:

Morgan Haner*
Sydney Huls*
Logan Jasa*
Cameron VanGroningen - Q4

11TH GRADE:

Heidi Eckhardt - S2
Ben Hier*
Sheanna Stolz*
Kaleb Williams*

12TH GRADE:

Alisha Fisher*

2017 Awards Night Royalty

Valerie Keim & Austin Walters,
Queen Alisha Fisher & King Dylan Benson,
Liset de Haan & Austin Buss



ACT TEST DATES 2017-18

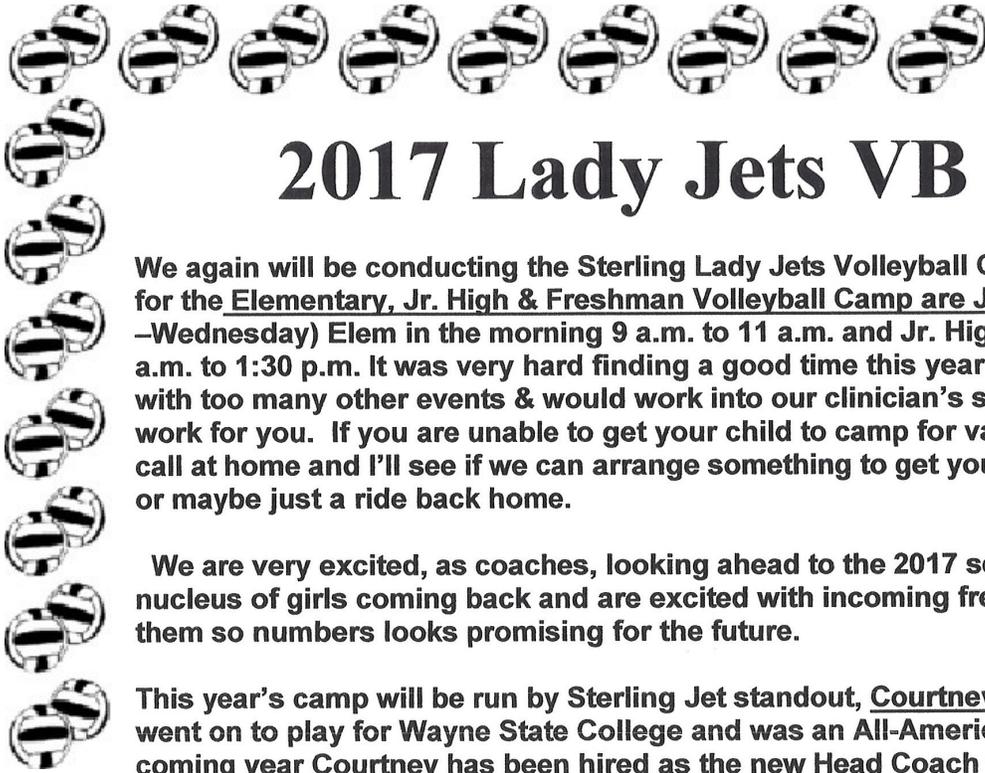
DATE	REGISTRATION DEADLINE	LATE FEE REQUIRED
September 9, 2017	August 4, 2017	August 5-18, 2017
October 28, 2017	September 22, 2017	September 23-October 6, 2017
December 9, 2017	November 3, 2017	November 4-17, 2017
February 10, 2018	January 12, 2018	January 13-19, 2018
April 14, 2018	March 9, 2018	March 10-23, 2018
June 9, 2018	May 4, 2018	May 5-18, 2018
July 14, 2018	June 15, 2018	June 16-22, 2018

2016-17 Lincoln Journal Star's

Class Acts

Austin Buss & Micah Erickson





2017 Lady Jets VB Camp

We again will be conducting the Sterling Lady Jets Volleyball Clinic for 3 days. The dates for the Elementary, Jr. High & Freshman Volleyball Camp are July 10, 11, & 12th (Monday –Wednesday) Elem in the morning 9 a.m. to 11 a.m. and Jr. High & Freshman from 11 a.m. to 1:30 p.m. It was very hard finding a good time this year that wouldn't interfere with too many other events & would work into our clinician's schedule. So I hope this will work for you. If you are unable to get your child to camp for various reasons give me a call at home and I'll see if we can arrange something to get your volleyball player to camp or maybe just a ride back home.

We are very excited, as coaches, looking ahead to the 2017 season. We have a good nucleus of girls coming back and are excited with incoming freshman; there are 11 of them so numbers looks promising for the future.

This year's camp will be run by Sterling Jet standout, Courtney VanGroningen. Courtney went on to play for Wayne State College and was an All-American Libero for them. This coming year Courtney has been hired as the new Head Coach for Syracuse H.S. so we wish her much success.

At the Elementary Sterling Lady Jets VB Camp girls will learn defensive as well as offensive techniques along with solid fundamentals. Courtney does a good job of making it a fun experience.

The Jr. High & Freshman Camp will also focus on solid fundamentals but also get into rotations, serve receive, defensive formations, & offensive plays to help prepare them for the up coming season.

I also have brochures for other VB camps elsewhere but we're talking a lot more money. But if you're interested, contact me and we'll see what can fit into your schedule.

Elementary girls will go from 9:00 a.m. to 11:00 a.m.

Junior High & Freshman will go from 11:00 a.m. to 1:30 p.m.

Elementary CAMP July 10 – July 12

*Cost of camp \$40

Name _____

*Make checks payable to
Courtney Van Groninigen
(NOT THE SCHOOL)

Grade in 2017-2018 _____

Jr. High & Freshman CAMP July 10 – July 12

*Cost of camp \$40

Name _____

*Make checks payable to
Courtney Van Groningen
(NOT THE SCHOOL)

Grade in 2017-2018 _____

STERLING K-6 SCHOOL SUPPLIES FOR 2017-18

KINDERGARTEN:

- 2 - Large Glue Sticks
 - 1 - 2 Pocket Folder
 - 1 - Container of Play-Dough
 - *2 - Boxes of Kleenex
 - *Clorox/Lysol Wipes
 - * *Items will be shared in the kindergarten classroom.*
 - 1 - Paint Shirt or Smock
 - 1 - Book Bag
 - Tennis Shoes (an extra pair that will stay in their cubby for P.E. and indoor recess)
- Please remember to put your child's name on these items.

We need your help in gathering the supplies and materials that will be used throughout the school year. Please help us by sending to school any of the following materials that you would like to donate:

- Sandwich size baggies
- Large & small white paper plates (not foam)

SECOND GRADE:

- Pencils
- Eraser
- Crayons
- Glue sticks
- Ruler w/ Inches & Centimeters
- 2 - Dry Erase Markers
- Pencil box
- P.E. Shoes
- Optional:**
- Colored Pencils & Markers
- 2 - Boxes of Kleenex



FOURTH GRADE:

Check the school website before school starts to get a list from Mrs. Wagnitz!



2017-18 Early Out (1:37PM) Days	
September	6
September	21
October	4
November	1
November	22
December	6
December	22
January	3
February	8
March	7
March	15 (NOON)
April	4
May	17

FIRST GRADE:

- *10 - Pencils - plain wooden, without fancy plastic wraps. They are hard on our sharpeners.
- 1 - Eraser
- 1 - Box of 24 Crayons
- 2 - Pocket Folders
- *2 - Glue Sticks
- 1 - Pencil Box
- P.E. Shoes (to be left at school)
- Optional:**
- Colored pencils
- 2 - Big Boxes of Kleenex
- **Items that may need to be replenished throughout the year.*

THIRD GRADE:

- Crayons
- 1 - Ruler with Millimeters & Centimeters
- Colored Pencils
- 3 - Notebooks
- Scissors
- 4 - Folders
- Pencils & Erasers
- 2 - Glue Sticks
- Dry Erase Markers
- 2 - Boxes of Kleenex
- P.E. Shoes
- 1 - Set of Multiplication Cards (0-12)
- 1 - Set of Division Flash Cards (0-12)

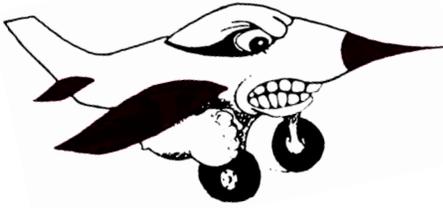
FIFTH GRADE:

- #2 Pencils - (no mechanical pencils please)
- Pens (2 Red and the rest Black or Blue)
- 2 - BLACK Dry Erase Markers (no colored please)
- 1 - Old Sock
- 5 - Pocket Folders
- 5 - College Ruled Paper or Notebooks
- 2 - Book Covers
- P.E. Shoes
- 3 - Boxes of Kleenex
- (Please remember Kleenex because we go through a lot of them)*

SIXTH GRADE:

- 2 of the following colors of pens:
red, blue, & black
- #2 Pencils
- Lined Paper
- 3 - Pocket Folders
- 3 - Book Covers
- 1 - Box of Kleenex
- P.E. Shoes





2017 Sterling Jets Football Camp
July 26th, 27th, & 28th

Grades 3-8 9:00 a.m. to 10:30 a.m.
 Grades 9-12 7:00 a.m. to 9 a.m.

This camp will emphasize the fundamentals of football and the proper technique of all positions so that each individual can experience the footwork, agility, and gain the knowledge of this sport to make them better athletes.

Camp features:

- *Camp T-shirt
- *Refreshments
- *Individual instruction by the SHS football coaches: Wusk & Heusman

This is a non-contact camp.

Each camper will need shorts, t-shirt, and comfortable running shoes or football shoes.

Camp will be located south of the small baseball field area.

The cost for the camp is \$25.00 and checks should be made payable to **Sterling Football Camp**.

2017 Sterling Football Camp
Parent Release Form

I, _____, understand that football is a physical activity and there is a risk
 Parent/Guardian
 involved with my son participating in the Sterling Football Camp. By signing this form, I agree not to hold Sterling Public Schools or anyone associated with the camp responsible for injuries or damages incurred during his participation at the camp.

 Player Name

 Parent/Guardian Signature

Please return this form to the school or bring to the camp.
 If you have questions, call Coach Wusk: 866-4761 or 866-6670.

PIONEER INDOOR

Girls – 6th Place

Emily Agena – 5th Shot Put 32'4.5"
Morgan Haner – 2nd 60M dash 8:56, 4th 200M dash 29.57
Nicole Harms – 3rd 400M dash 1:06.41, 3rd 60M Hurdles 10.36, 1st Triple Jump 34'11"
Valerie Keim – 4th Shot Put 33'6.5"
Carly Wenzl – 6th 400M dash 1:10.14, 5th 800M run 2:42.87
6th – 4 x 200M Relay 2:03.77 (Huls, Haner, Wingert, Wenzl)
4th – 4 x 800M Relay 11:54.98 (Huls, Furtado, Stolz, Wingert)

Boys – 1st Place

Dylan Benson – 3rd 800M run 2:11.09
Austin Buss – 4th 200M dash 25.15, 4th 400M dash 56.58
Tristan Dirks – 1st 400M dash 53.04
Micah Erickson – 5th Shot Put 40'8"
Seth Harms – 2nd 1600M run 5:01.21, 1st 3200M run 11:06.71
Logan Jasa – 4th 800M run 2:12.52, 3rd 1600M run 5:02.73
Diego Sterkel – 2nd 3200M run 11:25.07
Cameron VanGroningen – 4th Long Jump 19'.25"
Austin Walters – 4th High Jump 5'6"
3rd – 4 x 200M Relay 1:41.57 (Buss, VanGroningen, Tri. Dirks, Rathe)
4th – 4 x 400M Relay 3:52.39 (VanGroningen, Tri. Dirks, Benson, Buss)
1st – 4 x 800M Relay 8:43.56 (Harms, Tri. Dirks, Jasa, Benson)

WILBER-CLATONIA INVITE

Girls – 4th Place

Morgan Haner – 1st 100M dash 13.72, 3rd 200M dash 28.69
Nicole Harms – 4th 400M dash 1:05, 1st 100M Hurdles 16.09, 2nd 300M Hurdles 49.31, 2nd Triple Jump 33'7.75"
Valerie Keim – 3rd Shot Put 34'5"
Carly Wenzl – 6th 800M run 2:42.64
5th – 4 x 800M Relay 11:15.07 (Huls, Wenzl, Stolz, Wingert)

Boys – 3rd Place

Dylan Benson – 5th 800M run 2:07.84
Tristan Dirks – 4th 200M dash 23.9, 3rd 400M dash 53.12
Micah Erickson – 6th Shot Put 41'6.5", 4th Discus 128'4"
Seth Harms – 4th 1600M run 5:03.79, 2nd 3200M run 10:42.47
Logan Jasa – 6th 800M run 2:09.5, 2nd 1600M run 4:55.94
Diego Sterkel – 6th 3200M run 11:45.59
Cameron VanGroningen – 3rd 100M dash 11.91, 3rd Long Jump 19'11.5"
Austin Walters – 4th High Jump 5'8"
Kaleb Williams – 6th Discus 123'1"
2nd – 4 x 400M Relay 3:45.93 (Tri. Dirks, Benson, Dolbow, VanGroningen)
2nd – 4 x 800M Relay 8:50.30 (Benson, Tri. Dirks, Jasa, Harms)

MUSTANG INVITE

Girls – 5th Place

Morgan Haner – 2nd 100M dash 13.3, 6th 200M dash 29.1
Nicole Harms – 3rd 400M dash 1:07, 2nd 100M Hurdles 16.6, 1st 300M Hurdles 49.9, 1st Triple Jump 34'7.25"
Valerie Keim – 4th Shot Put 32'8.75"
Colby Thies – 5th Shot Put 32'5.5"
Carly Wenzl – 5th 800M run 2:44.7
Malayna Wingert – 6th 800M run 2:46.1
5th – 4 x 800M Relay 11:38 (Huls, Stolz, Wenzl, Wingert)

Boys – 1st Place

Dylan Benson – 3rd 800M run 2:11.85
Tristan Dirks – 1st 200M dash 23.43, 2nd 400M dash 54.21

Micah Erickson – 2nd Shot Put 42'7.5", 3rd Discus 123'10"
Ben Hier – 6th High Jump 5'2"
Logan Jasa – 2nd 800M run 2:11.12, 1st 1600M run 5:01.85
Joel Rathe – 5th 200M dash 24.84
Mark Stark – 4th 3200M run 12:14.8
Diego Sterkel – 6th 1600M run 5:43, 2nd 3200M run 11:58.8
Cameron VanGroningen – 3rd 100M dash 11.26, 4th Long Jump 18'2.5", 3rd Triple Jump 39'.5"
Austin Walters – 5th 300M Hurdles 47.0, 4th High Jump 5'6"
2nd – 4 x 400M Relay 3:46.93 (Tri. Dirks, Benson, Jasa, VanGroningen)
1st – 4 x 800M Relay 9:07.5 (Tri. Dirks, Sterkel, Jasa, Benson)

LEWISTON INVITE

Girls – 6th Place

Morgan Haner – 3rd 100M dash 13.6, 6th 200M dash 28.8
Nicole Harms – 1st 400M dash 1:03.6, 1st 100M Hurdles 16.1, 1st 300M Hurdles 47.5, 2nd Triple Jump 33'3"
Valerie Keim – 5th Shot Put 32'9"
Malayna Wingert – 6th 400M dash 1:05.8
5th – 4 x 800M Relay 11:33.9 (Huls, Stolz, Wenzl, Wingert)

Boys – 1st Place

Dylan Benson – 3rd 800M run 2:09.1
Austin Buss – 5th 400M dash 54.2
Tristan Dirks – 1st 200M dash 23.1, 1st 400M dash 51.8
Micah Erickson – 2nd Shot Put 44'8", 2nd Discus 130'2"
Seth Harms – 1st 1600M run 4:45.4, 1st 3200M run 11:13.6
Logan Jasa – 5th 800M run 2:10.9, 3rd 1600M run 4:58.1
Diego Sterkel – 2nd 3200M run 11:27.8
Cameron VanGroningen – 6th 100M dash 11.9, 5th Long Jump 18'7", 5th Triple Jump 39'2"
2nd – 4 x 400M Relay 3:43 (Tri. Dirks, Benson, Buss, VanGroningen)
1st – 4 x 800M Relay 8:44.9 (Harms, Tri. Dirks, Jasa, Benson)

IRISH INVITE

Girls – 2nd Place

Emily Agena – 6th Shot Put 32'5.5", 5th Discus 92'7"
Heidi Eckhardt – 5th 3200M run 14.17.16
Makaela Fendrick – 5th 1600M run 6:45.55
Jayda Furtado – 3rd (T) 4'4"
Morgan Haner – 2nd 100M dash 13.44, 5th 200M dash 29.05
Nicole Harms – 1st 400M dash 1:02.67, 2nd 100M Hurdles 16.01, 1st 300M Hurdles 47.61, 1st Triple Jump 33'1"
Valerie Keim – 4th Shot Put 34'7.5"
Carly Wenzl – 2nd 800M run 2:43.31
Malayna Wingert – 5th 400M dash 1:06.46, 3rd 800M run 2:43.74
3rd – 4 x 800M Relay 11:30.77 (Wenzl, Huls, Stolz, Wingert)

Boys – 2nd Place

Dylan Benson – 3rd 800M run 2:09.83
Austin Buss – 4th 400M dash 53.97
Tristan Dirks – 1st 400M dash 52.1
Micah Erickson – 5th Shot Put 42'3", 4th Discus 126'4"
Seth Harms – 2nd 1600M run 5:03.03, 1st 3200M run 10:53.9
Logan Jasa – 2nd 800M run 2:07.87, 1st 1600M run 4:52.71
Diego Sterkel – 6th 1600M run 5:13.67, 4th 3200M run 11:21.1
Cameron VanGroningen – 3rd Long Jump 20'
2nd – 4 x 400M Relay 3:38 (Tri. Dirks, Benson, VanGroningen, Buss)
1st – 4 x 800M Relay 8:51.74 (Harms, Tri. Dirks, Jasa, Benson)

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MUDECASGirls – 4th Place

Morgan Haner – 3rd 100M dash 13.6, 7th 200M dash 29.23
 Nicole Harms – 1st 400M dash 1:03.51, 1st 100M Hurdles 15.99, 1st 300M Hurdles 48.79, 1st Triple Jump 34'7"
 Valerie Keim – 5th Shot Put 35'25"
 Carly Wenzl – 5th 800M run 2:41.8
 Malayna Wingert – 2nd 400M dash 1:06.38
 6th – 4x400M Relay 4:46.93 (Wenzl, Huls, Stolz, Wingert)
 5th – 4x800M Relay 11:30.64 (Wenzl, Huls, Stolz, Wingert)

Boys – 2nd Place

Dylan Benson – 3rd 800M run 2:09.06
 Austin Buss – 8th 400M dash 56.57
 Tristan Dirks – 3rd 200M dash 23.98, 1st 400M dash 52.95
 Micah Erickson – 6th Shot Put 43'3", 4th Discus 128'6"
 Seth Harms – 6th 1600M run 5:02.01, 2nd 3200M run 10:38.75
 Logan Jasa – 2nd 800M run 2:09.02, 2nd 1600m run 4:50.25
 Spencer McClellan – 7th 800M run 2:20.75
 Diego Sterkel – 8th 1600M run 5:14.94, 5th 3200M run 11:38.46
 Cameron VanGroningen – 8th Long Jump 18'10"
 Austin Walters – 6th High Jump 5'6"
 2nd – 4x400M Relay 3:36.86 (Tri. Dirks, Benson, VanGroningen, Buss)
 2nd – 4x800M Relay 8:44.72 (Harms, Tri. Dirks, Jasa, Benson)

PAWNEE CITY INVITEGirls – 3rd Place

Heidi Eckhardt – 5th 1600M run 6:56.16, 4th 3200M run 14:07.29
 Makaela Fendrick – 5th 800M run 3:00.07, 5th 3200M run 15:01.89
 Alisha Fisher – 6th 3200M run 16.30.02
 Jayda Furtado – 6th 800M run 3:00.75, 6th High Jump 4'4"
 Morgan Haner – 2nd 100M dash 13.96, 3rd 200M dash 29.29
 Nicole Harms – 1st 400M dash 1:02.68, 2nd 100M Hurdles 16.10, 1st 300M Hurdles 47.44
 Valerie Keim – 5th Shot Put 34'1"
 Carly Wenzl – 4th 300M Hurdles 53.94, 6th Long Jump 14'4"
 Malayna Wingert – 4th 200M dash 29.75, 2nd 400M dash 1:05.52
 5th – 4x100M Relay 1:10.20 (Furtado, J. Harms, Agena, Fendrick)
 2nd – 4x400M Relay 4:34.42 (Wingert, Thies, Wenzl, N. Harms)
 3rd – 4x800M Relay 11:20.83 (Wenzl, Fendrick, Stolz, Wingert)

Boys – 2nd Place

Austin Buss – 6th 400M dash 56.44
 Tristan Dirks – 1st 100M dash 11.93, 1st 200M dash 24.02, 1st 400M dash 52.79
 Caleb Dolbow – 4th 100M dash 12.03
 Micah Erickson – 6th Shot Put 42'3.25", 6th Discus 125'6"
 Seth Harms – 1st 1600M run 4:53.96, 1st 3200M run 10:43.99
 Ben Hier – 4th Long Jump 18'4.5"
 Spencer McClellan – 3rd 800M run 2:18.35
 Diego Sterkel – 4th 1600M run 5:24.97, 5th 3200M run 11:36.72
 Cameron VanGroningen – 5th 100M dash 12.15, 1st 300M Hurdles 43.74, 2nd Long Jump 19'6"
 Austin Walters – 6th 110M Hurdles 19.57, 4th (T) High Jump 5'4"
 4th – 4x100M Relay 49.06 (Rathe, Vermeer, Tra. Dirks, Dolbow)
 1st – 4x400M Relay 3:39.72 (VanGroningen, Benson, Dolbow, Tri. Dirks)
 1st – 4x800M Relay 8:56.16 (Harms, McClellan, Benson, Jasa)

PIONEER CONFERENCEGirls – 5th Place

Morgan Haner – 4th 100M dash 13.7, 5th 200M dash 29.06
 Nicole Harms – 1st 400M dash 1:00.84, 2nd 100M Hurdles 16.27, 1st 300M Hurdles 48.14, 1st Triple Jump 34'2.25"

Valerie Keim – 3rd Shot Put 35'5.5"
 Malayna Wingert – 6th 400M dash 1:07.69
 5th – 4x400M Relay 4:38.49 (Wenzl, Thies, Huls, Wingert)
 3rd – 4x800M Relay 11:17.26 (Wenzl, Huls, Stolz, Wingert)

Boys – 3rd Place

Dylan Benson – 4th 800M run 2:08.81
 Tristan Dirks – 2nd 200M dash 23.49, 2nd 400M dash 52.68
 Micah Erickson – 6th Shot Put 43'5", 6th Discus 126'6"
 Seth Harms – 1st 1600M run 4:55.79, 1st 3200M run 10:46.21
 Diego Sterkel – 5th 1600M run 5:14.51, 3rd 3200M run 10:58
 Cameron VanGroningen – 4th Long Jump 18'9.5"
 Austin Walters – 4th High Jump 5'8"

FREEMAN INVITEGirls – 5th Place

Morgan Haner – 3rd 100M dash 13.4, 3rd 200M dash 28.6
 Nicole Harms – 1st 300M Hurdles 45.3
 Valerie Keim – 2nd Shot Put 33'9.5"
 2nd – 4x400M Relay 4:28.4 (Wingert, Huls, Wenzl, N. Harms)
 4th – 4x800M Relay 11:33.5 (Wenzl, Huls, Stolz, Wingert)

Boys – 6th Place

Dylan Benson – 2nd 800M run 2:08.5
 Tristan Dirks – 1st 400M dash 51.5
 Micah Erickson – 5th Shot Put 41'2"
 Seth Harms – 4th 800M run 2:12.5
 Diego Sterkel – 4th 1600M run 5:13.4
 Austin Walters – 2nd High Jump 5'8"
 2nd – 4x100M Relay 45.6 (VanGroningen, Dolbow, Buss, Tri. Dirks)

DISTRICTSGirls – 3rd Place

Emily Agena – 5th Discus 92'1"
 Heidi Eckhardt – 4th 3200M run 14:37.3
 Makaela Fendrick – 4th 1600M run 6:43.4, 5th 3200M run 14:56
 Morgan Haner – 3rd 100M dash 13.3, 6th 200M dash 29.3
Nicole Harms – 1st 400M dash 1:01.8*, 2nd 100M Hurdles 15.7*, 1st 300M Hurdles 47.3*, 2nd Triple Jump 34'5.5**

Valerie Keim – 6th Shot Put 33'3.5"

Colby Thies – 3rd Shot Put 34'

Carly Wenzl – 2nd 800M run 2:36.7*

Malayna Wingert – 3rd 400M dash 1:05.3, 3rd 800M run 2:39.6

5th – 4x400M Relay 4:47.8 (Wenzl, Thies, Huls, Wingert)

3rd – 4x800M Relay 11:07.7 (Wenzl, Huls, Stolz, Wingert)

**State Qualifiers*

Boys – 3rd Place

Dylan Benson – 2nd 800M run 2:11.6*

Austin Buss – 4th 400M dash 54.2

Tristan Dirks – 1st 200M dash 22.8*, 1st 400M dash 51.7*

Caleb Dolbow – 4th 100M dash 11.4

Micah Erickson – 5th Discus 124'5"

Seth Harms – 2nd 1600M run 4:52.6*, 1st 3200M run 10:44.9*

Logan Jasa – 4th 1600M run 5:05.1

Spencer McClellan – 6th 800M run 2:17.6

Diego Sterkel – 4th 3200M run 11:07.6

Austin Walters – 5th 300M Hurdles 47.2, 6th High Jump 5'7"

2nd – 4x100M Relay 45.3 (Rathe, Dolbow, Buss, Tri. Dirks)*

2nd – 4x400M Relay 3:37.8 (Buss, Benson, Dolbow, Tri. Dirks)*

1st – 4x800M Relay 8:46.1 (Harms, McClellan, Benson, Jasa)*

**State Qualifiers*

Continued from previous page...

HIGH SCHOOL

STATE

Girls

Nicole Harms – 5th 100M Hurdles 16.348, 7th 400M dash 1:01, 3rd 300M Hurdles 46.3

Boys

Tristan Dirks – 3rd 400M dash 50.8, 6th 200M dash 23.0
 Seth Harms – 3rd 3200M run 10:33.15, 3rd 1600M run 4:42.46
 6th – 4x800M Relay 8:43.88 (Harms, Benson, McClellan, Jasa)
 5th – 4x400M Relay 3:36.8 (Buss, VanGroningen, Dolbow, Tri. Dirks)



2017 Sertoma Award Winners

Alisha Fisher & Dylan Benson



LINCOLN JOURNAL STAR ACADEMIC ALL-STATE

SPORT SELECTED	JUNIORS	GPA	RANK
FB BBB	Benjamin Hier	3.7	3/11
BBB	Daniel Schwenneker	3.9	1/11
VB GBB GTF	Sheanna Stolz	3.9	1/11

LINCOLN JOURNAL STAR ACADEMIC ALL-STATE

SPORT SELECTED	SENIORS	GPA	RANK
FB BBB BTF	Austin Buss	4.0	1/23
FB BBB BTF	Micah Erickson	4.0	2/23



Austin Buss



Micah Erickson



Ben Hier



Daniel Schwenneker



Sheanna Stolz



Malayna Wingert

NSAA ACADEMIC ALL-STATE

Spring Season

Music

Daniel Schwenneker

Malayna Wingert

Boys Track & Field

Austin Buss

Micah Erickson

Girls Track & Field

Sheanna Stolz

Malayna Wingert



STERLING PREK SUPPLY LIST 2017-18

- I - Two pocket folder
- I - Roll of paper towels
- I - Large Pump bottle of hand sanitizer
- I - Large box of tissues
- I - Refill package of baby wipes
- I - Backpack
- I - 1" Binder
- I - Water bottle - needs to have a top/spout that can be closed when not in use. We will use this for the entire school year, so no disposable plastic bottles please. We will wash these at school.
- I - Blanket - this blanket will be used during nap/rest time and will need to stay at school. (No crib sheet needed this year.)
- I - Change of clothes- please send a pair of shorts, a shirt, a pair of underwear, and socks. We'll change these items out as the seasons change.
- I - 1 Month supply of nonperishable snack food. Can be prepackaged or put into sandwich baggies prior to being sent to school. We'll send a note home when their snacks begin to run low.



CLASS OF 2029

FREE FOOTBALL CLINIC

FRIDAY, JULY 14, 2017

8:30 a.m. (check-in) until 12:30 p.m.

Ages: 3rd Grade through 8th Grade

JCC Football Field - Tecumseh

All participants are welcome, even if you
don't play football!

Directed by: JCC and Youth Football Coaches, JCH
Certified Strength & Conditioning
Specialist and H.S. Football Players

- ✓ LEARN FOOTBALL FUNDAMENTALS
- ✓ WEAR ATHLETIC CLOTHES & SHOES
- ✓ NO PADS OR HELMETS WILL BE USED

- ✓ FREE LUNCH FROM 12-12:30
- ✓ FREE T-SHIRT

(must return registration form by July 7th to receive shirt - form may also be
downloaded from the City's Website at www.tecumsehne.com)

Clinic Sponsored by: JCC High School Football & Tecumseh Youth Football

REGISTRATION FORM

Return to: Bruce Dalluge, PO Box 597, 177 S. 3rd St., Tecumseh, NE 68450

Print Name: _____ Grade _____

T-shirt Size: (circle one) Youth Adult
(circle one) Small Medium Large X-Large XX-Large

HTRS INVITE

Girls – 3rd Place

Belle Haner – 1st Shot Put 28'2"
 Dani Janssen – 3rd High Jump 4'2"
 Jessie Klein – 2nd 100M dash 14.57, 6th 100M Hurdles 21.72, 6th 300M Hurdles 1:04.24
 Macie Whalen – 2nd 200M dash 29.52, 2nd 400M dash 1:07.39, 1st 1600M run 5:57.4
 Ella Wingert – 4th 100M dash 14.94, 6th 200M dash 31.21, 1st Long Jump 13'2.5", 5th Triple Jump 26'10"
 Kaity Wusk – 6th Shot Put 22'5"
 6th – 4x100M Relay 1:05.93
 5th – 4x200M Relay 2:22.41
 3rd – 4x400M Relay 5:06.05

Boys – 3rd Place (T)

Sam Agena – 2nd Shot Put 35'2"
 Sam Boldt – 6th 800M run 2:37.73, 5th 1600M run 5:59.6, 2nd 110M Hurdles 19.53
 Derek Buss – 2nd 100M dash 12.84, 2nd 200M dash 25.66, 1st 400m dash 58.59
 Garrett Hier – 3rd 110M Hurdles 20.58, 2nd 300M Hurdles 53.29, 6th Long Jump 14'5.5"
 5th – 4x100M Relay 1:01.68
 4th – 4x200M Relay 3:04.02
 2nd – 4x400M Relay 4:25.34

MUDECAS

Girls – 5th Place

Emma Harms – 2nd Shot Put 26'5"
 Dani Janssen – 4th Long Jump 12'8.5", 4th High Jump 4'4"
 Jessie Klein – 2nd 100M dash 14.09
 Macie Whalen – 1st 400M dash 1:05.3
 Ella Wingert – 8th 400M dash 1:12.2, 1st Long Jump 13'4.25", 2nd Triple Jump 28'6.5"
 Kaity Wusk – 7th Shot Put 24'3"
 7th – 4x200M Relay 2:08.38
 2nd – 4x400M Relay 4:54.8

Boys – 3rd Place

Sam Agena – 2nd Shot Put 36'9.5", 7th Discus 97'10"
 Sam Boldt – 3rd Discus 107'9", 4th 110M Hurdles 18.72, 5th (T) 300M Hurdles 50.63
 Derek Buss – 2nd 100M dash 12.16, 1st 400M dash 58.29, 1st 200M dash 25.9, 3rd 800M run 2:26.9
 Garrett Hier – 8th Long Jump 14'8", 6th 110M Hurdles 19.93

PAWNEE CITY INVITE

Girls – 4th Place

Belle Haner – 3rd Shot Put 26'2"
 Emma Harms – 4th Shot Put 25'1", 6th Discus 62'1"
 Jessie Klein – 2nd 100M dash 13.9, 4th 200M dash 30.0
 Macie Whalen – 1st 800M run 2:41.4, 1st 1600M run 6:02.4
 Ella Wingert – 5th 200M dash 30.5, 3rd 400M dash 1:11, 1st Long Jump 14'3", 1st Triple Jump 29'3.5"
 Kaity Wusk – 6th Shot Put 24'6"
 6th – 4x100M Relay 1:04.5
 3rd – 4x200M Relay 2:07.96
 6th – 4x400M Relay 5:26.7

Boys – 4th Place

Sam Agena – 1st Shot Put 36'3"
 Sam Boldt – 2nd 110M Hurdles 18.7, 1st 300M Hurdles 48.59, 4th Discus 95'10"
 Derek Buss – 3rd 100M dash 12.4, 2nd 200M dash 25.5, 1st 400M dash 57.4, 4th 800M run 2:33.3

Garrett Hier – 4th 300M Hurdles 51.69, 6th Long Jump 15'6.5", 4th Triple Jump 30'2"

Andrew Richardson – 6th Shot Put 31'9.5", 6th Discus 95'7"
 6th – 4x200M Relay 2:05.45
 6th – 4x400M Relay 4:49.8

FREEMAN INVITE

Girls – 4th Place

Emma Harms – 6th Discus 59'9"
 Dani Janssen – 4th High Jump 4'3", 4th Long Jump 12'8.5"
 Jessie Klein – 5th 200M dash 30.7
 Macie Whalen – 1st 800M run 2:41.8, 1st 1600M run 6:01
 Ella Wingert – 5th 400M dash 1:10.8, 1st Long Jump 13'10", 4th Triple Jump 28'11.75"
 Kaity Wusk – 4th Shot Put 24'10"
 6th – 4x100M Relay 1:07.1
 5th – 4x400M Relay 5:21.7
 4th – 4x800M Relay 13.07

Boys – 2nd Place

Sam Agena – 1st Shot Put 35'9.5"
 Sam Boldt – 1st 110M Hurdles 18.0, 1st 300M Hurdles 48.6, 1st Discus 100'1"
 Derek Buss – 2nd 100M dash 11.9, 2nd 200M dash 25.7, 1st 400M dash 57.9, 4th Long Jump 16'1"
 Kody Goracke – 6th 1600M run 5:56.7
 Garrett Hier – 3rd 110M Hurdles 20.0, 3rd Triple Jump 30'6"
 Kaleb Masur – 2nd Discus 96'7"
 6th – 4x100M Relay 1:02.5
 6th – 4x400M Relay 4:59.1

LEWISTON INVITE

Girls – 4th Place

Emma Harms – 1st Shot Put 27'.5", 6th Discus 65'1"
 Dani Janssen – 3rd High Jump 4'2"
 Jessie Klein – 4th 100M dash 14.57, 6th 200M dash 31.39
 Macie Whalen – 1st 800M run 2:39.06, 1st 1600M run 6:11.92
 Ella Wingert – 5th 400M dash 1:14.66, 3rd Long Jump 13'5"
 Kaity Wusk – 4th Shot Put 26'.5"
 4th – 4x400M Relay 5:09.32

Boys – 3rd Place

Sam Agena – 1st Shot Put 38'
 Sam Boldt – 1st 110M Hurdles 18.95, 1st 300M Hurdles 48.47, 4th Discus 95'8"
 Derek Buss – 1st 100M dash 12.48, 2nd 200M dash 26.37, 1st 400M dash 59.09
 Garrett Hier – 5th 300M Hurdles 53.5, 5th Triple Jump 30'10"
 5th – 4x400M Relay 4:45.83

PIONEER CONFERENCE

Girls – 4th Place

Belle Haner – 1st Shot Put 29'11.75"
 Emma Harms – 3rd Shot Put 27'7"
 Jessie Klein – 3rd 100M dash 14.13, 4th 200M dash 31.1
 Macie Whalen – 1st 800M dash 2:34.68, 1st 1600M run 5:54.41
 Ella Wingert – 1st Long Jump 14'7", 1st Triple Jump 31'3"
 5th – 4x400M Relay 4:50.99

Boys – 2nd Place

Sam Agena – 3rd Shot Put 37'5.25"
 Sam Boldt – 1st 110M Hurdles 17.95, 1st 300M Hurdles 47.8, 3rd Discus 101'5"
 Derek Buss – 1st 100M dash 12.35, 1st 200M dash 25.29, 2nd 400M dash 56.84, 2nd Long Jump 16'10"
 Garrett Hier – 6th 110M Hurdles 20.51, 6th 300M Hurdles 52.23
 Andrew Richardson – 6th Discus 98'4"
 6th – 4x400M Relay 4:33.61



JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26 BJV BB Team Camp @ Doane (Crete)	27 BV BB Team Camp @ Doane (Crete)	28 GJV/GV BB Summer League @ Syracuse	29	30	July 1
2	3	4 	5	6	7 VB Team Camp @ Wayne State	8
9	10	11	12	13	14	15
STERLING VOLLEYBALL CAMP						
VB INDIVIDUAL CAMPS @ HASTINGS COLLEGE & IOWA STATE						
16	17 SCHOOL BOARD MTG. - 7:30PM VB Team Camp @ Hastings College	18	19	20	21	22
GYM CLOSED FOR REFINISHING (JULY 17-31)						
23	24	25	26	27	28	29
STERLING FB CAMP - HS: 7-9AM/ELEM: 9-10:30AM @ PRACTICE FIELD						
NCA COACHES CLINIC						
GYM CLOSED FOR REFINISHING (JULY 17-31)						
30	31	August 1	2	3	4	5
GYM CLOSED FOR REFINISHING (JULY 17-31)						
SUMMER WEIGHTLIFTING: JUNE 5 - AUG 3 from 7-9AM						
These calendars are subject to change.						

STERLING PUBLIC SCHOOLS

250 Main St.
P.O. Box 39
Sterling, NE 68443

Phone: 402-866-4761
Fax: 402-866-4771
Website: sterlingjets.org



Superintendent
Dottie Heusman

K-12 Principal
Activities Director
Scott Harrington

Guidance Counselor
Addie Heusman

Athletic Director
Brent Heusman



HAVE A FUN & SAFE SUMMER!!!

NEW SCHOOL RECORDS

Nicole Harms

300M Hurdles - 45.3

Tristan Dirks

200M Dash - 22.8 (Tie)

Joel Rathe, Caleb Dolbow,

Austin Buss, Tristan Dirks

Boys 4x100M Relay - 45.3

Stay up to date with all things JET related by going to the school website: www.sterlingjets.org,
our [Facebook](#) page, and for sports scores, follow us on Twitter: [@spsjetpride!!!](#)