



KENT DENVER SCHOOL

KDS Athletics Off the Field, Court, Ice, and Pool

CLAIRE ANDERSON—JUNIOR OLYMPIAN

Sophomore Claire Anderson competed in the BladeRunner fencing tournament in San Diego!

Claire has now qualified for the 2022 USA Fencing Junior Olympic Championships in Salt Lake City!

She not only qualified for the Junior Olympic Championships, but also for five events at the USA Fencing Summer National Championships!!

Stay tuned for more updates about Claire's completions and her fencing journey!

Congratulations Claire !

DEI WORK

CHSAA Equity and Inclusion Outreach dates:

- January 12
- April 13

SUN DEVIL OF THE SEASON



Finn Cooper '22



Charlie Halverson '22



Nathan Gold '25



Jacob Dietrich '22



Jack Greco '22



Stuart Terry '22



Ashley Wang '22

AIDEN PEARMAN AND THE TOUCHING HEARTS THROUGH ATHLETICS AWARD

Aiden Pearman was awarded the Touching Hearts through Athletics Award. The award states: "As an Athlete, your character and attitude embody the traits that will serve you and your community well. The respect you show to all you encounter sets you apart. The standard you depict, others will be inspired to follow."

An honor for Aiden and Kent Denver.



SAVE THE DATE

COACHES BREAKFAST MEETING—December 15 @ 8am in Schaden Dining Hall

Topic: How to get your team in the weight room—Chris DeAntoni, Head Strength and Performance Coach

HEALTH AND WELLNESS

Kent Denver Athletics has created a partnership with Spark Motion. Spark Motion will work with our teams (if coaches and teams "opt-in".)

Neuro Visual Training

Spark Motion will offer ten sessions that are 20 minutes in duration

- The goal is to Improve Oculomotor Performance
 - Improved Eye Discipline
 - Precision
 - Muscle Memory and Stabilization
- Improved Processing Ability
 - Speed & Efficacy of the brain to control the eyes
 - Visual Processing Information—includes 'trusting' peripheral vision
 - Cognitive loading
- Improved speed of "seeing" and "reacting" to the game
 - Decreased Concussions
 - Faster Recovery from Concussion
 - Home based tools that students can use to maintain the gains