



WELCOME

“

Be joyful always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus.

—1 Thessalonians 5:16-18

”

DEAR ARCHBISHOP MURPHY HIGH SCHOOL FAMILIES,

Several years ago, a colleague shared the above verse from Thessalonians with me as I embarked on a new phase in my educational career, leaving the classroom for a full-time administrative role. This year, as I take on a new title (Head of School) with new responsibilities, my daily intention is to actively share joy and hope and give thanks within our community. Our goal for this year is for our school to feel love from one another and have fun amidst the hard work of our dedicated faculty, staff, and students.

On behalf of everyone at AMHS, I extend warm greetings to you and your family as we begin the 2025-2026 school year. This year marks the 25th year on our current campus—our school was previously located in downtown Everett at the Our Lady of Perpetual Help Parish. What started as a single building (Holy Cross Hall) and the parking portables on our 23.5 acre property has now grown to include Grace Hall, Heath Hall, the St. Thomas Chapel, and now our Wellness and Performance Center, which officially opens this month. There is much to be thankful for to those giants in our community who founded Holy Cross High School and who we stand on the shoulders of as we minister to our students and prepare them as the future leaders of our community.

I began my journey in Catholic education at All Saints and Cataldo Catholic Schools in Spokane, WA and was the youngest of four children in my family to attend Gonzaga Prep High School. I believe the greatest gift my parents gave to me was the gift of a Catholic education and the call to serve others. I have been blessed to work in Catholic schools as a teacher and administrator at Gonzaga Prep, Eastside Catholic, and AMHS. We know the sacrifices made by our families to send their children to AMHS, which fuels our commitment and call to care for our students in mind, body, and spirit.

This summer mailing will provide helpful information and resources as you prepare for the opening of school and co-curricular activities this month and throughout the fall. Please use the “who to contact” resource as an effective starting point for communication. All of our faculty and staff will be back on campus as we begin our in service meetings on August 19. In the meantime, our main office is open and you can always reach out to me for help. In fact, I would love to meet with you as your schedule allows during the opening weeks of school. Please [email me](#) at your convenience so I can add you to my meeting calendar.

We hope to find ways to help all parents get involved in our community. This may mean volunteering at our events, such as the DREAM auction, or procuring items or experiences for the DREAM auction or the STAR Breakfast. Please utilize our [Sign Up Genius](#) for a variety of opportunities to get involved and fulfill

parent service hours. Our Development office would love to have you lend your time and talents—please contact Development Director [Bobby Kubacki](#) or Events and Annual Giving Coordinator [Ahna Kotila](#).

Enjoy the remaining weeks of summer and we look forward to seeing you soon!

Peace,

A handwritten signature in black ink, appearing to read 'SS', with a stylized flourish at the end.

Steve Schmutz
AMHS President

sschmutz@am-hs.org

FIRST DAY OF SCHOOL SCHEDULE

WEDNESDAY, AUGUST 27, 2025

- 9:00 AM:** All students begin in the gym
- 9:00 AM - 9:25 AM:** Welcome assembly
- 9:25 AM:** Students released to grade level rotations

	SENIORS	JUNIORS	SOPHOMORES	FRESHMAN
9:30 am - 10:05 am	Photos (Gym)	Student Council (Cafeteria)	Counseling & Campus Ministry (Chapel)	Community Period
10:10 am - 10:45 am	Community Period	Photos (Gym)	Student Council (Cafeteria)	Counseling & Campus Ministry (Chapel)
10:50 am - 11:25 am	Counseling & Campus Ministry (Chapel)	Community Period	Photos (Gym)	Student Council (Cafeteria)
11:30 am - 12:05 pm	Student Council (Cafeteria)	Counseling & Campus Ministry (Chapel)	Community Period	Photos (Gym)

- 12:00 PM - 12:15 PM:** Return to Community Period
- 12:15 PM - 2:00 PM:** Lunch and all school social event (Lunch will be provided)

LINK CREW ORIENTATION DAY

Tuesday, August 26, 2025 - Incoming 9th graders and new transfer students

- All incoming 9th graders and new transfer students will spend the day with staff and peer leaders preparing for the start of the school year and meeting other students from 8:00 am - 2:00 pm.
- New parent / guardian Meet & Greet / Orientation 8:00 am - 9:15 am - incoming 9th grade and parents of new transfer students.

ARCHBISHOP MURPHY HIGH SCHOOL

2025-2026 SCHOOL SUPPLY LIST

GENERAL SUPPLIES

- Laptop/tablet that allows internet access and word processing
- Note: Students may check out a Chromebook for the year from AMHS (first come, first served basis while supplies last)
- Pens (blue & black) & pencils (must have in every class)
- Loose leaf college-rule notebook paper (at least 100 sheets per class)
- Preferred organizational tools (e.g., binder, expandable file, etc.)

**Please note that there may be other supplies and fees as determined by the instructor that are not on this list.

ALL SCIENCE & HEALTH STUDIES

- 3 ring binder for papers/handouts
- Clear ruler
- \$2.00 Quad-ruled notebook (Teacher will have available for purchase)
- Graphing calculator (TI-84 or similar)
- Colored pencils

CHEMISTRY & AP CHEMISTRY

- 3 Packs of Notecards

PHYSICS, AP PHYSICS - SNOOK

- Notebook - just for Physics
- TI-84 Plus or equivalent graphing calculator
- Loose leaf lined paper and graphing paper
- Transparent ruler, set of colored pencils, and a pair of scissors
- Several dry erase markers
- Pivot Interactives - \$5.50; See instructor

ACADEMIC RESOURCE CENTER (ARC)

- 1 pkg. of index cards (3x5)
- 1 pkg. of 5 binder dividers
- 1 1" binder with protective cover
- 1 pkg. of pencils (#2)
- 1 pkg. of correction pens (pink, purple, red, green) (not blue or black)
- 1 pkg. of blue or black ink pens

9/10 ARC AND 11/12 ARC & MODIFIED ENGLISH

- 3-6 highlighters of different colors
- Sticky notes - preferably 3 different colors
- Binder just for English with 5 dividers, pencil pouch, notebook paper
- Headphones/earbuds

ENGLISH 9, 9H, & AP LIT - MULLEN

- 3 Ring Binder with dividers to be used exclusively for English
- 3 different colored highlighters
- Colored pencils
- A Set of Expo dry erase markers
- 3x5 notecards
- Notecard holder

ENGLISH 10, 12, 12H - WRIGHT

- 1 spiral bound notebook
- 3 highlighters

ENGLISH 10/10H - WALKER

- 3 ring binder with dividers to be used exclusively for English
- Index cards, lined paper
- Folder
- Pens
- Notebook
- 3 different colored highlighters

MATH - ALL CLASSES

- TI-84 graphing calculator
- 1 pkg. of pencils (#2)

ALGEBRA 1

- 1 to 1.5 inch 3-ring binder
- Pencils, erasers and colored pencils
- Loose leaf lined paper and graphing paper

ALGEBRA/TRIG - HARMON

- Graph paper
- White board pens (3-5)

GEOMETRY - HARMON

- White board pens (3-5)

PRECALC FUNDAMENTALS - JOHNS

- 1 to 1.5 inch 3-ring binder
- Pencils, pens and both lined and graph paper

AP STATS - JOHNS

- 1 to 1.5 inch 3-ring binder
- Pencils, pens and both lined and graph paper

MULTIVARIABLE CALCULUS - JOHNS

- Graph paper composition book
- Pencils, pens and both lined and graph paper

PRE-ALGEBRA & BASIC GEOMETRY - LESNIAK

- 1 - 2 inch binder
- 1 package of college ruled paper
- 1 box of sharpened pencils
- 3/pack of highlighters

PE/HEALTH

- 3 ring binder with supply of loose leaf paper and dividers
- 1 package of index cards (3x5)
- Spiral notebook, pencils, pens (red, black or blue ink)
- 3-shirt combo (\$15) - See instructor

STRENGTH & CONDITIONING

- \$100 Annual Program Fee - See instructor for 3-shirt combo info

THEOLOGY 9-12

- 3 ring binder (recommended for 9th & 10th)
- Spiral Notebook
- Pens

THEOLOGY 10 - MCDONELL

- Spiral notebook

THEOLOGY 11 - ROMO

- 2 spiral or composition notebooks
- 3 ring binder (any size)
- Loose leaf college-ruled paper

ARCHBISHOP MURPHY HIGH SCHOOL

2025-2026 SCHOOL SUPPLY LIST

SPANISH CLASSES

- Composition notebook (for Spanish class use only)
- 3 Ring binder with dividers to be used exclusively for Spanish class
- Pencils
- Laptop with charger
- Pens (blue, black, red, etc.)

SPANISH I, II, II CULTURES

- 3 Ring binder with dividers to be used exclusively for Spanish
- Pencils
- Laptop with charger
- Pens (blue, black, red, etc.)

SPANISH III & IV

- Composition notebook (for Spanish class use only)
- 3 Ring binder with dividers to be used exclusively for Spanish class
- Pencils
- Laptop with charger
- Pens (blue, black, red, etc.)

FRENCH CLASSES

- Pens of different colors
- Laptop charger
- Composition notebook (9" X 7") (for French class use only)
- Binder with divider for French

SENIOR SOCIAL STUDIES

- 3 ring binder 1 1/2" with dividers especially for this course
- Loose leaf notebook paper

SENIOR SOCIAL STUDIES - MCLAUGHLIN

- 3 ring binder 1 1/2" with dividers especially for this course
- Loose leaf notebook paper
- 80-page college rule spiral notebook

AP WORLD HISTORY - SCHMIDT

- 3-4" binder with dividers specifically for this class
- Note cards
- Colored pencils, highlighters

WORLD HISTORY - SCHMIDT

- 2" binder with dividers specifically for this class
- Notecards
- Colored pencils, highlighters

AP ECONOMICS

- 3 ring binder 1-1 1/2" with dividers
- Graphing paper spiral notebook

AP US HISTORY

- 3-ring binder 1 1/1" with dividers

US HISTORY

- College ruled paper spiral notebook
- Colored highlighters
- 1 - 1 1/2" 3 ring binder

AP GOVERNMENT AND POLITICS

- 3-ring binder 1 1/2" with dividers
- Copy of U.S. Constitution

INTRODUCTION TO BUSINESS

- 3 ring binder (1.5-2") for notes and classwork (dividers optional)
- Spiral notebook (at least 70 sheets)
- Square Team App download on mobile device (further instructions provided in class - free download)
- Business professional outfit for DECA Area Competition (further instruction provided in class)
- \$10 for WA State Food Handlers Permit (further instruction provided in class)
- \$45 DECA Dues

MARKETING & MANAGEMENT

- Highlighters
- Editing pen (any color other than blue and black)
- Spiral notebook (at least 70 pages)
- 3 ring binder (1.5-2") for semester portfolio
- 10 binder dividers
- \$45 DECA Dues

FUTURE READY

- Editing pen (any color other than blue and black)
- Spiral notebook (at least 70 pages)
- 3 ring binder (1.5-2") for semester portfolio
- 10 binder dividers
- \$45 DECA Dues

TECH 115

- 1" 3 ring binder or divider in a bigger binder to keep classwork/homework
- Red correction pen

DRAWING & PAINTING

- Two pocket folder with 3 fasteners (brads) w/college ruled paper for notes



LINK

GREETINGS CLASS OF 2029!

We trust your summer is going well and you are finding time to have fun! We hope you are getting excited about your high school career at Archbishop Murphy High School. LINK Day is our Freshmen welcome to AMHS! The LINK Crew has been busy planning for the new school year and one of the most important events we are preparing for is **Freshman Welcome**. We hope you will take advantage of this great opportunity to get a jump on the start of a great school year.

LINK Day is a day designed by our LINK Crew to help our incoming freshmen get to know one another, meet some of our student leaders and get acquainted with your new school. Seniors will be serving as leaders and mentors to the freshmen. You can expect to participate in large and small group activities, which are designed to address students' needs and concerns in a fun and exciting manner. Wear comfortable clothing as we will be moving about and engaging in community building activities all day! This event is made especially for incoming freshman students only.

LINK Day is scheduled for Tuesday, August 26, 2025 from 8:00 am to 2:00 pm. You should plan on gathering in the gym a few minutes before 8:00 am. The only thing you need is a great attitude. We will be providing lunch and plenty of snacks!

The first official day of school is on Wednesday, August 27th, 2025. This is a full day of school for freshmen (9:00 am– 2:00 pm).

You should be receiving a phone call the week before orientation from one of our upperclassmen who will be your LINK leader. They will be able to answer any of your questions about our school and what you can expect at the beginning of the year. If you still need more information, please do not hesitate to contact either of us at Archbishop Murphy High School.

Again, enjoy the rest of your summer vacation. We look forward to seeing you on the 26th!

God Bless,

Ms. Alix Ericksen
Co-Director of LINK
aericksen@am-hs.org

Ms. Giana Rule
Co-Director of LINK
grule@am-hs.org



NEW FACES

DR. CASEY BISTED, SCIENCE TEACHER: Dr. Bisted came to AMHS last school year following teaching experiences at the graduate and undergraduate levels at the University of Washington and University of Oregon. She earned her BS in Chemistry and a BA in Liberal Studies from The University of Oregon Clark Honors College and she completed a PhD in Chemistry from the University of Washington where she was named a National Science Foundation Graduate Research Fellow, and an Advancing Science in America Fellow. Dr. Bisted will teach Chemistry and Biology.

JESENIA DYER, MATH AND GUIDED STUDIES TEACHER: Jesenia has worked at AMHS as a substitute teacher in the past after arriving in the area from San Bernardino, CA where she taught high school mathematics for the San Bernardino Unified School District. She is a certified teacher in the AVID program and has taught a wide range of honors and advanced placement courses. She has her BA in Mathematics from California State University, San Bernardino. Jesenia will teach Guided Studies and Algebra II.

LEAH FORMAN, BUSINESS PATHWAYS DIRECTOR AND DECA TEACHER: Leah previously worked at AMHS during the 2023-2024 school year before returning to the technology industry. She returned to AMHS last year to lead the DECA and Business Pathways programs. Leah earned her BS in Human Development and Family Studies from Colorado State University and a certificate in software engineering from the Turing School of Software and Design, Denver, CO. Leah will teach Future Ready, Intro to Business & Marketing and Marketing & Management II

AHNA KOTILA, ANNUAL GIVING AND EVENTS COORDINATOR: Ahna joined the Development office in July 2025 following a comprehensive career at the University of Washington in their Department of Economics. Ahna served as an academic counselor and academic services director for the department and helped design and plan the school of economics graduation ceremonies. She has a BA in Economics and a Master of Education in Educational Leadership and Policy Studies from the University of Washington.

BOBBY KUBACKI, DEVELOPMENT DIRECTOR: Bobby came to AMHS in June 2025 to lead the Development Office and oversee annual fundraising which includes the Annual Fund, events, and other capital projects and campaigns. Bobby has previous work experience at Eastside Catholic School where he served as the Associate Director of Admissions, Advancement, and Alumni Relations. Most recently, he worked as a marketing consultant for Microsoft. Bobby has a BS degree in Communications and English from Fordham University.

ALEKSANDRA STEFANOVIC, SCIENCE TEACHER: Aleksandra joins AMHS following teaching assignments in Everett Public Schools and Northshore School District. She received a Bachelor of Science in Sports Medicine from Eastern Michigan University and a Master's in Teaching from Northwest University. She also holds a Physical Therapist Degree. Aleksandra will teach Biology and Human Body Systems.



DEVELOPMENT

DEAR AMHS COMMUNITY,

I hope this note finds you well and enjoying a restful and joy-filled summer. My name is Bobby Kubacki, and I'm honored to introduce myself as the new Development Director at Archbishop Murphy High School. As both a Catholic school graduate and someone deeply committed to the mission of faith-based education, I am thrilled to be part of the AMHS community.

At AMHS, our mission to form Christ-like leaders doesn't pause during the summer. Behind the scenes, faculty and staff are preparing for the year ahead—refining programs, upgrading facilities, and working to ensure every student who walks through our doors is known, loved, and challenged to grow.

None of this would be possible without the generosity of supporters like you. Your involvement has a direct and lasting impact. Every gift helps bridge the gap between tuition and the true cost of an Archbishop Murphy education—and every gift matters.

As you consider how you might support AMHS this year, there are several meaningful ways to do so:

FUNDRAISING APPEALS AND EVENTS

- **Annual Fund:** Our top priority. Think of it as the “checking account” that helps us meet immediate needs—these unrestricted gifts directly support financial aid, faculty compensation, academic programs, campus life, and more
- **Events:** Beyond giving, we invite you to participate in one of our many community-centered fundraising events such as: DREAM Auction (Fall), STAR Breakfast (Spring) and various others throughout the year. These events not only help raise critical funds, but they also celebrate the spirit and excellence of Archbishop Murphy.
- **Capital and Endowment Gifts:** Help build our future by funding major campus improvements like the Wellness and Performance Center or creating a named scholarship which begins with a gift or pledge (paid over five years) of \$25,000 or more.

WAYS TO GIVE:

- **Online or Cash or Check:** The simplest and most immediate way to support AMHS. Donations can be mailed or dropped off at the Development Office.
- **Donor-Advised Funds (DAFs) or Gifts of Stock:** Make a tax-savvy gift with appreciated assets or through your DAF. These options can offer significant financial benefits while supporting the causes you care about. Please reach out to me directly to learn more.
- **Matching Gifts:** Double—or even triple—your impact! Many companies match their employees' charitable contributions. Check with your employer to see if they offer a matching gift program.



DEVELOPMENT

- **In-Kind Donations:** Gifts of goods or professional services help reduce costs, enhance programs, or meet specific needs across campus. Please complete an In-Kind Donation Form to accompany your contribution.

You can make a gift today at www.am-hs.org/support/giving or by clicking the button below. We would also love to connect with you personally—whether to give you a tour of campus, talk about ways to get involved, or simply say thank you.

It's a pleasure to be part of this community, and I'm excited about what we can accomplish together in the years ahead.

With gratitude,

Bobby Kubacki
Development Director
bkubacki@am-hs.org

SUPPORT AMHS AND GIVE NOW!



EVENTS

August 21



Wellness Center
Ribbon Cutting

August 21



Football Spaghetti
Feed & Mini Auction

September 26, 2025



Homecoming
AMHS Terry Ennis Stadium

October 11, 2025



Fine Arts Crab Feed
AMHS Grace Hall

November 21, 2025

Archbishop Murphy High School
DREAM
AUCTION

Dream Auction
Angel of the Winds
Edward D. Hansen Conference Center

February 20, 2026



Hall of Fame Social
AMHS Cafeteria

February 25, 2026



Day of Giving
Virtual & AMHS

March 2026



Irish Night
AMHS Cafeteria

Spring 2026



Pub Crawl
Starts in AMHS Cafeteria

May 8, 2026



STAR Breakfast &
Grandparent/Godparent Day
AMHS Cafeteria



AMHS 2025 SCHOOL RAFFLE

TICKETS \$20 EACH

The 2025 AMHS School Raffle will kick off this August! We will distribute one book of 10 raffle tickets per student (\$20 per ticket). We will have raffle winners announced during the week of October 6-10 with a **grand prize of \$2,000 off tuition** announced at the October 11 Crab Feed event (presence not required to win).

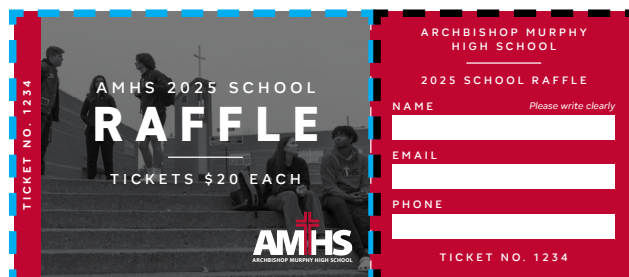
RAFFLE PRIZES:

- Mondays: Amazon Gift Cards
- Tuesdays: Costco Gift Cards
- Wednesdays: Kroger Gift Cards
- Thursdays: Cash prizes
- Fridays: Restaurant Gift Cards
- \$2,000 off tuition announced at the Oct. 11 Crab Feed (presence not required to win)

RAFFLE DETAILS:

- Booklets will be given to students in Theology Classes the first week of school.
- Booklets are due to the AMHS front desk by **September 26th at noon**. **Unsold tickets will be billed to your account and will not be entered into the drawing for prizes.** If you choose not to participate in the raffle, you will be billed to your account.
- Unsold tickets must be returned with all cash, checks, and tickets by September 26th at noon.
- Cash and checks only please (checks made payable to AMHS).
- Prizes awarded daily. Winners will be called and posted on the [Archbishop Murphy Facebook page](#) daily.
- Family Incentive: All student families who sell 2 or more books of raffle tickets will receive family service hour credit (10 volunteer hours per book).
- Must be 18 years or older to purchase a ticket or win a prize.
- Do not need to be present to win.

Keep this side



Return to AMHS



QUESTIONS? CONTACT AHNA KOTILA AT DEVELOPMENT@AM-HS.ORG OR 425.385.3405



BUSINESS PARTNERS

AMHS is blessed to have an amazing collection of business partners who support the school and sponsor our students and school programs.



Please support all of our business partners—click on their logo you will go directly to their website.



DREAM AUCTION

DEAR FAMILY AND FRIENDS OF AMHS,

We hope this letter finds you and your loved ones well. The 2025–2026 school year is almost here, and we are excited to welcome both new and returning families into our community.

We are thrilled to announce our **DREAM Auction**, which will be held on **Friday, November 21, 2025**, at the **Edward D. Hansen Conference Center at Angel Of The Winds Arena**. This exciting evening will feature a dinner program, a wide array of live and silent auction items, and an online auction experience. Guests attending in person will have the opportunity to bid on exclusive items and participate in our impactful **Fund-A-Need** initiative.

To help make this event a success, **we are currently seeking meaningful donations for both our silent and live auctions**. We welcome gift cards, new tangible items, and one-of-a-kind adventures or experiences. Please ensure that gift certificates are valid for at least one year from the event date. Current AMHS families may count the value of their donation toward their parent service hour requirement (20 hours valued at \$20/hour = \$400).

Archbishop Murphy High School is a 501(c)(3) nonprofit organization. The **AMHS Washington State Charitable Solicitations Registration # is 3333** and the **Federal Tax ID # is 91-1172031**.

A determination letter is available upon request. Donations may be sent directly to:

Archbishop Murphy High School
Attn: 2025 DREAM Auction
12911 39th Ave SE
Everett, WA 98208

For questions or to coordinate donation pickup, please contact the Development Office at development@am-hs.org or (425) 385-3405.

The donation deadline is October 24, 2025.

[CLICK HERE FOR THE DONATION FORM](#)

AUCTION SPONSORSHIP OPPORTUNITIES

For those interested in becoming auction sponsors, the DREAM Auction offers a unique opportunity to support Archbishop Murphy High School while gaining exposure to a large and engaged community. Sponsorships provide valuable marketing exposure to hundreds of in-person attendees and the families of AMHS.

Your contribution directly enhances the quality of our students' education by supporting our academic and co-curricular programs. Archbishop Murphy High School is proud to maintain a 100% graduation and college acceptance rate—an achievement that reflects the strength of our mission and the generosity of partners like you.

As a sponsor, your organization will be recognized in our DREAM Auction communications, featured on our website (with a link to your business), and acknowledged in our auction catalog. **If you are interested in underwriting our event as a sponsor, please contact our Development Office at development@am-hs.org or (425) 385-3405.**

Thank you in advance for your generous support of the 2025 DREAM Auction!

With gratitude,

The AMHS Development Team



PARENT ASSOCIATION

PARENT ASSOCIATION PROGRAM

All AMHS parents / guardians are automatically part of our Parent Association. We hope you will join us for PA Meetings and get involved in PA volunteer opportunities.

- *PA meetings help keep you connected throughout the school year.*
- *PA volunteers directly support the students and staff in carrying out our mission.*

MISSION

To enrich students' lives through parents, teachers and community involvement.

GOAL

Build a strong community of parents / guardians working in partnership with AMHS staff.

WHAT ARE PARENT AMBASSADORS?

Last school year we added a new leadership role to the Parent Association – Parent Ambassadors. We ask for two parents / guardians from each class (2026, 2027, 2028, 2029) to serve in this role. Our Parent Ambassadors take the lead in coordinating various activities throughout the year. They also recruit, organize, and train additional parent / guardian volunteers to help out with these events. This is a great way to complete your parent service hours and meet other parents in the AMHS community.

OUR PARENT AMBASSADORS AND PARENT VOLUNTEERS HELP WITH THE FOLLOWING EVENTS:

- **Coordinate staff appreciation lunches for all faculty/staff 4 times / year.**
- **Foster relationships and build rapport with new AMHS families.**
- **Be the face of AMHS and help answer questions and connect with new families.**
- **Support events that bring together the community of students, families, faculty, and staff:**
 1. Curriculum Night - September
 2. Harvest Lunch for Faculty / Staff - October
 3. Admissions Open Houses - November and February
 4. Thanksgiving "Thank You's" - November
 5. Wildcat winter treats for students - December
 6. Ice cream sandwiches for "I Scream" - January finals week
 7. New Family Course Registration - March
 8. Baccalaureate Mass - End of May
 9. Ice cream sandwiches for "I Scream" - June finals week

WHEN ARE THE PARENT ASSOCIATION MEETINGS?

Prior to the start of school, you will receive a complete schedule of Parent Association meetings for the year. Throughout the year, we will include some morning and evening meetings to accommodate a variety of schedules. We also hope to maximize your time on campus and will try to combine some meetings with other events and activities on campus. For those who are unable to attend, please keep an eye out for information in the weekly Announce eNewsletter. We will follow each meeting with a summary of any important information that was covered for those who are unable to attend.



PARENT ASSOCIATION

Please contact Marie Fahey or our PA President, Terri Murray, if you are interested in getting involved with this fun group of parents.

Marie Fahey - Assistant to the Principal / PA Coordinator, mfahey@am-hs.org

Ahna Kotila - Annual Giving & Events Coordinator, akotila@am-hs.org

Teri Murray - Parent Ambassador President, papresident@am-hs.org

SAVE THE DATE!

- August 26 Link Day - New Family Orientation PA meeting. *Freshman & New Student parents only.*
- Our first general meeting is scheduled for September 4, 2025 - PA meeting from 5:30 pm - 6:15 pm, followed by Curriculum Night, which is from 6:25 pm - 8:25 pm.
- Parents receive a complete schedule of meeting dates/times prior to the start of the year



PARENT VOLUNTEER OPPORTUNITIES

AMHS was started by a group of parents in 1988, and ever since then, parent involvement has been key to who we are as a school. Per the AMHS contract and the handbook, all families are required to contribute 20 volunteer hours per school year. This obligation can be met in the following ways. Please be aware that participation in the fall raffle ticket program does not contribute to your family obligation or parent service hours.

- 1. Serving the 20 volunteer hours** or contributing goods of equal value (20 hours = \$400). Volunteer hours and approved donations can be found in Sign-up Genius. Any donations and/ or volunteer hours outside of those in Sign-up Genius need prior approval from the Development office. Requests for volunteer hours and goods are in the weekly AMHS Announce.

Since we are going paperless, all service hours and contributions of goods will be recorded electronically on Sign-Up Genius. Here is how it works:

- Go to Sign-Up Genius for volunteer opportunities: www.signupgenius.com. You can also go to our website under parent resources and click on the AMHS Sign-up Genius link. You may need to create a login and password. Don't forget to save it as a favorite.
- Review the volunteer opportunities across the many areas of the school by clicking [HERE](#).
- When signing up be sure to include your phone number and email address.
- Sign-up Genius will automatically send you a reminder two days prior to your scheduled time.
- Only hours submitted in the sign-up genius will be recorded as volunteer hours.
- Please use the AMHS Sign-up Genius system initiated by the school to record volunteer hours. Outside and/or separate parent sign-up opportunities are not valid.

- 2. Buy Out:** Families can opt to buy out all or part of this obligation at \$20 per hour (20 hours x \$20 = \$400).

CONTACT US

Review opportunities across the many areas of the school. If you need assistance with volunteer opportunities, please contact [Roberta Ryan](#).

[CLICK HERE FOR AMHS SIGNUP GENIUS](#)



ATHLETIC NEWS

This info sheet will answer many questions you have about athletics at AMHS. Please call or email us if we can help or provide you with additional information.

Q: IN WHAT LEAGUE DOES AMHS PLAY?

AMHS will compete in the WESCO 2A/3A league for all sports except football. Football will compete in the Northwest Conference Sky Division.

WESCO 2A/3A SCHOOLS

North

Arlington
Everett
Stanwood

Snohomish

Marysville-Getchell
Marysville-Pilchuck
Monroe

South

AMHS
Meadowdale
Mountlake Terrace

Edmonds-Woodway

Shorecrest
Shorewood
Lynnwood

NORTHWEST CONFERENCE 2A

AMHS

Anacortes
Bellingham
Burlington Edison

Lakewood

Lynden
Marysville-Pilchuck
Sedro Woolley

Sehome

Squalicum

Q: WHY DOES FOOTBALL PLAY IN A DIFFERENT LEAGUE?

WESCO partnered with the Northwest conference to form 2 Football specific divisions for all WESCO and Northwest Conference 2A member schools. This was done with the intent to establish competitive balance.

Q: WHAT SPORTS CAN I PLAY?

Sports available at AMHS are listed below. Varsity and JV squads are available for most sports. We also have "C" (freshman) teams in some sports (**Note: The WIAA does not allow a student to participate in two sports during the same season**).

FALL

**Football begins 8/20/25; all
other fall sports begin 8/25/25**

Football
Cheer
Cross Country
Boys Tennis
Girls Soccer
Girls Swimming
Girls Volleyball

WINTER

Begins 11/17/25

Boys Basketball
Boys Swimming
Cheer
Girls Basketball
Wrestling

SPRING

Begins 3/1/26

Boys Baseball
Boys Golf
Boys Lacrosse
Boys Soccer
Girls Golf
Girls Softball
Girls Tennis
Track

Q: WHEN CAN I MEET THE COACHES?

Each coach will have a pre-season parents meeting at the start of the season. If you would like to get in touch with a coach, here is a list of their email addresses:

Football:

Head Coach Joe Cronin

jcronin@am-hs.org

Boys and Girls Soccer:

Head Coach Terry Ryan

tryan@am-hs.org

Girls Volleyball:

Head Coach Allie Sinex

asinex@am-hs.org

Cross Country:

Head Coach Matt Wright

mwright@am-hs.org

Boys & Girls Swimming:

Head Coach David Whitmore

dwhitmore@am-hs.org

Boys Tennis:

Head Coach Houston Schmutz

hschmutz@am-hs.org

Cheer:

Head Coach Gianna Rule

grule@am-hs.org

Girls Basketball:

Head Coach Ebany Herd

eherd@am-hs.org

Boys Basketball:

Head Coach Joe Hardy

jhardy@am-hs.org

Wrestling:

Head Coach Joe Montellano

jmontellano@am-hs.org

Boys Baseball:

Head Coach Zander Clouse

zclouse@am-hs.org

Girls Fastpitch Softball:

Head Coach Megan Dedrick

mdedrick@am-hs.org

Boys Golf:

Head Coach Mike Leonen

mikeleonen@gmail.com

Girls Golf:

Head Coach Alix Ericksen

aericksen@am-hs.org

Girls Tennis:

Head Coach Michael Taylor

mtaylor@am-hs.org

Boys Lacrosse:

Head Coach Quinn Sullivan

qusully@outlook.com

qsullivan@am-hs.org

Track & Field:

TBD

Q: HOW CAN I SIGN UP AND IS THERE A FEE?

1. To sign-up for athletics you will need to create a FinalForms account by clicking [HERE](#).
 - Once you have created an account, please email Olivia Bensen at obonsen@am-hs.org if your student has not been issued an AMHS email yet.
2. There is a fee of \$325 to participate in football and a fee of \$275 for all other sports.

Q: WHAT PAPERWORK DO I NEED TO FILL OUT?

1. All required athletic forms will be located in your FinalForms account that you and your student-athlete will need to sign.
2. Physicals are valid for 24 months from the date of the exam and are kept on file in the athletic office until they expire. Please do not wait until the last minute to complete your registration. **Missing forms will prohibit student athletes from participating.**

Q: HOW DO I GET GAME OR PRACTICE INFORMATION?

You should receive a weekly email from your student's head coach regarding practice times and game information. To view all schedules, please visit wescoathletics.com. This is updated frequently to show any time/location changes due to inclement weather (if applicable).

Please feel free to contact the Athletic Department with questions using the following information:

Jeff Latta, Athletic Director, jlatta@am-hs.org

Olivia Bensen, Administrative Assistant, obonsen@am-hs.org

12911 39th Ave SE • Everett, WA 98208

Main Office: (425) 379-6363

www.am-hs.org



FRESHMAN/NEW STUDENT INFORMATION FOR SPORT SIGN-UPS

1. All of the forms you need to fill out for your student to participate in sports are digital on the online platform called FinalForms. This is where we track student eligibility.
2. [This link](#) will take you to the AMHS FinalForms sign up page.
3. The first thing you will need to do is create a parent account for yourself. Once this has been created, you will add a new student.
4. The system will require you to put in an email address that ends in @am-hs.org for your student. Since students won't be assigned a school email address until right before the start of school, please send an email address that your student currently has access to to the Athletic Assistant, Olivia Bensen, at obonsen@am-hs.org. This email will be added to your student's account from the admin side and they will be able to move forward to complete all of their forms.
5. If the system won't let you move forward with creating the student account without adding an AMHS email, just leave the line blank. If it still won't let you proceed, just add a fake email that ends in @am-hs.org. This will be changed from the admin side as long as you send a current email to the athletic assistant as mentioned above.
6. Select which sports you would like to sign your student up for. This is all you need to do to assure your student is signed up. Coaches will receive a notification when you add their sport to your student's account and you will be added to the email list for communications being sent out.
7. You have to log in to your FinalForms account every school year to sign your student up for sports. If you sign your student up for basketball one year, it will not automatically roll over to the next year. You will log in again the following year, before the season starts, to sign them up and complete all of the forms.
8. Here are the important season beginning dates for the 2025-26 school year. Please make sure your student is signed up in FinalForms, and both student and parent forms have been completed:
 - First day of football practice: Wednesday, August 20, 2025.
 - First day of fall sports (volleyball, girls soccer, boys tennis, girls swim & dive, cross country): Monday, August 25, 2025.
 - First day of winter sports (boys basketball, girls basketball, boys swim & dive, boys & girls wrestling): Monday, November 17, 2025.
 - First day of spring sports (boys & girls golf, girls tennis, track & field, lacrosse, softball, boys soccer, baseball): Monday, March 1, 2026.
9. Students will not be able to participate in practices until both parent and student forms have been completed, and a current sports physical is on file in the students' FinalForms account.
10. Make sure you and your student read through all of the forms you sign in FinalForms. Especially making a note of the school attendance policy, student & parent activity/leadership code, athletic eligibility in regards to academics and academic probation.



FRESHMAN/NEW STUDENT INFORMATION FOR SUMMER SPORTS

- Four of our sports participate in summer competitions/activities which begin sometime after May 31, 2025:
 - » Girls basketball
 - » Boys basketball
 - » Volleyball
 - » Football
- Our head coaches coordinate all summer activities. If you have any questions about these summer programs, please contact the coaches directly:
 - » **Girls basketball:** Ebany Herd, eherd@am-hs.org
 - » **Boys basketball:** Joe Hardy, jhardy@am-hs.org
 - » **Volleyball:** Allie Sinex, asinex@am-hs.org
 - » **Football:** Joe Cronin, jcronin@am-hs.org
- In order to participate in one of our summer programs, all incoming students need to have been accepted and fully enrolled at Archbishop Murphy High School. If you have any questions regarding your students' enrollment status, please contact Jana James, Director of Admissions at janajames@am-hs.org.
- Students need to be signed up for their given sport in FinalForms AND have a current sports physical on file prior to participation in summer activities. If your student is participating in a summer activity before this date, we will still need to have a current sports physical on file.
- Signing your student up for a sport during the summer is the same thing as signing them up for regular season sports. If your student signs up to play volleyball in the summer, they will be all set for volleyball in the fall. There is not a separate sign up for summer vs. regular season sports.
- All summer strength and conditioning programs are run through our Director of Sports Performance & Wellness, Jordan James. Please direct any questions to him at jjames@am-hs.org or visit our website [here](#).



SEASON TICKETS

WHAT IT MEANS TO BE A SEASON TICKET HOLDER?

We are a group of parents and supporters that are committed to providing an outstanding athletic experience for all our athletes. If you have a son or daughter playing sports at AMHS, join the club and help support their teams!

2025 – 2026 SEASON TICKET HOLDER LEVELS:

1 PASS - \$150 1 pass to all AMHS athletic events	2 PASSES - \$275 2 passes to all AMHS athletic events	EACH ADDITIONAL PASS - \$100* Additional passes to all AMHS athletic events *Can only be purchased if buying more than 2 passes
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GATE ADMISSIONS

Admission is charged at all home games for **volleyball, football, girls & boys soccer, girls & boys basketball and wrestling.**

SCAN OR CLICK HERE
TO COMPLETE THIS
FORM ONLINE



2025 – 2026 ATHLETIC SEASON TICKET HOLDER REGISTRATION

I would like to join the following membership level (check one):

☐ 1 Pass (\$150) ☐ 2 Passes (\$275) ☐ Additional Pass (\$100) - Quantity: _____

Please Print

I would like my donation to go towards the following sport(s): _____

Names (To appear on membership card): _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

☐ Pay by **Check**

Checks payable to **AMHS Season Ticket Holder**

☐ Pay by **Credit Card** ☐ Mastercard ☐ Visa ☐ Discover ☐ Amex

Card Number

CVV

Expiration Date

MM

YY

Signature: _____

Return form with payment to:

Archbishop Murphy High School
12911 39th Ave SE
Everett, WA 98208



FINE ARTS COUNCIL

FINE ARTS COUNCIL

The Fine Arts Council supports all the Arts programs at AMHS, offering opportunities for all students to develop artistically. Parents participate in and encourage the artistic enrichment of the AMHS community.



ACADEMIC COURSES

Ceramics
Chamber Choir
Choral-Aires
Concert Band
Concert Choir
Drama
Graphic Arts
Guitar Class
Jazz Ensemble
Painting/Drawing
Piano
Production for the Stage

ANNUAL EVENTS

Art Show
Christmas Concert/Play
Festival of Catholic High School Choirs
Liturgies
Original Movie
Performing Arts Awards Potluck
Solo and Ensemble Competition
Spring Concert
Spring Musical
Wildcat Band

SAVE THE DATES!

Wine & Cheese Social & First FAC Meeting • September 9, 2025 • 6 pm - 8 pm • Black Box Theatre, AMHS

JOIN US for a Wine and Cheese Social followed by our first FAC meeting. Come learn more, meet other families, and enjoy some refreshments.

AMHS Crab Feed • October 11, 2025 • 6 pm • Grace Hall

You won't want to miss this wonderful event. All you can eat crab, along with other amazing food and beverages, and student performances. Interested in volunteering? Email cwright@am-hs.org.

THE FINE ARTS COUNCIL MEMBERSHIP LEVELS

FRIEND OF FAC MEMBER // NO COST

- Early notification of all AMHS Fine Arts events and volunteer opportunities
- Voting privileges if attending monthly Fine Arts Council meetings

SPONSORSHIP LEVEL (FANATIC!) // ANY AMOUNT

- Any amount given to support the Arts at AMHS. May use matching gifts from your place of business.
- Recurring gifts are welcome!

PATRON OF FAC MEMBER // \$100 (\$50 FOR AMHS FACULTY/STAFF OR AMHS ALUMNI)

- All benefits of Friend of FAC level
- Public recognition as a FAC member*
- Two tickets for the Spring Musical
- Two tickets for the AMHS Original Film
- Priority seating and admittance to all performances

BENEFACTOR OF FAC MEMBER // \$500

- All benefits of Patron of FAC level
- Reserved seating to all AMHS performances, plus two additional tickets to the Spring Musical & AMHS Original Film
- Public recognition as a FAC member*
- Two tickets to Annual Crab Feed or fall fundraising event
- Promotional space for personal messages or business advertising
- Recognition in event programs and annual report
- Complimentary deluxe Christmas wreath

**Public recognition includes playbills, programs, etc. Option to participate in the AMHS Original Movie.*

Questions? Please contact: Carrie Wright • cwright@am-hs.org • (425) 379.6363 ext 253



THE FINE ARTS COUNCIL MEMBERSHIP FORM (PLEASE PRINT)

I am interested in the following membership (check one):

- | | |
|---|---|
| <input type="checkbox"/> Friend of FAC (no cost) | <input type="checkbox"/> Sponsor (FANatic) Any amount matching gifts encouraged _____ |
| <input type="checkbox"/> \$50 Faculty, Staff, or AMHS Alumni (Class of _____) | <input type="checkbox"/> \$100 Patron of FAC <input type="checkbox"/> \$500 Benefactor of FAC |

Name (as you wish it to appear in publications): _____

Preferred Phone: _____

E-mail: _____

PAYMENT SCHEDULE:

☐ Enclosed is my **ONE-TIME** payment

My employer will match my gift: _____

Payment Method:

☐ Pay by **CHECK** (reminders will be sent)

☐ Pay by **CREDIT CARD**

☐ Mastercard ☐ Visa ☐ Discover ☐ Amex

OFFICE USE ONLY

Amount	Check	#Req'd	Date

Card Number

Expiration Date

____ CVV

____ Zip Code

MM

YY

Signature: _____



SCAN OR CLICK HERE TO COMPLETE
THIS FORM ONLINE

PLEASE RETURN FORM TO:
Archbishop Murphy High School
12911 39th AVE, SE • Everett, WA, 98208



YEARBOOK INFORMATION FOR SENIORS & SENIOR PARENTS

PORTRAITS AND QUOTES

Portraits and quotes are due **BEFORE October 17, 2025.**

Senior portraits should contain the following:

- Photos must be vertical.
- Expectations of handbook / dress code applied.
- Photos should be of high quality/resolution at 300 dpi.
- Photos should be uploaded to our private image share link, which will become available in September.
- The link will be posted on campus and emailed out in September.

Senior quote should be:

- Respectful and school appropriate, have the correct author or “Unknown” and be no more than 300 characters in length.
- The link will be posted on campus and emailed out in September.

SENIOR RECOGNITION ADS

Senior ads are published in the back of the AMHS yearbook each year. These are not advertisements, but rather congratulatory notes from families to their graduates. Ads may be ordered in ½ or ¼ page sizes. In an effort to get our book planned out and organized we ask that you submit these ads as early as possible! As an incentive, the earlier you buy an ad, the cheaper it will be! *If cost is an issue and your family would like to offer service/help with yearbook events, please reach out.*

This year we are continuing our advertising online. By visiting www.JostensAdService.com, you can design the ad yourself and create a custom note for your senior. Designing your ad online gives you access to hundreds of templates, examples, fonts, and graphics. Take a look at your student’s book from last year or stop by the library to see ads from the 2024-2025 yearbook. Feel free to reach out to Shea Meehan (Yearbook Adviser, smeehan@am-hs.org) with any questions!

AD SIZE	Submit text, photo, & payment by Nov. 16	Submit text, photo, & payment by Dec. 14	Submit text, photo, & payment by Jan. 31
½ Page	\$250.00	\$350.00	\$450.00
¼ Page	\$125.00	\$225.00	\$325.00

***Ads will not be placed in the yearbook until payment is collected**

Shea Meehan, Yearbook Adviser
smeehan@am-hs.org



CHANGE TO DROP-OFF & PARKING PROCEDURES

In order to improve traffic flow and ensure safety for all, the following updates will be implemented:

- All vehicles — including those dropping off for the St. Mary Magdalen bus, faculty, students, and parents — will be required to complete the full traffic loop for both drop-off and parking.
- No left turns will be permitted near Heath Hall. All traffic must follow the loop route to enter and exit.
- Student drop-off will take place in the upper loop by the gym.
- When dropping off students, please pull all the way forward in the loop.
 - » Do not stop midway to let students out.
 - » Do not use parking spots for drop-off — all parking spaces are reserved, and stopping in these spots causes backups for those waiting to park.
 - » These changes are designed to keep traffic moving efficiently and ensure the safety of everyone on campus during the busiest part of the school day.





WHO TO CONTACT

NEED HELP WITH	CONTACT	EMAIL/PHONE
Absences, Attendance, and Tardies	Gianna Rule, Student Services	attendance@am-hs.org
ACT Test	Register online at ACT.org	jmatusak@am-hs.org
Activities and Clubs	Sarah Pedersen , Dean of Students	spedersen@am-hs.org
Address Changes	Nicole Thompson , Registrar	nthompson@am-hs.org
Admissions Office	Jana James , Director of Admissions & Marketing Nicole Thompson , Admissions Associate/Registrar	admissions@am-hs.org (425) 332-3036
Alumni	Development Office	alumni@am-hs.org
Advanced Placement (AP) Classes/Testing	John Matusak , Vice Principal	jmatusak@am-hs.org
Academic Resources Center	Danielle Appleby , Director of ARC	dappleby@am-hs.org
Annual Fund	Development Office	development@am-hs.org
Athletic Events, Times, Cancellations	Athletic Office	athletics@am-hs.org (425) 385-3464
Athletic Staff	Jeff Latta , Athletic Director Olivia Bonsen , Athletic Administrative Assistant	jlatta@am-hs.org obonsen@am-hs.org (425) 385-3464
Auction	Development Office	development@am-hs.org
Bus Service	Athletic Office	athletics@am-hs.org (425) 385-3464
Business Office	Nicole Codd , Controller/HR Director Cathy Meehan , Accounts Payable Roberta Ryan , Assistant to the Controller Samantha Morales , Office Manager, Assistant to the HR Director	ncodd@am-hs.org cmeehan@am-hs.org rryan@am-hs.org smorales@am-hs.org
Calendar	Sarah Pedersen , Dean of Students	spedersen@am-hs.org



WHO TO CONTACT

NEED HELP WITH	CONTACT	EMAIL/PHONE
Calendar (Online) am-hs.org/calendar	Cathy Meehan , Accounts Payable	cmeehan@am-hs.org
Canvas Student Passwords	Jon Echols	jechols@am-hs.org
Counselors Guidance and College	Allie Sinex: A-E Shannon Hippe: F-K Brad Serka: L-P Dane Stringfellow: Q-Z	asinex@am-hs.org shippe@am-hs.org bserka@am-hs.org dstringfellow@am-hs.org
Course Catalog	Allie Sinex Shannon Hippe Brad Serka Dane Stringfellow	asinex@am-hs.org shippe@am-hs.org bserka@am-hs.org dstringfellow@am-hs.org
Community Service	Anna Hogenson , Campus Ministry Elianna Lucas , Campus Ministry	campusministry@am-hs.org
DECA Store: Grace Hall Cafeteria/Room 405	Leah Forman , Business Pathways Director	lforman@am-hs.org
Development Office	Ahna Kotila , Annual Giving & Events Coordinator	akotila@am-hs.org
Discipline, Detention	Sarah Pedersen , Dean of Students	spedersen@am-hs.org
Drama, Choir, Band, and Spring Musical	Carrie Wright : Drama/Choir Keith Curtis : Band	cwright@am-hs.org kcurtis@am-hs.org
Dress Code	Sarah Pedersen , Dean of Students	spedersen@am-hs.org
Educational Evaluations	John Matusak , Vice Principal	jmatusak@am-hs.org
Facility Use	Athletic Office	athletics@am-hs.org
Facility/Campus	Scott Azure , Facilities Director	sazure@am-hs.org
Fines, Fees, Tuition, and Tuition Assistance	Roberta Ryan , Business Office	rryan@am-hs.org
Fundraising Events	Development Office	development@am-hs.org
Guest Pass for Dances	Sarah Pedersen , Dean of Students	spedersen@am-hs.org
Late Start Calendar	Sarah Pedersen , Dean of Students	spedersen@am-hs.org
Lockers	Gianna Rule , Student Services	grule@am-hs.org
Lunch Schedule	Red Day 1st Lunch: 11:00-11:30am 2nd Lunch: 12:35-1:05pm	Black Day 1st Lunch: 11:00-11:30am 2nd Lunch: 12:35-1:05pm



WHO TO CONTACT

NEED HELP WITH	CONTACT	EMAIL/PHONE
National Honor Society	Katie Campbell	kcampbell@am-hs.org
Parking	Gianna Rule , Student Services	grule@am-hs.org
Parent Association (PA)	Teri Murray , PA President	papresident@am-hs.org
PowerSchool	Nicole Thompson , Registrar	nthompson@am-hs.org
PSAT/PLAN tests	John Matusak , Vice Principal	jmatusak@am-hs.org
Pre-Arranged Absence	Gianna Rule , Student Services	grule@am-hs.org
SAT Test: Register at collegeboard.com	Lisa Latta	llatta@am-hs.org
SAT Prep Classes	Matt Wright/Lisa Latta	llatta@am-hs.org
Schedule Change	Allie Sinex: A-E Shannon Hippe: F-K Brad Serka: L-P Dane Stringfellow: Q-Z	asinex@am-hs.org shippe@am-hs.org bserka@am-hs.org dstringfellow@am-hs.org
Shadow Visits/Prospective Students	Jana James , Director of Admissions & Marketing Nicole Thompson , Admissions Associate/Registrar	admissions@am-hs.org
Student Accommodations	Danielle Appleby , Director of ARC	dappleby@am-hs.org
Textbooks MBS Direct	Cathy Meehan , Accounts Payable	cmeehan@am-hs.org
Transcripts	Nicole Thompson , Registrar	nthompson@am-hs.org
Volunteer Opportunities Sign-Up Genius	Roberta Ryan , Assistant to the Controller	rryan@am-hs.org
Website	Brittni Wallace , Design & Communications Specialist	bwallace@am-hs.org
Withdrawals	John Matusak , Vice Principal	jmatusak@am-hs.org
Wellness	Jordan James , Director of Sports Performance and Wellness	jjames@am-hs.org