

THE blarney stone

A PUBLICATION FOR THE COMMUNITY OF NOTRE DAME PREPARATORY SCHOOL AND MARIST ACADEMY



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Planning for a solid Notre Dame future

Notre Dame's new six-year strategic plan for the future is in place; summary to be released soon.

Over the course of the past several months, members of the Notre Dame Preparatory School and Marist Academy's Board of Trustees along with administration and staff have been hard at work crafting a road map for the next six years of the school, the six-year strategic plan.

The major purpose of the strategic plan is to delineate the financial, organizational and facility elements and, secondarily, the curricular, pedagogical, and programmatic elements needed to provide the strongest

possible platform in support of NDPMA's purposes and outcomes.

In other words, by setting up firm and achievable goals, what will the school look like during the next six years, and how will it achieve those goals?

The planning-finalization process took place via working sessions held February 3-6 with a representative of the Independent School Management organization, Walker Buckalew, Ph.D. The data-collection process included ISM electronic surveys of the Board, faculty, parents and students in grades five and up. The data-generation process included ISM's computerized scoring of NDPMA compared with 18 stability markers estab-

lished by ISM.

One of the key new initiatives in this new plan is to form in year one of the six-year plan a "school culture team." Comprised of three to five teachers, the school culture team will be tasked with sharpening the focus on — and the strengthening of — the Catholic identity and Marist Way themes that have been such an integral part of school life at NDPMA. These themes must "pervade the faculty and administrative cultures, as well as the student experience of those cultures," said a summary of the strategic-planning document, which will be mailed to all constituents in the coming weeks.

THE MARIST WAY TO NOTRE DAME

Fr. Leon Olszamowski, s.m., Notre Dame's corporate president, who played a central role in the formation of the six-year plan, said the school culture team is a natural outgrowth of the school's Marist Way initiative.

"It is very important that we as Marists pass on the tradition of what we call the Marist Way to a group of individuals in the school who show true leadership quality," Olszamowski said, "and who are apt to become leaders of the future as the Marists move out of direct administration of the school and into a sponsorship model. We will likely be continuing members of the Board of Trustees and/or part of an oversight board who will make regular visits to the school well into the future to verify



By setting up firm and achievable goals, Notre Dame's new six-year strategic plan helps define what the school will look like during the next six years, and how it will achieve those goals.

Please see PLANNING, page 3

Notre Dame Preparatory School and Marist Academy provides its diverse student body a Catholic and internationally recognized college-preparatory experience of lasting value.



FROM THE WRESTLING MAT TO THE SILVER SCREEN, PG. 2

From the wrestling mat to the silver screen

Wrestling in high school helped set Josh Romeo up for parts in the upcoming “Transformers: The Last Knight” and “The Russian Bride” movies, among others.

Two-thousand nine Notre Dame alum Josh Romeo earned many accolades as a student and wrestler at Notre Dame. His high school resume included a Catholic League wrestling championship, an All-Catholic

listing, a top-12 state wrestler listing and All-County accolades. During his senior year, he set records for the Fighting Irish in most take-downs, most two-point near falls and most total points scored in a season.

But a career in athletics wasn't at all on his list of possible future jobs when he got to the University of Miami in Florida. In fact, Romeo finished up at Miami with a bachelor's degree in criminology and psychology.

“Yes, I ended up getting a job in the psychoogy field,” he said. “But I wasn't enjoying it like I had hoped and needed a change of pace, so I ended up doing a few entertainment auditions.”

He noticed at the time that Cirque du Soleil was holding auditions, so he flew out to Las Vegas to give it a try, knowing that it was a long shot.

“Somehow, I ended up making it through and it was one of the proudest days of my life,” he said. “After that, I knew that working in stunts and circuses was something that I could actually pursue. I put all of my efforts into training and making a living out of doing something that I love.”

What Romeo ‘loves’ currently is his work on a number of film and TV projects, including the movies “Transformers,” “I First Kill,” and “The Run” as well as “The Russian Bride,” where he is lead actor Corbin Bernsen's stunt double.

Most recently, he had a speaking role in the hit TV series on WGN, “Outsiders.”

He said now that he looks back at his time at college in Miami,

he realizes that it was a major influence on his new career as an actor and stuntman.

“I stayed really busy at Miami and since it was hot and sunny year round, I had the opportunity to play outside and learn new skills everyday,” Romeo said. “My freshman year, I walked out to the co-ed cheerleading team since I could do a few flips. As school went on, I ended up meeting other people with similar interests and during my sophomore year, we founded a parkour club [parkour is a training discipline using movement developed from military obstacle-course training] called Prism Parkour. Plus, with all my adventurous friends, we got into acrobatics, slacklining, rock-climbing, and a bunch of other activities.”

Besides his current work in film and television, Romeo also keeps busy with a local circus company called Detroit Acro.

“We do partner-acrobatics, hand-balancing, juggling, etc.,” he said. “You can check out all the fun stuff that we're doing at facebook.com/romeoacro.”

Romeo currently is living in Michigan, but he believes that will change soon.

“Unfortunately, there's not much opportunity for film here,” he said. “I travel out of state a lot for work so moving is

a pretty good probability for me.”

While he's still here, however, Romeo finds time to reminisce about Notre Dame Prep.

“First of all, the academics at NDP helped me get into an awesome university,” he said. “I had a lot of fun there and had the opportunity to learn new skills and train with new friends. So I'm very fortunate for that chain of events.”

Wrestling, obviously, was a huge part of his high school life.

“I was a very competitive wrestler and my dad ended up coaching the team at NDP,” he said. “That wrestling background also helped me with stunts like those on a recent episode of “Outsiders,” which just aired on WGN. I used some of my Notre Dame wrestling skills as an MMA fighter character on the show.” 🎬



Notre Dame alum Josh Romeo '09 (NDP) is on the set of a movie. He graduated from the University of Miami and has been part of a number of movie and TV productions.



Proponents behind the new strategic plan have also bookmarked a review in the near future of Notre Dame's various academic tracks in its upper division.

that the school continues its Marist-like culture. Once verified, the school would then be accredited to continue as a Marist-sponsored school.”

He said it's of paramount importance because the school by-laws say Notre Dame must be both Catholic and Marist to continue as a school.

“Initially the school culture team will work as a liaison between the Marists themselves and the faculty and staff,” he said. “And it will likely produce our leadership for the future. I also believe that the culture team will take some initiative to help the school become even more Catholic and Marist. It is possible that members of the team also could become members of the head of school's immediate staff at some point.”

CURRICULA AND NEW SPACE

Another key component of the school's new strategic plan is already at hand.

“At the moment, it looks like we could break ground as early as this summer,” Olszamowski said. “We'll need a solid year to build the facilities and furnish them for the opening. The greenhouse, in particular, but also the robotics lab, are getting a lot of buzz lately. I think we can actually build more parental and foundational support in the school around those two items.”

Proponents behind the new strategic plan have also bookmarked a review in the near future of Notre Dame's various academic tracks in its upper division.

Currently, high school students have four academic curriculums: traditional, honors, advanced placement and International Baccalaureate. The school's planning group thought it was time to take a look at the four tracks to ensure they are providing the best options for students.

Olszamowski says that the academic tracks and offerings actually are under continuous review to make sure that we are offering the students the best possible education throughout all four years of high school.

“Over time I believe we will continue to offer the traditional track as we want to give an opportunity for kids of perhaps less academic prowess who still want a great NDP education,” he said. “I also believe that over the next six years we will continue to strengthen our other academic tracks.”

CATHOLICITY AND THE IB

Continuing to tie the school's central mission with its IB program also remains an important component of the plan, according to school officials. IB covers the entire lower and middle divisions completely, and for the upper division, where it's just one

of the four academic track options, it has been growing year-over-year in number of student participants.

“I also think we've been able to finally reconcile our Catholicity and the IB program here at Notre Dame,” Olszamowski said. “And we are receiving so much praise now from universities for the quality of our IB students. We regularly see 90%-plus of our students receive the IB diploma while the national and international average is much lower. And on top of that, we still have the distinction of being the only Catholic school offering the three programs, PYP, MYP and DP.”

Olszamowski added that while the past six years have been outstanding for the school, he is totally excited by what he sees in the future for Notre Dame. Personally, he said he's especially thrilled by the pending school culture team in the new six-year plan.

“The school culture team is one of our most important initiatives,” he said. “It of course will be ongoing as long as we Marists are here at NDPMA, but I am so glad we will be putting in place the means and the wherewithal to continue the ‘Marist Way’ when the time comes that there are physically no Marists on campus. Our culture is already ‘electric’ as one of our many visitors told us recently. I want that to continue as we move our school toward even more greatness. Programs and buildings and money help, but it's our people who really make the difference.”



Notre Dame's new school culture team will be tasked with sharpening the focus on—and the strengthening of—the Catholic identity and Marist Way themes that have been such an integral part of school life at NDPMA.

VEX IQ robotics excel in Louisville

Lower- and middle-division teams take the World Championships in Kentucky by storm.

At this year's VEX IQ World Championships held in Louisville, Kentucky, last month, Notre Dame's Bumblebees teams put in one of their finest performances to date, with one of the lower-division teams getting second place in their division, the best



Team 3333T, "The Terminators," Samuel Phillips, Hayden Howard and Hills Howard, won second place in their division. "Our highest ranking team—silver medalists," said Bumblebees mentor Louise Palardy.

finish of all the school's teams.

"What a great experience this was for our students," said Bumblebee mentor Louise Palardy, who made the trip to Louisville with the teams. "For the elementary school division, including our teams, there were 272 teams from all over the world at the championship. The teams were divided into four divisions with 68

teams in each one. Each of our teams was in a different division. All four of our elementary school teams had division rankings in the top 20, qualifying them for the finals."

The world championships' middle school division featured 308 teams divided into four divisions with 77 teams in each one. Two of Notre Dame's middle division teams earned rankings in the top 20, also qualifying them for the finals.

The fourth-grade boys team, 3333T "The Terminators," which consisted of Hayden Howard, Hills Howard and Samuel Phillips won second place in the Teamwork Challenge in their elementary division, a first for the lower division. The performance ended a spectacular season for The Terminators.

The Terminators won an award at each of their robotic competi-

tions this year, including Excellence Awards at the Kettering University competition, the Notre Dame Elementary School competition and Nissan Farmington Hills competition. At the Michigan state robotics competition, the three boys won the Robotic Skills Award.

The boys said that curiosity and imagination are very important for each team member. They draw and design their own robots and for inspiration, they watch YouTube videos of previous VEX IQ competitions and vote on best options. This year, the team built seven different robots, four of which were used in competitions.

RESULTS FROM THE VEX IQ WORLD CHAMPIONSHIP

Elementary School Division (Team 3333T won second place in the Teamwork Challenge in their elementary division, a first for the lower division!):

Team #3333 T – The Terminators won second place in their division – our highest ranking team – Silver Medalists!

Team #3333 J – The Code Crushers finished fourth in their division

Team #3333 K – The Poison Vipers finished fifth in their division

Team #3333 N – Motorheadz finished 10th in their division and 12th in Skills Worldwide

Middle School Division (Two of Notre Dame's middle-division teams received rankings in the top 20, qualifying them for the finals!):

Team #3333A – The RoboFalcons finished 7th in their division and 10th in Skills Worldwide

Team #3333B – The Engineers who say Ni finished fifth in their division and 13th in Skills Worldwide

Team #3333P – The Followers of Zaza won the Energy Award for their division! (Those on hand said there was certainly a lot of cheering going on!) 🎉

Killer Bees earn another state championship and finish high in St. Louis

Notre Dame's high school robotics program, which fields a team called "The Killer Bees," ended their regular-season competition this year with a state championship, their third overall.

The Bees formed an alliance with the Bionic Black Hawks from Bloomfield Hills HS and the Las Guerrillas team from the International Academy in Bloomfield Township to win the state competition, which was held this year at Saginaw Valley State University.

The Bees and a number of other teams from Michigan then headed to the world competition April 26-29 in St. Louis,



With Michigan Gov. Rick Snyder after the Killer Bees won the 2017 state title are from left, seniors Adam Calvaneso, Laura Lund and Mary Riss.

Missouri, where the Notre Dame team finished a strong performance in the semifinalist round. The Bees also brought home the Industrial Design Award from St. Louis.

Jim Zondag, who is an engineer at

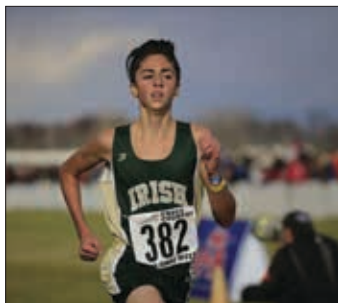
FCA Chrysler and the Killer Bees' coach and head mentor, said in a recent article in the Detroit Free Press that the students on the team and their robot design are what made the difference in this year's success.

"Every year the game is different. That's one of the thrills of FIRST Robotics," Zondag said. In previous years, the robots have had to stack boxes, climb stairs, throw balls and shoot Frisbees.

The big challenge this year, though, was shooting a large number of balls into the boiler. It's one of the things our kids ensured their robot would be good at.

"Our success at that is one of the things that differentiated us from other teams and it's one of the things that helped us win the state championship," Zondag said. 🎉

Notre Dame senior receives prestigious award from the state



Brendan Fraser, who will be graduating from Notre Dame later this month, has earned the 2017 Rich Tompkins Multi-Sport Athlete Award, presented by the Michigan High School Coaches Association (MHSCA).

Each year, the MHSCA recognizes the accomplishments of student-athletes who have excelled

in a variety of athletic, academic, school, and community endeavors by presenting them with the Rich Tompkins Multi-Sport Athlete Award.

Fraser, who has participated in Irish cross-country, track and field, and wrestling, has been chosen as the state's only male Class B recipient of the award. Each of the four classes of state high school athletics is honored by the MHSCA with a male and female recipient of the award.

Among Fraser's accomplishments at Notre Dame Prep were regional and county finalists/championships in cross country, wrestling and track and field. He earned Academic All State accolades in cross country and wrestling and was named All State in cross country the past three years.

Fraser will be continuing his education at the University of Notre Dame this fall where he signed in November to run cross country. 🇮🇷

New Notre Dame Fund director named

Atif R. Lodhi, a longtime advocate and supporter of Catholic education, has joined the Notre Dame Preparatory School and Marist Academy's advancement department as Notre Dame Fund director. In this position, which began for him on May 1, 2017, Lodhi will plan and manage the annual-giving component of advancement as part of a coordinated overall fundraising effort.

NDPMA Director of Advancement Gregory Simon said he is pleased to welcome Lodhi to his staff.

"We are very excited to have Atif on our team," Simon said. "He joins us already possessing a wealth of fundraising, admissions and communications experience at schools located both here in the Archdiocese of Detroit and in New York. We first met while representing our respective schools at admissions events. I was always impressed with Atif's approach to families, communication skills and passion for Catholic education. We are now happy to call him 'Irish!'"

Lodhi comes to Notre Dame from Fordham Preparatory School in New York City where he served as communications manager in the school's engagement, development and communications department. In this position, he directed all strategic communications and media relations efforts at Fordham, a Jesuit, Catholic high school for boys founded in 1841.

Prior to Fordham, Lodhi was director of admissions/public relations officer for more than seven years at University of Detroit Jesuit High School and Academy where he was responsible for school marketing and enrollment efforts in addition to heading U-D



Jesuit's social media activities. Before this, he served in a number of positions in the admissions and athletic departments at De La Salle Collegiate High School in Warren, Mich.

Lodhi holds a B.A. in history from the University of Michigan and an M.B.A. in marketing and management from Wayne State University. He is a 2000 graduate of De La Salle Collegiate. 🇮🇷

Notre Dame senior gets NHS scholarship

Jacqueline Kenny, a senior and member of the National Honor Society (NHS) at Notre Dame Preparatory School, has been named



one of 300 national semifinalists in the National Honor Society Scholarship program. Kenny was chosen from more than 9,000 applicants and will receive a \$2,325 scholarship. She is only the second Notre Dame student in five years to earn this NHS designation.

"Jacqueline represents the best the Father Joseph Hindelang Chapter of the National Honor Society has to offer," said Kyle Lilek, Notre Dame's NHS co-moderator. "Her scholarship, leadership and character are top-tier, and the depth of her service demonstrates the high ideals we try to build here at Notre Dame Prep."

High school seniors who are members in good standing of an active National Honor Society chapter are able to apply for an NHS Scholarship. Finalists are selected on the basis of their leadership skills; participation in service organizations, clubs, and other student groups at school and in the community; and their academic record.

As a semifinalist, Kenny is recognized as one of the top 300 NHS members in the nation this school year.

This fall, Kenny plans to attend the University of Michigan in Ann Arbor to study business at the Ross School of Business. 🇮🇷

First JK(4 y/o)-12 'lifers' head to college

Notre Dame's lower division, which educates children from junior-kindergarten through fifth grade, officially opened in Waterford in 2003, joining the school's already existing middle and upper divisions. It was a rather bold move by NDPMA

administrators at the time because the closing of Catholic elementary schools in southeast Michigan was becoming frighteningly commonplace.

But, Notre Dame's lower division has flourished ever since, even more so after moving to its current location on Giddings Road in Pontiac.



From left, Notre Dame's "JK-12 lifers" are: Benjamin Lytle, Zachary Atkins, Bryce Baringer and Alexandria Garland.

Please see LATEST NEWS, page 8

Full-time strength and fitness

Safety and proper conditioning for NDPMA student-athletes paramount for strength and conditioning coach.

Safety and proper conditioning for Notre Dame student-athletes paramount for strength and conditioning coach.

According to “Careers in Sport, Fitness, and Exercise,” a book put out in 2011 by the American Kinesiology Association, strength and conditioning coaches have two primary goals: The first is to improve athletic performance, which usually means improving athletes’ speed, strength, and power (although specifics vary according to athlete and sport).

The second primary goal, says the AKA, is to reduce athletic injuries.

In ideal environments, the AKA says, athletic departments — primarily at the university level — should hire one conditioning coach for every 10 to 20 athletes who use conditioning facilities. The actual number of coaches is usually much, much less. Depending on the size of the athletic program and the level of competition, there might be as few as one or two conditioning coaches in total.

The University of Notre Dame, for example, has nine full-time S&C coaches who work with about 750 student-athletes. Iowa State University has four full-time

coaches for about 450 student-athletes. Central College in Pella, Iowa, competes at the NCAA division III level and, despite also having about 450 student-athletes, only recently hired its second full-time conditioning coach.

A RARE LUXURY

For the 558 student-athletes at Notre Dame Prep (about 75% of the entire upper-division student body), to have a full-time strength and conditioning coach available nearly 24/7 is a rare luxury indeed.

To have a strength and conditioning coach like Jake Siebert is even rarer, especially when considering that most other high schools do not make such a full-time commitment in the first place.

Like Siebert, Stewart Venable is one of those rare full-time strength and conditioning coaches. He works at a high school in Lincoln, Nebraska, and notes that it wasn’t too long ago that head coaches not only had to coach their sport, they also had additional duties as athletic trainer, and strength and conditioning coach because there were no other options.

“Today, in the same manner as secondary schools recognized the need for certified

athletic trainers to take care of injured athletes, they are only just beginning to hire certified strength and conditioning specialists (CSCS) to enhance athletic performance of the student/athlete in the first place,” Venable said.

For Siebert, who holds a B.A. in exercise science from Albion University and an M.S. in exercise science from Oakland University, he’s focused on the entire makeup of each student-athlete at Notre Dame and keeping him or her fit — and safe — for their specific sport.

RESEARCH-BASED CONDITIONING

The programs he’s designed at NDPMA, for example, are based on up-to-date scientific strength and conditioning research that parallel the National Strength and Conditioning Association’s idea of long-term athletic development.

“I develop the student-athlete as a whole and take into consideration the demands of their current sport, correcting imbalances, minimizing injury, increasing general and specific strength, and improving conditioning and overall fitness,” Siebert said. “To help ensure the effectiveness of Notre Dame’s training program, I regularly conduct sport-specific tests to see how we are progressing.”

He said that by using what he calls “intelligent-periodization,” he has seen many athletes at the school make tremendous athletic improvements in a short period of time.

“My ultimate goal is to develop the student-athlete safely and effectively for the long-term,” said Siebert, who is finishing up his third year at NDPMA.

TOP-NOTCH FACILITIES

Before coming to Notre Dame, Siebert served as assistant strength and condition-



Jake Siebert has been Notre Dame’s strength and conditioning coach for nearly three years.



Siebert says he’s happy to be working at a school with such a great athletic program and stellar facilities.

Please see FITNESS, page 8

LATEST NEWS, from page 5

Now, Notre Dame is set to send the first students to have attended Notre Dame from junior-kindergarten (4 yr. old) through 12th grade to college after graduation ceremonies next month.

Known around campus as “lifers,” Alexandria Garland, Zachary Atkins, Benjamin Lytle and Bryce Baringer will walk across the Notre Dame stage on May 21 and receive a Notre Dame diploma — a diploma that for them will signal 14 years of a Marist/Notre Dame education that no doubt has prepared them well for college and for life.

Diana Atkins, current principal of Notre Dame’s lower division, says she’s been a witness to the NDPMA “lifers” at Notre Dame from their very beginnings.

“Since 2003, I have had the pleasure of observing these four students as they moved through the lower division and then transitioned into middle and upper school,” Atkins said. “Whether it was a sporting event, monthly Masses, or project presentations, they’ve always put their best efforts forward.” 🎓

NDPMA names new trustees



Jill Seitzinger, left, and Pamela Szydlak-Popp were named to the Notre Dame Preparatory School and Marist Academy Board of Trustees.

In April 2017, the NDPMA Board of Trustees approved the nomination of Jill Seitzinger, a coach, volunteer, parent and member of the board’s advancement committee, and Pamela Szydlak-Popp, a volunteer, parent and practicing attorney, as school trustees.

Daron Gifford, chair of Notre Dame’s Board of Trustees, said board members made two very wise choices in naming the new trustees.

“Jill and Pamela have been tireless advocates of Notre Dame for a number of years,” Gifford said. “They will bring both enthusiasm and a very unique perspective to the board as it continues to oversee a school that not only has come far in its 23 years of operation, but one that clearly has a bright future ahead of it.” 🎓

‘Zero spoon-feeding’

One of Notre Dame’s 42 International Baccalaureate Diploma Program candidates celebrated at the annual event says his IB teachers were tough, but they helped make him into an independent thinker.

Forty-two International Baccalaureate Diploma Program candidates were celebrated on April 24 in a special annual ceremony held in Notre Dame’s media center where each student was able to present their extended essays to attendees. Last year’s Class of 2016 included 31 IB-DP candidates at the celebration.

According to IB-DP coordinator Kim Anderson, the event is a special way to recognize the hard work, dedication and talent of the seniors who are heading into the IB examination period next month and also the NDP juniors in the program who will follow in their footsteps.

All of the seniors in the Diploma Program had their extended essays available at the event for guests to review. Many also were on hand to answer any questions about topics that ranged from how popular music was a reflection of the anti-Vietnam War movement in the U.S. from 1962-1970; how Christianity and Islam are similar or different based on the accounts of prophets; and to what extent did Thomas Jefferson’s philosophies and policies on economics and the role and power of the federal government prevail over the opposite philosophies and policies of Alexander Hamilton in the United States during the year 1830.

Notre Dame senior Collin Lambrecht, who is wrapping up his tenure in the IB program, said his extended essay topic was the exploration of how the established male guardianship system of Saudi Arabia violates the human rights of women. He noted that working on his essay was hard work, but well worth it.

“I found the topic very interesting and eye-opening,” he said, “and I am very grateful I had the opportunity to learn about human rights and the processes of implementing them globally.”

Lambrecht said Saudi Arabia is a nation with the worst human rights record in the world. In his research, he learned of what was driving Islamic theocracies around the world (Saudi Arabia rules by Wahhabism, the strictest practice of Sunni Islam); the legal processes of the Saudi Arabian government; and the social practices affecting women.

“While the West is not perfect, if you are a woman reading this, be grateful you live in the West,” he said. “Most importantly, I learned about human rights documents (specifically the Universal Declaration of Human Rights), practices, and how they are implemented by the United Nations. As global thinkers and Christians called to follow the message of Christ, it is our responsibility to ensure fair and tolerant practices worldwide. While solving human rights issues

are a complicated and often subjective matter of morality, the very least we can do is be aware of both our own privileges and of global problems.”

Lambrecht said that just like his extended essay experience, his time throughout the entire Diploma Program was also both rigorous and satisfying.

“The IB teachers, in my opinion, have been fantastic,” he said. “They are helpful, but they also truly teach you how to think for yourself. There is zero spoon feeding. They are very friendly and open to any and all intellectual discussions.”

He said he’s established a number of friendships with many of his teachers as well.

“They connect you with society, yet do not indoctrinate you,” Lambrecht added. “Rather, they present information and allow you to think for yourself. IB truly does teach free thinking to students. In order to do well, time management is absolutely crucial. If one does not manage his or her time well, then one will drown in a pile of stress. IB has taught me time-management, research skills, and intense analytical thinking, leaving me, I believe, very well equipped for college.” 🎓





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FITNESS, from page 6

ing coach at Oakland University where he worked with men’s and women’s swimming and diving, men’s soccer, track and field, cross country, men’s and women’s golf, women’s tennis, and



Notre Dame’s strength and conditioning coach Jake Siebert keeps track of the progress of student-athletes.

baseball. Additionally, he assisted with men’s and women’s basketball and women’s soccer at OU.

Siebert’s also a USA Weightlifting sports performance coach (USAW-L1SP) as well as a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association (NSCA).

A native of Troy, Mich., Siebert, who was married last August, currently calls Auburn Hills home. He says he’s elated to be working at a school with such a great athletic program and stellar facilities.

“Notre Dame’s Athletic Performance Center is unique in southeast Michigan in that there is a bit of everything there,” he said. “There are four Olympic platforms with half racks attached for the Olympic and powerlifting movements. We also have three dual-weight stack cable machines that provide for a wide variety of uses.”

Siebert said there is plenty of space for “rehab/return-to-play exercises” as well as cardio equipment to assist with “ease-back” exercises.

“We have an area where we do ballistic training, such as throwing medicine balls, etc., and functional/rehab-based training where we use BOSU balls and stability balls, etc.,” he said. “There’s also enough space to do agility, plyometrics (jump training), and strength training. And lastly, we have dumbbells, kettlebells as well as adjustable benches and machines that serve a variety of purposes.

“Given our resources, there really is nothing we can’t do.”