

As we are now wrapping up the Senior Spotlghts for our spring sport athletes, we just want to echo our appreciation and thanks for their investment in CAI Athletics. While we didn't get to celebrate as we usually do in our Senior Nights, we still feel the message is the same - there are GREAT things ahead for these Warriors and we cannot wait to see what their future holds! Our coaches and teams will miss them in 2021 (and miss them now!) but for now we celebrate them!

This week's theme for the Athletics Department is RESPECT. It's a word that carries a lot of meaning, but more than anything, it's a reminder of how we should treat one another. We should think of others above ourselves and seek to show love. How appropriate for right now! May you seek to show RESPECT to others every day!

As always - GO WARRIORS!

#### -TRANSFORMATIONAL PURPOSE-

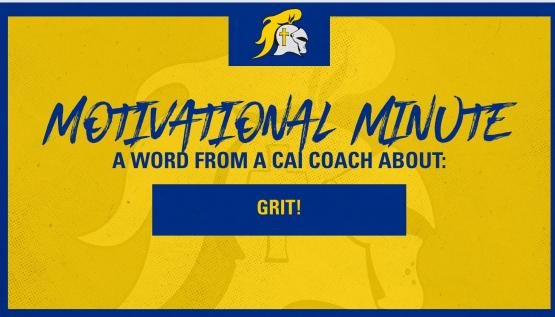
In this section, we will highlight one of the CAI Coaches and their **Transformational Purpose** Statement, which will be recognized on social media as well. A transformational purpose statement is a great reminder for us on the reasons WHY our coaches coach. It's more than just the scoreboard for them!

# WARRIOR UPDATE

**APRIL 21, 2020** 

### REMEMBER...

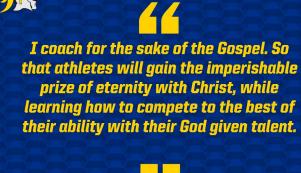
Please be sure to check out this new video based on the theme last week of GRIT! Just click on the photo to follow a link to our Twitter page to view the video.



#### **GRIT:**

Coach Casey: "A certain toughness or resolve someone shows in the face of adversity."

Biblical Reference: "Be on guard. Stand firm in the faith. Be courageous. Be strong." 1 Corinthians 16:13



COACH NEIL CROUSE CROSS COUNTRY/TRACK









## -SENIOR ATHLETE HIGHLIGHTS-

Below are the senior athlete profiles we recognized last week on social media.









