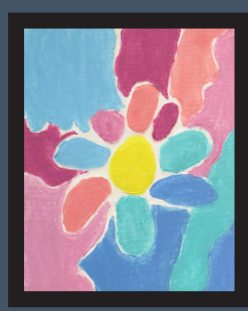
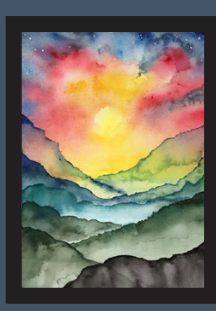




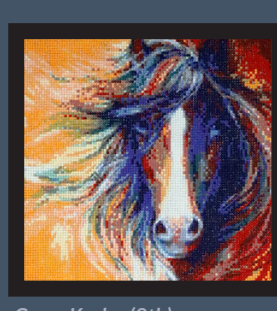
Nash Nelsen (K)



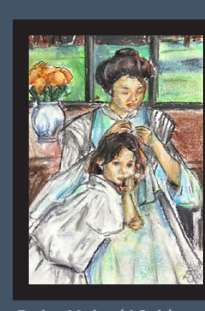
Amelia Gunn (2nd)



Berkley Coleman (5th)



Gwen Kesler (8th)



Ruby Helm (10th)

The Art & Science Fair is tonight with art submissions viewing beginning at 5:30pm and the science fair event beginning at 6:00pm in the Moomaw Center.

THE NEWSLETTER OF
NEW COVENANT SCHOOLS

QUID NOVI

MARCH 10, 2025
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THE OFFSEASON: WHAT WE LEARN FROM SPORTS

by John Maynard, Athletic Director

Let's talk about the offseason. What offseason? For a school like New Covenant, it can be difficult to define or determine where the regular season ends and the offseason begins. Our conversation will look differently than the conversation at other schools. For us, the offseason and in-season are often one and the same, which is why they are so difficult to navigate.

We can start by saying the offseason is every part of the year where a certain sport is not being played. For example, the offseason for volleyball

is November-July. The offseason for basketball is March-October. Thus, we are now in the offseason for volleyball, men's soccer, cross-country, basketball, etc. However, we are also now in-season for women's soccer, lacrosse, tennis, track and field, and more.

Overlapping in-seasons and offseasons make it difficult for a New Covenant athlete to use the offseason for improvement. But the need to utilize the offseason is ever-present and all-important. New Covenant athletics absolutely cannot exist without two- and three-sport athletes. We depend upon, and

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WHAT'S NEW?

Job Opening: Administrative Assistant

The **Administrative Assistant to Division Principals** is a support position for the Grammar, Middle and SOR Principals. This staff member reports to the Office Manager regarding hours and workflow with the rest of the Administrative Staff. Hours are 40 per week and the job requires flexible work hours during certain events. Duties include greeting visitors, managing the flow of office traffic, coordinating schedules, handling correspondence, preparing reports, maintaining files, planning events, and dealing pleasantly with frequent interruptions. Proficiency in Microsoft Office is required. If you are interested in applying for this position, please complete and submit an application via the school's website by clicking the "Join Our Team" button. You may omit the essay portion of the application.

H O N O R A R I A

WINTER SPORTS AWARDS

MVP—Often one of the, if not the, best or most talented players on the team. They are not only athletically gifted but also typically have the strength of leadership. A player that makes the TEAM better. The player that offers the most value to the team in all areas.

Most Improved—An athlete who has worked hard all season to improve their skills. Often putting in extra time, being extremely receptive to teaching and coaching, and consumed with getting better to improve themselves and their team. The level at which they began the season does not matter. They have raised their level of play and developed this year as much as anyone else.

Gryphon Award—A player who does all the extra little things. Goes the extra mile in practices, workouts, and games. They are often an extension of the coach on the court or field. An excellent teammate and student of the game. This recipient is the ultimate embodiment of what a New Covenant student-athlete should be. Respectful of coaches, teammates and opponents, diligent, committed, and hard-working on the playing fields and in the classroom.

JV BOYS' BASKETBALL



Xander Turner
MVP



Judah Weber
Most Improved



Michael Seckman
Gryphon Award

VARSITY WOMEN'S BASKETBALL



Jocelyn Walker
MVP



Alicia Kenny
Most Improved



Charlotte Libbey
Gryphon Award

VARSITY MEN'S BASKETBALL



Tristan Isenhour
MVP



Rusty Hooks
Most Improved



Cole Murdock
Gryphon Award

VARSITY SWIMMING



Declund Stevenson
MVP



Addie Ruhl
Most Improved

THIS WEEK'S ATHLETIC EVENTS



VARSITY MEN'S TENNIS

Wednesday, March 12

4:30pm at home (Randolph Coll.)

VARSITY MEN'S LACROSSE

Friday, March 14

4:30pm at home

VARSITY WOMEN'S SOCCER

Friday, March 14

6:00pm at home



FUNDRAISING REPORT

	GOAL	RECEIVED
Annual Fund	\$120,000	\$148,709
General Scholarship	\$10,000	\$55,008
Scholarship Foundation	\$300,000	<i>Pledged</i> \$480,300 <i>Received</i> \$411,989
Hands and Hearts	\$50,000	\$1,301

Thank you for your gifts to New Covenant Schools. Donations continue to be accepted throughout the year and may be given through cash, check, stock transfers, or IRA distributions. All gifts are tax-deductible to the extent that the law provides. Contact **Dayna Renalds** in the Development Office for more information.

ETCETERA

EVERYONE

ONLINE ENROLLMENT PACKET REVIEW

If you have not done so, please take a moment and complete the Online Enrollment Information Review Packet, which can be found on FACTS under Apply/Enroll or on the app under Online Enrollment Information Review. Completion of this review packet is mandatory for all returning students and must be finalized no later than **Monday, March 24**. For details and instructions, refer to the email sent by **Linda Simon** on **Tuesday, March 4**. Please reach out to Linda at Lsimon@newcovenantschools.org with any questions.

EVENSONG

All Saints will be hosting Evensong (sung Evening Prayer) every Wednesday in Lent beginning at 6:30pm in the Marie Macdonald Chapel. Each service will be followed by a soup and salad supper in the Grammar School Commons. There will be a Lenten meditation after the supper. All are invited!

END OF QUARTER

The third quarter will end this **Friday, March 14** for Grammar and Middle School and **Tuesday, March 25** for the School of Rhetoric. Report cards will be emailed to parents on **Wednesday, April 2**.

LOST AND FOUND

The Lost and Found bins are purged at the end of each quarter. Be sure to check for any lost items before this **Friday, March 14**.

HANDS & HEARTS

Hands & Hearts is scheduled for **Wednesday, April 23**. Sponsorship packets were sent home with the youngest student in each family last week. Please return them to the office by this **Friday, March 14**.

LUNCH ORDERING

Lunch ordering for April is now open and will close on **Friday, March 21**. In addition to the regular menu, some of the entrées include creamy chicken and noodles, soft chicken tacos, baked pasta, southern-style chicken nuggets, loaded baked potatoes and chili, and breakfast burritos. On the Tuesday before Easter Break, ham with mashed potatoes and green beans will be available. There will be a break during the ordering period, so place your orders early.

ART & SCIENCE FAIR

Plan to join us tonight, **Monday, March 10** for the Art & Science Fair. Come out and view the artistic endeavors of our students and enjoy watching them compete in various science challenges. Art viewing will begin at 5:30pm, and science challenges will start around 6:00pm. Hotdog combo meals will be available to purchase. This is an enjoyable event for the whole family and one not to miss.

GENERATIONS DAY

Generations Day will be held this **Friday, March 14**. Grandparents and other special guests are invited to join students in class for the morning. **There will be an 11am dismissal on this day.**

WORKOUT AND TRAINING PROGRAM

New Covenant alum **Janna Renalds** ('21) is offering a workout & training program for NCS moms at New Covenant on Wednesday evenings and Saturday mornings. Sessions include strength training, cardio, and flexibility. Childcare is not available. For details and pricing, contact Janna at renaldj828@lynchburg.edu.

SPRING BREAK

Spring Break will begin on **Monday, March 17** and continue through **Friday, March 21**. Students will return to school on **Monday, March 24**.

ORDINATION INVITATION

Lukas Stock, our instructor in theology, will be ordained to the Diaconate on **Sunday, March 16** at the 9:00am service on campus in the Marie Macdonald Chapel. Students and their families are cordially invited to attend.



Eighth-grade boys take in some table tennis in the Moomaw Center last week.



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need the majority of our athletes to play more than one sport during the school year. That makes their jobs all the more difficult.

As happens with most seasons of our lives—sports or otherwise—we tend to live in the present with a little dabbling in the past and hardly a thought to the future. It is easy, convenient, and fun to move from one season to another because the in-season is what always occupies our time and thinking. In-seasons are where the excitement happens. These are where the games occur, the bus rides and road trips, the exhilarating wins and excruciating losses, and even the practices with your friends and teammates. It's where you have your coaches in your ear, constantly pushing you and teaching you. It's when you have a built-in schedule that forces you to be on the court or on the field. And the great (and difficult) thing is when one season ends, another one begins! We may give ourselves a brief moment of reflection of things that went well and things that didn't go so well, and then we'll move on because seasons have changed. How often do we go through a season or period in life and make mental notes on how to improve or make things better, only to forget all about them when the next exciting or trying thing comes along?

The thing about the offseason is that the real work happens here. The true improvements don't happen when the games are on. We are too busy! We are too busy with the fun things, too busy with the logistics, too busy with travel. The time to make adjustments, get better, and raise the bar is in the "offseason" of our lives. It is no coincidence that the time to get better is when no one is watching, no one is pushing you or cheering for you, no fun happens. But those who do it best

In-season soccer drills extend the skills benefits of offseason training.



find joy in the offseason. Even while being present and living in the here and now, those who are best at their craft find ways to take advantage of the offseason.

Too often we say to ourselves when we encounter a struggle that we'll make a change for next year. Too often we fail to do so, not because we are lazy or forgetful, but because each season of our lives is as important as past seasons. Each season brings its own joy and its own struggles. Of course it is hard to make adjustments for future seasons while also trying to navigate where we are right now. That's why those who are able to do so are those who also find the most success. Working hard to improve your soccer skills during basketball season is so counterintuitive to everything that comes naturally to us. For our young athletes who truly want to get better, however, it is what is required of them. Otherwise, we'll find ourselves in the exact same place next year as we are this year.

Be one of the few to find joy in the offseason, to find value in the work, and to find the balance between the in-season

and the offseason, and you will find yourself to be one of the few who see the benefits of those efforts. If you make it a habit, it will carry over into other areas of life, making you a better person in whatever your hand finds to do.

QUID NOVI

BOARD OF DIRECTORS

CLASS OF 2025 — Neil Bohnert, Leslie Moeller, Bob Price, Leland Seckman, Dan Vollmer

CLASS OF 2026 — John Gauger, Nancy Hall, Chris Misiano, Sam Mizener, Tom Rogers,

Anne Umbarger | CLASS OF 2027 — Dusty Miller, Court Shipman, Davidson Morse, Warden

EX OFFICIO

John Heaton—Headmaster

OUR MISSION

New Covenant Schools is an educational community serving families of Central Virginia, providing an exceptional education in a classical curriculum within the framework of historic Christianity, furnishing the student with the tools of education and the inspiration to be a lifelong learner.

new covenant schools