

The background is a dark blue gradient. A large, stylized silhouette of a cat's head is visible, facing right. A five-pointed star is positioned above the cat's head, partially obscured by the text.

# **WELCOME TO SABERCAT UNIVERSITY**

**2023**

# ATHLETIC CONTACTS

Greg George- Athletic Director

[gregorygeorge@mooreschools.com](mailto:gregorygeorge@mooreschools.com)

Chealsi Conley- Head Principal

[chealsiconley@mooreschools.com](mailto:chealsiconley@mooreschools.com)

Chantelle Porter- Admin. Assistant

[christaporter@mooreschools.com](mailto:christaporter@mooreschools.com)

Brian Fitzgerald- MPS Dir. of Athletics

[brianfitzgerald@mooreschools.com](mailto:brianfitzgerald@mooreschools.com)





# COACHING CONTACTS

## Fall Sports

Jake Monden- Football

[jeremiahmonden@mooreschools.com](mailto:jeremiahmonden@mooreschools.com)

Amy Serowski - Volleyball

[amyserowski@mooreschools.com](mailto:amyserowski@mooreschools.com)

Jason Lingo- Fastpitch Softball

[jasonlingo@mooreschools.com](mailto:jasonlingo@mooreschools.com)

James Cox- Boys Cross Country

[jamescox@mooreschools.com](mailto:jamescox@mooreschools.com)

TJ Lovejoy- Girls Cross Country

[timjaylovejoy@mooreschools.com](mailto:timjaylovejoy@mooreschools.com)

Dalayna Newberry- Head Athletic Trainer

[dalaynanewberry@mooreschools.com](mailto:dalaynanewberry@mooreschools.com)



# COACHING CONTACTS

## Winter Sports

Kayla Fourkiller- Women's Basketball

[kaylafourkiller@mooreschools.com](mailto:kaylafourkiller@mooreschools.com)

Tim Stogsdill- Men's Basketball

[timothystogsdill@mooreschools.com](mailto:timothystogsdill@mooreschools.com)

Zach George- Wrestling

[zacharygeorge@mooreschools.com](mailto:zacharygeorge@mooreschools.com)

Jeff Beuchaw- Swimming

[jeffbeuchaw@mooreschools.com](mailto:jeffbeuchaw@mooreschools.com)





# COACHING CONTACTS

## SPRING SPORTS

Kelly Johnson- Tennis

[kellyjohnson@mooreschools.com](mailto:kellyjohnson@mooreschools.com)

TJ Lovejoy- Track

[timjaylovejoy@mooreschools.com](mailto:timjaylovejoy@mooreschools.com)

Katie Schwartzendruber- Women's Soccer

[Kathrynswartzendrub@mooreschools.com](mailto:Kathrynswartzendrub@mooreschools.com)

Brad Black- Golf

[bradleyblack@mooreschools.com](mailto:bradleyblack@mooreschools.com)

James Lingo- Slowpitch Softball

[jameslingo@mooreschools.com](mailto:jameslingo@mooreschools.com)

Hunter Aguirre- Baseball

[benjaminaguirre@mooreschools.com](mailto:benjaminaguirre@mooreschools.com)

Kit Stephens- Men's Soccer

[kitstephsenson@mooreschools.com](mailto:kitstephsenson@mooreschools.com)



# JUNIOR HIGH CONTACTS

Josh Myers- Athletic Director Southridge

[joshuamyers@mooreschools.com](mailto:joshuamyers@mooreschools.com)

Laura Rousseau- Head Principal- Southridge

[laurarousseau@mooreschools.com](mailto:laurarousseau@mooreschools.com)

**405-735-4680- Front Office**

Hannah Seals- Athletic Director Highland West

[Hannahseals@mooreschools.com](mailto:Hannahseals@mooreschools.com)

Melanie Smith- Head Principal- Highland West

[melaniesmith@mooreschools.com](mailto:melaniesmith@mooreschools.com)

**405-735-4600- Front Office**





# ATTENDANCE SECRETARIES

FRESHMAN.....405-735-4909

SOPHOMORE.....405-735-4910

JUNIOR.....405-735-4911

SENIOR.....405-735-4912

Parents are to call in any absence into grade level attendance office.

Doctor notes should be turned in within 3 days to the grade level attendance secretary. Freshman students must be checked out in person by an adult listed as a contact in Infinite Campus.

# TRANSCRIPTS

[TRANSCRIPT ORDER LINK!!!!](#)

Parchment is the platform that MPS uses to issue transcripts.

The most important aspect of Parchment is that you can log in and ask for transcripts anywhere-anytime, even years after graduation. BUT.....students signing up must use a

PERSONAL EMAIL ACCOUNT. You cannot use a school account to access PARCHMENT because that email account will disappear after graduation.





# INFINITE CAMPUS LOGIN FOR STUDENTS AND PARENTS

Parents- you and your child have separate log ins to Infinite Campus. This is our platform that allows you to see your child's grades, coursework, absences, etc...

[Infinite Campus Log In- Students / Parents](#)

[Canvas Log In- Students / Parents](#)

If you will turn on alerts/notifications you can be notified “in real time” of attendance and grades.

# SOCIAL MEDIA

## Athletics

**Twitter-** @sabercatsports

**Instagram-** @southmooresabercats

## School

**Twitter-** @SouthmooreHS

**Instagram-** @southmoore\_hs

**Facebook-** SouthmooreHS

## Teams.....

**Twitter-** @SaberCat\_Tennis, @SouthmooreWBB, @SwimSouthmoore, @Sabercat\_cheer, @SaberCatVB, @saberCatAT, @shswomenssoccel

**Instagram-** @southmoore\_cheer, @southmooresoccer, @southmoorepom, @southmoorevb, @shs.womenssoccer, @southmooregoldclub, @southmooregolf, @southmooresoftball, @Southmoore\_wrestling



# JUNIOR HIGH SOCIAL MEDIA

## HIGHLAND WEST

Facebook- Highland West JH PTSA

Instagram- @hwjhpantherathletics

## SOUTHRIDGE

Twitter- @Southridge\_JHS

Facebook- Southridge Junior High PTSA

# ATHLETICS WEB INFORMATION



[Southmoore  
Athletics-  
Powered by VYPE](#)

[Directions to  
Sabercat  
Opponent  
Locations](#)



# COUNSELORS INFORMATION

Southmoore High School 405-735-4900

Last Names	A-De	Mary Lancaster	ext.	4996
Last Names	Di-H	Lance Chapman	ext.	4913
Last names	I-Mo	Candace Dragg	ext.	4916
Last Names	Mu-SI	Alicia Clifton	ext.	4918
Last Names	Sl-Z	Joanne Luszyk	ext.	4915
All 9 <sup>th</sup> graders		Amanda Williams	ext.	4917
Counseling Secretary		Brandy Elliot	ext.	4919

# **RANK ONE SPORT / ATHLETIC INJURIES TRAINING ROOM/ DR. VISITS**

- -- Go to [www.rankonesport.com](http://www.rankonesport.com)
- Top right corner- click on “parents click here” tab.
- Click “go to forms”
- Click on “Oklahoma”
- Click on “Moore Public Schools”
- Click on “proceed to online forms”

Create an account for your athlete at this point. They will then have this same account for the remainder of their athletic career in MPS.



# SABERCAT SPORTS MEDICINE

- Delayna Newberry- Head Athletic Trainer
- Ryan Clark, Adam Burns, Kaitlyn Hester- Assistant Athletic Trainers
- **SWAY TESTING**- use your legal name- not nicknames
- Southmoore Sports Medicine IS NOT allowed to treat you for injuries sustained while playing for other organizations. Please see your personal doctor for club ball injuries
- Checking out braces, crutches, etc..... if you do not return them in working order, you will have to pay for them.



# RANK ONE SPORT / ATHLETIC INJURIES TRAINING ROOM/ DR. VISITS

## Turning setbacks into comebacks

**Visit our Saturday Injury Clinic for  
a free evaluation of high school  
athletes' sports injuries.**

The Ortho Central team includes six orthopedic surgeons, two sports medicine physician, bone health experts, and physical therapists. Our physicians are James Bond, MD; Ted Boehm, MD; Brian Clowers, MD; Richard Kirkpatrick, MD, and Zakary Knutson, MD, Joshua Wilson MD, Jeremiah Maupin MD, and Aaron Smathers MD.

**8 - 9:30 a.m.**

### **Norman**

3400 W. Tecumseh Rd., Suite 101  
Norman, OK 73072  
Saturdays from Aug. 27 to Nov. 12

### **Midwest City**

1624 Midtown Pl., Suite A  
Midwest City, OK 73130  
Saturdays from Sept. 3 to Nov. 5



**ORTHO  
CENTRAL**

**405.360.6764**

OrthoCentralOK.com



# OSSAA WEBSITE AND PARENT LINK

- [OSSAA WEBSITE](#)      [OSSAA- For the Parent](#)



# NCAA ELIGIBILITY COMPLIANCE

If your athlete has aspirations of playing sports beyond high school, then they need to have an account created on the NCAA Clearinghouse Website. This is free and can be started as early as the summer before their freshman year of high school.

[NCAA ELIGIBILITY CENTER](#)





# ATHLETIC LEADERSHIP COUNCIL AND COMMUNITY SERVICE

Southmoore High School started an Athletic Leadership Council last school year. Our administration thought it was a such great addition that all three high schools will be using it this year.

The council will be comprised of athletes representing all programs across the school. They along with Mrs. Conley, Coach George and various Sabercat Head Coaches will meet multiple time throughout the year to talk about ideas and ways to improve school spirit, student body involvement and community involvement.

Each athletic program at Southmoore High School will take part in a community service project each semester. We feel this has been a tremendous opportunity for growth, learning and community awareness for our athletes in the past when we have taken part in various events. If you know of a company or non-profit that would be a good partner for one of our programs, please notify that Head Coach!!





# CONSTRUCTION UPDATES

- **Baseball    Completed Winter 2022**
- **Softball    Completed Summer 2022**
- **Indoor Workout Area Winter 2023-24**
- **Football Stadium    Fall 2024**
- **Other construction projects will also be completed during this time.**

**THANK YOU MOORE  
PATRONS FOR YOUR YES  
VOTE ON OUR DISTRICT  
BONDS!!!!!!**



# We can all help

**S**igns – When connecting with your friends, notice any concerning behaviors or comments.

**A**sk – Don't be afraid to ask a friend if they are considering self-harm or suicide.

**F**ind – Find and tell a trusted school professional.

**E**ngage – Stay connected with your support system.



Call or text **988** for free  
and confidential support.



# Resources

## *Support Hotlines and Chats*

### **Suicide Crisis Line**

Call or send a text to 988

### **Teenline Text**

Text TEEN to 839863

### **Youth Mobile Crisis**

Call 1-833-885-2273





# **SABERCAT UNIVERSITY**

***#CATU***