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Welcome Falcons!

Hello Falcons! Welcome to our first issue of our biweekly newsletter, The Coral Times! I hope you've all had a great week - we know the past few weeks have been very busy, and with the start of March, things are just getting busier! We've got plenty in store for you guys today, ranging from the start of the spring sports season, to an interview with our recent guest speaker Alec Ingold. We've also got some fun stuff planned for our future issues, so stay tuned!

If you're interested in more content beyond the newsletter, make sure to check out our website at <https://tinyurl.com/thecoraltimes>. We'll have much more frequent articles there, along with important news updates and exclusive features. Our Instagram, @thecoraltimes, also has much more content, so make sure to check us out there too as well! For any news submissions, feel free to email us at thecoraltimes@gmail.com! Without further ado, let's get into the news!

ACT Reminder!

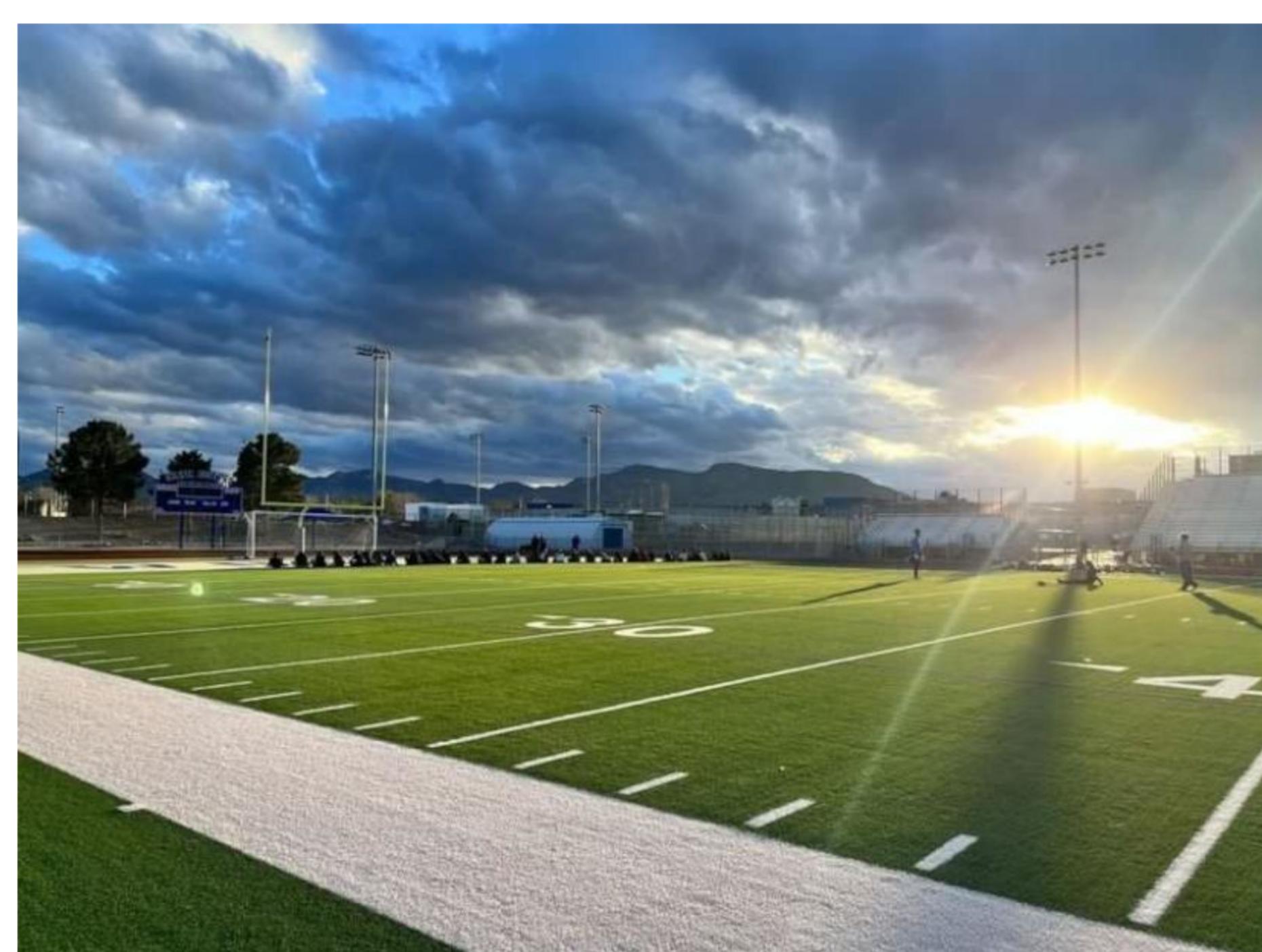
Juniors! The ACT exam is on Tuesday, March 7th, 2023. Remember to arrive at your testing room at 7:30 am, prepared with an ACT-approved calculator and No. 2 pencil! Juniors will also be having free dress on that day, and are permitted to leave once testing is finished. Keep all technology (cell phones, computers, smart watches, etc.) in your backpack to prevent their confiscation. Good luck! You'll do great!

Alec Ingold interview

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Spring Sports Season!

Falcons! Our spring sports season has gotten off to a rushing start with the track and field team, the boys' volleyball teams, and the swim team! Our track and field team has started practices at Basic High School, with the Newcomers' Meet this Friday. Let's wish them the best of luck as the newest track members compete against high schools from across the valley! Also, both the varsity and JV boys' volleyball teams have started their practices at our very own gym, with their first home game on March 23rd. Make sure to show your Falcon Spirit and show up! Finally, our swim team has started practicing at Whitney Ranch, with their first meet this weekend on March 4th. Let's hope they crush the competition!



Falcons Track practices at Basic High School
Photo credit: Wendy Davison

Pineapple on Pizza?

Does pineapple belong on pizza? Settle the age-old debate by voting here:



tinyurl.com/caslvpineapplepizza

Results will be shown next issue!

Football player and author Alec Ingold visited the Sandy Ridge campus on Tuesday, Feb 28th to talk to our student body.

Ingold spoke on into his childhood, and how being put up for adoption at such a young age greatly diminished his self-esteem. He emphasized that there was someone out there who talks, walks, and dresses like him, and they don't even know who he is. He always wonders why he was put up for adoption. Ingold often questions if he's too big of a liability or if he just wasn't enough for his biological parents.

Ingold doesn't let this fear of not being enough weigh him down, though. He turns it into a powerful motivator. Now he constantly strives for perfection - something we deem so unachievable, that we settle for second best. He wants to inspire us with the idea that just because perfection is an unattainable goal, does not mean we can't learn a lot on our journey to perfection. The small goals along the way matter much more than the big goal we set out for ourselves.

Ingold has presented to our student body the lessons he has learned in life - his blueprint on how to go from our spot in the stands to the best possible versions of ourselves we can be out on the field.

Alec Ingold's Blueprint

Be a good kid

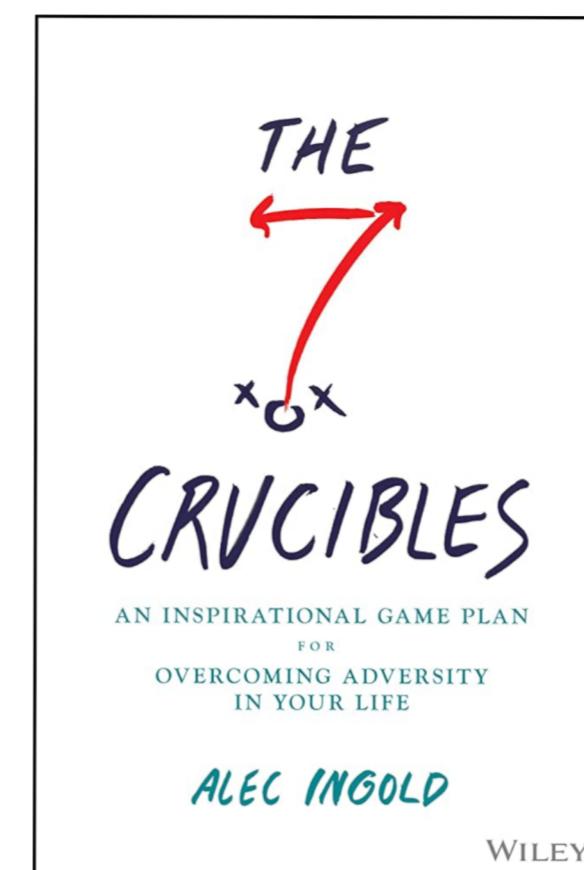
Do your work, stay on top of things. Being a good kid is hard; the path is so simple, yet so complex.

Work your tail off

Work for your goals. Don't just put in minimal effort! Strive for the impossible notion of perfection! The constant move forward will lead to improvement.

Do it with a smile

It's not necessarily what you do that matters, but how you do it! Turn a bad day into a good day and a good day to a great day by pushing forward with a smile!



Alec Ingold Interview

Q: "Why did you choose football as a career? What really draws you in?"

A: "...I think the first thing is that I was pretty good at it growing up, but then I fell in love with the team aspect of it. I fell in love with being part of a mission, being (a)part of the huddle... Listening, paying attention and being able to be an accountable person. Because a lot of people are talented nowadays, like a lot of people are talented, skilled at whatever they're doing, But football was something where the type of person you are, the way you show up, that matters, that counts for something; And being part of the team and having that equal something on the football field I think that's really cool and that's something that transfers to the life and being part of any team."

Q: "What do you hope the effects of talking to our school will have on students and our community?"

A: "So what am I trying to do here today? What's the point, pretty much, why am I here? I think that highschool is... an age where the worker needs to rub a little bit, and the type of person you want to become and the type of person you are at this moment are two very different things. There's a journey ahead of you, and so to give you guys a blueprint, those three things that helped me get from your seats right here to the NFL, to my dream, like that's a blueprint. I'm giving all the answers. It's simple, not complex but it's hard to do, right? So, giving y'all the answers so you can run with it and chase your dreams however you want to, like that gives me purpose. So anytime you see 30 for the dolphins and you used to watch 45 with the raiders, like man I brought everything of that with me, so that when you talk to people, when you're part of the community, because you're so accountable to the process, you're able to play with more than just your name on the back... It means so much more to be (a)part of all that."

A Final Word

"So that's why I'm here, that's why I want to share these messages with you, that's why I wrote this book, that's everything, that's the blueprint. And for some people, there might be one person paying attention; that's worth it. So, that's my blueprint, that's my gameplan. That's my life, that's my testimony and that's why I'm here."