



SANTA MARIA HIGH SCHOOL  
**DAILY BULLETIN**

Wednesday, January 16, 2019

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**GENERAL**

- Happy New Year Saints! The Project Teen Health After-school Workout Fitness Challenge is back. Are you interested in a FREE Gym pass for Crunch Fitness? Join us starting February 5th through the 21st! This is a FREE fitness program every Tuesday, Wednesday, and Thursday for 3 weeks. It will be on campus after school from 3:00 - 4:00 pm in the aerobics room 341. It is for all fitness levels. If you are up for the challenge, pick-up a registration form TODAY in the Health Office.

**CLUBS**

**SPORTS**

- There will be a lunch meeting for all boys and girls interested in swimming on Tuesday, January 22, 2019 in room 214 with Coach Vargas.
- Attention: anyone interested in Track and Field - practices have begun. Please meet at the track after school and be prepared to run. Stop by room 245 if you have any questions.
- Girls and boys volleyball conditioning starts this Thursday from 3:00 – 4:00 PM in the weight room. Come ready to workout!
- Boys Volleyball interest meeting this Friday outside the weight room at 3:00 PM. If you are in season in another sport, please stop by and give the coaches your name and number so that you will be included in the tryout email after your current sport season is over.

*Santa Maria High School* - Go, Saints!