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Press Release

For immediate release
May 18, 2009

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VCS Flying Turtles Prepare to Defend State Title in Ultimate



Photo: VCS Flying Turtles Win 2008 State Ultimate Title

VERMONT State Ultimate Tournament

WHEN: Saturday, May 23

WHERE: South Burlington
High School (Dorset Street)

START TIME: 9:00 am

One year ago Vermont Commons School (VCS) earned its first ever Vermont State title in Ultimate...*Frisbee* that is. This weekend, the Flying Turtles will defend their title at the Vermont State Ultimate Tournament at South Burlington High School. According to VCS Athletic Director and Ultimate coach Chance Cardamone-Knewstub, "We certainly hope to win States again. We've beaten all the Vermont teams we've played this year, so we feel like we have a pretty good shot at it. But, as in any sport, anything can happen."

Earning consecutive State titles would be a rare accomplishment for any school -- especially a small, college preparatory school like Vermont Commons with competition that includes the likes of much larger schools such as CVU, St. Johnsbury Academy, and South Burlington High School, host of this



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year's State tournament.

This weekend's state tournament will be the fifth tournament for VCS in 2009. The Flying Turtles hit the road regularly this spring, traveling to weekend tournaments in Vermont, Massachusetts and New York in search of more games and a higher level of competition. Although VCS has struggled to win consistently against out of state teams, they're being challenged on the field and are learning to handle defeat gracefully. They even won the coveted Spirit Award twice – an award given at each Ultimate tournament as voted on by all of the participating teams.

Recently, Vermont Commons has been making a name for itself in what one might consider *relatively obscure* high school sports. In addition to winning the State title in Ultimate last spring, the Flying Turtles also won the State title in girl's volleyball last fall. "We're really proud of our sports program and our two State championships -- especially considering we only have 96 students in our entire school!" notes Cardamone-Knewstub. "Most of our teams are coed and almost all include a few seventh and eighth graders. It can be challenging, but it helps us keep the focus on learning, sportsmanship and having fun." With two state titles, VCS is clearly doing something right.

About Vermont Commons School: Vermont Commons School is an independent day school for students in grades 7 – 12. The school offers a rigorous, college-preparatory curriculum that includes a focus on community service and experiential education. The mission of the Vermont Commons School is to provide a vision of education that crosses traditional boundaries and develops ecological citizenship, with the goal of empowering students with the knowledge, character, skills, and moral vision necessary to become responsible, pro-active members of the world community. For more information, please visit www.vermontcommons.org.

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