

HOPEWELL ACADEMY  
1001 SHELDON  
CARY, NC 27513  
919.607.6339

### UPCOMING ATHLETIC SCHEDULE

- 10/15—Hopewell Soccer at Franklin Academy—4:30pm
- 10/17—10/18 Hopewell Soccer at CCAL tournament—TBD
- 11/5—Hopewell Basketball official start of practice

### NUTRITION TIDBIT

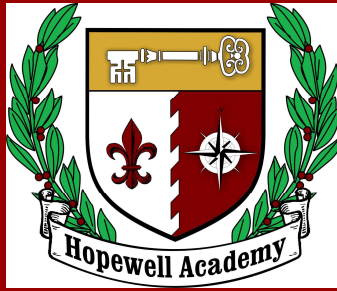
Drink at least 8 to 16 ounces of water before exercise

[www.foodandsport.com](http://www.foodandsport.com)

### TIGERS QUOTE

“The key is not the “will to win” - everyone has that. It is the will to prepare that is important”

Bobby Knight



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# Athletics

## Hopewell Academy Soccer takes aim!

Winter is almost here and the Hopewell Academy soccer team has been hard at work. This years team is young but very talented and have been improving daily.

Each day the soccer team heads to North Cary Park where they go through rigorous training sessions with Coach Hernando Planells, Jessica Murley and James Law.

“We try to prepare them as best we can so that they will be ready to face our tough league opponents”. Coach Hernando stated.

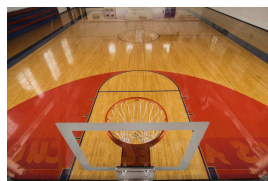
With only two games left in the season including the CCAL play-offs, the Tigers are looking to finish strong. So far this season the Tigers have faced East Wake, Woods Charter and Camelot



**2008 Hopewell Academy Soccer Team**

Academy. Each game has had its share of challenges and triumphs but most importantly the Tigers have never given up! Their dedi-

cation to hard work has made this years Hopewell Soccer team one to remember. As these Tigers grow and gain valuable experience, the CCAL will have to watch out as the future of Hopewell Soccer is strong!



## Hopewell Basketball

Basketball season is right around the corner and the Tigers are ready for another exciting and fun-filled season. Practices and games will again be held at Bond Park and our action-packed home schedule includes games against Fletcher Academy, Camelot Academy, St. Thomas More and others

All those who are interested in participating with the basketball program as a player, manager/support staff, please contact Athletic Director Hernando Planells at [planells@hopewellacademy.org](mailto:planells@hopewellacademy.org)

### **Breaking News!!!!**

The Hopewell Academy Athletics site is up and running! More items will be added as the year continues including profiles, pictures and more!

[www.hopewellathletics.org](http://www.hopewellathletics.org)