



## VL Students Sharing Gifts and the Word: Operation Christmas Child



**Claire Katenhus (VL '23) - OCC** is a great opportunity to be part of something so much bigger than our school. We get to be disciples without having to leave our hometowns and it's so exciting to think about the change and joy it will bring to someone you don't even know. It's also exciting to think we could meet the child who received our gift in heaven someday.

**Miriam Keup (VL '25) -** OCC is great because it provides gifts that we often take for granted. I love being involved because it is a meaningful way to help out other kids who might not have the opportunities I have had. I enjoy being able to make a difference in someone's spiritual life with a meaningful gift.

**Travis Scharich (VL '23) - OCC** allows us to have an impact on the communities around the world instead of just our area. It is great since it brings joy and the news of Christ to children and their families around the globe. I love being involved with OCC because of the impact it makes and the opportunity it gives me to serve others alongside my family group and the rest of my fellow students.

*Save the Date!*

# VALLEY LUTHERAN HIGH SCHOOL

## *20th Annual Benefit Dinner & Auction*

**SATURDAY, FEBRUARY 25, 2023**

*at the DoubleTree Hotel  
on the Bay City Riverfront*

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

Attend ★ Donate an item ★ Bid from anywhere ★ Give a gift



# Developing Healthy Students and Multi-Sport Athletes

Valley Lutheran High School has been blessed to have many multi-sport athletes spend their high school years competing on the court and field for VL. Valley has made an emphasis to create healthy habits for students and develop multi-sport athletes. **Eric Smith - VL Strength & Conditioning Coordinator**, has spent a great amount of time creating and implementing a program to build up students for healthier living, with the added benefit of competing at a higher level in a variety of sports throughout the school year.

Eric Smith has said the following of the Strength & Conditioning Program at Valley Lutheran, "The mission of Valley Lutheran High School is 'Preparing Students for Life with Christ as Our Foundation.' The fitness/athletic department is accomplishing this mission by training students in the principles and habits that develop life-long fitness. While our main priority is to assist students with healthy living, we are also focused on providing exceptional benefits to our Charger athletes. We have made great strides in meeting these objectives by providing a well-rounded **FITness** Training Program. This program consists of **functional** training for everyday actions and specific sport skills, **individual** attention to personal fitness needs, and **transferable** exercises which make improvements in overall health and sport performance. Key Goals of "FIT Training" at Valley Lutheran are:

- Creating an atmosphere promoting a "FIT for life" attitude (train for your life).
- Helping students identify strengths, weaknesses, and set goals in personal fitness.
- Creating healthy and powerful student athletes.

During key times of the year we are running tests on strength, quickness, endurance, and body composition. Within the first year, we have seen tremendous improvements in all of these areas and are anticipating seeing much more to come."

Valley Lutheran High School is thankful to have Eric who is passionate about building and sustaining a program that provides high level benefits for all our students. Thank you Eric Smith for all you do for our students. If you would like to learn more about the athletic programs at Valley Lutheran and how we develop athletes, please contact VL Athletic Director - Tyler Yahn at [tyahn@vlhs.com](mailto:tyahn@vlhs.com).



## WINTER INFORMATION NIGHT

7th & 8th grade families are invited to explore the VL experience... where students prepare, belong, and excel!

**Thursday, January 26**  
**Arrivals begin at 6:00 p.m.**

Register at  
[www.vlhs.com/InfoNight](http://www.vlhs.com/InfoNight)



*Save the Date!*

For the VLHS Drama  
Department's Winter Production

**February 16, 17, 18**

**Peace Lutheran  
Church Gym**



VL is proud to recognize the fall athletes who received post-season recognitions! See the full list:  
[www.vlhs.com/2022fallsportsawards](http://www.vlhs.com/2022fallsportsawards)