



La Salle Monthly Newsletter

OCTOBER
2025

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Athletic Director's Message

At La Salle College Preparatory, we strive to provide the best student athlete experience, to achieve athletic excellence as well as academic success, and to sustain an elite brand within our athletic department. Athletics are a vital extension of our mission to educate the whole person. Through Lancer Athletics, we empower student athletes to pursue excellence within our campus culture.

We envision a program that cultivates character, leadership, teamwork, and resilience, guiding young men and women to grow into confident, ethical leaders. Rooted in a tradition of championship performance and academic rigor, our athletic teams strive not only for victory, but for values that endure beyond the scoreboard. We are committed to offering competitive, inclusive, and developmental opportunities for students at all levels, supporting their aspirations from first time athletes to those competing at the collegiate level. Over the past decade we have earned 11 CIF team titles, 1 state team runner up, numerous individual sport CIF/state competitors, as well as 37 league titles. Over 65% of our student body participates in athletics with many multi-sport athletes. We aim to build a united culture where dedication, respect, and integrity shape every practice, game, and relationship. Our strategic vision for athletics includes:

- **Sustaining Competitive Excellence**

We will continue to build championship caliber programs while upholding academic standards. Investments in coaching, facilities, and athlete development will be aligned with our values and pursuit of excellence.

- **Expanding Access and Participation**

We aim to provide meaningful athletic opportunities for students of all skill levels, ensuring that participation supports both personal growth and community connection.

- **Developing Leaders Through Sport**

Athletics will serve as leadership training, where students learn accountability, integrity,

and perseverance-core qualities of a Lasallian education.

- **Strengthening Institutional Identity and Spirit**

Use athletics to foster school pride and visibility. We will leverage our teams' success and student-athlete stories to enhance La Salle's reputation and enrollment growth.

- **Supporting Lifelong Athletic Pathways**

Through the retention of highly qualified coaches, collaboration with counseling departments, strategic partnerships, and active alumni engagement, we are committed to supporting student-athletes in the pursuit of collegiate athletics where appropriate, thereby facilitating the continuation of their athletic development beyond the high school level.

Lancer Athletics is more than athletics, our vision aligns with La Salle's broader goals: academic

excellence, faith formation, and the development of transformational leaders. Lancer Athletics will continue to reflect and reinforce these commitments as we move forward.

Lancers love nothing more than competing and conquering challenges. And when we tackle them as one, aligned in our purpose and goals, we can do anything.

GO LANCERS!

Daniel R. Threadgill, M.Ed.

Athletic Director



Lasallian Mission & Service

Club Day

La Salle Club Day was held on Tuesday, September 16. Student club leaders had the opportunity to make a video presentation about their clubs to the student body during a mentor lesson and then their peers are able to sign up for clubs that interest them. In order for students to have their club recognized as an

official La Salle club, students had to secure a faculty moderator and fill out a club charter application. This year there were over 70 applications submitted! We look forward to all of the exciting programs and events that our clubs host this year!

Sophomore Service Day

On Tuesday, October 14, the sophomore class spent a day away from campus to participate in a day of service. The theme of this year's service day was "Rebuilding Our City." Students went to a brand new community center in Altadena where they assisted different non-profit organizations in getting set up to continue to support local businesses and families recovering from the Eaton Fire.



Breast Cancer Awareness Month

To honor national Breast Cancer Awareness Month, Student Life has been selling pink breast cancer awareness t-shirts throughout the month of October. Students, faculty, and staff are able to wear their t-shirts all month long. All profits will be donated to breast cancer research.

Blood Drive

On Wednesday, October 22, La Salle partnered with Huntington Hospital to host the first of three blood drives for the school year in the Duffy-Lewis Gym. Over 50 Students, faculty, staff, and parents registered to donate blood to those in need.

Sophomore Retreat

The Sophomore Class gathered for a day of reflection, discovery, and community during this year's Sophomore Retreat, held at the First Church of the Nazarene. Centered on the theme "Being a Light," the retreat invited students to explore how they can bring hope and compassion into the world, especially in times that may feel uncertain or dark.

Grounded in our Lasallian mission and inspired by the words of Jesus, "You are the light of the world," the retreat invited sophomores to recognize the light already within them and that they have the goodness, creativity, and capacity to make a difference. Through a series of small group conversations, and student witness talks, participants reflected on the challenges that sometimes dim our light and the many ways we can help one another shine brighter.



Led by a dedicated team of student leaders and faculty mentors, the retreat blended fun, movement, and meaningful reflection. Students shared stories, created symbols of

their light, and joined together in prayer, ending the day with a joyful reminder that light grows when it is shared.

The Sophomore Retreat served as a reminder that each member of the class of 2028 is part of something larger at La Salle; they are active participants of a community of faith, learning, and service where every person's light contributes to the brightness of La Salle and the world beyond.



Homecoming Week

Homecoming is a time for students, alumni, and the community to come together to celebrate school spirit and the existence of the school as a whole.

This year's homecoming theme was Viva Las Lancers. Each day the students had a dress up theme as well as lunch time activities to celebrate. Each themed day was based off of a different hotel or event that happens in Vegas. The themes and activities were as follows; Monday - Area 51, Tuesday - Par-Tee, Wednesday - Circus, Circus, Thursday - Vegas Stars, and Friday - Chapel of Love. Monday - slime making, Tuesday - mini golf competition, Wednesday - circus games. Thursday - bingo. Friday - toilet paper wedding dress competition. The week ended with a fun

rally that celebrated the homecoming court, the cheer team, the football team, and the drumline. Each homecoming court couple had a fun performance based on a famous Vegas star. Each class made a video to correlate with a theme as well. To check out highlights of the rally and the week's activities, visit the student life instagram at @lasalle_lancers.

On Friday night, the homecoming court was presented to the community at the football game. During halftime, the king and queen were announced. Congratulations to GiaBella Mena and Zade Abernathy!

The week concluded on Saturday night with the Homecoming dance. The dance was one of our most attended dances. The students had a great time dancing and enjoyed a taco truck.



Alumni Corner

CAREER DAY FOR JUNIOR MENTORS

The two-day Career Day was a success. Lancer Alumni shared their career journeys with juniors, sparking curiosity and excitement. The event was filled with insightful advice and personal success stories that will influence the students' career choices.



From left to right Nicole Carlos '12, Jeff Allen '84, Kyle Brunn '12, Mosey Dunn '02, Ethan Luu '19, Lauren Ruggerio '95 **Virtual Speakers:** CJ Rettig '19, Jonathan Clarizio '17, Manny Soriano '12



From left to right Kimberlee Evans Estrada '07, Amanda Evans '05, Natalie Calderon Moultrie '03, Jose Simbol '09 Not Pictured, Nicole Carlos '12, **Virtual Speakers:** CJ Rettig '19, Kelly O'Connor Watson '00, Manny Soriano '12, Josef Lemoine '95



HOMECOMING

What a night! Homecoming was a huge success—Chris Carnihan '00 parachuted in from a helicopter to deliver the game ball, alumni filled the booth, and we proudly celebrated our 10th Battalion honorees, Samantha Nieto '18 and Raven Rhodes '17, at halftime

LA SALLE'S 10TH BATTALION HOMECOMING HONOREE

SAMANTHA NIETO '18

Samantha Nieto 18' grew up in the San Gabriel Valley, where her passion for soccer took root at just four years old.

A standout athlete at La Salle, Samantha earned a starting position on the **varsity soccer team** as a freshman. Over the course of her high school career, she was recognized with **three First Team All-League honors** and was named **Team MVP** her senior year. Beyond the field, she was actively involved in student life, serving for three years and holding the role of **Rallies Commissioner** during her final year.

Her dedication and talent earned her a **Division I athletic scholarship to the University of California, Irvine**, where she thrived both athletically and academically. At UCI, Samantha served as **President of the Student-Athlete Advisory Committee (SAAC)** for two years, representing student-athletes within the Big West Conference and collaborating with peers across institutions to support NCAA Division I policies and initiatives.

Samantha completed her degree in **Sociology** in just three and a half years, graduating in Winter 2021. She then used her final year of athletic eligibility to transfer to **Loyola Marymount University**, where she continued her soccer career while earning a **Master's degree in Education**. During her time at LMU, she made a lasting impact, including scoring a dramatic game-tying goal in the 89th minute against Grand Canyon University.

Today, Samantha is the **Director of Operations** at a leading interior design and staging firm based in Pasadena, where she oversees multiple teams and projects. Committed to giving back to the sport that shaped her journey, she has also spent the past three years coaching high school soccer, continuing to inspire and mentor the next generation of athletes.



LA SALLE'S 10TH BATTALION HOMECOMING HONOREE

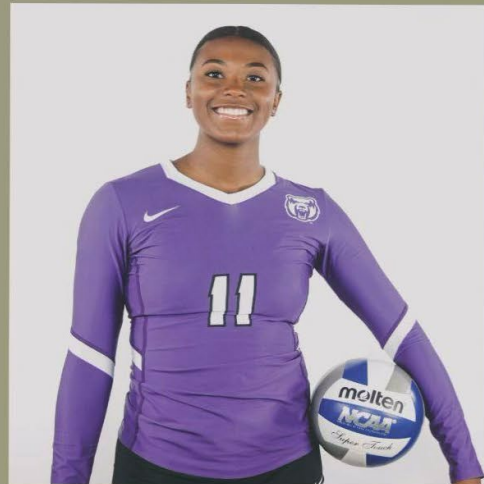
RAVIN RHODES '17

Ravin Rhodes '17 is a dynamic and driven individual whose journey has blended athletic excellence with a deep commitment to advancing healthcare. At La Salle, Rhodes was a standout leader and athlete, serving as **captain of the varsity volleyball team** during both her junior and senior years. Under her leadership, the team secured **two league championships** and made several deep runs in the CIF playoffs, cementing her legacy as a clutch competitor and respected teammate.

Rhodes' talent and determination earned her a **Division I scholarship to the University of Central Arkansas**, where she competed from 2017 to 2021. As a freshman, she helped her team to the NCAA Tournament, gaining national tournament experience early in her collegiate career. She graduated with a **Bachelor of Science in Exercise Science** and a **minor in Psychology**, laying the groundwork for her future in sports medicine and rehabilitation.

Currently, Rhodes is pursuing her **Doctorate in Physical Therapy at the University of Southern California**, one of the top programs in the nation and is the **class president** of her cohort. Her time at USC has been marked by remarkable opportunities and impact; most notably, she has worked with both men's/women's USA Volleyball to prepare athletes for the **2024 Paris Olympics** and has also worked with athletes under the **Nike-Jordan brand**, further fueling her passion for sports performance and rehabilitation.

Set to graduate in May 2026, Rhodes is dedicated to continuing her career in the world of sports, combining clinical expertise with a lifelong love for athletics. Her path is a testament to perseverance, leadership, and a relentless pursuit of excellence; qualities she continues to exemplify both on and off the court.





2025 ALUMNI ADOPT-A-FAMILY CHRISTMAS GIFT DRIVE

The Alumni Association has "adopted" 5 families in need through Hathaway-Sycamores Child & Family Services and the Salvation Army in Pasadena and it is our goal to fulfill these families' Christmas wishes.



Donate Gifts of \$5, \$10, \$20 and more



Participating is a great way to kick off the holiday season!



Lasallehs.org/adopt25

Taste of La Salle

BENEFITTING THE ALUMNI SCHOLARSHIP FUND

AN UNLIMITED FOOD AND
BEVERAGE TASTING EVENT

SAVE THE DATE!

SATURDAY
MARCH 28, 2026
6:30 PM - 9:00 PM



FOR MORE INFORMATION OR TO PARTICIPATE
AS A SPONSOR, DONOR OR VOLUNTEER,
CONTACT THE ALUMNI OFFICE AT
626.696.4362 OR ALUMNI@LASALLEHS.ORG

Get Your Tastebuds Ready!



Student Voice

Dear Lancer Families,

Welcome back to the newest Student Voice segment. I am so excited to update you on the recent scoop on campus. I know, I know... I left you on a cliff hanger last month with the Homecoming Announcement, but we'll get to that later.

As this month came and went, La Salle's campus came alive with the energy and community spirit that truly defines who we are as Lancers. From moments of reflection and faith to the celebration of school pride during Homecoming Week, this month was filled with unity.

Rewinding back to September, our annual Club Day on September 17th was a humongous success. The 60+ clubs La Salle has to offer showcased the student involvement and leadership amongst our community. The campus overflowed with prospective club members as students walked from table to table –each club presenting their goal, mission, and fundraising plans– which led to a huge turnout of sign ups. From service organizations to cultural groups to creative outlets, there is truly a club for every student of any interest and really encapsulates the La Sallian value of inclusive community. Honorable mention: some of our most popular clubs being the Trader Joes club, Black Student Association, and Green Teens.

On September 24th, our community gathered for the Five Core Principles

Prayer Service, a day dedicated to celebrating our Lasallian values that are the core of our mission: Faith in the Presence of God, Concern for the Poor and Social Justice, Respect for All Persons, Quality Education, and Inclusive Community. As students and faculty joined together, we listened to teacher's Witness Talks about how they live out each Core Principle. In small groups, students were invited to reflect on how we can continue to embody these values both on and off campus.

From September 29th through October 3rd, La Salle turned into the ultimate Vegas strip for our "Viva Las Lancers" Homecoming Week. The decorations on campus were the best I've ever seen throughout all 4 years of my high school experience– the first floor portraying the Chapel of Love, the second floor portraying Hard Rock Hotel, the third floor embodying the Las Vegas Strip, and the 4th floor being New York- New York. Themed dress-up days, creative lunchtime activities, and school spirit filled every corner on campus. Each day brought something new, and students went all out with their outfits. Alien Day –inspired by Area 51– was filled with metallic and neon outfits. Golf day was a hit; as polos, golf skirts, and visors took over campus. Circus Circus day captured students' creative side with mismatched outfits and crazy wigs. Vegas Stars day brought style to school with students dressed as their favorite iconic performers and celebrities. The lunchtime activities were just as entertaining and students

had endless opportunities to participate and bond with their classmates in the amphitheater. From slime-making to a mini golf obstacle course to a toilet paper wedding dress challenge, it was an unforgettable week that felt like a party every day.

Students brought the "Viva Las Lancers" spirit into the night for our F1 Racecar themed Homecoming game. To get the festivities started, students gathered for the tailgate hosted by Student Life. By the time the stands were jam-packed with Lancers, from the sky came one of our alumni who parachuted down with the opening game ball and American Flag for our National Anthem. The halftime was composed of alumni recognition, performances from the cheer and dance teams, and the crowning of our Homecoming King and Queen! I am honored to have been named Homecoming Queen with Zaden Abernathy who won Homecoming King. The Lancers claimed a huge win against Harvard Westlake, marking this homecoming as one to remember in the books. The festivities continued on October 4th with the long awaited Homecoming Dance. From the laughter on the dance floor, to the photobooth, to the "worth-the-wait" line for the tacos, the night was filled with the best memories.

As Student Body President, it was absolutely amazing to see our whole school come together in unity and spirit to make this memorable week come to life for one another. La Salle continues to prove how much we can accomplish together throughout these exciting times and I am thrilled to share more with you next time. As we look ahead, I couldn't be prouder of the energy and involvement our Lancer community has shown already. If you enjoyed this segment, expect much more from me this year. I am GiaBella Mena, the 2025-2026 Student Life President and I can't wait to watch as our school year progresses and to update you families along the way.

Until next month!

GiaBella Mena
Student Life President

Greetings from Parent Association

**Parent Spotlight: Katy
Bardakjian P'28**
*La Salle Parent Association –
Hospitality Team*



When my daughter was accepted into La Salle, it was a whirlwind of excitement, nerves, and joy for both of us. As a single parent with a full-time job, I wanted to be involved in her high school journey—but I also knew I needed to give her space to grow independently. I had served in many PTA roles in the past, so I was familiar with the value of parent involvement. Still, I wasn't sure how to begin at a new school where we didn't know anyone.

That changed during New Parent Orientation. I found myself drawn to the Parent Association booth—it felt familiar and welcoming. From the moment I walked over, the warmth and kindness of the parents there made me feel at

home. I left my contact info, unsure of what would come next, but hopeful.

A few days later, I received a heartfelt email from the Parent Association president. She congratulated us on starting our La Salle journey and asked about my interests and availability. After chatting with her, she matched me with the Hospitality Team—a role that fit perfectly with my work schedule and allowed me to stay connected without needing to constantly request time off. Since joining, I've had so much fun collaborating with other parents to plan menus for Parent Association meetings. We brainstorm ideas, explore local eateries, and support businesses in our community. The team is inclusive, kind, and always ready to lend a hand. I truly feel like I've found my place.

My daughter loves that I'm involved—especially because, as she puts it, I “know the inside scoop ahead of everyone else.” Being part of the Parent Association has helped me meet my service hours, connect with amazing families, and support the school that's become a second home to us.

If you're looking for a way to get involved, meet wonderful people, and make a meaningful impact, I wholeheartedly recommend joining the Parent Association. You'll be welcomed with open arms.

Katy Bardakjian P'28
*La Salle Parent Association,
Hospitality Team*

Counseling Center

October 2025 College Center Newsletter

CLASS OF 2026

One-on-One College Application Meetings with Seniors

Our counselors are busy meeting with students who have completed their College Planning Survey for Seniors. Please encourage your student to complete their survey online on Scoir if he or she has not done so already. Based on their responses to the survey, the counselor will provide feedback on the student's college list, review deadlines, and application requirements for their specific case. The sooner students meet with their counselor, the better prepared they will be to put forth the best college application possible without having to rush it.

Concourse Match Platform

Match powered by Concourse is a new program we rolled out

to our Seniors. It is a reverse application where universities will review profiles and send offers to students every month. These are REAL admission and scholarship offers. The universities do not see the student's personal contact information and the students cannot see which universities are using Match.

The philosophy behind Match is to introduce students to new university opportunities and get them to think outside of the box. For colleges, it allows them to search for students who may not apply to them in the traditional format or for them to fulfill specific enrollment needs on their campus.

Seniors may create their Concourse Match account [HERE](#). This [introductory video](#) and [brochure](#) can provide more details.

College Application Workshops

Throughout the fall semester until the Thanksgiving break, we will be assisting our seniors with their college applications. Seniors are welcome to drop in to work on their college applications and have their questions answered in real-time by our knowledgeable counselors. Seniors are welcome to work on their college applications and/or essays from 2:45 to 3:30 pm in the Counseling Center.

UC & Cal State Applications

The [University of California](#) application is currently available and the filing period is October 1st to December 1st. We encourage students to submit their applications before the Thanksgiving holiday to avoid the high volume of submissions in

the last week of November and to be able to receive counseling support during school hours.

The [California State application](#) opens from October 1 to December 1st. We suggest students apply broadly to the CSU campuses. La Salle College Preparatory is considered a local high school to CSU Los Angeles and CSU Northridge which means our students will receive priority consideration to these campuses as long as they meet the [CSU requirements](#).

Private Schools

Most private colleges utilize the [Common Application](#). Please check each out-of-state and private college's websites for their application procedures and deadlines.

Art Schools

If your student plans to apply to performing and/or visual arts programs, please make sure to review carefully the application requirements and deadlines for information on portfolio submissions, auditions, and/or interviews. The Association of Independent Colleges of Art and Design (AICAD) offers free portfolio evaluation and feedback to high school students, available [here](#).

The National Portfolio Day

combines a portfolio review and a college fair. This year, it will take place on Sunday, 11/16, California Institute of the Arts in Valencia. Please visit [here](#) for more information and for a list of participating colleges.

ALL GRADE LEVELS

College Visits

We still have many college visits coming up, with many universities still registering to visit through November. Please take a look at Scoir for upcoming visits. If you have any questions about college visits, please reach out to Ms. Jimenez.

RACC



Earlier this month we hosted a RACC College Fair during Academic Support and lunch time. It was a huge hit, with

many students stopping by. Students were able to touch base with representatives from many WUE schools and other out of state colleges. Thank you to all the students who took advantage of this wonderful opportunity and were able to explore new universities as well as majors. Visit <https://www.regionaladmissions.com/> to learn more about RACC schools.

SAT/ACT Testing

Seniors will have their last opportunity to take standardized tests in December. Please double-check with your college of interest on the last accepted test date as requirements vary. We recommend students also check the list of schools that are [test-optional](#) for the 2025-2026 year. **All Cal States and UCs are test-blind**, meaning that scores will not be considered for admission even if they are sent. Scores may be used for placement purposes.

The SAT will be offered here at La Salle as a convenience for our students. You can sign up at www.collegeboard.org for the following date:

- **November 8**
- **December 6**
- **March 14**
- **June 6**

The ACT will be offered at La Salle as a convenience to our students, and you can sign up at act.org for the following date:

- **October 18**
- **February 14**
- **June 13**

Colleges Scheduled to Visit La Salle in October



The Counseling Department hosted many colleges during the month of September, and many more are scheduled to visit La Salle through November. Colleges are regularly being added to the College Visit section of Scoir. Please encourage your student to add colleges of their interest to their list on Scoir, as it automatically notifies them when a college on their following list is scheduled to visit.

Mock SAT & ACT

The best way to prepare is to practice. Open to all grade levels, the mock exams are an opportunity for students to “sit” and experience the test prior to taking the official exam. This

will help students work on their pacing, endurance, and enhance their skills. Both the practice digital ACT and SAT will be offered online, and students may take the exam from the comfort of their homes. Students will receive their scores immediately following the exam. Parents and students may schedule a free individualized score review with Revolution Prep representative, Jean Stroud, at (818) 217-0951 or at jean.stroud@revolutionprep.com.

Below are the mock exam dates for the school year. To save your spot, please visit www.revolutionprep.com/partners/2/.

The price is a suggested \$20 donation.

- **February 28**, practice digital ACT
- **March 28**, practice digital SAT

Homework Help and Tutoring

Available to all grade levels, Revolution Prep also offers three resources for academic support. Expert tutors are on hand to help students in any major subject area, 7 days a week.

- **Homework Help** Students may drop in for help for just about any subject
- **Tutoring** A new program

for 1 to 3 students to work with a consistent tutor in a major subject or for executive functioning support

- **Private Tutoring**
One-on-one customized help with the same tutor

NHS Tutors

NHS students are available for peer tutoring on a variety of subjects. Interested students should see their counselor to be connected with an available tutor.

Keeping track of your accomplishments

It is very important that your students keep track of their awards, accomplishments, volunteering, work, internships, honor societies, awards, etc. throughout their high school years as this information will be very valuable when they fill out their college applications in the future. It is also a great way to build their resume one piece at a time. This can be done on Scoir in the student’s profile for all four years of high school.

Upcoming Events

OCT/NOV 2025

[Click here](#) to view our master calendar online

OCTOBER

30 -
1
THU-SAT

Drama Department Fall Play

NOVEMBER

2
SUN

Open House

3
MON

Late Start

5 -
7
WED-FRI

Junior Retreat

6 -
8
THU-SAT

Drama Department Fall Play

10
MON

Veteran's Day Assembly

11
TUE

Veteran's Day
NO SCHOOL

15
SAT

Fall Visual Arts Show +
Band Strings Concert

18
TUE

Parent Association Meeting

21
FRI

Schoolwide Day of Service

24 -
28
MON-FRI

Thanksgiving Break

28
FRI

10yr Class Reunion - Class of '15

Communications Corner

La Salle College Preparatory is looking forward to sharing exciting news, important updates, and event recaps with our community! Please see below for more information on how to keep up to date and informed with what is happening at La Salle! If you have any questions, please feel free to reach out to us via email at communications@lasallehs.org.

SOCIAL MEDIA - @LaSallePasadena

Be sure to follow us on all of our social media channels to see event highlights and updates.



www.instagram.com/LaSallePasadena



www.facebook.com/LaSallePasadena

WEBSITE - WWW.LASALLEHS.ORG

The La Salle website contains a variety of resources for parents and students. Here, you can find Athletic Schedules, a Master Calendar of Events, COVID-19 Updates, Bell Schedules, Directory, and so much more! Feel free to peruse through it to learn more about all La Salle has to offer.

EMAILS

All information will be sent directly to the parent email listed on PowerSchool. If emails are not being received, be sure to check the Spam Folder first. Otherwise, contact Owen Hou (ohou@lasallehs.org) to make sure the correct email is listed for your student.

WEEKLY BULLETIN

Every Friday afternoon during the school year, expect an email update from us regarding Upcoming Events, Announcements, and School News currently happening at La Salle. The [Weekly Bulletin](#) will also be available to view as a PDF on our website.

MONTHLY NEWSLETTER

During the first week of every month, we will send out an email with the [Monthly Newsletter](#) that contains recaps of the month as well as events to look forward to. The Monthly Newsletter will also be available to view as a PDF on our website.



La Salle
COLLEGE PREPARATORY



OPEN HOUSE

SAVE THE DATE

DATE

**NOV 2, 2025
(SUN)**

TIME

12 — 2PM



lasallehs.org/openhouse

OFFICE OF ADMISSION

admissions@lasallehs.org | (626) 696-4310 | 3880 E. Sierra Madre Blvd., Pasadena, CA 91107

@ LaSallePasadena

OCTOBER 2025



LA SALLE
Monthly Newsletter

LA SALLE COLLEGE PREPARATORY
3880 EAST SIERRA MADRE BOULEVARD, PASADENA , CALIFORNIA 91107
LASALLEHS.ORG • 626.351.8951 • @LASALLEPASADENA