



# Arvada High School Athletics Newsletter

11/15/18

## Celebrations!!

Our Athletes raking our neighbors' yards!!



**Dan Quaratino**  
Athletic Director  
303-982-5721

**Shonna Pivic**  
Athletic Secretary  
303-982-0116

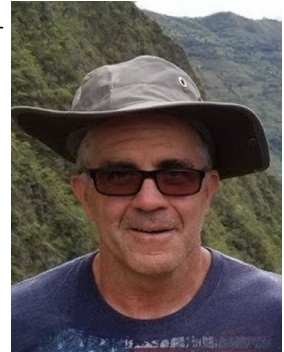
## Coach John Howes — Featured Coach and Retiring Teacher —

John Howes has taught here at Arvada High School for 25 years. He has coached Wrestling and Cross Country teams for over 30 years and has taught various Woodworking Classes. He has taken students on many trips locally, nationally and internationally. Some of the places he has taken students are San Francisco, Portland, Stanford and most recently Peru.

Mr. Howes has earned extensive recognition for his coaching over the years. He was a two-time All-State Coach, a Jeffco 4A Coach of the Year and a three-time Jeffco Wrestling Coach of the Year. His proudest moment of his coaching career is when three different wrestlers repeated their State Championship wins two years in a row. It was only the third time that had ever been done in the history of the State Champion-

ship Tournament. His greatest achievement while coaching is that if a student athlete competed with his programs throughout their 4 year high school career, 100% of those students graduated.

John has been married for 31 years to his wife Lisa and has two sons. Bolton is 26 and is studying to get his PhD. Brock is 22 and is in his senior year in college. He looks forward to traveling the globe when he retires and plans to hike Mount Everest on a 14 day trip to Base Camp and back. He has been a staple here at Arvada High School and will be missed when he retires at the end of this year, but John claims he will miss the everyday interactions with the students way more when he does officially retire. Mr. Howes, thank you for your amazing contribution to the history of AHS and our athletic programs.



## A message from our Athletic Director — Dan Quaratino —

As we are approaching the holiday season, I want to express my gratitude. First and foremost it is an honor and privilege to be your Athletic Director here at Arvada High School. I am honored to be surrounded by wonderful people that help the athletic program on a daily basis. I am also very lucky to have the head and assistant coaches that are here at Arvada High School. They put a lot of time and energy into helping our student athletes in and out of the classroom. I want to thank our players and parents for the time you spend working hard and supporting our teams. Finally, I want to thank Mrs. Pivic, the Leishman family, Mrs. Rivas our principal and our amazing Alumni.

Thank you to all for making our athletic program a great place to be. The support, time and commitment that everybody puts in mean more than anyone knows. In closing, I want to wish everyone a safe and Happy Thanksgiving.

## Bulldog Highlights — By Arleth Sanchez-Pineda —

At Arvada High School we are all a community and we love to help out our community. Arvada High School athletic program has been putting smiles on faces, by helping the community by raking leaves. Arvada High School decided to help because we all know how hard it is to rake up leaves all alone. We interviewed one of Arvada High Schools football players, Sebastian Owens. When asked why he likes to help the community he said, "It makes you feel good when you get to make people smile." Sebastian was also asked what

he has learned from this experience, and he replied with, "The Arvada community loves the help, and when you make someone's day it just makes you feel great." Sebastian was later on asked, How participating in this helps him as a person and our athletic program. Sebastian then answered with, "Helping out with this makes me a better person and it helps make me a leader. I think that this helps our school because it shows people that Arvada High School and the students who go here aren't as bad as people make us sound." Raking the leaves in our community continues to show our commitment to creating a culture of love and support.