

The Page and the Epistle

FEATURES, UNCATEGORIZED

PROFILE: FIGURE SKATER SAVANNAH METZGER '23

JANUARY 10, 2022 | MADELYN CSONTOS | 58 COMMENTS

At St. Paul's School for Girls, there are more than 35 competitive athletic teams that participate in the Interscholastic Athletic Association of Maryland (IAAM). Two-thirds of SPSG students take part in at least one of the athletic programs. Despite there being so many different athletic opportunities at the St. Paul's Schools in general, some sports are not offered; however, this does not stop athletes like Savannah Metzger ('23) from competing, and in her case, at the national level!

Metzger has been a competitive figure skater for multiple years. Skating with team USA, she commutes to her practice two hours away twice a day. "There are countless early morning practices and night practices, which include conditioning daily. And the competitions that can last from 3-16 days," she said. Metzger has a significant time commitment when it comes to skating at the national level — she spends most of her time on the ice, often missing outings with friends because of her rigorous skating schedule.

The remarkable athlete has won countless awards in the country and internationally. However, when competing at any sport at a high level, it is not always easy. There are days when Metzger questions why she puts herself through such a mentally and physically bearing sport. "Skating comes with a lot of downs, but the feeling of winning is what keeps me going. The best feeling is seeing all of my hard work pay off once I score well in a competition and receive a medal," she said.

St. Paul's School for Girls is honored to have athletes like Savannah Metzger representing the school in such endeavors. One SPSG alumna, Meghan Young '20, was another competitive figure skater on the national scene as well. There are a number of other nationally ranked athletes attending SPSG like Metzger, who is the epitome of a St. Paul's student-athlete, as she is hard-working, committed, and perseverant.

58 THOUGHTS ON "PROFILE: FIGURE SKATER SAVANNAH METZGER '23"



Elmo

MAY 3, 2022 AT 3:15 PM

Has anyone ever vaped PHIX Eliquid?



is vaping cbd safe 2021

MAY 4, 2022 AT 1:18 AM

can anyone buy cbd oil in florida



Tomasina

MAY 5, 2022 AT 11:13 PM

how much cbd in canna hemp sleep vape cartridge



can cbd oil help your bilirubin levels

MAY 6, 2022 AT 12:48 PM

are there cbd patches



is thc in cbd oil

MAY 9, 2022 AT 4:50 AM

how to use cbd spray for pain



Madia

MAY 13, 2022 AT 6:01 AM

how does cbd oil react with coffee



Sherrill

MAY 20, 2022 AT 11:07 PM

I was just telling my friend about that.



Vania

MAY 21, 2022 AT 3:25 AM

Right on my man!

**Dolores**

MAY 22, 2022 AT 6:30 PM

Why is it I always really feel like you do?

**Kelsey**

MAY 25, 2022 AT 4:38 AM

Wonderful views on that!

**Eileen**

JUNE 3, 2022 AT 9:07 PM

Hi there everyone, it's my first visit at this web page, and post is really fruitful in support of me, keep up posting such content.

**Rosario**

JUNE 4, 2022 AT 6:56 PM

Thank you for the good writeup. It if truth be told used to be a leisure account it. Glance complicated to more added agreeable from you! By the way, how can we keep up a correspondence?

**Rochell**

JUNE 5, 2022 AT 9:38 AM

Excellent post. I was checking constantly this blog and I am impressed! Very helpful info specifically the last part 😊 I care for such information a lot. I was seeking this particular info for a very long time. Thank you and best of luck.

**Starla**

JUNE 5, 2022 AT 10:45 AM

Hi there all, here every person is sharing such familiarity, thus it's pleasant to read this webpage, and I used to go to see this weblog daily.

**Valentina**

JUNE 5, 2022 AT 12:34 PM

It's impressive that you are getting thoughts from this paragraph as well as from our dialogue made at this time.

**Buy Shared Proxies**

JUNE 10, 2022 AT 12:53 AM

I just couldn't go away your website prior to suggesting that I actually enjoyed the standard information an individual provide in your guests? Is gonna be back steadily in order to check out new posts

**best mortgage lenders in california**

JUNE 11, 2022 AT 9:47 AM

This piece of writing is really a pleasant one it helps new internet people, who are wishing for blogging.

**Pei Matejka**

JUNE 17, 2022 AT 5:57 PM

A formidable share, I simply given this onto a colleague who was doing a little bit analysis on this. And he in fact purchased me breakfast because I discovered it for him.. smile. So let me reword that: Thnx for the treat! However yeah Thnkx for spending the time to debate this, I really feel strongly about it and love studying more on this topic. If attainable, as you turn into expertise, would you mind updating your weblog with extra details? It is extremely helpful for me. Huge thumb up for this weblog publish!

**cbd isolate softgels**

JUNE 19, 2022 AT 7:03 AM

Good Afternoon everybody , can anyone suggest where I can purchase Kiwi Strawberry CBD Tincture 500mg 1000mg By Mint Wellness?

**hackers for hire**

JUNE 20, 2022 AT 8:40 PM

Heya just wanted to give you a brief heads up and let you know a few of the pictures aren't loading correctly. I'm not sure why but I think its a linking issue. I've tried it in two different internet browsers and both show the same results.

**hire a hacker cheap**

JUNE 21, 2022 AT 10:15 AM

hey there and thanks in your info – I have certainly picked up something new from proper here. I did however expertise some technical issues the usage of this site, as I experienced to reload the web-site a lot of times prior to I could get it to load correctly. I had been pondering if your web hosting is OK? No longer that I am complaining, however sluggish loading instances instances will often have an effect on your placement in google and can harm your quality score if advertising and *****|advertising|advertising|advertising and ***** with Adwords. Well I am adding this RSS to my email and could look out for much more of your respective fascinating content. Make sure you replace this again very soon..

**cell phone hackers**

JUNE 21, 2022 AT 2:43 PM

F*ckin| awesome things here. I|m very satisfied to see your post. Thank you so much and i'm looking forward to contact you. Will you kindly drop me a e-mail?

**zorivare worilon**

JUNE 30, 2022 AT 3:34 PM

As I website possessor I think the content here is rattling great, regards for your efforts.

**Willard Fitterer**

JULY 1, 2022 AT 7:52 AM

Way cool! Some extremely valid points! I appreciate you writing this post and the rest of the web-site is also really good.

**German**

JULY 1, 2022 AT 12:19 PM

I enjoy reading an article that can make people think.
Also, thanks for allowing for me to comment!

**Cornell**

JULY 1, 2022 AT 12:23 PM

That is a very good tip particularly to those fresh to the blogosphere. Simple but very accurate info... Appreciate your sharing this one.

A must read article!

**Charla**

JULY 1, 2022 AT 1:44 PM

This is my first time go to see at here and i am genuinely happy to read everthing at alone place.

**Luz**

JULY 1, 2022 AT 2:10 PM

Howdy I am so happy I found your web site, I really found you by mistake, while I was browsing on Askjeeve for something else, Anyhow I am here now and would just like to say kudos for a incredible post and a all round thrilling blog (I also love the theme/design), I don't have time to look over it all at the minute but I have saved it and also included your RSS feeds, so when I have time I will be back to read a lot more, Please do keep up the superb work.

**Maura**

JULY 1, 2022 AT 2:51 PM

I am actually thankful to the holder of this web site who has shared this enormous post at at this time.

**Jacquie**

JULY 1, 2022 AT 3:20 PM

Hey I know this is off topic but I was wondering if you knew of any widgets I could add to my blog that automatically tweet my newest twitter updates. I've been looking for a plug-in like this for quite some time and was hoping maybe you would have some experience with something like this. Please let me know if you run into anything. I truly enjoy reading your blog and I look forward to your new updates.

**Kathrin**

JULY 1, 2022 AT 3:29 PM

Its such as you learn my mind! You appear to know a lot about this, like you wrote the e-book in it or something. I feel that you can do with a few p.c.

to power the message house a bit, but other than that, that is magnificent blog. A fantastic read. I will certainly be back.

**Miles**

JULY 1, 2022 AT 3:45 PM

My brother recommended I might like this website. He was entirely right. This post actually made my day. You can't imagine simply how much time I had spent for this info! Thanks!

**Otis**

JULY 1, 2022 AT 3:53 PM

Everything is very open with a precise explanation of the challenges. It was definitely informative. Your website is very useful. Many thanks for sharing!

**Damien**

JULY 1, 2022 AT 4:08 PM

After going over a few of the articles on your web page, I seriously like your way of blogging. I saved it to my bookmark webpage list and will be checking back soon. Please check out my website as well and let me know what you think.

**Kenneth**

JULY 1, 2022 AT 4:12 PM

Good day! I could have sworn I've been to this website before but after reading through some of the post I realized it's new to me.

Anyhow, I'm definitely delighted I found it and I'll be bookmarking and checking back frequently!

**when will gas prices go down**

JULY 28, 2022 AT 5:33 AM

Thanks so much for the blog post. Want more.

**Porsche Guthary**

JULY 29, 2022 AT 8:39 PM

Way cool! Some extremely valid points! I appreciate you penning this post plus the rest of the site is very good.

**Dr. Mudri Sándor Balázs ügyvéd Budapest**

AUGUST 15, 2022 AT 4:06 AM

Way cool, some valid points! I appreciate you making this article available, the rest of the site is also high quality. Have a fun.

**샌즈카지노**

AUGUST 15, 2022 AT 7:29 PM

Thanks again for the blog post. Much thanks again. Really Great.

**pass driving test**

AUGUST 17, 2022 AT 8:30 PM

I appreciate you sharing this article. Really looking forward to read more. Cool.

**stream soccer live**

AUGUST 19, 2022 AT 7:43 PM

Appreciate you sharing, great blog. Really looking forward to read more.

**ammbetx**

AUGUST 20, 2022 AT 8:59 PM

Great blog post. Really looking forward to read more. Great.

**customer care**

AUGUST 21, 2022 AT 8:41 AM

Really informative article. Thanks Again. Will read on...

**19다모아**

AUGUST 21, 2022 AT 9:45 PM

Im thankful for the blog. Want more.



investor quality leads

AUGUST 23, 2022 AT 9:43 AM

Hey, thanks for the blog post. Much thanks again. Really Great.



pinay live chat

AUGUST 26, 2022 AT 3:04 PM

Enjoyed every bit of your blog post. Thanks Again. Awesome.



สลื้อตออนไลน์

AUGUST 31, 2022 AT 4:00 PM

A round of applause for your blog post. Really thank you! Want more.



pgslot

SEPTEMBER 3, 2022 AT 8:39 PM

I am so grateful for your article. Much thanks again. Really Cool.



check it out

SEPTEMBER 4, 2022 AT 7:16 AM

Great article post. Much thanks again. Cool.



more information

SEPTEMBER 10, 2022 AT 4:05 PM

Fantastic article.



driving school

SEPTEMBER 10, 2022 AT 10:31 PM

I really like and appreciate your blog. Want more.



kelvin kaemingk loandepot

SEPTEMBER 11, 2022 AT 9:38 AM

I loved your blog article. Really looking forward to read more. Great.



best cryptocurrency to invest in 2022

SEPTEMBER 11, 2022 AT 7:52 PM

hello there and thank you for your info – I have definitely picked up something new from proper here. I did alternatively expertise some technical points using this web site, since I experienced to reload the website a lot of times prior to I could get it to load correctly. I have been wondering in case your hosting is OK? Now not that I am complaining, but sluggish loading circumstances in-
stances will sometimes impact your placement in google and could damage your quality score if ad-
vertising and *****|advertising|advertising|advertising and ***** with Adwords. Anyway I
am adding this RSS to my e-mail and could glance out for a lot extra of your respective exciting con-
tent. Make sure you update this again very soon..



best cryptocurrency to invest in 2021 for short-term

SEPTEMBER 12, 2022 AT 12:32 PM

Yeah bookmarking this wasn't a speculative conclusion great post! .



best cryptocurrency to invest

SEPTEMBER 14, 2022 AT 2:59 AM

I delight in, lead to I discovered just what I used to be taking a look for. You have ended my 4 day long
hunt! God Bless you man. Have a great day. Bye



DeeynenMi

SEPTEMBER 14, 2022 AT 7:55 PM

ladybug chat noir gay
gay chat random
gay black video chat



GennieenMi

SEPTEMBER 16, 2022 AT 4:00 AM

gay web cam chat room
[url="https://chatcongays.com"]old gay men video chat rooms[url]
boy self sucking chat room gay chum's brother calhoun couldn't stop



MarrisenMi

SEPTEMBER 20, 2022 AT 1:42 AM

essay writing service discount

cheap custom essay papers

online essay service