

HOT or COLD?

With a spring schedule that brings both the warmest and coldest of meets, track athletes debate on what weather is the best.

warm

"I prefer warm weather when running because I am less likely to hurt myself and I don't have to wear as many heavy layers of clothes," Makayla Boekes '20 said.

"Definitely warm. I've jumped in a lot of cold weather and a couple blizzards and yeah, definitely warm weather," Camden Dudley '19 said.

cold

"I tend to race better in the cold. I don't like how hot it can get in Colorado and then running doesn't feel very good," Aidan Scott '20 said.

"I like running in cold weather because you can really take advantage of it," Edward Rush '20 said.

80% OF TRACK out of the 10 surveyed.
ATHLETES prefer warm weather

THE LAST shot

As the season begins, seniors on the varsity lacrosse team look towards what they have accomplished and the work ahead of them.



Photo by: Annabelle Kijuan

Steinke has been on the varsity team since his freshman year, and will continue to play throughout college. "I am committed to Colorado Mesa university and I will continue to play there. The thing I will miss the most is all the friends I've made throughout and especially Coach Jose because of all the things he has done for me."

James Steinke



Photo by: Annabelle Kijuan

Dixon found a love for lacrosse his junior year, although playing for six years. "Over the past two years I'd have to say one of my favorite memories is we all got together for a team sleepover and it was a good time to just sit there and bond and talk." Dixon hopes to be playing lacrosse at the University of Arizona next year.

Brandon Dixon



Photo by: Jaxon Chapman

3.



Photo by: Jaxon Chapman

4.



Photo by: Jaxon Chapman



1.

1. PITCH PERFECT: Pitcher Matthew Berk '19 opens the game enthusiastically with a hard throw. Hoping to strike out the batter, Berk began training in the summer to help his team towards victory this season. "It will be very fun to see how we can do this year trying to compete for the playoffs," Berk said. **2. SLIDING IN:** Gaining traction, Noah Prince '19 slides into the home base scoring a run for the team. Prince recovered easily and was happy to gain a point towards the victory. "Being a part of this program has been amazing this season," Prince said. "Time just flies by." **3. BLOW OFF STEAM:** With full concentration, Blake Hart '19 sends the ball flying off of his bat. The game ended with a 5-0 win. "I'm looking forward to playing with all my friends and winning some games," Hart said. **4. REACHING OUT:** During the Castle View vs. Eaglecrest game, Brandon Stoesser '19 stretches to hit a ball towards the outside of the batting box. The team worked for weeks in the preseason to prepare to play. "During the preseason, I got to practice being in the bullpen. I usually don't get to pitch during games," Stoesser said.

BEFORE THE PITCH

Baseball started their 2019 season on Saturday, March 9th.

After a loss in state last year, varsity baseball jumps into the new season with goals to improve - making the most out of the preseason to prepare for the challenging season ahead. The team is looking forward to many of the classic season highlights - such as the rivalry game and bonding with their teammates.

"I'm looking forward to playing DC and getting to play in the rivalry game and just having fun meeting lots of upperclassmen that I get to play with," Timothy Newman '22 said.

In the weeks before the first game, players are getting to the batting cages and the gym with their team.

"I enjoy the preseason workouts; I like that you can see who actually cares about what they do," Jakob Sillan '20 said.

Multiple players took their fellow teammates and went anywhere they could to help each other improve. The coaches also organized whole team workouts and practices twice a week to give feedback on what the players need to work on in the month before tryouts and the first games.

"This season, I'm most looking forward to winning; we will do pretty good because we have a lot of talent," Dylan Hathcock '20 said.

Throughout the preseason the varsity team shaped up on their talents and strength conditioning as well as team bonding exercises.

"Last year's varsity, I don't think they had what we have in terms of friendship and chemistry, so I think we're going to be a lot better this year," Joshua Meier '19 said.

The large varsity team started their season on Mar. 9 vs. Eaglecrest High School putting in the work that some players started during the summer.

"We have a lot of kids this year, so I think that we are going to have a good run in the Continental League. I think we will have a really good winning record," Robert Carter '19 said.

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Photo by: Jaxon Chapman

BUMP SET SPIKE

At the Crossroads tournament, the boys' volleyball team competes for the first time this year.

"It's a privilege considering it is one of the largest tournaments held. I believe that this year our team will have great success due to individual talent combined with our camaraderie," Tyler Cooper '20 said.

"I wasn't worried about it [the tournament]. I just wanted to have fun," Bryson Lindsey '19 said.