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rallying THE TEAM

Girls' varsity tennis season begins with increased feelings of connection.

Anna Tsuchimoto

Tsuchimoto has been playing since she was ten years old. "One of my favorite memories from this year was finding out I got into Cal, Berkeley in the middle of my match. Everyone was screaming and so happy for me. I was really excited."

Makensie Pago

As the only freshman on the team, Pago works to fit in with the team. "It's truly a lot of fun. I've been taught so many valuable lessons as an individual and teammate," Pago said. "Getting to really connect, create a team dynamic and be a part of the family is amazing."

Aydra Jaten

Senior Aydra Jaten began playing in the eighth grade. "So far our team has done really well this season and we've beaten teams we wouldn't normally," Jaten said. "We're more positive and determined this year and it's paying off."

1. CLEAR FOR LIFTOFF: Senior track athlete Madison Boekes '19 leaps to clear the hurdle standing in her way. The senior had been running track since her freshman year. "Nothing brings a team together [more] than dying during a workout together," Boekes said. **2. THE LAST SPRINT:** Finishing a workout, London Blandford '19 pushes to the finish line. Blandford had been on the track team since junior year. "I'm trying my best this season and enjoying every moment while I can," Blandford said. **3. TO THE LIMITS:** Running down the front-stretch of the track, Connor Estelle '19 works towards his physical strength goals. Track practiced regularly after school throughout the spring season. "I've been amazed how much stronger and faster I have gotten as a result of consistently exercising," Estelle said. **4. ON AND ON:** During a Monday track practice, Alexis Smith '19 completes her laps. Smith had been on the track team all four years of high school. "Track has taught me to persevere and stick through hard things, even though they suck sometimes," Smith said.



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TEEING OFF THE FUTURE

Varsity golf seniors Cali Blizzard and Cassandra McCord share that the sport has taught them life skills.

How has golf impacted your life?

"Golf has made a huge impact because it's helped me learn to become a better person by giving back to the community. Also, I've learned that hard work and practice really pays off for the tournaments," McCord said.

"Golf has taught me many life skills. Never giving up, even after having a bad day, and to keep working hard in order to achieve your goals for success. It also has given me the opportunity to build many everlasting friendships," Blizzard said.



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it's the EPISODE you know



<https://www.youtube.com/watch?v=I9HTal1rwQU>



PRACTICE makes perfect

With a new trainer and a longer preseason, girls' soccer prepares for their first game.

"Preseason started the week following Thanksgiving. It has really helped having this base level of fitness. Team morale has been impacted through the workouts because while they are hard work, we are all in it together."

Cassadee Jakschi

"[Preseason] really helped me get used to the girls I'd be playing with and it also helped me make some friends. The fact that I was able to adjust to them and get used to how they play really helped me with tryouts, too."

Cecilia Marlowe

on TRACK to success

After four years of track, seniors explain how the sport has impacted them.

For some seniors, competing in track has been as much a part of the high school experience as going to classes - spending hours after school every day running, throwing or jumping. "I have been doing track since freshman year, and it's really taught me how to be a leader," Madison Boekes '19 said.

To many, track was a testament to the strength and will of the human body, as track members push their body to its extremes.

"Track has taught me the value of physical activity and what it means to truly achieve. The rush of adrenaline I get every time I do an exercise or run a race - it's an exciting release of dopamine every time I push the limits of my body," Connor Estelle '19 said.

For others, track was about the connections made and the unique

experience it provided. "My favorite part about track is my team and how supportive and fun everyone is. Everyone always has a common goal to get better individually and as a team," London Blandford '19 said.

In many cases, track bestowed upon its athletes the lesson of success through hard work.

"I've been amazed by how much stronger and faster I have gotten as a result of consistently exercising and sticking with my performance goals," Estelle said.

For some runners, track taught them the importance of work and dedication.

"I run the 400m and it's one of the hardest events I've ever done," Blandford said. "Track takes a lot of hard work and workouts are exhausting, but it's taught me that I can do hard things and continue to be better at something."

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