

our adventures are




"I went to London, Italy... Paris, Germany, and Ireland for a little bit. The people were very welcoming. It's a beautiful place, so they are very lovely there," said Nicolas Cuenca ('19).

Liam Spaw ('19) went on a trip to Hawaii over the break. "[My favorite part was] going to the ocean and laying on the beach," said Spaw.

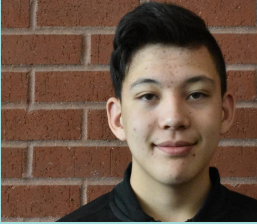
Story By Chloe Corning

1. Remembering to Breathe. Ella McShane ('19) comes up for air. "I love swim; it's where I can be myself," said McShane. **2. All Smiles for Swim.** Chariss Thexton ('19) laughs during warm ups. "I joined the girls swim team because I've been swimming for awhile, I honestly like the girls swim team because of the team aspect, cheering the teammates on, and individual work," said Thexton. **3. Somersaults.** Geneva Pauly ('22) flips through the air. "I have so much support from all the other divers on my team," said Pauly. **4. Group Selfie.** The girls pose for a group shot under the water. "I wanted to get involved in sports in high school and I thought swimming would be fun because the swim meets are really fun, it's like a good social aspect," said Nerea Martin Martinez ('21). **5. Best Friends Are Made Here.** Matilda Willis ('20) and Annamarie Covington ('20) smile under the water. "It was so fun to play with the GoPro. We got to take all kinds of pictures from under the water," said Willis. **6. Making A Splash.** Molly Cheer ('21) swims down the lane fiercely. "I love that swim is my sport. It's hard, but I love it," said Cheer. **7. Deep Breaths.** Lindy Brown ('21) swims freestyle. "Swim has always been my happy place and it's really fun," said Brown. **8. Ready To Go.** Midori Coyle ('19) prepares to dive off the platform. "I am involved in gymnastics, and so a lot of my ability in diving comes from that. I really love it," said Coyle. **9. From Our Perspective.** Anamarie Covington ('20) and her friend Catie Wood ('20), pose under the water. "I've made so many friends in swim who I know will always cheer me on," said Covington. Photos by Maddie Adams.


YULE never forget these **TRADITIONS**
What traditons do A-West students have over the holidays?
Story and Photos by Sunae Bruce



"I love to play basketball and work on my skill during the time off to get better," said Selma Hadziselimovic ('22).




"Every year on New Years we go over to my friend's house and watch the winter classic, an outdoor NHL game, and then we go outside and play hockey," said Takaji St Pierre ('21).



"I like to hang out with friends and family. My family celebrates Christmas. My mom and grandma cook, and they usually cook roast or ham," said Samuel Gibson ('22).



EVERYTHING
about **Aimee Frank ('22)**
"I draw a lot of mythical stuff, like dragons. I sculpt them too. I just got into it when I was younger, and just stuck with it."



60 **Spring Semester**
Winter Break



SWIMMING into spring



Girls swim dominates at Carmody

The Arvada West girls swim team hosts an amazing amount of talent, and they are tough competition for any competitors. Their home is in the water, and you can definitely tell. Their annual meet at Carmody Rec Center was successful this January. They placed second overall.

The girls cheered their team members on in breaststroke, freestyle, backstroke, and butterfly. "If I could get anyone to join, I would encourage anyone who is nervous to try it to give it a shot. You make a lot of friends there," said

Nere Martinez ['21].

Later in the meet, the dive girls got to shine. Midori Coyle ['19] said, "I really love diving, it's a freeing kind of feeling."

Diving takes skill and practice. "It's hard, and it takes up a ton of time, although I love it," said Geneva Pauly ['22]. "There is so much support from my team."

Swim is an intense sport, requiring mental and physical energy, but our girls love it. Here, they show the world that talent often lies under the surface.

Story by Maddie Adams

Girls Swim 61

Holiday Traditions, Winter Break Travel