

## COACH ME

During the teachers vs. Unified team game Feb. 27, Mr. Jino Tohara playfully passes the ball around the court. Tohara is happy to volunteer for this special game. "It obviously is a phenomenal way to include our students with special needs. It's really awesome to do something for them," Tohara said. Photo by Reese Plummer



**1. A SCORE FOR THE TEAM** Ready to shoot a basket, Maria Mendoza (8) wheels up to the custom hoop to score, Feb. 27. Mendoza's team passed her the ball for an opportunity to shoot, and she made it in. "I got really excited because it was my first time making a basket, and I never make any," Mendoza said. Photo by Reese Plummer **2. SUPPORT SPORT** On the sidelines, Mrs. Megan Henderson shares a laugh with the team as they recapture the ball from the teachers, Feb. 27. As a teacher, Mrs. Henderson loves it when the students work together, and cheer each other on. "I love now we were able to incorporate students in the game from InnoV8, and how those kids were really supportive of our athletes," Mrs. Henderson said. Photo by Reese Plummer **3. STUFF IT** Seconds from a loss, Jacob Burt (7) practices an escape move that

# PRACTICE MAKES PERFECT

## THE ATHLETES' PROUDEST MOMENTS

Designed and written by Reese Plummer, Kiersten Dudley, Anne Malouf

In Unified Basketball, trust, celebrations and a trash can or two on the court are the norm. The trash cans are there so Maria Mendoza (8), can attempt to score points. When given the chance, Mendoza made it. and it was a huge accomplishment for her. "My proudest moment of the game was making the basket and being with my team," Mendoza said.

Luke McCauley (8) had reason to celebrate when he shot a three pointer. "One of my proudest moments was dancing after I made a three point shot, and the people around me were proud of me, too," McCauley said.

Just like in any other team sport, Alexander Daves (7) was glad he could trust his team. "My team cheered me on and congratulated me when I made baskets. I felt I could trust my teammates when I passed them the ball, and that felt like my proudest moment," Daves said. Cooperation and trust in your peers are skills players can have in a team, and those skills can help form the players' proudest moments. Photo by Reese Plummer

goes by the name of 'Stuffing.' The move limits the opponents mobility, allowing you to break free of their dominance. "I think its an efficient move because you can free yourself and put them in a cradle," Burt said. Photo by Garrett Wood **4. NOTHIN' BUT NET** Excited to get the ball, Kosta Heckemeyer (7) dribbles it down the court, ready to take a shot, Feb. 27. Heckemeyer found it difficult to take a shot, but that didn't stop him. "I get excited when I have the ball because it means I get to take a shot," Heckemeyer said. Photo by Reese Plummer **5. SWEEP 'EM** From practice positions and power moves, Tyler Hogan (7) learns an Arm Sweep on Thor Rasmussen (7). To perform an Arm Sweep, you must grab your opponent by their stomach, grab their arm, and push them to the side with a fall.

"I think its effective because it eliminates an arm so they couldn't really move," Hogan said. Photo by Katherine McKenna **6. DROP IT LIKE IT'S HOT** Headed towards the net, Lexi Tome (8) tries to recover the ball as it rolls away. As Tome went to go and shoot it, the ball slipped from her grip, but that didn't stop her. "I like having the ball because sometimes I can when I the ball I can jump up and shoot it in the basket," Tome said. Photo by Reese Plummer

"Sportsmanship taught me to be fair and give everyone a chance," Mason Rego (8)

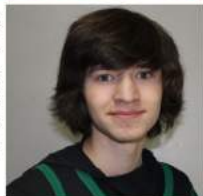
## UNBREAKABLE BONDS

MAKING CONNECTIONS

"I connected when we pass the ball in game. It feels good when its passed to you," Alexis Tome (8) said. Photo by Kiersten Dudley



"I connect when we're just doing some teamwork. We do passing and we do shots," Luke McCauley (8) said. Photo by Kiersten Dudley



"We connected when we used teamwork to pass around the ball and work as a team," Kosta Heckemeyer (8) said. Photo by Kiersten Dudley



"I think I connected with them because they cheered me on. It brought me a lot of confidence on the mat," Thor Rasmussen (7) said. Photo by Reese Plummer



"I think I connected to my teammates by having a lot of wrestling experience," Jacob Myers (7) said. Photo by Reese Plummer



"I think we connected by congratulating each other and wishing them luck," Caitlynn Lee (7) said. Photo by Reese Plummer

