

the way I see it...

"Football clears and relaxes my mind. I focus on the hits and have fun."  
Lawrence Curtis, 11

"It gives me a interactive way to be involved in the school and be part of a family."  
Cale Wafel, 9

"It is a therapy session for me and allows me to have fun and relive all my emotions."  
Havnet Contreras, 10

"The brotherhood of the team allows me to have a good time and depend on my team mates."  
Alexander Rasmussen, 10

"It teaches me responsibility, lets me bond and have fun with my teammates."  
Austin Nash, 9

"The companionship and brotherhood is very enjoyable. Football has made me more responsible on and off the field."  
Aljah Perez, 10

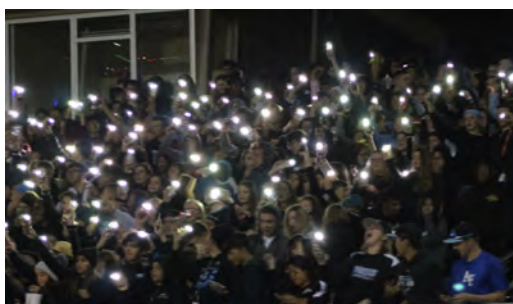
# prepping for the LIGHTS

"Vista Ridge football is so much more than just Friday night lights. All of the preparation put into football itself is what makes the iconic Friday night Vista scene happen. VR football has a set schedule every week; one thing after another. Monday is mental day, wearing half-pads and helmets the team goes over game plans. Tuesday is full pad dress out and full contact tackling and hitting. Wednesday is clean up day, going over and fixing what needs to be fixed from Monday and Tuesday. Thursday the day before game day, the team walks through plays. Friday comes, and it's game day! Team has dinner before the game, films, and one last time game walk through and planning. Then the lights switch on. The players know its game time now. Give it all you got under the lights and make it count. Overall a lot of work and time is put in every week for the Friday night game." - **Ryan Poolman, 12**



## LIGHTING UP THE FIELD

Football plays a big part in high school culture. It brings Vista's students closer to one another for a night of fun. The whole stand came together to "light up the night" with one phone at a time. You may not know the person next to you, but by the end of the night you do. This night everyone became one big family and supported the football team no matter what.



"Teamwork helps us improve and fighting with your brothers to get better creates competition and builds leadership."

Brandon Bacon, 11

"It is an escape from everything, and being on the field is better than anything."

Joshua Rowe, 11

"It gives me an activity outside of school and a way to meet new people."

Cole Mahon, 12

"The team makes me happy and laugh a lot. The whole team and coaches are very supportive."

Ahmed Al Imari, 9

"It's senior year, so I give my all and work hard everyday."

Tyler Clark, 12

"It's a passion and something fun to do when I am bored and maybe a future job."

Justis Lawlu, 10

"I joined because my family said I couldn't be great at it, and its a way to prove myself and do something I love."

Brandon Bagwell, 9



## HERE'S THE game plan

1. "As I'm getting ready to throw the ball, I'm nervous, but I am comfortable when I am throwing as varsity QB" says **Brayden Dorman, 9**.
2. Putting it all on the line, "All that goes through my head is when I get up to the line is knowing what I need to do and beat the guy in front of me." says **Jacob Montero, 12**.
3. The boys are messing around and having good time before the varsity game begins. "They were just being weird and it was unexpected" says **Trevyn Bell, 9**.
4. **Keon Lacy, 12**, comes running down the field trying to score.
5. **Kyshawn Bridges, 10**, and **Osasa Saunoamaalii, 12**, come to celebrate after Kyshawn made a score and are enjoying the happy moment.



1. "My mind is blank but all I think about is my responsibility. I see the guy release up the field, and no one had him so, I had to get him" says **Michael McClendon, 12**.



## PREGAME SHENANIGANS



*Elijah Valverde, 11- "Going to spin city and roller skating was funny to see the big guys falling. It was just good to see the team come together."*  
*Gannon Rowlan, 11- "When we went to Grand Junction we went to Spin City and just had fun and it was just basically the team."*  
*Christopher Livingstone, 11- "It was fun joking around, eating pizza, watching movies on the bus and playing in the pool, and it was just and enjoyable time with the team."*