

# P IS FOR PRACTICE



The football team works year around to prepare and play in their fall season. "The practice paid off through my high school career because I went from a player on Junior Varsity sophomore year to a Varsity starter my senior year. I also got 2nd team all conference linebacker," Gianni Bonnici '20 said. For the summer practice schedule the boys practice two hours each day alternating between fieldwork and weight lifting. During the season they have three hours of practice most days and an hour and a half of watching film. "Practicing a ton payed off good during the season because we all improved on technique and got stronger which helped a lot during games," Jacob Naibauer '22 said. Photo: M.Brown

# IN THE MAKING



Lukas Makikalli '20 dribbles the ball at Shea Stadium on Oct. 8 against Mountain Vista. Varsity soccer league game was lost 1-2. "I'D SAY WHAT MADE THE SEASON FUN WAS THAT WE HAD A REALLY SENIOR HEAVY TEAM SO IT WAS AWESOME TO PLAY WITH THE SAME GROUP OF GUYS FOR THE LAST FOUR YEARS," MAKIKALLI SAID. Photo: B.Calhoon

"WE ENDED UP BEING UNDEFEATED IN OUR CONFERENCE GAME, EVERY GAME WE WON WE GOT ONE STEP CLOSER TO MEETING OUR GOAL OF BEING 10-0," AUDREY BURT '21 SAID. Photo: B.Wheeler



seniors with mercy Annika Sprague '21 tosses the bat she just used to hit when she was up to bat at the Senior Night home game on Oct. 7 against Regis. "I think we work together as a team so well because we all have really good relationships with each other and it helps us to trust each other and to then play better," Sprague said. The game ended in a mercy ruling during the third inning 16-1, Canyon for the win. Photo: M.Brown



catching their goals Catcher Katie Dack '21 catches the ball on Oct. 2 at a home game. "When I was younger and first starting to play softball, I didn't really pay attention, so my parents put me behind the dish and I fell in love with it," Dack said. "I feel like we always played our hardest and left it all out in the field. We didn't take state this year, but I'm not disappointed because we still had an awesome season." Photo: B.Wheeler



lining up for victory Lined up for the Pledge of Allegiance, Savannah Avery '22 stands with one hand over her heart and the other in the back pocket of her softball pants on Oct. 2 at a home game. "My favorite part about the season was the girls on the team and the family like atmosphere we had and how everyone on our team always had each other's back. My fav memory was regionals because the everybody was all super excited and happy that day and it was a fun day," Avery said. Photo: B.Wheeler



Throw it Back Anna Reimers '21 throws the ball to a teammate during the game against Bear Creek High School at Bear Creek on Sept. 5. "I felt like my perfect game reflects all the work and practice I have put in and how good the defense is behind me," Reimers said. "I'm looking forward to state because we have a really good team this year and I am hoping we can win it." The Jaguars won 16-0. Photo: B.Wheeler

# LET'S talk ABOUT IT

STANDING ON THE COURT, IN THE STANDS, OR ON THE SIDELINES GIVES A DIFFERENT PERSPECTIVE FOR ALL



FROM COURTSIDE Elliott Herrmann '20 jumps for joy at a girls volleyball game. "I'm always up from and getting loud, I always go all out for games. It is good to get everyone loud as well," Herrmann said. Photo: S.Rosati



FROM THE DUGOUT Erin Keen '20 cheers on her team mates as she watches the softball game from the dugout. "I feel like I can see the game form a completely different perspective in the dugout versus the stands," Keen said. Photo: B.Wheeler



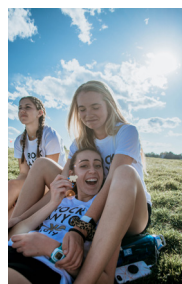
FROM THE STANDS Jessica Pan '20 and Halle Hamilton '20 sit in the stands of a boys senior tennis match. "Jess and I try to make it to as many games as possible to support the boys," Hamilton said. Photo: A.Gin

# made IN...

CROSS COUNTRY RUNNERS CREATE A BOND LIKE NO OTHER TEAM. MADE IN THE MILES THEY RUN TOGETHER



"I WAS HANGING OUT WITH MY FRIEND BOBBY AFTER I RAN THE 5K. I WAS HANGING ON HIM BECAUSE I WAS SUPER TIRED. WE ARE GOOD FRIENDS SO HE WAS GOOD WITH IT," WESLEY BECKHAM '20 SAID. Photo: M.Provost



Audrey Corrado '20 sits in Emma Cusick's '20 lap on Oct. 5 at the Pat Amato Invite Cross Country meet. "The best part about being part of the XC family is that your teammates are always there to support you no matter what," Corrado said. Photo: M.Provost

# 6 POSITIONS TO make A VOLLEYBALL TEAM

## 1 OUTSIDE HITTER

As the Outside Hitter for varsity volleyball, Sophia Sobota '20 has to hit the ball off of her teammates' sets and passes. "My position is very important because I am counted on by the rest of the team to terminate the play. Without the consistent work of my teammates, my position wouldn't be successful. We all count on each other," Sobota said.

## 2 RIGHT HITTER

Lauren Shea '20 is the Right Hitter for the varsity volleyball team, her job is to block and shut down the other team's hits. "My favorite part of being on the team is the bond I have with my teammates. We've all gotten really close the past 4 years and they're all my best friends," Shea said.

## 3 DEFENSIVE PASSERS

Varsity volleyball's Brooklyn Jaworsky '20 plays back row and specialized in passing the ball as a Defensive Passer. "okay I was a defensive specialist, and i absolutely loved it. I felt like I really helped control the court. my favorite part was being a part of a team so connected to each other it made even the bad days fun," Jaworsky said.

## 4 SETTER

Haley Fenolio '21 is the setter for the varsity volleyball team, her job on the team is to call the shots and tell the other positions what they are running. "I like it because it's kind of like I get to interact with the other positions in a way that no one else does," Fenolio said.

## 5 MIDDLE

As the Middle for the varsity volleyball Cate Duncan '20 has to be fast and ready for anything coming over the net. "My favorite part about playing volleyball is having teammates that will always have your back a. Being a middle blocker takes a lot of agility and volleyball IQ, you have a certain amount of pressure to always be on top of it," Duncan said.

## 6 LIBERO

Lexi Pendergraft '20 plays as the Libero for the varsity volleyball team, her job is to control the back row and be super loud for the rest of the team, setting the tone for the game. "I loved the relationships I made with my high school teammates. They are like sisters and whenever I'm having a problem I know they will understand more than anyone," Pendergraft said.

# TOGETHER WE dominate

ATHLETES PREPARE, PRACTICE, AND PROGRESS IN ORDER TO EXCEL IN GAMES THROUGHOUT THEIR FALL SEASON.