

# let's keep **TRAINING**

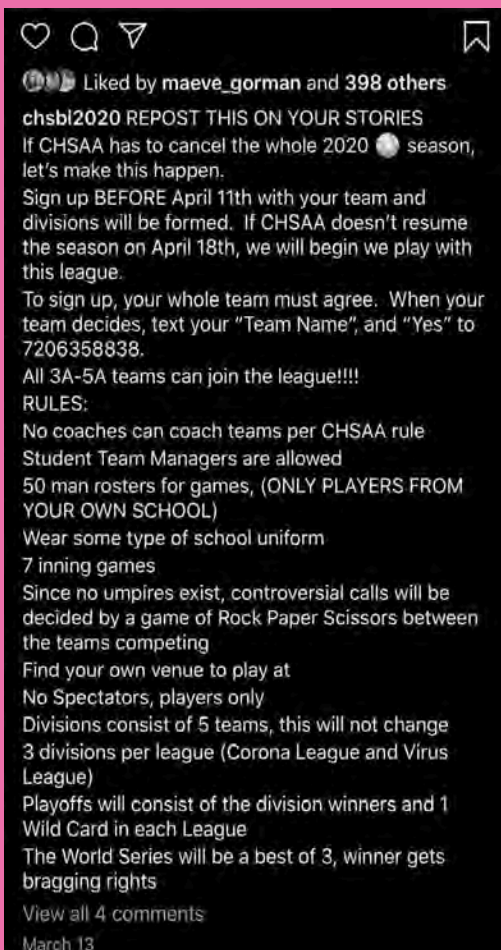
Julia Sessions '23 and Connor Shumate '21 explain how they're still training in hopes of a season renewal after the COVID-19 virus

"Since this season has been delayed to a date we don't know, I have been practicing my skills I know will be needed and perfected for next season," Sessions said.

"I am working out in hopes of at least state playoffs this season. We were a team who was expected to contend for a state championship, so while that's still a possibility, it's my main focus for any training I do. The epidemic has taken away one of my happy places," Shumate said.



Photo courtesy of Julia Sessions



"I do think it would be fun, but I don't think I want it to happen because it will be extremely unorganized," Garren Alberston '23 said.

"I thought it was a great idea for teams to start their own league. It was a way that we could all still play the game that we love," Lucas Liddell '22 said.

"I didn't really think about it, but I would personally love for this to happen," Gavin Andra '23 said.

## SAVING THE **SEASON**

Baseball teams around the state try to create their own league to avoid the suspension of the season

**1. SEASON SHORTENED:** Lucas Campbell '20 dives for the ball during a game previous to the Castle View spring season. Campbell committed to a Division I school for baseball. "I was in shock when the season was canceled. I hadn't been taking the virus seriously," Campbell said.

**2. MISSED OPPORTUNITIES:** Sydney Schauerhamer '20 practices for tennis. Due to the suspension of the spring sports season, Schauerhamer didn't have those opportunities her final year. "I was really disappointed at first, but I am not as disappointed now since I have accepted that there is nothing I could do about it," Schauerhamer said.

**3. THE FINAL TIMES** For the last practice of the season, James Lees '20 and the rest of the boys' swim team did time trials. Lees swam multiple events because the season's suspension would cancel almost every swim meet. "It sucks a lot. I have been looking forward to this season since the last season ended," Lees said.



Photo courtesy of James Lees



Photo courtesy of Castle View Tennis

## PLAY **THINK** happy

Lacrosse players share strategies to stay fit and happy

**WATER:** "It is also good get outside to play wall ball, eat enough and eat good food, and of course, doing workouts on your own," Paytra Oldenburg '21 said.

**ENCOURAGE:** "My best tips for athletes during this time is do what you can to improve and if you have a team, motivate them too," Grace Reid '23

**HOLD ON:** "If every player does this, it will better the team," August Liveris '20 said.



Photo courtesy of Connor Shumate

1.



Photo courtesy of Lucas Campbell

# SEASONS **POSTPONED**

Seniors react after their final spring sports season was suspended due to the COVID-19 pandemic

As the COVID-19 pandemic spread all over the country, spring sports seasons were suspended in the state of Colorado. This news came within two weeks of the sports season.

"The biggest disappointment is for all seven of the seniors that have been waiting for this season for the last four years are unable to play on varsity together. Also, for most of us, we will not be continuing on to play college level so this was our final season," Garrett Hogan '20 said.

For some seniors, this would have been their last season ever playing the sport.

"The most disappointing thing was

knowing that I probably would never be able to play tennis on a team again since I am going to college," Sydney Schauerhamer '20 said.

Some had a future at state meets that had to be immediately postponed or canceled when the district made the announcement.

"This was the season I was going to make state. I was within half a second from the qualifying times in multiple events," James Lees '20 said.

Other seniors thought the worst part about the suspended season was the wasted preparation.

"The worst part of it is that you put so much work in preparing for the season

- three to four hours every single day," Lucas Campbell '20 said.

Additionally, seniors were left yearning for their season, and began taking matters into their own hands.

For Reed Foote '20 and many other senior athletes, conditioning was still considered a priority, even through the pandemic.

"To stay in shape, I'm currently using my gym in my basement as well as a workout plan designed by Coach [Mr. Patrick] McHenry," Foote said. "I'm also hitting the wall for wall ball when I can and shooting in my front yard."

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a season postponed, let's keep training,  
saving the season, play happy think healthy  
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