

# Pep and Prep

## Homecoming Week Comes to the Nest



Photo By Allie Moroni

### School Spirit

The Nighthawk strikes a pose at the Rock Canyon pep rally to inspire the students of RHMS, Sept. 17. The Nighthawks costume that the teachers wear is made by the art department. "I think it is awesome to have a costume at Rocky Heights Middle School for a physical representation of the Nighthawk spirit," The Nighthawk said.



Photo By Allie Moroni

### In the Crowd

Easton Stockert (7) (center left) and Aaron Perry (7) (center right) watched the Rock Canyon High School students perform at the pep rally, Sept. 17. They watched the cheerleaders perform their cheers. "I really 'enjoyed' the dances they did. It showed 'great' school spirit," Stalkert said. "It was amazing high-fiving the people when we walked in," Perry said.

# Sprinting Together

## Conditioning Class Practices on the Field



Photo By Betsy Van Arken

### All in Line

Rylan Posener (7) (Third to the right) and his fellow classmates line to race and compete between each other in conditioning, Sept. 25. Posener focused on the distance he was about to sprint. "We have goals that Mrs. Bose helps us with. We do lots of fitness and different workouts" Posener said.



Photo By Brooke Vidger

### Hard Yard

Adin Sahbaz (7) (Center left) takes on the healthy choice of conditioning to improve his running skills and fitness, Sept. 25. Sabaz ran to the thirty yard line to finish the period of conditioning. "Conditioning is harder than PE, because you have to run a lot. I took conditioning because it sounded exciting," Sahbaz said.



# Dunkin' It Up

Teachers get Soaked by the Magazine Sellers



## 1. Ice Cold Water

Mrs. Millage, one of the volunteers, had been dunked by a student who sold many magazines for the yearly magazine sale, Sept. 24. She was fairly excited to be participating in the dunk tank. "I volunteered to be in the dunk tank because it was a great experience for the kids to be dunking their teachers as a reward for raising extra money for the school," Millage said.

## 2. With the Pitch

James Butler (7) winds up his arm for a throw at the target, hoping he dunks the teachers, Sept. 24. At every throw, the teachers were ready for a bucket of ice cold water to be released upon their head. "I was excited and confident that I would dunk a teacher. I was most excited to try to dunk Mr. Cooke because he's new," Butler said.

## 3. The Waterfall

Mr. Mac (6th grade math teacher) is screaming as he gets drenched with cold water at the Nighthawk Party, Sept. 24. Mac was one of many unfortunate teachers that got dunked. "I wasn't scared, I just didn't want to get cold. I think I got dunked about 10 times," Mac said.