

# WORKING JUNIOR WORKS AROUND OVERLAPPING SPORTS SCHEDULES for both sports

Being apart of two sports and taking nine classes is not an easy task, but **junior Milan Richman** made it look easy.

Richman woke up at 5 in the morning to get to her classes and do homework to practice for two hours everyday after school for dive.

To stay on top of her school work, Richman took advantage of her free time. "During lunch I try to finish my homework or get a bit [done] in class," Richman said.

Richman's two sports also had overlapping times. "Every week, I have to go from a diver's mindset to a gymnast's mindset constantly," Richman said, "while there are similarities between skills, the execution is different."

**Coach Mitch Sedlmayr** coached

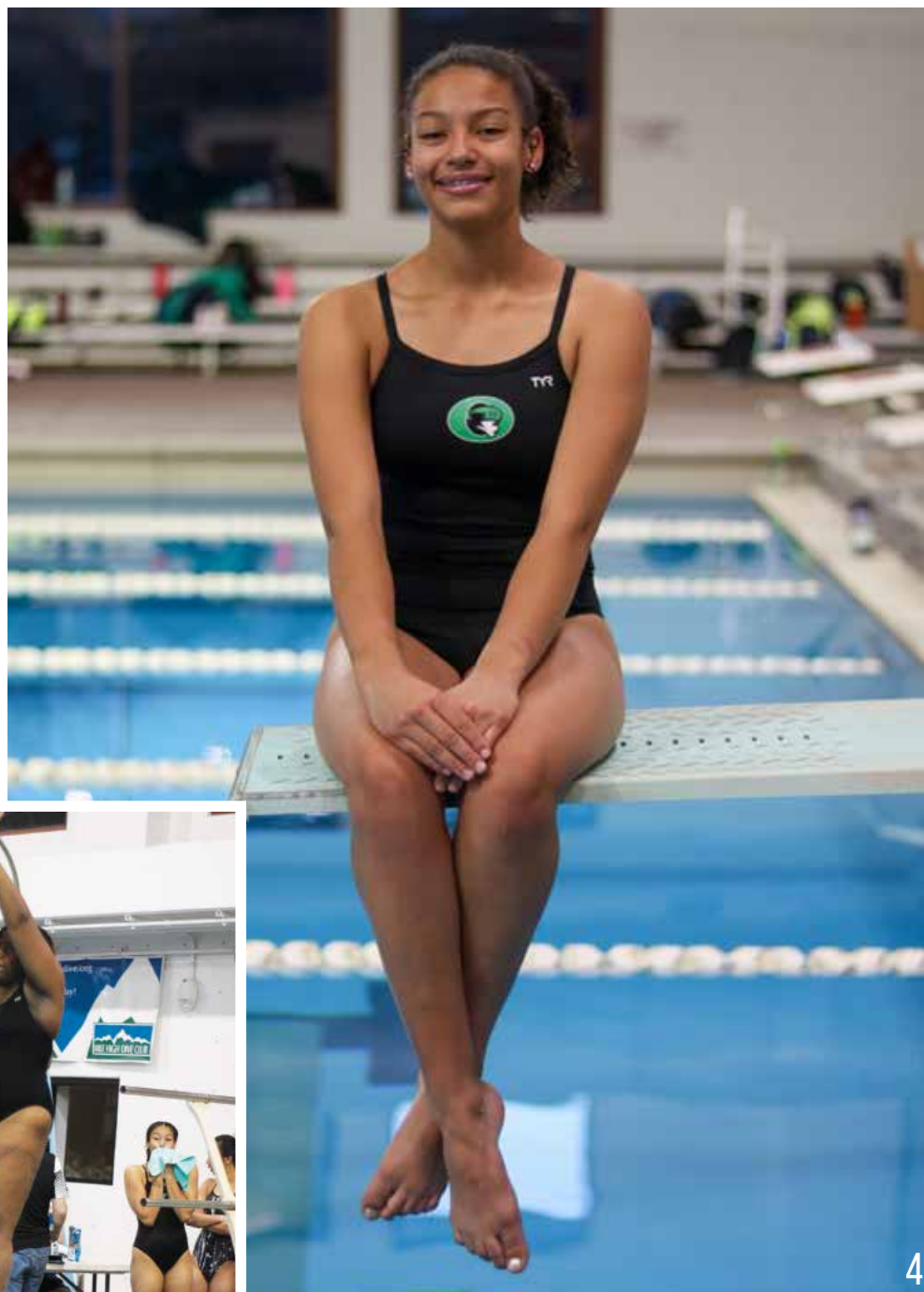
Richman everyday after school during swim season.

"She's very dedicated to the sport, she works so hard because not only does she do diving but she does gymnastics," Sedlmayr said.

Richman took advantage of all the free time she had as her schedule was constantly filled, "When taking nine classes I had less time to do homework and studying in the morning, I have to be more efficient with my time and how I manage it," Richman said.

While Richman's weeks were busy, her weekends were also busy.

"Weekends are a bit hard because I get tired and want to relax, but I have gymnastics practice on Saturday," Richman said.



1. POSITIONING TO DIVE, freshman Daijah Odom sets up to do a front flip off the diving board. Odom's routine before every dive was to relax and enjoy it. "I try and think about how good it would feel after I dive and did it well," Odom said. PHOTO BY ELLIE VICE 2. PUSHING HERSELF, junior Donna Derring swims the butterfly. Derring tried to keep her breathing as even as possible while swimming. "I concentrate on the power of my arms and my spine line," Derring said. PHOTO BY MARIANA GONZALEZ 3. TAKING DEEP BREATH, senior Ayanac Henry concentrates on her position as she's about to dive. Henry had a handshake she did with her teammate freshman Daijah Odom before she dove. "My biggest goal is to jump as high as I can so I can have height to do my dive well," Henry said. PHOTO BY ELLIE VICE 4. SITTING ON THE BOARD, junior Milan Richman poses at Utah pool. After swim practice, Richman had gymnastics. "I've only been diving for a little less than a year," Richman said. PHOTO BY ELLIE VICE 5. GIVING HER SUPPORT, freshman Lucy Porter comforts her teammate, freshman Jayden Martinez Pinegar after she hit the board while diving. "Whenever we smack on a dive we'll clap and cheer really loud," Porter said. PHOTO BY MARIANA GONZALEZ 6. TAKING A BREATH, junior Karen Guardado pushes herself against the water. "Our coaches always tell us to finish the race and give it our all," Guardado said. PHOTO BY ELLIE VICE

## fish out of WATER

COMPARING SWIM WORKOUTS

LAND

"Out of water workouts are good for pre-season since they allow you to get back into shape quicker."

**Victoria Marshall, 12**

"When on land we do pushups and squats since they work parts of your body that you use most when swimming,"

**Brenda Rios, 11**

WATER

"The more time I spend in the pool, the better I will get when it comes to my times. Drills helps most because it's not about time rather about your strokes. During season its more beneficial to spend as much time as possible in the pool."

**Victoria Marshall, 12**

"I prefer water workouts because they clear my mind and allow me to focus on my technique, my favorite water workout is pyramid."

**Candyce Hill, 10**



## why did the swimmer cross the ROAD?

TO GET TO UTAH POOL

"Utah is our pool. I personally don't mind having to share. A pool is a pool and it doesn't really matter where we swim as long as we can perform how we regularly do. It gets a little chilly but that won't stop us from practicing."

**Lina Alvarez, 10**

"The walks to Utah are horrible especially since it's during winter, it's cold and icy and there's a lot of traffic. We can't have the practices we want and it makes it harder to host meets. When we"

**Eden Worden, 12**

"We have to cut our practices in water short since Utah has its own schedule to keep up with. I think we would benefit from having our own pool. It makes the swim team feel as if the school doesn't care about us"

**Maria Martinez, 11**

DIVING FRESHMEN FIND WAYS TO CALM NERVES BEFORE DIVING still



"When diving, I need to take in mind how many steps I'm taking, what dive I'm doing, and where my arms are."

**Jayden Martinez-Pinegar, 9**



"The most difficult thing is over coming a scary dive or smacking the water but with time you'll get better."

**Lucy Porter, 9**



"Controlling my body is most difficult with certain dives, confidence and perseverance are the most important components when it comes to diving."

**Daijah Odom, 9**