

take it from **THE PROS** STATE-QUALIFYING SENIORS SHARE SECRETS TO MAKING IT TO STATE MEET ON OCT. 16

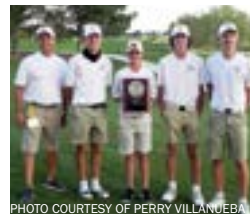


william said
 "You need to work hard, trust yourself and your teammates, and run like it's your last race."
william merrick '21



hal said
 "If you want something that bad, you need to make it a goal, dedicate yourself to it, have focus, and patience."
hal fotinos '21

put put and **AWAY**



draw
 "Draw is when your ball flight starts out straight but curves slightly to the left," Andrew Wright '21 said.

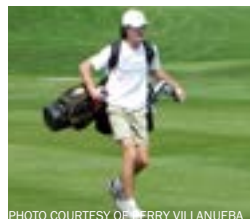
ALSO PICTURED: PERRY VILLANUEBA, CASEY JACOBSON '21, ANDREW WRIGHT '21



sit and go
 "Is what to say when they hit a shot. Most golfers can tell if it's going to be long or short and they talk to their ball a little bit," Casey Jacobsen '21 said.



draino
 "It's what you say before a player sinks a long putt. You have to make sure you say it before you the ball even gets to the hole," Kade Bracken '23 said.



draw
 "A flyer in golf is when the ball goes further than you expect it to," Luke Cushman '23 said.



one last **SEASON**

SOFTBALL SENIOR DEFINES LEGACY

"I don't think it's specifically one person who has left a burning legacy. We always remember the seniors, no matter who they were. They're all so unique and so important in different ways, that everybody leaves the legacy. It doesn't matter who you are. You do remember them."

lauren morrell '21



CON

"We had games removed from our schedule and we had to wait 2 weeks before we could continue with football activities," Ethan Plummer '21 said.

PRO

"It was an opportunity to get in shape faster because we had to focus strictly on conditioning," Plummer said.

FOOTBALL **COVID** COACH TESTS POSITIVE **strikes first**

AP class on the **COUCH**

"I would say the hardest part about taking an AP class remotely is finding the motivation to keep studying and stay on top of all the work. Being at home there can be so many distractions," Brody Ashworth '22 said.

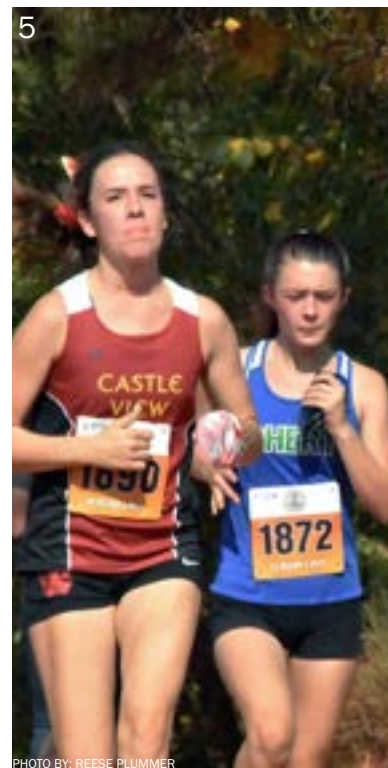
"It's easier to sleep during AP classes at home rather than on a desk, but the material is a lot harder to understand," Keira Greven '22 said.

"The worst part is probably having to do it on your own without your teacher right there to help you. You get a lot more time to figure it out and you get to build your own schedule when you work from home," Gracie Garcia '23 said.

"I appreciate the extra time I have to do work for the classes, but I also feel like I could be getting more out of them if it was a normal. I'm glad that I still have the opportunity and the teachers are making an effort," Elizabeth Riedel '22 said.



5. IT'S ALL OR NOTHIN' NOW: Coaches and athletes line up on the Monument Valley Park path to cheer on Kseniya Nikanorov '22. Despite the racing conditions Nikanorov's coach and fellow teammates' support helped her finish the race. "The course was tough. It was bright and sunny and the weather was hot," Nikanorov said. "[Being cheered on] honestly just helped me, you know, gain motivation."



2. MY GAME FACE: Her legs pulse and her breathing is heavy as Brenna Wendell '23 crests a steep hill. Once she was finished, she was relieved but hadn't realized her team had placed the best at regionals since 2012. "When I crossed the line, I was just glad to be done and everything really hurt," Wendell said. "It's really exciting, the team placing. I didn't really expect it." **3. SPRINTIN' FOR 1ST:** With an opponent on her tail, Samantha North '21 starts her kick to the finish. Despite the heat, North was determined to sustain her lead. "I was exhausted by the end of the race which was when I knew I raced with everything I had left in my legs from the season," North said. **4. EAT MY DUST:** Aware of the situation at hand, Sage Berquist '24 puts it into a second gear and leaves her opponents in the dust. Due to the cancelation of several fall sports, Berquist felt obligated to run her best. "I'm so grateful that I'm able to be here because I know that a lot of sports got canceled so I just need to run my best," Berquist said.



1. IT RUNS IN THE FAMILY: Opponents are just strides away from the Mann sisters, Alana Mann '22 and Vivian Mann '24 who lead their wave into the second mile. The duo motivated each other through each step of the race; their other teammate Samantha North '21 joined in and they formed a solid trio. "It was really inspirational and it was really cool to be able to run side-by-side with Viv. I think she's the one that kept me going in that race," Alana said.

time to take **4th**



THE GIRLS' VARSITY CROSS COUNTRY TEAM PLACES 4TH AT REGIONALS, THE TEAM'S BEST SINCE 2010

WARM UP: The team begins their warm up at the Monument Valley Park, Oct. 8 with lunges and a seven minute run. Next, they run drills and do another seven minute run.

MILE ONE: Vivian Mann '24 and her sister Alana Mann '22 round the corner and finish the first mile at the front of their wave. "The first mile wasn't too bad. It was after we hit the big hill it kind of sucked. I usually try to like listen to like a song in my head. That helps me be mentally positive," Vivian said.

MILE TWO: To finish the second mile, runners had to make it up a steep hill. This was a lethal spot for the girls, because while some powered through, others dropped off. "It was difficult. The course was tough and it was hot and bright," Kseniya Nikanorov '22 said.

MILE THREE: Nearing the end, runners enter the final mile. "The third mile I had felt like I had achieved something great because I've made it to Regionals and I'm on my last mile and so I just need to be grateful," Sage Berquist '24 said.

THE LAST 200 METERS: After a long and hot two miles, Alana Mann '22 closes in on the blue cone, which marks the final 200 meters. "That point, at the blue cone, that was the point where it was make or break it. All the work that you've done this season," Mann said.