

SUPER SUPERSTITIOUS

How sports superstitions impact students before games

From Howard's Rock at Clemson to tapping the sign while walking out of the locker room at Notre Dame, sports superstitions influence how the top sports programs 'play.' When asked in a survey if they believe in sports superstitions, 64% out of 50 students believed in sports superstitions. Among those who agreed was junior Regan Kobbe.

"When I was younger, I just seemed to do the same thing every time and I played good, so now it is just a habit," Kobbe said.

Kobbe's superstitions began with what he eats before games and what color equipment he has.

"I always have a black stick in lacrosse because I play good with black sticks, and I always eat oatmeal pre-game," said Kobbe.

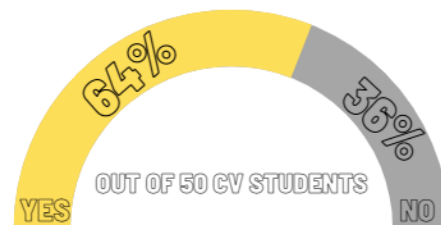
Contrasting Reagan's beliefs, senior Ethan Burfeind does not believe in sports superstitions.

"It's one of those things I've never done," Burfeind said. "I think sports are more of a skill-based game, not luck."

How does tying a shoe in a specific way help secure a win? Are sports superstitions a real thing, or is it just something that sticks in the heads of athletes? Though studies can be done to see if

sports superstitions make game play better, it will never be fully determined. Sports superstitions are either loved or hated, but at the end of the day, if it helps game performance, it works.

DO CV STUDENTS BELIEVE IN SPORT SUPERSTITIONS?



written by Ryne Futa

new year, FRESH START

New season of football starts with new coach Eric Handke

written by Reese Olson and photos by Caitlin Alexander

In May of 2021, coach Eric Handke stepped into the new head football coach position.

As he was previously the defensive coach, this was a larger responsibility because he changed his focus to the whole CV

program instead of a small part.

READY FOR BATTLE: On Sept. seventeenth, Coach Eric Handke prepares his team for battle against the Douglas County Huskies. With this long awaited rivalry game, the boys are ready for a night to remember.



take the whole program into account, not just the one piece from the past," Handke said.

Handke explained how he has had to overcome challenges when taking over such a position. Handke presented the biggest challenge of them all.

"The biggest challenge for me is just the stress of making sure the program is heading in the right direction," Handke said.

With a strong roster and great form of leadership, Handke has high hopes for a successful season.

"I believe we have great senior leadership. I believe our culture is strong," Handke said.

Even with these strengths, there are goals the team wants to accomplish throughout this season.

"Obviously, we'd like to go further than the round of 16. As a competitor, there's also some opponents that are sweeter to beat than others," Handke said.

Even though it has been tough to take on this role, Handke knows that his team has the strength to make this season successful. One of the seniors, Blake Haggerty shared his thoughts.

"I have been a part of the football program at CV for 4 years, including sophomore year I started varsity," Haggerty said. "This year has been difficult so far, but I believe we will have success," Haggerty said.

Castle View looks in the forward direction as they start this season.

SHIFTING CULTURE

Senior Brody Ashworth is ready to focus on the strength of his team, physically, mentally and spiritually

For many sports, a strong team environment can make or break a season. For senior Brody Ashworth, this includes creating a spiritual connection for him and his team.

“I grew up in a Christian household and I’m still a Christian to this day. It’s cool to see the impact I can have on others, and how Christ has impacted me and this team as a whole,” Ashworth said.

Every other Tuesday, the players hold a Bible study for the team in an effort to create a stronger team environment. Having been on his journey in Christ for nearly his whole life, Ashworth’s strive for his team to feel connected does not go unnoticed.

“We have been doing these Bible studies for three years now, and I don’t remember a time where it’s not been fun or uplifting for the group that attends. We have speakers talk about their journey in Christ, their football and faith journeys, and Christ’s overall impact on their life. Seeing all these boys attend and really take in what these athletes say really helps our brotherhood improve,” Ashworth said.

With high expectations for his team and his senior year, the varsity football team is starting off on the right foot. (5-1 as of Oct. 1). With the rival game scheduled for Sept. 17, the players have had hopes of a 7th consecutive win against Douglas County High School.

“The season has been awesome so far. Our team is only getting better. With the latest win being Fairview, a top 10 team every year, I feel like our team knows where we can be and that we deserve to be in the top 10. I feel like praying before the game and throughout the week just gives me a sense of security and protection. The spiritual aspect of what we got going on is really cool because it binds us as a team and it’s a culture we are setting,” Ashworth said.

After an unexpected loss against Douglas County, the team was left to think about what needs to change. The week leading up to Sept. 17 was filled with rival events, and in turn, distractions the players had to battle.

“My immediate thought after the rival game was that we have to keep improving and play more as a team. Stop blaming



HYPED UP: On Sept. third, senior Brody Ashworth is ready to play Fairview. After a successful comeback in the second half, Ashworth and his team are ready to take on the rest of the season.

each other for mistakes and instead build up and encourage. We had a poor week of practice leading up to the game. The negativity of practice led up to the outcome of that game,” Ashworth said.

As the team works towards picking up the pieces, Bible study remains a large part of strengthening the positive team environment.

“The loss hasn’t taken a toll on us, it’s more of a wake up call. We have still been doing bible study and encouraging that through each week. If we don’t play as one heartbeat, we won’t make it ver far,” Ashworth said.

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