

# ON your LEFT

## IN THE FINAL WEEKS OF THE FALL SEASON, ATHLETES FINISH STRONG

by Emily Alder, Cory Blaydes, Cash Callas, Arianna Evangelista, Ayden Montemayor, Lindi Montgomery, Katherine Pallman, and Avery Peterlin

The cross country state championships was a climactic point of the fall season. Competitors showed amazing sportsmanship and performed incredibly well, with the varisty girls bringing home the state championship title. "It's very exciting to be able to race against all of the best runners in the state," **EMILY LAMONTAGNE, 11**, said. Lamontagne placed 3rd in the state. For **CARLY PERDEW, 10**, this was her second season running with the team. "I think this season went really well because I was able to [beat my personal record] in quite a few races and improve my times from last year. Our team worked really well together as a group and we were able to push each other each race," Perdew said. The cross country season concluded with an amazing win for the competitors.



1

SPORTS 10/25-11/7  
fall

just a

## HABIT FALL ATHLETES GET SUPERSTITIOUS



"I wear the same socks every race and keep my hair in braids. I also eat pasta for dinner the night before a race."

**[CARLY PERDEW, 10, CROSS COUNTRY]**

"During the week, I only get my ankles taped on one certain table in the training room."

**[DEAN "DJ" MONTOYA, 12, FOOTBALL]**



5



**1. MID-STRIDE, AVA MITCHELL, 11,** pushes ahead of her Cherokee Trail opponent during the state meet at the Norris Penrose Event Center. Mitchell placed 4th in state for Girls Cross Country. "The last mile is all grit and determination. By that point it's all [about] just trying to catch the individuals in the front," Mitchell said. Photo by A. Evangelista. **2. EYES ON THE BALL, ELSIE SKURDAL, 12,** makes a pass to her teammate. The Varsity Field Hockey team made school history by winning a double overtime playoff game. "Time seemed to stand still, and the ball seemed to roll in slow motion until we heard the thud of the ball hit the backboard," Skurdal said. Photo by A. Evangelista.



2



3

**3. DRIBBLING AROUND A DEFENDER, CALEB GIENGER, 12,** makes an offensive play to assist in a goal. Gienger started playing soccer when he was four. "Some games I played better than others, but overall I did everything to help my team win." Gienger said. Photo by S. Pallman.



4

**4. FIGHTING FOR THE BALL, BRYNN DZENGELEWSKI, 11,** plays defense in her Varsity Field Hockey game. Dzengelewski was a captain of the field hockey team. "The biggest challenge I had this year was living up to the expectations of being a captain of the team," Dzengelewski said. Photo by A. Evangelista. **5. IN CELEBRATION, MARSHALL GUELLER, 12,** cheers for his teammate after assisting a goal in the second round of the playoffs. The boy's soccer team played three playoff games. "It's always a great feeling to score in a playoff game and know that you're helping your team in any way you can," Gueller said. Photo by A. Evangelista.

## we will BE READY

### FOOTBALL PLAYERS SHARE ABOUT THE ATMOSPHERE OF THE OCT 28 GAME AGAINST GRANDVIEW HIGH SCHOOL

"We were a little nervous because we were playing for the Centennial League Title, and that got to our heads. We underestimated our opponent and didn't fully grasp the type of position we were in.

Following that game, we knew that we could've won, and so our coaches have been helping us get back into the winning mentality and to go out knowing that we can win this whole thing." **[SAMUEL "SAM" HANSEN, 12]**

