

# G TOGETHER

"We all have to do our job and when one of us messes up, it messes up the whole chain."

- Cassidy Weiher (11)



**Been There, Dug That** JV Volleyball takes on the court. Through communication and practice, they are able to work together to achieve their common goal: winning. By practicing together constantly, the team is able to form a bond that leads straight to success.

**Ready, SET, Go!** JV Girls transition from their warm up shirts to their jerseys to be game ready. The crowd was loud and ready for the game. "It's just nerve-racking to have the crowd's eyes on you," Ariana Heyneman (11) said. The student section was full and rowdy, excited as the team beat Overland High School. *Photos by A. Raugust*

## Queens of Diamonds

JV Softball battles on and off the field with a new season



**Helping hand** Another great throw by JV softball player, Sahshelly Henriques (10). "Henriques has helped me through the toughest times" Henriques said. This game winning technique is sure for success. *Photo by K. McCormick*

**Home Run** JV softball player Ela Roney (11) shares her love for the softball season with another teammate. "Without teamwork, on and off the field, our team would fall apart" Roney said. She was looking forward to a season with this team. *Photo by K. McCormick*

**All About Teamwork** The JV softball team shares the power of teamwork. "Having a good relationship outside of softball is essential." Ela Roney (11) said. The team continued to build this bond throughout the season. *Photo by K. McCormick*

**Staying Safe** Softball player Sashelly Henriques (10) darts towards first base seconds before the ball is caught. "Softball has provided me the opportunity to break out of my shell," Henriques said. She was happy to have a chance like this. *Photo by K. McCormick*

## THE COUGARS ARE

# On the Court

Girls Volleyball Return to the Game

After not having a volleyball season the 2020/2021 season, athletes were ready to take on the court once again. The new team competed with other schools in the district for state titles. That season came with unexpected challenges, as some of the players never competed on a high school team before, due to Covid-19. Nonetheless, most of those girls have played for many years. "I have been playing volleyball for around 8 years," Gabi Maas (12) said. Varsity made it a focus to create a safe space where the athletes could create meaningful relationships with each other and bond over a common interest, the love for the sport. "Our team always talks about having each others' backs. This helps us become a stronger team mentally and physically," Emily Schwab (10) said. A good team bond is important. "If you don't trust your teammate you're not going to work well together," Katie Hubbard (12) said. While sharing special moments together, the team stayed close to each other, despite many members being new to the high school level.

**Serves Up!** Varsity volleyball player Zoe Ackerman (11) serves the ball for her team to play off of. Being a student athlete is a commitment that few take upon themselves. "I have found that if you manage how much time you spend on each (activity) without overloading yourself," Ackerman said. Ackerman is a part of the IB program and NHS, all while maintaining good grades and cougar spirit. *Photo courtesy of J. Demyanovich*

**Work Hard, Play Hard** Captain Gabi Maas (12) celebrates as CT takes the point after an intense rally. "The passion and love I have for the sport motivates me to play," Maas said. Maas works hard to make others proud of her on and off the court. *Photo by A. Raugust*



**Game On** Coach Hendon warms up players before their match. "We put pressure on ourselves to perform in practice so that in games, it seems easier" Hendon said. Hendon is always pushing the team to do their best on and off the court. *Photo courtesy of J. Demyanovich*

**Love at First Spike** Kaci Young (10) aids the team in winning another game. Teamwork is important in softball. "Our team always talk about having each other's backs both on and off the court," Young's teammate, Emily Schwab (10) said. It pushes athletes to be the best for themselves and their team. *Photo by A. Raugust*



**Leaving it all Behind** Members of the team celebrate from the sidelines as others on the court score against Overland High School. Students packed the gym for a Neon-themed game and watched as CT went on to win all sets and brought home to victory. *Photo courtesy of J. Demyanovich*

## NO place like HOME(plate)

Another year for the record books



**Batter up!** Varsity softball player, Alyssa Fulmer (11), describes her playing experience. "Softball has become less of a game, and more a part of my life that is teaching me important lessons." Fulmer said. She was happy to be apart of that team. *Photo by K. McCormick*



**Teamwork Makes the Dreamwork** Several members of the varsity softball team including Cayman Lightner (10) discuss their position on the topic of teamwork on and off the field. "Just because there's 14 or more of us on a team, you can't be a team until you're united as one." Lightner said. The bond for the team was stronger than ever that season. *Photo by K. McCormick*



**Bam!** Another hit for the varsity softball team! Sade Davis (10) describes all the opportunities the sport has provided for her. "I've been given the chance to travel the world, meet new people and do fun things after school and on weekends!" Davis said. She was glad to have this opportunity. *Photo by K. McCormick*

## me + you = TOGETHER



"Coming together as a team is one of the greatest things we can do."

- Cayman Lightner



"I am so happy I made the team because I am getting better every day... and I love these girls to death"

- Emily Schwab



"I have also developed skills that help me with commitment and overall life skills"

- Sade Davis

SEPTEMBER volleyball, softball, coaching staff