

# as time goes on

THE EVOLUTION OF EMOTIONS FROM THE LOCKER ROOM TO THE WEEK AFTER A FOOTBALL GAME

## SIDELINES



"I get sort of nervous [on the sidelines], but that soon goes away and turns into excitement for the first game," Jackson Litvin '23 said.

## ON THE FIELD



"When I'm on the field my mind is focused on the next step but as I jog back to the sideline I think of all of my [friends] that cheer us on," Braedyn Vildibill '22 said.

## THE STANDS



"It's really exciting considering we don't have [the sport or the spirit] where I'm from. The vibe is great and the chants are super fun," Elise Kalhagen '22 said.

## TOUCHDOWN



"I enjoy cheering at games because of the environment, especially when the crowd gets involved and will [cheer] with us," Ashley Hughes '23 said.

## AFTER THE GAME



"A win was treated differently, almost as if we've arrived. A big flaw with our season is that we got too satisfied when we won," Blake Haggerty '22 said.

**1. BACK TO THE FIELD:** After three outs, Alex Rodriguez '22 takes the field and transitions from offense to defense. In her mind, Rodriguez kept calm and focused on the winning mentality. "I work hard for my teammates because I know they'll work for me," Rodriguez said. **2. BATTER BATTER SWING:** The pitch goes past the batter and into Emma Bracken's '22 glove for a strike. As a catcher, Bracken had to keep track of what the batter swung for before, so she could make the correct call on the next pitch. "I would honestly argue that it's one of the hardest positions on the field. When calling pitches, you need to know where each batter went previously at bat, which pitch they've swung at and which they haven't," Bracken said.



**3. SUPPORT FROM FIRST:** First baseman Abby Sims '22 gets the runner out as the ball lands in her glove. The buzz, a combination of nerves and excitement, kept Sims alert. "I love constantly being involved in plays and being able to back up my infielders on things like bad throws. It always keeps me on my toes," Sims said. **4. TIME TO SCORE:** The inning ends and Madisen Stewart '25 makes her way to the dugout. Stewart tried to hype up and set the mood for her team to go hit. "We really just give each other pep talks. We also sometimes get a little crazy and scream to get hyped up that way. A lot of positive talk and energy, but it all depends on the mood," Stewart said. **5. WIND EM' UP:** To test her skill against the

Grandview batter, Tessa Ivy '25 winds up a pitch and lets go. Eight years of softball taught Ivy to just have fun with her team and to enjoy the relationships made. "My favorite part of softball is the relationships you make with your teammates and coaches," Ivy said. **6. FALLING FOR YOU:** The ball get closer and closer to the ground and Breannah Robles '24 has to lay out for the ball for the out on Aug. 23. The second baseman failed to communicate with Robles and the ball was too low so she had to reach out and dive for it during the game against Grandview. "I realized that nobody was gonna catch it, so I put all my effort into getting the ball to hopefully make the play," Robles said.

## pros

"I was expecting being on JV. I get to play a lot more and grow as a player," Daniel Reyes '24 said.



## cons

"If I was on varsity, the practices would be more challenging and I would get better experience," Reyes said.



## SOCCER struggle

JV SOCCER ATHLETE COMPARES IT'S BENEFITS TO THE VARSITY EXPERIENCE

# PERFECT PUT

STATE QUALIFIER BREAKS DOWN THE STRUCTURE OF EACH AND EVERY SWING

## BEFORE

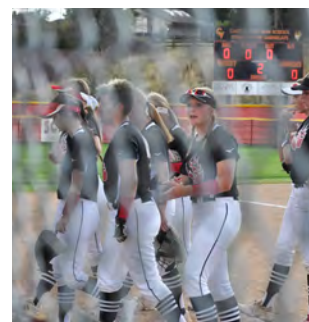
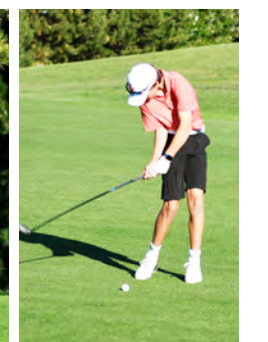
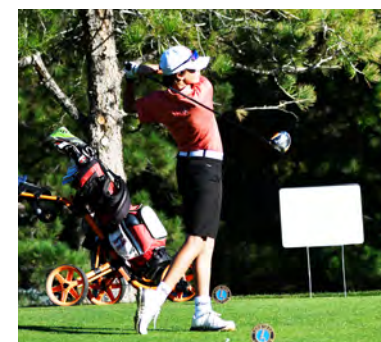
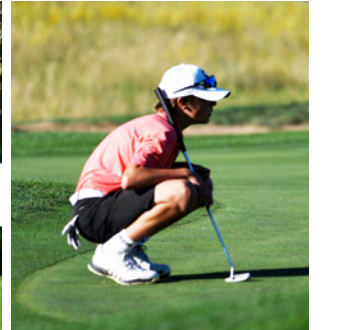
"I make sure that before I start each swing, I have picked a good target and my alignment is toward that target," Luke Cushman '23 said.

## DURING

"The golf swing is split into three general parts. That is the backswing, the downswing and the follow through," Cushman said.

## AFTER

"To me, the downswing is the most important part of the swing to ensure that you will strike the ball properly," Cushman said.



# setting the mood

VARSITY GIRLS' VOLLEYBALL CREDIT THE CROWD'S ENERGY FOR THEIR SEASON OPENER WIN

**1. BUSY BLEACHERS:** The gym echoes with cheers and claps while Chloe Riley '22 celebrates with her teammates after they score a point on Aug. 24. Not only was it the season opener for the varsity team, but fans had also returned to the bleachers. "We were finally allowed fans so it was so fun to play with a crowd, so I think the excitement really helped us play," Riley said.



**2. SET IN STONE:** Just as the opponents send the ball to the net, Chloe Riley '22 throws her arms up to block. The team had set a goal to win, and achieved it after they beat Palmer 3-0. "The first game was a lot of fun. As a team we flowed really well together. Everything about that night went perfect," Riley said.

FRESHMAN GIRLS MAKE VARSITY SOFTBALL

# strike, you're in

leats scrape the dirt and the ball smacks the catcher's mit. The umpire calls it a strike and Tessa Ivy '25 has earned the team an out, as she settles into the match on Aug. 23.

"I was super surprised and so excited to get to help the varsity team. I chose to pitch because everyone on my past team was doing it, so I wanted to be like everyone else," Ivy said.

However, out of the 12 girls who qualified for varsity, Ivy wasn't the only freshmen. Madisen Stewart '25 made varsity as well.

"I was working hard for a long time leading up to tryouts and I was happy to see that my hard work paid off," Stewart said.

Regardless of skill, some athletes still depend on routine and superstitions for success.

"One thing I do for good luck is my hair. If I have that same hair style and we win," Stewart said.

The softball team's rituals, from hair ties to handshakes created a sense of team bonding and improved the teams relationship as the season went on.

"I normally try to bond with

everyone by talking to everyone and get to know them personally," Ivy said. Copy by Sarah Besset

**"[The team] just has fun through the practices and through the season. That is our good luck." MADISEN STEWART '25**



# FROM ANOTHER point of view

## LOWER

"I felt very proud of myself [when I made JV]. It was overwhelming but fun and made me feel like I was a part of something at the school. I look up to [upperclassmen] as if they are any other player but more because they have more experience and are used to the high school level of play and it made me become better," Addison Humphrey '25 said.

## UPPER

"I loved my team and the JV environment. Playing JV helped me in so many ways. I got to make new friends and strengthen my skill. I tried my best to be a good example to everyone on the court. I think in a team setting it's important to be kind, happy and just have fun always. So that's something I hoped they picked up on," Shana Karren '23 said.

UPPERCLASSMEN AND UNDERCLASSMEN EXPERIENCES WITH JV VOLLEYBALL



"As a team, we have technique classes, and as a team we all do that together. Individually during those technique classes, we have an instructor that comes around and individually helps all of us. It's usually all as a team, if you ask for special help they'll come help but it's mostly all as a team."

**DYLAN COOPER '23**

"They usually last for three hours from 3:30 p.m. to 6:30 p.m. and we usually just clean the dances, go over them, and just try to fix everything that needs to be focused on in the moment."

**THOMAS RICE '25** BETWEEN PERFORMANCES, THE POM'S TEAM USES TECHNIQUE CLASSES TO CLEAN UP THEIR PERFORMANCE

# critique the TECHNIQUE