

# KICKIN' IT up a notch

At the start of a new year, Vistas' boys soccer kicked off the new season. 1. *William Caswell, 11*, described his season, "My favorite moment overall was just getting saves. There's something so satisfying with catching the ball between my hands." *Ethan Hunt, 10*, gets his head in the game by creating rituals before and during the games and said, "I think about how we are going to beat every team we face to keep a positive mindset during the game." Many other players have a ritual that keeps their head in the game and leads them to victories. But skill isn't the only characteristic of a good team, the most important is building a strong bond. This bond can be made with simple things, like supporting your teammates during hard times but for ours, they prayed before every game. Praying at the start of a game prepared their mindset and created a bond between the players. When asked about their favorite team tradition, they agreed that praying was the best part.



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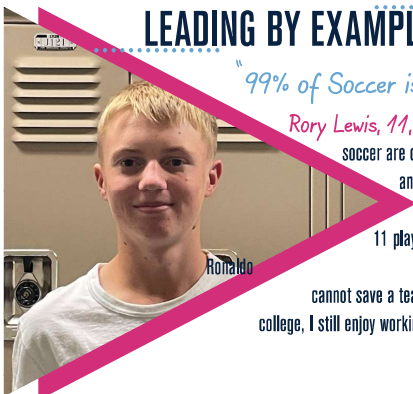
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## LEADING BY EXAMPLE

"99% of Soccer is Mental. The other 1% is skill."

*Rory Lewis, 11*, describes what soccer means to him, "The life lessons I have learned from soccer are countless. I cannot stress enough the importance of being apart of a team and working towards a common goal. I have learned to be more patient, open to new ideas, communicative, and disciplined. Soccer is a sport where all 11 players must succeed for the team as a whole to succeed. One Messi or

cannot save a team with 10 other unconnected players. While I lack the skill to play in college, I still enjoy working hard every day to improve myself, as it gives me satisfaction. I will leave



Ronaldo



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## FINDING BALANCE

“Getting work done in class and staying up late to finish work keeps me ahead during the season.”

*Gharrett Lawrence, 11*

“I balance academics and soccer with time management. There’s plenty of time in a day, it depends how you use it.”

*Sebastian Gunderson, 11*

## ain't nothing gonna BREAK MY STRIDE

Whether they were playing for a little league or even just playing in their backyards, many players have been avid soccer fans since they were in elementary school.



*Sebastian Gunderson, 11*

says “Both of my brothers also play soccer so we had that in common. What kept me going was the relationships with my friends and coaches.”



*Aiden Erickson, 11*

is shown kicking the ball to his teammates in his little league soccer. “I was talented at a younger age so I really enjoyed the sport. I played basketball until a few years ago but I kind of quit to play soccer. So it was like I had nothing else to do without soccer because that’s what I spent most of my years doing.”



2. *Evan Brownsberger, 10* prepares to pass the ball to his teammates.

3. *Liam Caswell, 9* punts the ball as *Evan Parrish* prepares to help him protect the goal. 4. *Seth* fist bumps *Coach* and says later that “This year was definitely better than last year. I’m glad we got to win more games.” 5.

*Joseph Tran, 9* rushes past his opponents and helps his team save the ball.

6. *Carson Pudil, 11* prepares to shoot the ball towards the goal.

7. *Jamison Simms, 9* and the team huddle together and discuss the game.

8. *Evan Parrish, 9* kicks the ball up and prepares to send it at the opposing team. He says, “My brother was a big inspiration to me so I wanted to get better like him.”



*Cesar Fletes, 12,*

poses for his soccer club. “My dad always played as a kid in Mexico and I visit Mexico all the time. I started watching it and grew a love for it.”

