

teammate or family

GIRLS' VOLLEYBALL COMES TOGETHER AS MORE THAN A TEAM



PHOTO BY KATHERINE MCKENNA
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mackenzie rogers addison humphrey

"We had a rough season last year so this year, we were shooting for a better season. We beat a lot of teams that we haven't in the past and we ranked higher in our league too. The team as a whole has become a second family to me," Rodgers '23 said.

"Being so close to the team and all wanting to make state, which we sadly didn't make it to, but we tried and in the end I feel like I have people I will be able to have in my life for a long time coming," Humphrey '25 said.

boys tennis states

"We lost in the first round at state. It was a rough match; it wasn't our best but we're moving on. This season, I learned that there's always room for improvement. My favorite part about state was probably the breakfast burrito truck on the side."

jay
 ronning '24

"I did pretty good at state. I won my first match and then lost my second. I learned a lot about leadership, and how to help your teammates grow. My favorite part was after I won, having all my teammates and coaches come up and congratulate me. It was really fun watching my teammates play. It was nice seeing them do well."

dakin
 lundvall '23

supporting seniors

CROSS COUNTRY CAPTAINS DESCRIBE THE TEAM'S SUPPORT SYSTEM



PHOTO BY MITCHELL DAVIS

"Whenever a teammate might be struggling with some motivation, they can come to me because we're all so close. We train everyday. You form a really good connection this way," Timothy Freuh '23 said.



PHOTO BY MITCHELL DAVIS



PHOTO COURTESY OF TIMOTHY FREUH

"I think that being the captain is a very big leadership role. I feel like the main part of the job is to make sure everyone feels appreciated and a part of the team," Mariana Boekes '23 said.

he SAID

she SAID

bonded brotherhood

BY BUILDING HEALTHY RELATIONSHIPS, THE VARSITY FOOTBALL TEAM STAYS STRONG THROUGHOUT THE SEASON

The varsity football team prioritized team bonding this year while they also focused on the field.

"We all get to hang out before games and become closer before we go out and play, because there's no such thing as a team if you aren't bonded," Joseph Ursetta '23 said.

The team had a losing season overall with a record of 2-8. The winning games were the first and last of the season.

"I feel like the [Castle View] vs. [Douglas County] loss really brought us closer together. It's our main rivalry and we didn't do as good as we wanted to, which sucked. I think it improved our work ethic as a team and led us to win the last game," Ryder Smith '24 said.

To help with bonding in the preseason, the varsity team went to Pueblo, Colorado for a camp and trained.

"When it comes to the team, I think we have a pretty good relationship. With our trip down to Pueblo over the summer, we all got a really good chance to bond and I feel like that was really good for our team," Nathaniel Schmidt '23 said.

Members of the team feel as though the bonding experience has brought them closer together.

"We're definitely more of a brotherhood than anything. We're all really good friends and very close; it's like we're all brothers," Ursetta said.

written by j. penrod

We're definitely more of a brotherhood than anything. We're all brothers." *joe ursetta '23*



PHOTO BY MACY KEY



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CAPTAINS COLORS: Team player and captain Joseph Ursetta '23 encourages and displays teamwork and spirit on and off the field. Ursetta was a running back and ran for multiple touchdowns throughout the season. "Anytime there's a good outcome or a good play, I always make sure to let the rest of the team know and let them see how we can do better and improve off of that," Ursetta said. AGAINST THE ODDS: The season was not expected by both students and players of the team. Through those eight losses, teamwork and friendship prevailed. "Our losing streak really showed everyone's true colors and how we all stayed together and stayed supportive throughout those losses," Ursetta said. NO "I" IN TEAM: When it comes to team building and team spirit, the team thrives on that positive family-like energy. The varsity football

team prioritized team bonding. "I think it really helps having a good bond; it really builds brotherhood and it makes it feel like a family when we go out and play. The team barbecue at the beginning of the year and Back the Cats are probably the most fun and all the team is always there," Nathaniel Schmidt '23 said. HUSTLE WITH HEART: The varsity football team made efforts to become closer as a team this year. The season started in August and the first game took place on Aug. 26. "When Audrey and Colton passed, our team really came together and became more like a family and all of us really started to support each other early on in the year before really knowing some of the teammates. I think the harshness of it, along with a pretty bad losing streak, really had our team close with each other this year," Cole Stanley '23 said.



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"I help and bring energy to the team. When my teammates are struggling I help them," Eli Nanninga '23 said.



PHOTO BY KATHERINE MCKENNA

"We played Boulder and beat them. The only reason we beat them was we had the whole team giving 100%. We have never been closer as a team," Seth Harris '24 said.



PHOTO BY KATHERINE MCKENNA

"I contribute leadership to the team this season. I want to focus on being a leader," Owen Clarke '23 said.

all in this together

EACH PLAYER BRINGS A NEW QUALITY TO THE TEAM