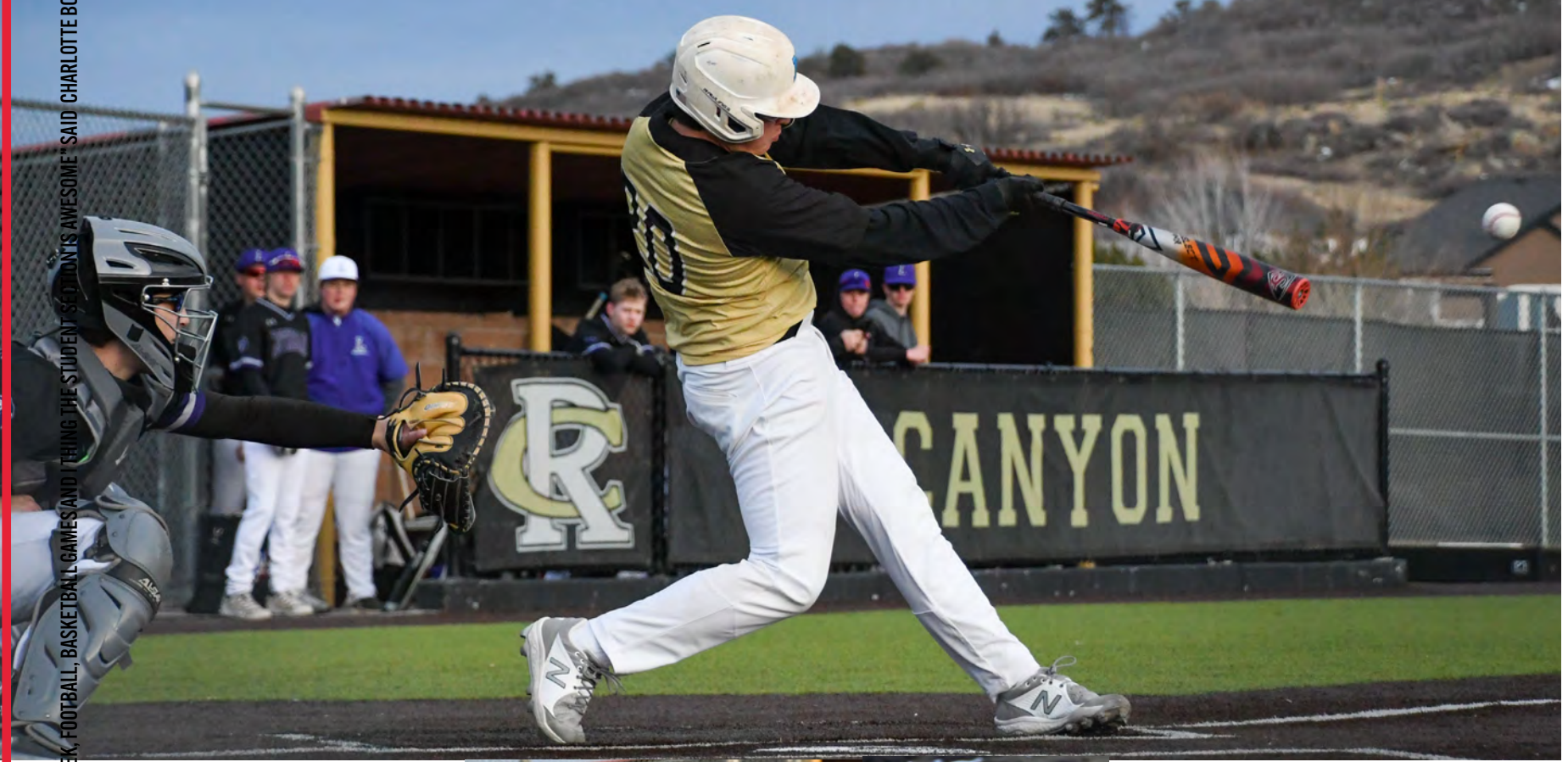


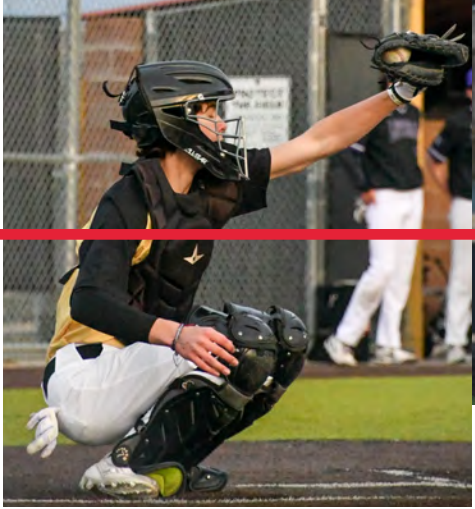
“I LOVE ALL THE SCHOOL EVENTS THAT WE DO LIKE WISH WEEK, FOOTBALL, BASKETBALL GAMES AND TRYING THE STUDENT SOUVENIRS AWESOME” SAID CHARLOTTE BOWEN '23

POWERFUL STRIKING PERFORMANCES

spring sports jump into full swing



FOUR THE TIE
Four hole junior varsity batter David Brabb '24 swings at a pitch from a Lutheran pitcher at home field, March 10. Winds blew at 11 miles per hour making the 51 degree temperature feel cooler. “My favorite part about playing at Rock Canyon is the brotherhood and friendship you gain,” Kaden Montz '25 said. “You will never find a better relationship doing anything else rather than playing baseball.”
photo by: a. gustafson



CATCHER CRAZE
Catcher Will Wendeborn '25 traps a pitch with in his mitt at the home field March 10. Junior varsity pitcher can throw a pitch from side arm at 80 miles per hour. “When I'm catching I'm really focused on calling the right pitches and controlling the game,” Wendeborn said. “My favorite part about catching is always getting the ball and being a part of every play in the game.”
photo by: a. gustafson

PITCHING PRETTY
At the home turf pitcher Andrew Goedeker '24 throws a change up at a Lutheran High School batter March 10. He pitched at the Canyon v. Lutheran scrimmage as a part of the four pitcher starting rotation and threw for three innings. “I think about anything that helps me calm down and I want to strike out every hitter,” Goedeker said. “My favorite part about pitching is that you are involved with every pitch and you don't stand around like other fielders.”
photo by: a. gustafson

4-4
tie in a scrimmage against Lutheran high school

STICKIN' IT

lax to the max, junior varsity practices



TOGETHER ON THE TURF
Emmy Rosenmeyer '26 reaches for a ball at practice on the turf March 24. Junior varsity incorporated a “star drill” in order to further advance catching skills. “My favorite thing about lacrosse is the people and the environment of each practices,” Rosenmeyer said. “I enjoy how everyone gets along and how fun it is.”
photo by: a. gustafson

FIELD FRIENDS
Morgan Wright '26 prepares to catch a ball during a star drill at junior varsity practice on the turf March 24. Faced during the practice were winds, occasional sun and overcast skies. “My favorite part about playing lacrosse is the friendships I make throughout the year and the bonds that my team makes,” Gabby Alvarado '25 said.
photo by: a. gustafson

“As much as I love playing, I love getting to see all my friends at practice and being able to spent a bit of time with them.”
- Savannah Nelson '24



STRENGTH AND STRIDES

track & field found fun at friday practice



RILEY RUNS
Ben Riley '23 engages in strides to warm up before the race the following day on the track March 24. Riley runs the 800 meter in meets. “It's a fun race. It's painful. You have to get off fast, push fast but it's worth it,” Riley said. “I want to know that I pushed my hardest and have no regrets.”
photo by: a. gustafson



HANDING IT OFF
Jordan Goodman '23 hands off the baton to Bella Oakes '24 at the track March 24. Friday practice lasted half an hour. “My favorite part of relays is right before when we all are in the staging area and we can all talk and relax right before we go into our separate sports,” Paige Behrens '23 said.
photo by: a. gustafson



THROWING TOGETHER
James Stevens '24 shows a fellow shot putter better perfect his form March 24. The shot ball weighs 12 pounds and in competition, Stevens has achieved 36 feet and 10 inches in distance. “I'm one of the people on the team that is better at shot put so I feel an obligation to help people on the team that can use it,” Stevens said.
photo by: a. gustafson

NET TODAY Y'ALL

boys varsity volleyball meets arapahoe high school on the court



HIGH FIVES HIT
Bentley Glauser '25 high-fives Arapahoe varsity volleyball players March 2. After losing the first two sets, Arapahoe won the third set 27-29. “I made seven serves in a row, it was really nice,” Chase Carland '26 said. “I haven't played in a while and it was definitely really fun to play in a game,” Carland said.
photo by: a. gustafson



BOUND TO BLOCK
Eric Halvas '23 and Kyle Dunker '25 jump to block a ball coming from the Arapahoe High School offence in the Jungle March 2. As the first game of the season, the competition between Rock Canyon and a school within the top five in state resulted in a loss. “[My favorite part was] probably that ending where the entire team started playing together and really showed what we're made of,” Dunker said.
by: a. gustafson

HARD HITTING
Kaiden Carland '24 swings at the ball in a game against Arapahoe March 3. The team was forced to play without their main setter because of an ankle injury and they were missing an additional three players. “Whenever we have energy and work together, like that 1st set where were all screaming and cheering for each other, everybody just played at their top game and nobody was making mistakes, it was great,” Carland said.
photo by: a. gustafson

'cold clubbin'

girls volleyball starts their season with a bang second



GOING FOR GREEN
Claudia Llado '24 aims her tee shot at the green of a par three at Lone Tree Golf Course March 6. The girls golf team faced temperatures between mid 30s and mid 40s. “It was great playing with the team but it was really cold and all of our hands were frozen but in was fun,” Llado said.
photo by: a. gustafson

1 “My favorite park of golf is how genuinely relaxing it is. Yes there is stress, but it can be so relaxing and just fun when you are playing with a good group of girls. My favorite memory would have to be the chilly chili tournament. It is brutal but it's just something I look forward to every year and I don't ever regret it,” Lexi Sanderson '24 said.

2 “I think just being outside and being able to play with friends and getting better [is my favorite part]. I think my long games is honestly my favorite thing right now. I definitely need to improve on the short game but I think we all do,” Lexi Rufenacht '24 said.

3 “[My favorite part is] just hanging out with everyone and the social part of it. My driver is pretty good. At Glenmore hole number nine, I had my first birdie there. It felt pretty good,” Akyra Kikumoto '26 said.