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Football players worked hard at practices to prepare for upcoming games. The work payed off when Coach Paul May's A team made it to districts at the end of the season.

the ball in hand. This was during a games against Mountain Ridge Middle School. 2. Running from another player, Logan Oberheu, 08, holds the ball while being chased by an opponent. He starts to head to the end zone for a point. 3. Excited to score a point, Jay Mielke, 07, finishes strong by running with no one on his tail to the end zone for the point to win the game. 4. Dodging a player, Derek Le, 07, keeps hold of the ball to make it to the end zone for the point. 5. Running with an opponent on his tail, Jameson Hamm, 07, runs towards the end zone. "It was stressful going to practice every day after school. It was harder to complete homework," Hamm said. 6. Quarterback of 8th grade A/Bteam, Colton Lien, 08, is preparing to throw. While chased by an opponent, he made the quick decision throw to a teammate. 7. Running down field, Derek Zebroski, 07, grabs the ball from another player and runs to the end zone for the point. 8. Sprinting downfield, Isabella Maxwell, 07, catches the ball. She plays hard with the B team. "Don't mess up, Mr. Murrell will make you run," Maxwell said.

















you said

"I like volleyball because the people were fun to talk to." Alexis Coffield, 08

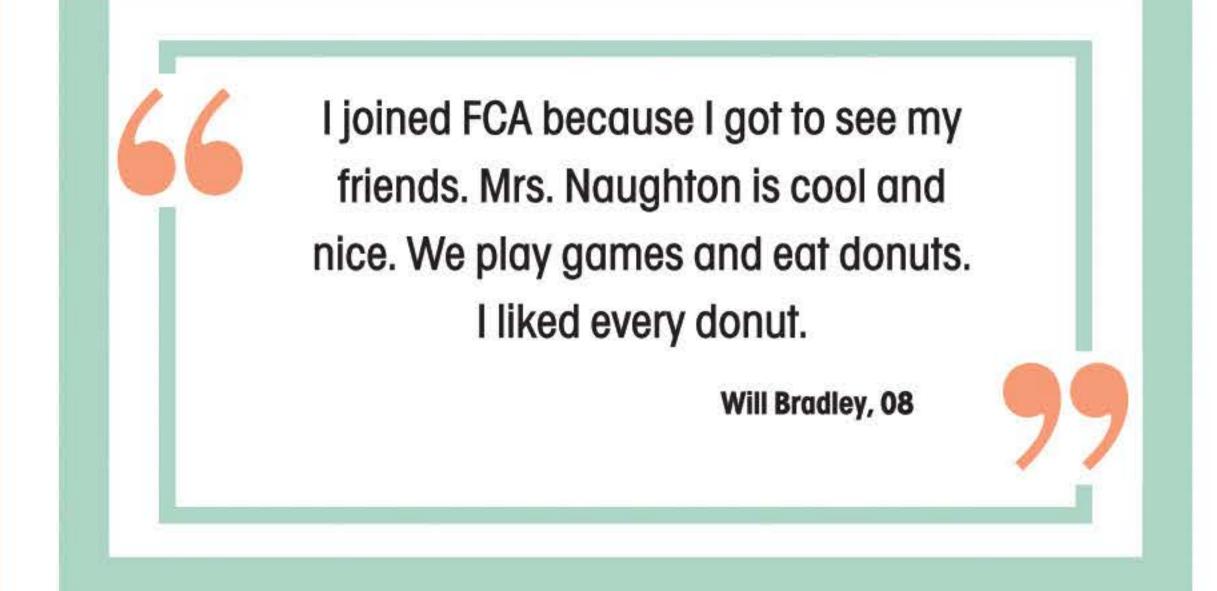
"It's fun to be with my friends and I love the sport in general. And, I joined because I wanted to try something new, and I ended up loving it."

Avery Stillman, 08

"It was really fun because I got to be on a team with all of my friends."

Hailey Grant, 08

"I liked volleyball because I made new friends and had something to do." Ceili Kimmitt, 08





7th Grade girl's volleyball players put what they've learned to the test.



Preparing to serve, Miranda Sherrill, 07, lines up during the home game. Her teammates get ready to return the ball.



Demri Lassen, 07, focuses on practicing bumping the ball before a game. She warms up with the rest of her team, spread out around the gym.



As Bryn Witty, 07, warms up before the game, a crowd fills up the stands. "Finding time to do things after school was hard because volleyball was every day," Witty said.

THE FUN IN THE RUN



Jogging along the track, Alex Eckert, 08, approaches the finish cross country line as parents watch. He finished the race strong.



Will Bradley, 08, is running with other members, "It was torture running two miles in the heat while your muscles are aching," Bradley said.



Before a cross country meet, runners are gathering on a hill before the event. They relax in the shade before it's time to run in the heat.