

UNDER PRESSURE When going up to bat, there are a lot of components softball players have to think about. "I typically only focus on certain aspects, such as what pitch I'm looking for on a 0,0 count and also to keep my hips and elbow connected through contact," Isabelle Becker said. Knowing what pitch is coming up helps players get on base more often. *Photo by P. Michlig*



let's get fired up

Varsity softball brings the energy of every game in the dugout.

COMEBACK SEASON Addison Krei celebrates after getting on base. The varsity softball team went to playoffs again this year, and made it to the final eight. "My favorite part was winning our first game. We fell behind a little bit in the beginning, but then we picked it back up and had a really cool comeback," Krei said. They won the first game against Broomfield 15-8. *Photo by A. K. Larson*

As the momentum of the game built up, a softball flew off a bat causing chants and cheers to ripple through the dugout. The heart of the varsity softball team will forever be the dugout. "It's like your home, where you go to collect yourself from how you just played or fielded," Sade Davis said. During every game, the girls would gather along the rail of the dugout and cheer on their teammates.

under pressure at bat. "Hearing them cheer that from the dugout made me smile and helped decrease the pressure. It made me realize that I don't have to be stressed because they're there for me," Steiner said.

Every cheer was unique to whoever was at bat. Some used their nickname or number, and others were more general. "One of the cheers they did for me when I was up to bat was 'Jiggy J', because that was my nickname," Jocelyn Steiner said. The cheers helped bring momentum in the game, sometimes even causing the team to get on a hitting streak. "The more times we've won, the more energy we've had in the dugout because it means we're also in a better mood which helps you play better," Davis said. Simply hearing the motivation from the team acted as a big boost when

One of the team's goals this season was to find joy in others' successes. They did that by rallying for their teammates, and having fun at every game, without taking it too serious. "Even if you're not feeling great or super excited or playing great, you can just kind of create that environment and energy on your own and then eventually it will come," Coach Caley Mitchell said.

However, the dugout was more than a place to cheer people on. It was also the space to talk strategy about the next inning and shifts they needed to make, like who was fielding or the batting lineup. "In between innings we all talk about, hey, this pitcher is throwing this pitch, let's make sure we're adjusting to that," Davis said. The dugout played a big role in their success this year.



A FRESH START Tayah Burton sprints between second and third base. Playing for varsity as a freshman was a different experience for her than the travel teams she was used to. "The pitching is different because when you get to high school, you're playing with people much older than you and not just with people your age. So it is a little harder to get on base." *Photo by A. K. Larson*

FOREVER FAMILY A key part to having a tight-knit bond on a team is to have strong team chemistry. For the varsity softball team, that meant bonding through their psychology corners, of being family both on and off the field. "This year, we did a really good job at capitalizing everybody's good qualities and so we had a lot of fun with each other," Kennedy Brian said. *Photo by A. K. Larson*

KNOW YOUR STRENGTH Having a supportive team to train with increases performance and passion for the sport. "Having all of your teammates in one space helping each other and pushing each other is most valuable," Mallori Gardner said. Gardner has support all around her when in the weight room. *Photo by A. Flores*



lifting your ambitions

Students take part in the weights classes that correspond with the sport they are in.

SETTING THE RECORD A large goal of the football weights class is to push yourself and others with numerous personal records of lifting. "The work that you put in while no one is watching is most important and there is an opportunity to get better," Jack Sieve said. His hard work awarded him with his individual spot in the 1000 Pound Club with the highest class lifting record. *Photo by D. Doellefeld*



FOR A REASON As the day comes to an end, Braden Anderson spends it in weights room with the rest of the baseball team. "Everything that we put into weights is beneficial from the weight's side, conditioning, stretching and free time we have to hangout as a team," Anderson said. Being productive during this class is beneficial for the teams success in the upcoming season. *Photo by A. Flores*



BODY GOALS Early morning B-days for the Cheer girls means starting off the day with weight training. Kyndal Upson remembers the importance that weight classes have toward the sport. "If you want to have a good outcome, it is important to take care of your body," Upson said. Returning to weights maintains good health for these girls. *Photo by H. Nederveld*



NEXT LEVEL

GAME ON E-sports is an overlooked game that comes with years of practice and strength in numbers. "I grew up playing video games so it's nice to have a space to do it with others," Elijah Wynn said. They spent so much time together mastering what they love most. *Photo by M. Barnett*

THE FINAL THROW

Varsity Football makes it into the playoffs against Chatfield.



FINAL COUNTDOWN As he stands with his team right before the end of the game, Logan Farnand takes it all in. "It was tough looking at the score, especially being a senior and it being my last game but it was harder seeing my teammates after the game that I won't get to play with next year," Farnand said. He watched as the game ended and took in the last moments being with his teammates. *Photo by E. Roberts*

PLAY MAKER the last games follow with last seasons for some players. Nathan Granadino stands with the ball in his hand ready to start the play. "The most memorable part is the friendships I built with my teammates," Granadino said. He was able to successfully make the play with his team for his last season. *Photo by E. Roberts*



CONNECT four

"I really like to cook especially a French soup called Coco Vaughn"
harper forestieri

"I prefer to bake because the ending is a lot better and I love sweets."
lilyana haynes

"I went to Fiji for fall break and we snorkled."
lilyana haynes

"I went to Hawaii and surfed and chillaxed."
matthew lepken

"I don't like spiders they are creepy."
matthew lepken

"Insects are just small and they don't bother me as long as they're not on me."
hailey polson