

GO FOR THE WIN

Karina Madinger (9) walks through her athletic career, switching from jiu jitsu to wrestling and continues to wrestle at the national level

interview by brielle wach



Q: When did you start wrestling?

A: "When I was about seven years old, I got into jiu jitsu because of my mom. I stopped doing jiu jitsu because I wasn't enjoying it very much, but started wrestling in sixth grade and have been wrestling for school and clubs ever since then."

Q: Why did you choose to wrestle?

A: "I got to learn self-defense and it's been really fun. It's been a really big part of my life so far and is useful to know."

Q: What are some of your best accomplishments in your wrestling career?

A: "I won districts two years in a row in middle school. I have qualified and gone to state every year since 2021. I also got invited to wrestle for the Colorado team going to a world tournament in 2025."

Q: How do you walk into tournaments ready to win?

A: "I go in knowing that this is meant to be fun, I know I should go out there and do what I love. Even with that mindset, I usually get really nervous before tournaments so I find some kind of corner or empty space to listen to music and sit there to think and get warmed up and that has worked for me for the last several years."

GO INDOORS

Remy Nadeau (9) spends his winter playing in an indoor soccer league with his club team

story by tobias athen-ton-wood

Playing indoor soccer is an opportunity for high school soccer players to continue working on their craft after the fall season, one that **Remy Nadeau (9)** has taken advantage of. "You know, it lets me maintain my soccer skills and it always helps just being able to play," Nadeau said. On top of soccer, he also plays in the school's basketball program. Juggling the two hasn't posed much of a challenge, though. "It isn't really a struggle. Sometimes I'll have games on the same days, but I've never had problems with it," Nadeau said. Indoor soccer has also served as an outlet for more demanding sports. No practices, Saturday games only, and differences in the rules make it a more interesting and relaxing experience. "Being able to use walls and have the ball stay in more is fun. It can be fun to fight over the ball against the wall," Nadeau said. Due to the nature of the sport, Nadeau can always rely on indoor soccer to be fun and enjoyable.



JACOBY CANTU
MATTHEW CARRION
LEONARDO CARVALLO-VELASQUEZ
YESENIA CHAVARRIA CARDOZA



MARIA CHRISTOPHER
BENJAMIN CHUENCHIT
MELISSA CLEMENTE ROJAS
BODHI COLLINS



JOSEPH CONTRERAS-GUTIERREZ
JAKE HYU COPPO
JOSE CORCHADO
DAVID CORNELIO-CHAVEZ



JAKOBE CORONADO-SMITH
CHARLES COYLE
CASEY CRAWFORD
SANTIAGO CRESPO BARRON



SAGE CRISMAN
RAFAEL CRUZ PACHECO
MAKAYLA CURFMAN
MATTHEW DALEY



ASHTON DEBIE
IVAN DE LA CRUZ
SEBASTIAN DE LA CRUZ MITMA
DERECK DELANGEL CASTELLANOS



SARA DELKER
MATEO DOWNING
TYJEAN EBERHARD
CHARLIE EDSON



CHLOE EDWARDS
KAITLYN ELMENDORF
LEXI ERRINGTON
ALEXA ESQUIVEL ZAVALA



ETHAN FALCONER
AIDAN FEHLBERG
TAYLOR FISHER
EMANUEL FLORES PEREZ
ANALIDIA FLORES TOCA
LIAM FORSYTHE
JAYDEN FOX-WILLIAMS
COLE FREDERICKS



JACK FRENCH
TY GADDIS
SANTIAGO GALAVIZ-MATA
ANNIKA GALLAHER
LAYNA GALLOWAY
KEVEN GALVAN VAZQUEZ
ANGELA GANDARA QUIROZ
CHRISTIAN GARCIA



DESMOND GARCIA
JAYDEN GARCIA
JULIAN GARCIA
ASHTON GASIOROWSKI
MAKENZIE GAYDOS
JOHN GEPHART
ANDREW GEWORSKY
LAYNE GEWORSKY



DOMINIC GHIGLIA
ELSIE GILL
LAYLA GOAD
JOVAN GONZALEZ
JOAQUIN GONZALEZ-GARCIA
ERICK GONZALEZ MOSQUEDA
BREITS GONZALO PALOMINO
DALIN GORDY



EVER GORTON
MICHELLE GRANADOS ROSALEZ
ALEXIA GRANILLO
DONOVAN GRAY
RYLIE GRIFFITH
ABIGAIL GRONBERG
CLYDE GULIZIA
OSCAR GUTIERREZ HERNANDEZ



HENRY HANNAH
NIKOLAI HANSEN
CADEN HATTON-FRENZEN
LINCOLN HEIN
AVA HEINBUCH
ROWAN HEITER
AVIENNE HEM
KALLAHAN HENNE



BENJAMIN HERNANDEZ
YARETTI HERNANDEZ ORTIZ
KANE HERVEY
MORGAN HINDS
EDEN HOLMES
GRACE HOLMQUIST
ADAM HOLWICK
ELEANOR HONG



ALYSSA HOWARD
BRYCE HOWARD
LILY HUNT
JISELLE JENSEN
MALIA JIRON
OLIVIA JOHNSTON-REEVES
RYAN JONES
VICENTE JUAREZ



What do you do for lunch each day?

"I usually sit in classrooms just to hang out with my friends during lunch."
JOSEPH CONTRERAS-GUTIERREZ (9)

"I go out for lunch or take a walk with my friends."
REYANA SCOTT (9)

"I go walk somewhere for lunch. I go over to Wing Shack and the taco place."
JAYDEN FOX-WILLIAMS (9)

"I have lunch with my friends and we usually stay here at the school."
CASEY CRAWFORD (9)

"I usually just sit in the commons and eat lunch with all my friends."
DOMINIC MEDINA (9)



How is Drivers Ed going?

"Drivers ed was easy, my favorite part was getting my permit in August."
NICHOLAS KOBZA (9)

"I'm in drivers ed right now and my favorite part is going to McDonald's at lunch."
ROWAN HEITER (9)

"I want to do drivers ed in person and I'm just excited to be able to drive in general."
CLARA BELLAMY (9)

"I did drivers ed in person. I liked the worksheets we did but I didn't like all the videos."
TAYA ALTON (9)

"I did driver ed person during the summer. My favorite part was lunch and least favorite was the test."
CALEB PHELAN (9)