

# TEAM TRADITIONS

## PRE-RACE RITUALS STAND THE TEST OF TIME

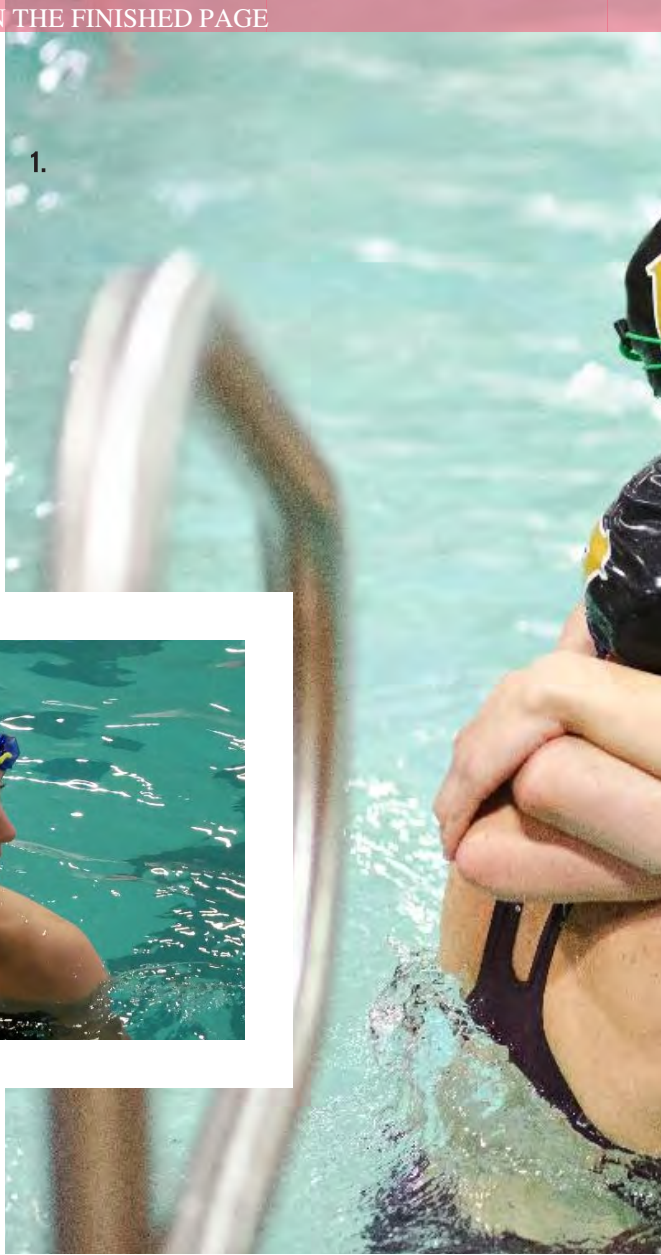
Photo courtesy of Adele Humphries



"Before any meet, all of the girls go into the locker room and sing "Lean on Me" together! It's one of my favorite traditions because it really brings together the team spirit and it's so so much fun! We have a chant before any meet in which the seniors are in the middle, with the freshman, sophomores and juniors surrounding them in a circle with all of us linking arms."

**SARAH DONOHUE, 11**

- 1. EMBRACING THEIR TEAMMATES, KEANNA DEVLIN, 12, AND LUCY WELDON, 12,** celebrate in the cool down lane after qualifying for state. As team captains, both Weldon and Devlin served as mentors to those around them by demonstrating how hard work could pay off during the season. "With everything we do, if the team wasn't there, I wouldn't be there," Weldon said. Photo courtesy of Adele Humphries.
- 2. LOOKING BACK AT HER COACHES, HADLEY VANDEBURG, 09,** catches her breath at the wall after finishing her race. VanDeburg specialized in training for the 200 and 500 meter freestyle events. "I think being a distance swimmer is really fun. Even though practices can be a little longer, it's fun to give high fives to teammates after a long set and feel accomplished for finishing," VanDeburg said. Photo by J. Lucero.



- 3. REACHING OUT OF THE WATER, AFTON THOMPSON, 12,** swims the 100 meter butterfly. Thompson had swam on the swim and dive team for four years. "Butterfly is definitely one of the harder strokes in swimming, but it is also one of the most rewarding. I love the accomplished feeling I get after swimming a hard race and finishing to the sound of all my friends and teammates cheering me on," Thompson said. Photo courtesy of Adele Humphries.
- 4. WRAPPING HER ARMS AROUND HER FRIENDS, EVIE HUMPHRIES, 11,** accepts the support of her team after achieving a time drop in the 100 meter Freestyle. Throughout her three seasons on the varisty team, Humphries learned that the key to a great swim was a great attitude. "Constantly thinking negatively will only induce negative outcomes. Thinking positively will always help me improve versus worrying about if I'm going to swim well. I convince myself that I am going to swim the way I want to," Humphries said. Photo courtesy of Adele Humphries.
- 5. CHATTING ON THE POOL DECK, HALLE TRAVIS, 12,** prepares to perform a dive. The senior girls dive captain qualified for the state competition two years in a row. "My team constantly lifts me up and pushes me to do my best each and every day," Travis said. Photo courtesy of Adele Humphries.



# WHAT'S IN YOUR BAG? SWIMMERS SHARE THEIR SWIM MEET ESSENTIALS



Photos by J. Lucero

**KATE-HAYDEN STICKLEY, 12**  
"Some essentials would be practice suits, cap, goggles, warm clothes, parka, at least one towel and snacks."

**ELLERY SPARKS, 10**  
"I always have my Aquaphor, fuzzy socks, and shampoo and conditioner."





## SETTING THE SCORE THE SCORING SYSTEM OF DIVE EXPLAINED

- 0 - Failed Dive
- 0.5 - 2 - Unsatisfactory
- 2.5 - 4.5 - Deficient
- 5 - 6.5 - Satisfactory
- 7 - 8 - Good
- 8.5 - 9.5 - Very Good
- 10 - Excellent

### STUDENT BREAKDOWN:

"Most average score we get is around a 6.5 and the score we get most often is a 5.5"

**RILEY GRAY, 10**

# SPIRIT OF A WARRIOR

BY JAELYN LUCERO, ISABEL MUDD, AND AVA SMITH

## THE GIRLS SWIM AND DIVE TEAM PROVES THE IMPORTANCE OF TEAM SPIRIT

Swim and dive was an individual focused sport, with the success of the meet reliant on what each individual swimmer accomplished.

Still, some of the most important moments of the season for the girls swim and dive team were spent amongst teammates in and outside the water. "I think when you have a whole team behind you, it makes you want to do better," Lucy Weldon, 12, said. As one of the team captains, Weldon was part of an effort to promote team bonding.

"Team environment is something we really worked on this year. I feel like this is one of the closest teams I have been on. There are no cliques between grades or JV - Varsity, we are all one team and I love it." Halle Travis, 12, said. The diverse set of talent on the team made the season

unique in the opinion of the captains. "There's just a lot of people with different levels of experience that can help guide me through things and encourage me," Weldon said. In such a large group of girls, one might assume it's best to stay in your own lane, but the team defied this expectation by prioritizing building strong bonds between teammates, and making everyone feel a part of something bigger than themselves. "It's important for us to feel like we are a whole team. With everything we do, if the team wasn't there, I wouldn't be there." After a rigorous season, hard work and a focus on team connection led the varsity swim and dive team to A-League competitions.



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