

stronger than EVER

Written by Faith Boyles

BACK AFTER A LONG ROAD TO RECOVERY

Level 7 gymnast, Kiera McConnell (8), broke her ankle in an unfortunate incident in gym class, Aug. 21. She has been doing gymnastics for 9 years and now has to heal for three and a half months. "I told myself that I was gonna get back to where I was and that I had all of my skills I just had to be there mentally and then I could do it," McConnell said. Kiera has been trying to not only get back to where she was with her skills but also improve them. "I want to get the skills back that I had before I was injured, I want to improve my skills a lot and just

get better," McConnell said. McConnell wants to continue to stick with gymnastics in the future. "I want to stay with it for a while longer," McConnell said. Although the injury was hard for McConnell's mental health she was able to cope with it and come back better than ever. "It was really hard because I could not do one of my favorite things, there were definitely days were I was really sad but it was okay and I got through it. Being able to still go to gymnastics and see my friends was really helpful and just being able to talk to my family," McConnell said.

Photo by Mrs. McConnell



1. GETTING BACK TO DOING WHAT I LOVE Kiera McConnell (8) broke her ankle during PE and was unable to do gymnastics. This was very hard for McConnell seeing as she commits herself to it almost everyday. "It was really hard to not be able to do one of my favorite things but I would go and hang out with everyone and condition so that I was able to **2. BACK IN THE GAME AGAIN** Makena Rebel (8) struggled with an ankle injury while playing school volleyball against rocky heights. Rebel had to sit on the side lines and watch her team play without her while she sat through her ankle pain. "I wanted to play for my team and win and I was really sad that I could not play and while I was watching I was mostly just focused on the pain," Rebel said. **3. I HAVE A DREAM** Kyra McDonald (8) protests at the Martin Luther King Jr. assembly, to represent what so many people did to get their freedom, Feb. 21. While in the assembly students learned about Martin Luther King Jr. journey through life and the numerous events that changed segregation," said McDonald. **4. VOTE NOW** Darrick Edwards (8) went to the Martin Luther King assembly and had a bunch of fun singing and clapping along, Feb. 21. During one of the songs he got to hold a sign and walk around with it. "I liked carrying the signs around and singing along with the people," Edwards said.



pursue your DREAMS

Written by Havana Vander Pol

STAY STRONG, WORK HARD, AND DREAM BIG

Ryder Gibson (8) wrestles inside and outside of school. He has been wrestling for 3 years. His dad inspired him to do wrestling 3 years ago since he did wrestling in high school, and Gibson has loved wrestling ever since. His favorite part of wrestling is the adrenaline he gets from matches. One of the worst parts of wrestling is the

nerves. Gibson says there is a lot of pressure during wrestling but he will always love it. Gibson wrestles with his friends outside of school which is also why he loves it so much. Gibson did wrestling this season and was one of the top wrestlers for our school. "No one remembers second place," Gibson said.



set for VICTORY

Written by Lily Stone

THE PERFECT SET

Spikes U14 2 player, Ezra McGinnis (8), sets the ball in a game. She plays the setter position for her team. McGinnis has been playing volleyball since third grade. "It's a fun team sport where every player has different skill sets that contribute to the teams performance and success," McGinnis said. On Mar. 9-11 her team played at the Crossroads tournament at the Convention Center. There were teams from all over the country that they played against. Out of 65 teams her team got 9th place. "I liked

being able to experience such a big tournament and playing new teams," McGinnis said. Many students from this school also play for Spikes. Some also play on the same team as McGinnis. "She is very competitive and nice and a good setter," Alice Weiss (8) said. McGinnis wants to continue playing volleyball throughout high school and even into college. "I like how you get work with a team and be part of something and be able to meet new people," McGinnis said.

Photo by Mrs. McGinnis



never give UP

IT'S ALWAYS A
CHALLENGE
BEFORE IT'S NOT

Written by
Havana Vander Pol

Jude Sherbert had an injury while playing flag football. Jude fractured his wrist while in a game. "Hurting my wrist in a game was hard, but I got over it," Jude said. While recovering Jude played flag football on A team at the district championships. Jude scored two touchdowns even with a fractured wrist. Jude had a difficult time with his wrist but it was all okay in the end. "The recovery was a struggle but it was worth it," Jude said. Now, Jude is fully recovered and back to playing his normal sports. "I think the comeback is always better than the injury," Jude said.

Photo by Jacob Giacomin

Football, Gymnastics,
Volleyball, Wrestling