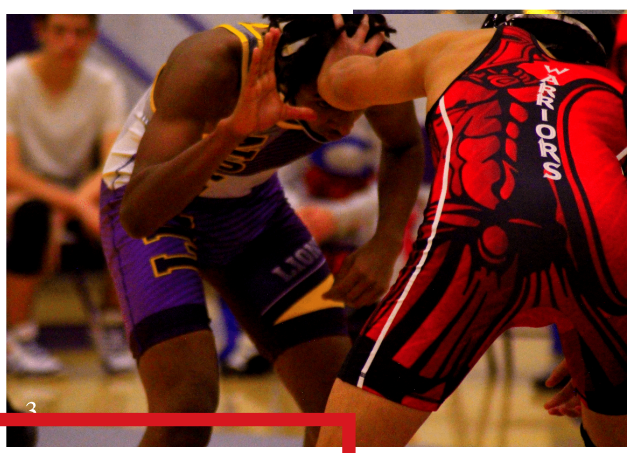


3. back it up Gasim Mohamed Osman

(12) charges his opponent with all his might as the timer runs short and emotions run high. "I've also gotten tougher mentally.

Through the practices and competition I've learned to deal with failure, exhaustion, and fatigue," said Mohamed Osman.

photo by cooper griggs



2. the take down

Ethan Castillo (12) struggles to get the upper hand as he feels the pressure from his opponent and the crowd. He was able to flip his opponent over for the pin just in time. "It's really rewarding to hear the crowd cheer for me," said Castillo.

photo by cooper griggs

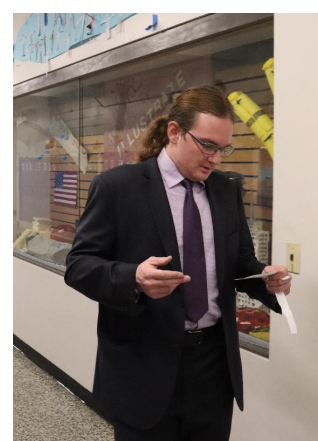


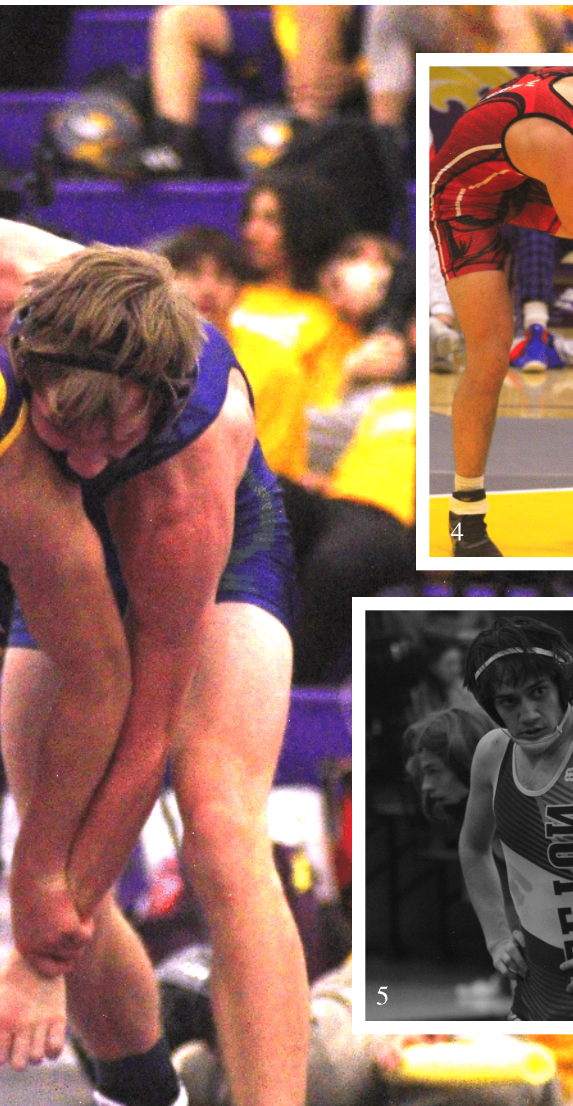
1. grapple up Luke Suro (12) prepares to take down the opponent in the ring. The crowd cheered as he showed his immense skill in the sport and successfully won his match. "You have to have complete confidence in yourself as a wrestler to compete at your best, and when you're at the highest level you need to perform at your greatest," said Suro. photo courtesy aron leon

arguably the best

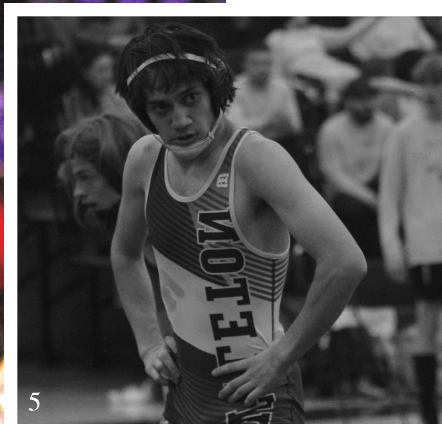
With charming smiles, the Littleton Speech and Debate team prepare for their events. The tournament was a big deal for Littleton to be hosting, and many schools participated. An incredible moment occurred during lunch when all at once, people stood and gathered in the middle of the cafeteria as music started. Littleton Speech and Debate members, plus Mr. Saliman led the flash mob of the electric slide, as more and more people joined in from other schools. "We weren't sure if it would work out, but it did, and we were so happy people joined in," said Frederick Denman (12).

littleton hosts a big speech and debate tournament





4. wrestling to the ground
Aron Leon (12) grapples with his competition in this enthralling bout. "The most gratifying part of my sport has to be the fact that I walk into the wrestling room every day to endure some of the most mentally and physically challenging practices so that I can see it pay off out there on the mat," said Aron. *photo by kooper griggs*



5. passion and focus Ethan Castillo (12) hones in his attention to his opponent with hot blood pumping in his veins. Adrenaline high, he prepares to step in the ring wearing an intimidating stare. "There's a constant pressure to succeed and that brings stress but it also brings a level of pride and excitement to stepping on the mat and giving your all," said Castillo. *photo by kooper griggs*

who's the king?

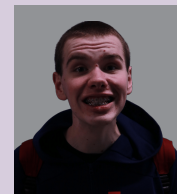
His wrestling had a midseason match up

Everyone wants glory, but nobody wants to work for it. Very rarely do we see anyone embrace the adversity that will shape them through their sacrifices. No one is more familiar with the sacrifices glory in sports demands than student-athletes. "I'm in the IB Program and the amount of work I do there could take all my time. But I do my schoolwork after doing two hard practices," said Luke Suro (12). Fellow wrestlers Hunter Hansen (11) and David Cruz (11) describe the demanding mentality required to be successful in wrestling, "I prepare for wrestling through rigorous training, focusing on technique and conditioning. To handle stress and intensity, I practice mental resilience, deep

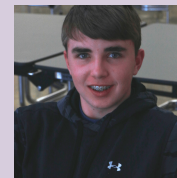
breathing, and visualization to stay focused and composed during matches," said Cruz. Hansen describes how wrestling has changed him for the better, "I've gained friends, strength, skill, strong mental game, but most importantly I've changed completely as a person to a person I would have never expected myself to be. It made me want to keep pushing." These mindsets were put to the test when the boys JV and Varsity locked in to wrestle high-energy, high-intensity matches against Denver North and Standley Lake. Thanks to their physical and mental training, the team was able to wrestle clutch matches to make their coaches proud. At the end of the night, they had won the test of endurance.

& they say

what kind of animal would you be?



Kieran Kelly-Marx (10)
"Tardigrades are able to survive a lot stuff. Even a bit of space."



Landon Bushart (09)
"Probably a Jaguar because they're my favorite animal."



Kairi Glamias (11)
"A house cat so I could lay around all day and sleep."

PPR
opening
& then some

page by nicholas, bellapianta, denman, griggs

