

# CHAMPIONS of the trail



**TAKING IT IN** For the girls basketball team, a typical post-game consisted of a short debrief with their coach in the locker room before packing up and heading out. At the elite eight game, it was different. "It's the first time CT has been that far with the girls. It was very special to us so we were just enjoying the moment," Delainey Miller said. They took the time to celebrate their victory over Mullen together before advancing to the final four. *Photo by E. Roberts*

This year, the athletic community took special care to ensure that the gym walls were lined with banners and the cases were well stocked with plaques and trophies. There seemed to be a winning team every season to break old records and reach new milestones. This was kicked off early in the year with boys golf in the fall, who tied for second at state. The team can attribute some of their successes to their ability to work together in times of hardship. Even as a sophomore, Brayden Forte has made incredible strides in his golf career, but he does it best with his teammates by his side. "Golf is an individual game but we came together as a team and made it into a team sport," Forte said. Though the bonds made in the season were more important than any trophy, the boys were proud to bring home a new plaque.

A common theme for this year's athletic record was 'for the first time in CT history'. This was accomplished by the girls swim team, who sent many athletes to state. One of these athletes was Sarah Woren, who came eight in the state for both 50 and 100 free. For her, the biggest accomplishment was "just as a whole team, getting to place ninth, the highest we've ever done in CT history was really cool," Woren said. Through hard work and dedication, the girls were able to put

their team on the map.

Another monumental season came from the girls basketball team, who competed at the Denver Coliseum during the elite eight and final four competitions. They did this after being undefeated all season, besting rivals like Cherry Creek and Legend. Despite this impressive record, the girls still had to be on their toes. "I feel like we had a lot of pressure on our backs and just overcoming that and keeping our composure was also really good," Damara Allen said. Despite ultimately facing a devastating loss to Valor, the girls made CT history and impressed their peers with their skills time and time again.

A final four competition was also taken on by the boys soccer team, who continued to show out game after game. Like many other teams this year, they also gave future cougars something to look up to. As a team they accomplished so much, but captain Marcelo Ruiz was most proud of "creating a legacy for our team, putting a banner up in the gym, and being the first ones to do for the school," Ruiz said. Their efforts achieved so much more than a banner. It set a precedent for future teams and created a legacy made to last.



## ct has **BIG WINNERS**

**JADE MCDANIEL.**  
cross country

**Q** What are you the most proud of accomplishing at state?

*"We had a very freshman and sophomore based team, so it was really cool for us to get as far as we did with such a young team."*

**A**

**SOPHIA MCDONNELL.**  
poms

**Q** What is your favorite memory from competing at state?

*"As soon as we turned the corner behind the curtain, we all just lived in the moment together. It was emotional knowing that was my last time competing with everyone on the team."*

**A**

**SYDNEY COBB.**  
softball

**Q** How has your experience at state changed your outlook on highschool sports?

*"It made me appreciate multiple other people on my team because I got to know them deeper and understand how to handle the pressure."*

**A**

**CHRIS O'DONNELL.**  
boys golf

**Q** How would you describe your experience at state?

*"It was definitely competitive, but this year was a lot easier to deal with since I had a team compared to last year where only two of us qualified as an individual."*

**A**

**NO 'I' IN 'TEAM'** As state winners, the varsity cheer team had a lot to be proud of. Despite this, the girls remained humble through it all and reminded their peers what winning was all about. "I was most proud of winning state, not only for the award, but for being able to share that feeling with my team," Kate Pierson said. It was great to win, but victory wouldn't be half as sweet without a team to share it with. *Photo by E. Roberts*

**YOU GOT THIS** In sports, it's important to be a tough competitor, but what may be more important is being a tough teammate. "I was always pushing my teammates that I was wrestling with. I feel like me wrestling with them made them better and made myself better," Cooper Mathews said. The team ended up taking seventh at state, and created a legacy for future cougars to uphold. *Photo by A.K Larson.*

**SHOOT ON** Playing ball at the Denver Coliseum was a great experience for not only the girls, but for Coach Tammi Staterwright as well, except for losing their game in the Final Four. "I hated it. I'm still a little bitter so I haven't celebrated anything about the game right now," Staterwright said. The road to recovery and gaining back the skills and confidence has already started. *Photo by E. Roberts*