



ALDEN JAMES PHOTO

DEFYING
ALL ODDS

Facing many injuries, the varsity football team looks to fight through the adversity.
page 26

THE OTHER GUYS 27
Get to know some of the Upper School coaches who operate behind the scenes.

SUPPLEMENTS 28
Are protein supplements beneficial for athletes at this school?

ALBERT THIEU 29
Aspiring to attend the Air Force Academy, senior Thieu takes on grueling standards.

ABOVE THE STANDARD 31
Going on to play sports at the next level may not be so rare anymore.

ZEBRAS
AREN'T
SO DUMB

I shouldn't have said it.
You look like a stupid zebra.
After being served a *very* questionable technical foul in a *very* essential second grade, championship basketball game, my 6-year-old self thought it was wise to yell this insult at a referee.
Of course, I was kicked out of the game. But for me, it was definitely worth it.
So, yeah, referees and I go way back. And by "way back" I don't mean a sugar-sweet relationship filled with inside jokes and memories. Our relationship is more of a vengeful, out-for-blood type.

In case my highly sophisticated, zebra insult didn't make it clear, referees and I have never got along.
Their presence has always been a puzzling question to me. Yes, they have to be there to manage the game, but at the same time, I've always felt their decisions should not make or break the outcome of a contest. I could name many times a referee crushed the Cowboys' chances of winning (Dez caught it) or prevented the Mavericks from edging an opponent owing to a petty foul call.
But I still believed that a referee's calls could only alter the outcome of a game.

Not a player's character.
Watching a video of Victor Rojas and Mike Moreno, two John Jay High School football players, deliberately spearing a referee during a game, I got a feeling of déjà vu.

RISH BASU
For a reason that I couldn't wrap my head around, I knew what Rojas and Moreno felt like. I knew what it felt like to want to inflict pain on a referee. Rojas and Moreno's actions brought back memories of youth basketball and continuous insults. Memories that I certainly was not proud of.

But after watching the helpless, 50-year-old Robert Watts get blindsided repeatedly on national news, I instantly remembered my second grade championship game and what I said.
I was ashamed of myself. I couldn't believe I was capable of understanding the thought process behind Rojas and Moreno's actions. But more importantly, I was ashamed for not being more understanding.

They aren't only there to serve as administrators of a contest. They are veterans. Students of the game.
They deserve respect.
After watching the entire situation with Watts and the two football players unfold, I realized that a simple complaint to a referee could quickly turn into a vicious attack. Watts, like any other referee, teacher or parent, is a symbol of authority. Yes, at some point I grew tired of watching the video of Rojas and Moreno attacking Robert Watts on ESPN, but its effect on me hasn't changed. Every time I see it, I take a moment.
A small moment to show some respect.
A moment for the men in black and white.

QUICKHITS stories around campus in brief

• **NEW CONCUSSION TESTING**
The training staff has started a new type of concussion protocol called the King-Devick Test on the sidelines of varsity football games that measure the reading speed of athletes who have just experienced a hard hit, or whose head might hurt during a game.
Athletic trainer **Matt Hjertstedt** believes the test is effective.
"This King-Devick Test is one of the few tests that's validated for either confirming whether somebody

does or doesn't have a concussion," Hjertstedt said.
"You don't have to be medically trained to do it — so pretty much anybody can do it, including the coaches."
• **JUNIOR VARSITY SECURES WINS**
The junior varsity football and volleyball teams' seasons are winding to an end. Volleyball has three straight wins, including a grueling three-set victory over the varsity Hockaday team, while the junior varsity football team bested Trinity

Valley in a 51-7 victory.
"We weren't worried after we lost the first set to Hockaday," sophomore **Owen Berger** said. "We picked up the intensity and improved our passes in the next two sets, and in the end we were victorious."
• **MIDDLE SCHOOL SPORTS FINISH**
Coach Hayward Lee's eighth-grade football team continued their impressive season Oct. 1 with a 36-6 win over Oakridge, orchestrated by quarterback **Anthony Anderson** and wide receiver **Paxton**

Scott.
The Middle School cross country team is having a good season, with top five finishes in every meet, highlighted by a second place finish at the third Luke's Locker Invitational Oct. 8.
The team's top finishers are **Andres Arroyo** and **Luke Evangelist**, who are tied for the best times on the team with an 11:47 time in the two mile.
• **WINTER SPORTS IN PRESEASON**
Preseason for winter sports like basketball,

soccer and wrestling has begun.
Open gyms and scrimmages for soccer and basketball have been rolling since the beginning of October. Head coaches Greg Guiler and Corindo Martin have led the practices.
Junior **Rohil Rai** is excited for the season to begin.
"I think the open gyms are a great way to get the guys ready for the season," Rai said. "It gives the players a chance to show what they have before tryouts."

— Jimmy Rodriguez, Sam Sussman, Will Forbes, Mike Mahowald

in the **MOMENT** events on campus told through photos



TIM OMEARA PHOTO

HIGH FLYING During a varsity volleyball game against Oklahoma City Casady Sept. 25, senior Will Diamond and sophomore Toussaint Pegues reach for a block for the Lions. The volleyball team won the match 3-0 in the SPC counter game.

Around the corner

what you need to know in the coming week

TODAY

What JV Veterans vs. DFW Volleyball Club
When 6 p.m.
Where Hicks Gym

What JV Rookies vs. DFW Volleyball Club
When 7 p.m.
Where Hicks Gym

WEEKEND

What Varsity football vs. Kinkaid
When 3 p.m.
Where Norma and Lamar Hunt Family Stadium

What Dallas Stars vs. San Jose Sharks
When 2 p.m.
Where American Airlines Center, Dallas

NEXT WEEK

What Fall volleyball SPC Tournament Saturday
When Begins at 8 a.m.
Where St. Stephen's School, Austin

What Fall Cross Country SPC meet Saturday
When Begins at 7 a.m.
Where St. Andrew's School, Austin

What SPC Large School Championships Saturday
When 4 p.m.
Where Dragon Stadium at St. Stephen's School, Austin

What US Open Netball Championships Friday
When Begins at 7 a.m.
Where Duncanville Fieldhouse

The playmaker

Before suffering an injury, eighth grade quarterback Billy Lockhart led the Lions offense to dominating wins over Cistercian and Fort Worth Country Day



NICO SANCHEZ PHOTO

3
NUMBER OF TOUCHDOWNS SCORED BY BILLY LOCKHART IN THE FIRST HALF AGAINST FORT WORTH COUNTRY DAY

BILLY LOCKHART

"I think our hard work and willingness to change led to our impressive effectiveness. Having only 21 guys on our roster, we had some guys step into roles that didn't suit them or that they came into the season not expecting to play, and I can't respect them more for that."