

FYI	6/11/15	1 CY-FAIR	7 BOWIE	WINS 4	1 LOSS
	7-ON-7 STATS				
	"It was well deserved because it was our very last qualifier tournament and it took us a long time to get there, so it was very rewarding," junior Wade Smith said.		WHAT YOUR EXPERIENCE LIKE AT STATE?	"Competing with the best players in Texas was fascinating, it showed the rest of the state that we were capable of being one of the best." senior Brogan McGraw said.	

# PAPER COVERS ROCK

VARSITY "7-ON-7" FOOTBALL TEAM QUALIFIES FOR STATE BY PLAYING A GAME OTHER THAN FOOTBALL

Spread by Honey Munoz and Alex Reyes

## WHY WAS THE OUTCOME OF THE LAST GAME DECIDED BY ROCK, PAPER, SCISSORS?

"We had to finish up quickly because there was a storm coming in, and the refs decided rock, paper, scissors would be fair," junior Jackson Gall said.

### WAS IT A RELIEF FOR YOUR TEAM TO PLAY ROCK, PAPER, SCISSORS INSTEAD OF THE GAME ITSELF?

"It was a long day and we were tired and everything, and it would've been nice to play our last game, but we played well the entire day and we didn't need the extra game," Gall said.

### DID THIS AFFECT THE TEAM'S PERFORMANCE AT STATE?

"Not at all, our overall goal was to go all the way to state, and that didn't change anything," Gall said.

### HOW DID GOING TO STATE CHANGE YOUR PERFORMANCE DURING THE REGULAR SEASON?

"It was an amazing feeling making it all the way to state. It gave our team a lot of confidence going into the regular season. If we could make it to state in 7-on-7, why couldn't we make it in when the real season came? And because of this mentality we practice extremely hard every day so we can be ready when we get the chance to go all the way," junior Caden Donahue said.

### DID PLAYING 7-ON-7 AFFECT THE TEAM'S MENTALITY DURING THE NORMAL SEASON?

"Having short games in a short amount of time is nice because it helps you go very fast, and that usually translates to how we want to do things during the regular season. Being equipped to the heat, and being able to go fast, and being able to do as much as you can in a short amount of time is a good way to prepare for the season," junior Wade Smith said.

**+** IN THE rain, junior Jackson Gall and senior Cole Evans celebrate a win against Westlake at the 7-on-7 tournament. 7-on-7 tournaments over the summer help the skill positioned players develop chemistry. "Our team all came closer together because we spend a lot of time bonding during the state championship tournament. We got to know each other during practice and we stayed in hotel rooms together. At the beginning of the season I didn't know most of these guys very well, and by the end of the season I knew everybody. I see them all the time in the locker room and we talk," Gall said. | PHOTO BY JAMIE DORSEY



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## SETTING THE STAGE

**+ SETTING A** high ball, sophomore Sabrina Bianco nails a serve across the net. Although a tough match, Bianco played an influential role in the outcome of the game. "I try to go over and over in my mind what I know and making sure that I follow through with those things during the game," Bianco said. | PHOTO BY SARAH BABER

**+ WITH THEIR** eyes on the ball, junior Stefanie Necak, sophomore Shannon Kasprak and senior Taylor Beltz get ready to score a point against the opponent. The players have to adapt quickly to anything and be ready to make a move at any time. "I sub in and outwith the setter in the front row," Necak said. | PHOTO BY SARAH BABER



# I HAVE A CONFESSION

### WHAT IT WAS REALLY LIKE HAVING TO PRACTICE OVER SUMMER BREAK



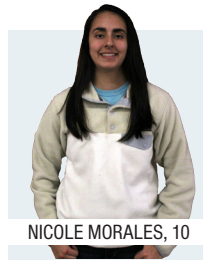
CAITLIN DEVLIN, 11

**+ MARCHING BAND** "It was super rough. The work out was literal torture. My legs died daily and my only motivation was fruit and BOA."



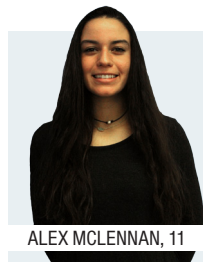
NATE HULL, 12

**+ COLOR GUARD** "I got heat stroke twice, but it was exciting to work over the summer to get better for the school year competitions."



NICOLE MORALES, 10

**+ BASKETBALL** "It was my first chance to play with all the upperclassmen and to see some of my teammates again."



ALEX MCLENNAN, 11

**+ VOLLEYBALL** "We got to start meshing as a team and meet our brand new coach. Each day you could see we were growing as a team."



JOSH BROWN, 12

**+ FOOTBALL** "It takes up your entire August and leaves you feeling exhausted, but it's a rite of passage for every football player and it's well worth it."



## BEANIE BABIES

**+ WHILE WEARING** hats on Beanie Day, freshmen Francisco Paz, Arlyn Alcid, Calvin Albin, and Camille Arredondo await further instructions from their director. During the summer, many freshmen had to adjust to the rehearsal etiquettes of the band. "When we did fundamentals over the summer I was nowhere used to the weight of the instrument and so we started doing 'across the fields' and you have to hold your instrument up the entire time and that was the absolute worst because I had no muscle, like none at all," Alcid said. | PHOTO BY TAYLOR LOCKHOOF



**+ WITH SWEAT** beads starting to form on their foreheads, freshman Luke White and sophomore Zoe Jacquot go through a tedious percussion warm up routine. Although White and Jacquot do not march on the field, the difficulty of the music given to them required a specific type of physical endurance. "Better technique helps us play harder music and improve our current music. We always work on technique together during warm-up, but we're also expected to work on it alone so we can keep improving outside of rehearsal," Jacquot said. | PHOTO BY TAYLOR LOCKHOOF



## TITAN TRAINING

**+ IN THE** scorching heat at freshman football camp, freshmen Peyton Ludemann takes advice from NFL Pro athlete Michael Griffin, who was a former student in 2003. Campers had the opportunity to be coached by a professional athlete who was in their place on the same field years before. "We did this workout and then he told us all his stories and stuff and gave us tips to get better in football," Ludemann said. | PHOTO BY DEANNA DELLANA

**"Now I can say I worked with Michael Griffin, NFL athlete." Peyton Ludemann, 9**

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BACK TO SCHOOL SPORTS PREPARATION

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