

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

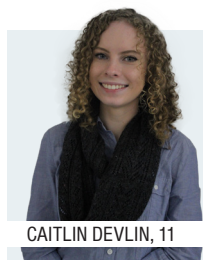
+ SETTING A high ball, sophomore Sabrina Bianco nails a serve across the net. Although a tough match, Bianco played an influential role in the outcome of the game. "I try to go over and over in my mind what I know and making sure that I follow through with those things during the game," Bianco said.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



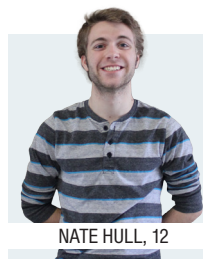
I HAVE A CONFESSION

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."



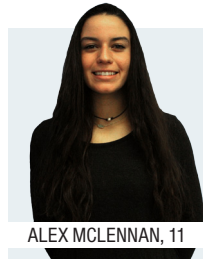
NATE HULL, 12

+ 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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+ WITH A pen and paper Coach Miguel Saenz watches the girls play. As a new coach, Saenz had to adjust to his new team. "I absolutely love it here. It has been a smooth transition; the players and parents are bought into what I'm trying to accomplish. I love the kids in the program and I love the people that I work with," Saenz said. | PHOTO BY SARAH BABER

IT'S A GOOD "SAENZ"

+ VARSITY VOLLEYBALL START THE SEASON WITH A NEW, EXPERIENCED COACH

Spread by Seraya Vasquez and Savannah Bishop

WHAT WAS IT LIKE GETTING USED TO A NEW COACH IN SUCH A SHORT AMOUNT OF TIME? "It was definitely different than the past. The practices are different, the coaching style is different and even the environment is different, but having a coach as experienced and caring as Coach Miguel Saenz, it was an easy transition. He is the perfect coach for Bowie Volleyball and will lead the program to success every year," senior Brooke Landry said.

HOW WOULD YOU DESCRIBE COACH MIGUEL SAENZ'S COACHING STYLE? "I would describe his coaching style as motivating and patient. He always motivates us to do better and even when we aren't meeting his expectations; he is patient because he knows we can do it," Landry said. **WHAT WAS YOUR FAVORITE PART ABOUT COACHING VOLLEYBALL HERE?** "The people. The coaching staff supports each other well and we have a lot of fun. The girls are awesome and bought in. I also enjoy the healthy community on this campus," Saenz said. **HOW WOULD YOU DESCRIBE YOUR TEAM?** "Persistent. This team suffered through numerous injuries and inconsistent line-ups all season. They are a bunch of fighters that never quit. I'm so proud of the effort and improvement they made this year. In my first year, we were able to lay a strong foundation on which to build for years to come. I'm very optimistic of the programs' future," Saenz said.

+ **HAND IN** the air, sophomore Kyndall Johnson, junior Skylar James, and senior Micaela Mirabal cheer after scoring a point. Johnson played middle during the season and contributed to the teams' victory. "Volleyball is a team sport and we can't be successful unless everybody does their part," Johnson said. | PHOTO BY SARAH BABER



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MEET ME AT THE NET

+ **SETTING THE** ball, sophomore Shannon Kasprak contributes to a play against Del Valle. The team beat Del Valle in three sets. "I love the competitive nature and atmosphere of volleyball, being a setter, I have to take a lot more things into consideration," Kasprak said. | PHOTO BY SOPHIE BEGA

+ **HIGH IN** the air, junior Ellie Crosley attempts to make a point during the game. Teamwork was essential for their victory against Del Valle. "I love how close our team is, whenever one of us messes up we are always there to help them do better next time," Crosley said. | PHOTO BY BELLA LUFSCHOWSKI

+ **MAKING A** save, senior Micaela Mirabal, holds out her platform to pass the ball to the setter. Mirabal's goal was to pass the ball high enough so the setter could get the ball over the net. "Passing is a huge part of gameplay, It is super important that I make as many perfect passes as possible," Mirabal said. | PHOTO BY BELLA LUFSCHOWSKI

THE REAL DEAL+

IF YOU COULD DESCRIBE COACH MIGUEL SAENZ IN ONE WORD, WHAT WOULD IT BE?

"Multi-talented," sophomore Kyndall Johnson said. "Knowledgeable," junior Stefanie Necak said. "Leader," senior Brooke Landry said.



SEE YOU IN COURT

+ **HIGH-FIVING HER** team mates, senior Avery Ellis-Byerly comes off the court during a game against Austin High. The team supported each other on and off the court. "It's great getting to see the team come together on the court and really execute everything we practice," Ellis-Byerly said. | PHOTO BY LAURYN LOMAS



IT WAS A SET UP

+ **CELEBRATING A** point against Lehman, seniors Micaela Mirabal, Alicia Morales, sophomore Sabrina Bianco, juniors Ellie Crosley, Skylar James and senior Eden Kasprak cheer in excitement. The girls ended up winning in 3-0. "My favorite part about our team is the hype we get when someone does something really well," Kasprak said. | PHOTO BY SARAH BABER

+ **FEET OFF** the ground, junior Ellie Crosley tips the ball over in a play against Lehman. Crosley played outside hitter. | PHOTO BY EMMA LOPEZ

+ **WITH THE** ball in the air, junior Skylar James takes a swing at the ball during the warm up. The team used a playlist of their favorite pump-up songs to prepare for the game. "Before our game starts we warm up by all playing games together, or doing some parkour," James said. | PHOTO BY SOPHIE BEGA

+ **JUMPING TO** set the ball, sophomore Sabrina Bianco sets up senior Avery Ellis-Byerly. Bianco was a crucial team member in the match. "Being a setter I have to be cautious and think about the other team as well as my own. The setter is sometimes considered the 'quarterback' of volleyball," Bianco said. | PHOTO BY LAUREN NOE

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VARSITY VOLLEYBALL

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THE BRAINY BUNCH

+ PSYCHOLOGY CLASS BUILDS A PLAY-DOH BRAIN FROM THE INSIDE OUT

Spread by Kate Albe, Hannah Erb and Claire Meyer

One may think that Play-Doh is simply a toddler's toy, but Mr. Phillip Perry's psychology class thought otherwise. "I believe it is important for people to understand how their brain develops and works so that we all may get the most out of the three pounds of grey matter between our ears," Perry said.

Students started with the brain stem, the most basic part of the brain. Throughout the building process, they also learned about how trauma, function, and technological advances effect parts of the human brain.

"It's a lot more complex than I originally thought. There are a lot more parts than I believed, and constructing it helped me to visualize what each part is," junior Avery Copley said.

Psychology is more than facts about the human brain. "Knowing why we think what we think and why we act the way we do can be such a tremendous asset to us all. It can help us learn better. It can help us be more empathetic to others. It can help us find the career path that is right for us. It can help us understand why we dream what we do. It can help us find happiness," Perry said.

All in all, constructing brain models piece by piece gave students the foundation needed in order to move forward with their psychological journeys.

+ **PLAY-DOH IN** hand, juniors Stefanie Necak and Cameron Pyka build a brain in their psychology class. Brains were constructed from the inside out starting with the brain stem, medulla, and cerebellum. "This project was really cool because it helped me understand what makes up a human's brain and how they work," Necak said. | PHOTO BY HANNAH ERB

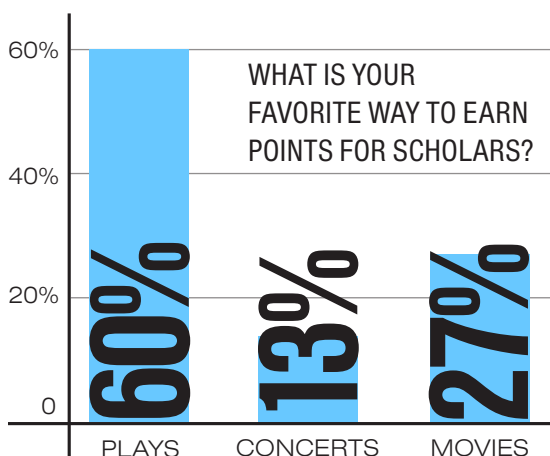


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GET TO THE POINT

"Scholars is an after school class where we go to different plays and concerts. Plays are worth **40 POINTS**, movies are **20 POINTS**, and we are required to get **100 POINTS** per six weeks. The class is based off how many points you build up, so if you get 100 points, you get a 100 in the class," junior Emily McCullough said.



120
DECEMBER



WHAT A CATCH!

+ **SURROUNDED BY** his opponents, junior Mitchell Havlin jumps to grab the frisbee. Ultimate frisbee was played at the end of each week. "Playing ultimate changes how I view the class because I look forward to class every Friday, and it makes the class even more interesting," Havlin said. | PHOTO BY JD BRIGGS

+ **PLAYING ULTIMATE** frisbee, junior Yasmine Ben Brahim makes a pass. Ben Brahim was one of the few girls that chose to participate. "Playing frisbee in Mr. Ellerbrock's class is like the best thing ever because we play at the end of the week. It gives us a break from school while in school," Ben Brahim said. | PHOTO BY JD BRIGGS

+ **SUSPENDED IN** the air, junior Dawson Warnken and his teammates reach for the frisbee. The teams were a balanced mix of seniors and juniors. "Getting the whole team to dab after we scored points was my favorite memory. This game was probably the best game we ever played, and we came together as a team because we dabbled," Warnken said. | PHOTO BY JD BRIGGS

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THE FINAL COUNTDOWN

STUDENTS BATTLE IT OUT IN TUG OF WAR, BAKING, ULTIMATE FRISBEE, TRIVIA AND MORE



SHAWN GRIMSLEY, 11

WHAT DID YOU DO FOR THE CONTEMPORARY ISSUES (CI) FINAL?

+“There were two different teams, and people from each team were elected for each event. Whoever wins the event gets a certain amount of points, and at the end all of the points are added up, and whatever team has the most points doesn’t have to come in and take the final.”



RACHEL MELHEM, 11

WHAT WAS THE MOST PHYSICALLY CHALLENGING COMPETITION?

+“The tug of war was actually really, really hard. I only participated in like, two things, and the other one was just desserts, so I didn’t really have to do anything, but the tug of war was a serious physical strain because we lost for some reason.”



JOANNE PIERRE, 11

WHAT WAS THE HARDEST COMPETITION, AND WHICH ONE WAS YOUR TEAM BEST AT?

+“I would say the hardest one, besides tug of war, was the tricep dips, but I did not participate in that competition. My team was the best at the relay. It had seven different people.”



REX ELLERBEE, 12

WHICH COMPETITION DID YOU PARTICIPATE IN?

+“I did a geography quiz that was pretty easy. I was given a power point with a bunch of pictures, and you had to say where they were located.”

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SHOWING SOME LOVE

+ **WORKING WITH** her peers, junior Mia Tsukano paints a poster during Street Law. The poster promoted LGBT awareness. “We make the poster to stop hate and to show that everyone is equal and to not discriminate against anybody. It feels good because I feel like I’m helping people, and I like letting people be themselves,” Tsukano said.

PHOTO BY HANNAH ERB

CRAZY KILLERS

+ STUDENTS SHARE THEIR KNOWLEDGE ON THEIR FAVORITE CASES STUDIED IN STREET LAW

TED BUNDY: “He raped and killed a bunch of women. He was only like 27, and he ended up dying by 35. He was in jail and was killed by the electric chair. He was put in jail for over 24 cases of rape and murder. He had relationships with people,” junior Jessi McCarty said.

ANDREA YATES: “She was a mom with five kids who drowned them all in a bathtub. Her first hearing to go to jail, she was convicted of murder, but then she had a second hearing, and they decided she was just psycho, so they sent her to a hospital,” senior Amber Lotz said.

SCOTT PETERSON: “He murdered his family without seemingly any reason and attempted to leave the country by a car and go to Mexico. He thought he could get away with it and tried to disguise himself by dying his hair blonde. He left without a trace,” senior Joseph Foto said.

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CLEAN UP CREW

TO START off the show season, FFA students gather together to clean up the farm where all the animals will soon live. During work days, students would clean out pig, lamb, and goat pens, throw away all the garbage, and build pens for all the incoming pigs. "Farm workdays are really like, what makes our farm work because that's when we clean up," Parker said.

"A farm work day is just a day where all the FFA kids come together and clean up the farm and do maintenance we need."

Brandon Parker, 10

PHOTOS BY WILL BAKER AND NATALIE AMAN

+ FRESHMAN JUSTIN DUARTE + SOPHOMORE BRANDON PARKER + SENIOR SHAYE ELLIOTT



FARM ATTIRE

"I wear shorts and a t-shirt because that's what is comfortable. The bucket is for feeding my pig and the whip is for walking him. I also wear rubber boots that stay at the farm so I don't track pig poop into in my car or my house."



KRISTIN NG, 9

SHOW ATTIRE

"You would wear shirts with high colored patterns, so the judges can see you easier. Along with boots and jeans with a crease in the front and back. We carry a brush to get rid of the extra dirt from the pig once you get in the ring."



GARRETT BASCHNAGEL, 11



TCYS TAKE-OVER

+ **ADJUSTING HER** goat's posture, senior Shaye Elliott participates in the show ring at TCYS. Eliot was trying to position her goat so that when the judge came to feel it, the meat and muscle of it was more prominent. PHOTO BY SAM ROBARTS

+ **WHILE DRIVING** his pig around the TCYS show pen, freshman Justin Duarte encounters a judge. Duarte managed to keep calm while he showed, even when the judge decided to get an up close look at Duarte's pig. PHOTO BY DEANNA DELLANA

+ **POSITIONING HIS** animal, sophomore Luke Fisher drives one of his goats around the TCYS show pen for the judges. Fisher hadn't put in as much work with his animals, so he wasn't feeling the most confident. "Both of them drove pretty hard, a lot better than they had been doing. At least for one of them it was kind of a surprise because he's a little bit weaker," Fisher said. PHOTO BY SAM ROBARTS

+ **WITH CONFIDENCE**, junior Christina Butler drives her pig around the show pen. Butler felt that all the hard work she had done prior to the competition showed through. "My animals drove really well, it was really great. It really showed like all of the progress and the hard work. It really showed off," Butler said. PHOTO BY DEANNA DELLANA

TCYS TRAILER PREP

WHAT TIME DID YOU GET UP TO THE FARM TO PREPARE YOUR ANIMALS BEFORE LOADING THE TRAILERS?



3:30AM

1 Person at the Farm
"Got here at 3:30 to just load and get ready."
GARRETT ROHAN, 12

4:00AM

3 People at the Farm
"I got to the farm at 4:00 so I could wash my pigs and feed them before we had to load our pigs for the county show."
BRANDON THOMAS, 11

4:30AM

5 People at the Farm
"I got to the farm because I needed to wash my pig, give him enough time to eat, and then load him up on the trailer by 5:30."
WILLIAM HOWE, 9

5:00AM

7 People at the Farm
"When I got there, I put the feed into bags and I packed up all my washing equipment and show equipment."
COLIN POPE, 9

5:30AM

5 People at the Farm
"At probably about 5:30, 5 o'clock maybe I just got my pigs up, put my tack in my truck, and put the pigs on the trailer and left."
JOSEPH DUARTE, 9

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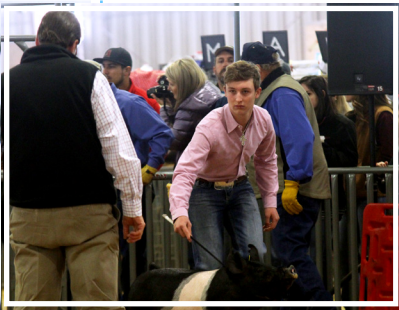
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+ WATCHING THE judge, sophomore Christian Byars drives his pig to the perfect spot in the judge's line of sight. Byars continuously made sure the judge could see his pig at all times, and that led him to winning Reserve Grand Champion. | PHOTO BY DEANNA DELLANA

GRAND OLD TIME

THE FFA SWEEPS THE FLOOR AT THE TCYS COUNTY SHOW

Spread by Rachel Baschnagel and Ryan Mitchell

HOW DOES IT FEEL TO BE GRAND CHAMPION? "It's quite an honor to be the grand champion, I worked really hard this year and I've gotten a lot of help from everyone so I think we're just all happy to finally get that win," senior Ashley Franco said.

WHAT GOES INTO RAISING A CHAMPION PIG? "It's a lot of one on one with the pig. It's very important to follow a specific diet, work on their hair and skin and make sure they look pretty. It's also like a beauty show. And then exercising them and building up their stamina and working on driving them for the ring," Franco said. **HOW SUCCESSFUL HAVE YOU BEEN IN THE PAST WITH YOUR PIGS?** "Last year's TCYS I won the gilt show which are the girl pigs, but other than that I've won a couple classes but not much," Franco said. **HOW LONG DO YOU WORK WITH YOUR PIG PER DAY?** "Per day probably about 20 to 30 minutes. A good 15-20 minutes for walking and then the other 10 feeding and conditioning his hair and skin," Franco said. **DO YOU PLAN ON ATTENDING ANY COMPETITIONS IN THE FUTURE?** "Yep. I actually have a lot more shows to go to. I'm going to Fort Worth and then San Antonio with the gilts, San Angelo with the gilts, San Antonio with the barrows, Houston with the gilts, and Houston with the barrows, so I got a couple more to do," Franco said.

+ PRESENTING HER pig to the judge, senior Ashley Franco steers her pig around the TCYS show pen. With help from her peers, Franco won Grand Champion of the pig division at TCYS this year. "I had a bunch of people helping me this year. My agriculture teacher, Brad Pierce, and a couple of families including the Willifords who had a kid go here a couple of years ago, and then a couple other mentors," Franco said. | PHOTO BY DEANNA DELLANA

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GEARING UP

LACROSSE LADIES SHARE INSIGHT ON THEIR EQUIPMENT

"I really love my goggles. It takes a bit to find ones that fit just right, and mine are absolutely perfect now."
LEXI CURTIS, 12



EYE GOGGLES

"A lacrosse stick has a shaft, and then you have your head and there's a net on the head too so the ball can't go out of it. They're also really light."
KELSEY KLEINERT, 11



LACROSSE STICK

"It would be more comfortable to wear shorts, but the skirt is part of the tradition of the sport, so ultimately I'm okay with it."
AVERY DIPPEL, 11



SKIRT

"One time I was wearing these snowman socks and before the game, during the varsity game, someone got injured and they ran over to call me in to play for varsity. Since then, I wear them every game."
KRISTIN KITCH, 11



SOCKS



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YOU CAN'T CHOP ME DOWN

+ READY TO claim another victory, sophomore Ameilee Frank-Baca sprints through the screaming tunnel of her teammates. The team scored a total of 16 points against Stoney Point, who only managed to score six. "Everyone pumped up and hyped. The goalie always goes last and when she goes we get even louder. It's just a lot of fun," Baca said. | PHOTO BY JESSICA LEONARD

+ STICKS IN the air, the varsity team prepares for their game against LBJ. The team played their first tournament of the season, so they hyped each other up before the start of the match. "During the first tournament, it was interesting to watch the teammates work together as a team because we haven't played all together on varsity before," junior Emily Shafford said. | PHOTO BY SAM ROBERTS

+ GUARDING THE goal, sophomore Cat Munoz blocks an offensive player from scoring a goal. She waited for a player from Stony Point to break through the defensive, and kept the ball from being shot. "The team relies on me a little too much, actually. I'm supposed to be the last line of defense and I feel like my defense sometimes forgets that. It's okay though because I'm glad to help save a goal and everything. I rely on them too," Munoz said. | PHOTO BY JESSICA LEONARD





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MOMENTARY LAX

+ INJURED GOALIE IS FORCED TO FORFEIT FROM PLAYOFF GAME

Spread by Emily Heim, Ally Bienvenu, Jordan Hashke, and Rylee Holder

Having to drop out against an opponent can be a terrible feeling. Sophomore varsity goalie Cat Munoz experienced that feeling at the Aggieland tournament in February.

“All I was feeling was hurt—my body, my mind. Everything hurt, and I hated having to forfeit that last game. I didn’t want to give up, on myself or my team. I wanted to finish it for them, and it sucked that we couldn’t finish it out that day,” Munoz said.

In the last game that would send the team to the playoffs for the first time, the girls were behind at halftime. Towards the end of the half, Munoz, was grazed in the leg by a penalty shot from the other team.

“When I got hit, there was just pain. I felt really hurt, and that along with the way I was playing during the game just got to me. I realized that we were probably going to lose and it was my fault. I didn’t want to go down like that,” Munoz said.

With the support of her teammates and coaches, Munoz made it off the field, but not before a forfeit was called. The team believed that they would rather have Munoz for the rest of the season than have her play and risk getting hurt further.

“The fact that they were all there for me, even though we couldn’t finish

the game, felt really good because I knew that all of the girls would always have my back, no matter what. I feel like us not going through with that game really helped us grow closer as a team. We realized that as long as we supported one another no matter what, it didn’t matter if we won or not, and I think that’s something we will always keep in mind as we keep going through the season,” Munoz said.

Though the injury ended up being not serious enough to keep her out for season, the mental block that the team helped Munoz overcome is what truly helped her recovery.

Munoz’s injury could have easily thrown the team off, however, they did not let this hardship weaken them. Instead, it strengthened their unconditional love and support for one another.

+ **EMBRACING EACH** other, sophomore Cat Munoz and junior Emily Ewing hold tight after an emotional game. It’s lacrosse tradition to immediately run and hug the goalie after each and every game. “It’s the best feeling when they all come hug me at the end of a game, especially when we win. Everyone’s so happy and it makes me feel so appreciated,” Munoz said. | PHOTO BY ALLY BIENVENU

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NO TIME TO RE(LAX)



+ **RUNNING WITH** the ball, junior Emily Heim sprints across the field. The other team’s defense tried to prevent Heim, a feeder, from scoring. “My move is a game up high and a shot down low to the opposite corner I faked to. It confuses the goalie nearly every time and I can always get a goal off that shot,” Heim said. | PHOTO BY SAM ROBERTS

+ **TAKING A** jump shot, freshman Morgan Espinoza sends the ball flying into the goal. As a mid-fielder, Espinoza sprinted from one goal to the other. “I just sort of run because usually I am faster than the other people and I can just run fast. I also do jump shots a lot because it is harder for the goalie to save it,” Espinoza said. | PHOTO BY SAM ROBERTS

+ **SCREAMING AT** the other team, senior Johnee Wolter blocks the opponent from passing the ball. Her go-to move was feeding to the girl in the middle. “That’s always my bread and butter,” Wolter said. | PHOTO BY SAM ROBERTS

+ **DOING THE** draw, freshman Katie Peacock gets ready to get the ball for her team. Peacock was trying to get her team to be on offense for the first play of the game. “It’s just the beginning of the entire game, they put the ball between two of the sticks of two different teams. When they blow the whistle you both turn your sticks and the ball goes up and whoever’s team gets it, they’re the offense,” Peacock said. | PHOTO BY SAM ROBERTS

BOTTOM PAGE EDGE

Names of tagged colors should appear in this box.