

what is your NUMBER 1 EVENT?



Photo by Evelyn Gallegos

"Breaststroke is my favorite stroke because I feel like I am dominating the water and everyone else against me."

— Alex Kaulukukui sophomore



Photo by Cameron Gamboa

"I like backstroke because it is fun and is one of the first strokes I learned when I was little. It's also exciting being able to see everyone pool-side supporting me."

— Rebecca Alvino freshman



Photo by Madison Dudley

"Butterfly — because it's one of the most powerful strokes, and once you get your rhythm going, it goes by really quickly."

— Exal Cisneros Tuch senior

EAT MY BUBBLES

1. Stretch and Roll. On her last lap, sophomore Kayla Valenzuela sprints to the wall to finish her leg for the 4x50 medley relay team. Valenzuela finished with a split time of 00:31.07. "When swimming backstroke, I try to zone in perfectly on my technique," Valenzuela said. *Photo by Madison Dudley*

2. Making the Laps Count. Diving into the men's 50 freestyle, senior Jakob Barreda pushes off the diving block. Barreda finished with a time of 00:28.24. "The 50 freestyle feels like it could be a breeze because of how short the distance is," Barreda said. "But the amount of intensity into that event is much greater. It needs fast arms, a powerful kick, and a good push off from the block to get you going." *Photo by Madison Dudley*

3. Pull and Release. After his pull out, sophomore Seth Tejada gasps for air during the men's 200 individual medley. Tejada finished with a time of 2:37.22. "Swimming the 200 IM is the most painful event that anyone could ever swim," Tejada said. "It is also the most fulfilling feeling after the race."

4. Insweep, OutswEEP. Making her way to the wall before her open turn, sophomore Helena Harper swims breaststroke for the 4x50 medley relay team. Harper finished with a split time of 00:43.48, and the relay team finished with a time of 2:23.52. "When I swim in a relay, it makes me work even harder," Harper said. "I don't only swim for myself, I swim for my teammates. I usually tend to swim faster in relays than in my actual individual events." *Photo by Madison Dudley*



varsity & JV AQUATICS

Sophomore breaks record; Divers qualify for regionals

One practice at a time, the aquatic teams improved its ranking in the district and advanced the largest number of divers to regionals in one season.

Sophomore divers Damin Rios, Daniella Agee and senior diver Allison Barbour advanced to regionals, where Barbour placed ninth, Rios placed 11th and Agee placed 15th in 1-meter diving.

"I felt like I proved to myself that I gave everything I had when I was competing in districts," Rios said. "The proudest moment I had from regionals was when I scored past 300 [points] for the first time in my diving career."

The aquatics teams started the year conditioning with water polo.

"The conditioning period is usually extremely difficult," coach Marcus Martinez said. "It is always a learning experience, either for swimming or water polo."

The boys' and girls' water polo teams consisted of players from Holmes, Jay and Stevens, called "410 Consolidated."

"Being combined was awesome," senior Exal Cisneros

Tuch said. "Having the best of times and the great feeling of working with other team members to meet a common goal."

Once swimming and diving seasons were underway, members trained to excel. Beginning the season, sophomore Kayla Valenzuela did not intend on breaking any records, but ended up breaking the women's 100 freestyle record, with a time of 00:58.51.

"In any event that I swim, I always do the best that I can do," Valenzuela said. "I go all out, and breaking a record is just an additional benefit."

The girls' 4x100 freestyle relay team advanced to district finals with a time of 4:26.76. Team members consisted of sophomores Kayla Valenzuela, Lauren Landin, Helena Harper and girls' swim captain senior Madison Dudley.

"As my second time advancing to finals, this was the most emotional because it was my last race," Dudley said. "I wouldn't have swam it any other way."

AQUATICS GROUP PHOTOS



1. Varsity Swimming. Front Row: Helena Harper, Paloma Moreno, Madison Dudley, Kayla Valenzuela, Lauren Landin. Row 2: Justin Greenwood, Cameron Gamboa. Back Row: Seth Tejada, Exal Cisneros Tuch, Alex Kaulukukui, coach Marcus Martinez.

2. Junior Varsity Swimming. Front Row: Jacqueline Gonzales, Bethanie Arila, Daniella Agee, Jasmine Lujano, Rebecca Alvino, Caroline Bowman. Back Row: coach Marcus Martinez, Damin Rios, Douglas Mainez, Jakob Barreda, Rio Hernandez.

3. Varsity Diving. Front Row: Caroline Bowman, Allison Barbour, Daniella Agee, Damin Rios. *Photos by Madison Dudley*

DIVING OVER PERSONAL BARRIERS

Lessons learned in the pool helped senior diver Allison Barbour gain the confidence to pursue diving at the college level at the University of West Florida.

"I used to be very shy and quiet," Barbour said. "But being involved in diving boosted my confidence."

After Barbour worked for two years to advance to regionals in 1-meter diving, she advanced for the first time her junior year, placing sixth.

"My first time diving at regionals was a game changer to me because of how advanced everyone was," Barbour said.

Barbour trained even harder this season, which helped her place third at district and fifth at regionals.

Medal Ceremony. Senior Allison Barbour receives the third-place medal for the 1-meter women's diving event. She finished with 335.35 points. *Photo by Madison Dudley*

water POLO



1. I'm Open. Swimming heads up freestyle, sophomore Justin Greenwood swims away from his defender. Greenwood successfully assisted with a goal during the play on Sept. 5. *Photo by Madison Dudley*

2. Guarded. During the game against San Antonio ISD, senior Madison Dudley looks for an open teammate after blocking a goal. The 410 Consolidated Team lost 1-2. "I think our team was much stronger this year," Dudley said. *Photo Courtesy of Matthew Castaneda, Boys' Swim Captain*

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