

WELCOME to the CLUB

On Club Day, club presidents presented the information on their club.



JOHANNAH SEAH ('23)

ASB club coordinator

"It was definitely a new learning experience, and quite stressful getting everything together. Most of it was emailing daily, contacting club presidents and gathering slide info. But all in all, it was great getting to see all the Paly clubs and working with everyone."



AUSTIN XIANG ('22)

President of Economics Club

"I thought virtual club day was pretty successful! Our club was able to recruit around the same number of people as we would've expected to in-person. The interactive Zooms where interested students were able to talk to the club presidents was a really effective feature to simulate the in-person club day."



MEGAN WONG ('21)

--- club president

"I really appreciated how ASB did their best to replicate the on-campus club day experience as closely as possible. I took a look at the slide deck and there were so many unique club options. I'm really looking forward to our club meetings coming up!"



BACK IN ACTION

LACROSSE BOYS ARE back on the field, tearing the turf up!

ALL LINED UP, these athletes are headed into pre-season football practice, with a determined mindset and ready to show off what they got.



"**IN TIMES OF** uncertainty the whole team has been optimistic and working toward their goals. Football is the only thing keeping us going and every rep counts as we push ourselves towards our goals."



THE CROSS COUNTRY team was back on the track and starting to train for the season, using wooden sticks for different exercises such as core workouts and lunges. "I missed being on the track with my teammates," said junior Maia Johnson. "Training with the team makes running so much more fun, even with the restrictions that we have to follow."



as we watch...

WE LEARN

From the TV to the courts, students talk about how watching their favorite sports has inspired them.

NICOLAS FEDERICI ('22)

Why do you watch the U.S. Open?

I have been interested in tennis and have played for 7 years now, and I have been to the U.S. Open a number of times.

Who is your favorite tennis player who played at this year's U.S. open and why?

My favorite tennis player is Roger Federer because his attitude on and off the court is really great and his ability to continue playing is mind blowing

What is the most important lesson you've learned from watching tennis players at the Open?

Tennis is a very mental game. I used to not really know this until I started watching and playing more tennis matches.

Why do you watch the NBAs?

My favorite part of NBA games is when players shoot three pointers. I don't play for the Paly team, but I love to play with my friends.

How has watching the NBAs inspired your love for basketball?

I've been watching the NBA since I was a kid, and Kobe Bryant has always inspired me with his "Mamba Mentality."

What is the most important lesson you've learned from watching basketball players in the NBA?

I've learned from Stephen Curry to never give up. Even when he misses a shot, he always tries again.

