

DESIRE THAT EQUALIZER

Varsity flag football loses 13-6 to Rocklin Sept. 7

The time on the clock slipped away as the varsity flag football team looked for an equalizer to avoid a loss for the first home game. Quarterback Alex Maday found Natalia Takeuchi, who caught the ball while being swatted at. But it wasn't quite enough, and time ran out as the team experienced its second loss of the season. In the program's inaugural season, varsity finished with six wins and 10 losses while JV finished with one win and nine losses. "We're making history. Actually, we have a shirt that says, 'Make History.' It's really special," Claire Huang said.

The teams grew closer during practicing together. Both teams conditioned together for 20 minutes each practice. They worked on drills such as opening their hips along with pulling drills and running angles. During practice, the varsity team's assistant coach, Casey Brown, had them talk about what they could've done better during their games.

"They would get us aside and we would stretch and talk about what happened in the last game and how we can fix it," Brianna Palmer said. "Then varsity and JV would get into separate groups and talk about what else we wanted to improve in practices and what we don't need to improve anymore."

The players wanted students to recognize their sport and the work they put into pioneering the program.

Palmer said, "We're not like powder puff at all. We have writers that help us keep track of all the plays and what everything is. We actually take it really seriously."



SEE YOU SMILE

Teams celebrate their achievements



DOWN FOR THE WIN. Playing a game in the buddy Douglas football cheer event, Clayton Brown ran toward the end zone Sept. 10. This was the fourth straight win. "It was kind of hard that you couldn't push people or tackle them but it was still fun," Brown said.



USE YOUR VOICE. Encouraging from the sidelines, Riza Regala cheers for the defensive line Sept. 20. The JV flag football team lost to Rocklin, 12-0. "Even though we had a big loss streak, it was a really fun experience just because of the people," Regala said.



CELEBRATING THE GOOD. After scoring a touchdown against Granite Bay, Connor Frodenauer and Riley Stone celebrate Oct. 5. The JV flag football team won 19-14. "I was quite excited because my friend scored and it was a pretty good block of mine," Frodenauer said.



HIGH FIVE FOR. In her name is called, Sarah Choi walks through the two lines of her teammates while giving them high fives. She played only singles in the game against River Valley. "I love this team, they're always there for everyone to support us," Choi said.



YOU MUST RUN FAST
Cross country runners race distances ranging from 3,000 to 5,000 meters

WHATEVER IT TAKES. At the first JV meet of the fresh/soph season, two Soto ran the Sunset Whimsy Recreation Area course Sept. 20. She led the team to Second Place and finished First Place individually. "Whatever through the race, you're getting into it, but the adrenaline is kind of wearing off. So that's when it gets hard and you really have to mentally think 'you got to keep going and you can't stop or slow down,'" Soto said.

UPHILL BATTLE. During the women's JV cross country race at William Jessup Sept. 23, Mikela Elie keeps pace with a Deane runner. She said she holds her pace back by 30 seconds to conserve energy due to the amount of hills on the course. "The hills make your legs really sore and you need a lot of leg strength," she said. "Just telling myself that other way I would make it to the finish line so I should just push on and give it my all."

TIME FOR THE TEAM. Before warm ups of the Jessup Invitational, Kier Rabotta and David Wajl took Rabotta's phone Sept. 23. Wajl usually last three to five hours, allowing members of the team to bond in between races. "We are all really close, having to run together, you have to become friends with your teammates," Rabotta said.

CATCH YOUR BREATH. After running a five kilometer race, Lindsay Winkler catches her breath Sept. 20. The men's varsity cross country team received Second Place, led by David Harman. "It was right after a race as I was really tired, but just knowing the fastest way out of the race is running faster helps me," Winkler said.



BLK PARTY

What was your goal this season?



BEATRIZ LUNA



EVELYN HENDRICK



KAITLYN LEU



LERI CLAREY



GURNEE REBOZA

WHAT FUELS YOU?

Dancers attend team dinners as part of pregame routines

"[Some of us] get Dutch [Bros.] before," every steinkamp

"We do little team dinners, and it's whatever the host decides. Sometimes we'll have tacos or pasta. For Quarry Bowl, we got Chick-fil-A."

Laturn philips
"We all have been at school all day, so whatever [the host] is serving, we will eat."
alison mahood

"When it's a game day I have energy drinks."

marissa girard

PARKER PEREZ

"My favorite part about playing running back is the adrenaline rush before and during the game and the physicality. What goes through my head during the game is nothing but the game itself. My mind is focused 100% on the game."

JV football

