

believe & achieve



## A winning mentality breeds success

13-3. An astonishing record to look at. While only being their first year, Tokay's Varsity Girls Flag Football team managed to dominate against teams throughout the entirety of the season. The season was built around a winning mentality that sent them into games filled with strength and courage.

"My mentality completely changed after we had our first two losses because I began practicing more and putting in extra time into the sport. As a quarterback it feels better to have a system behind you that believes in you. How much work you put into something is what can really change one's mentality," star quarterback Aria Khan explained.

Khan was able to progressively improve dramatically from game to game. She ended the season with remarkable 5,139 total yards. 4,497 of

those yards came from passing and the remaining 642 were rushing. She also managed to throw 57 touchdowns with only 11 interceptions. Her incredible season long stat line ranked her fourth nationally.

The team had the #1 T-Cal Offense and the #2 T-Cal Defense. Being able to prevail over both opposing offenses and defenses in such a fashion is what set them apart from the rest. After their first two losses of the season, the team took that to heart and proceeded to go on a ten win streak that put the league on notice.

"I don't believe at first that the girls thought we would do as well as we did. You have to develop confidence and most of them were not used to a winning culture. No one knew how to play football. After a few games the team realized we were losing

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not because other teams were better, but because we were making mistakes. Once we cleaned things up we started winning. Winning became contagious and we realized we could compete with any team out there,” said Coach George Bozovich.

The teams wins started to feel like dominoes falling. As one fell another one did, too. Their wins added up overtime and they built confidence for themselves that couldn’t be taken away from them.

Each girl being new to the sport, they were faced with some challenges.

“I wasn’t going to come back at first, but my friend Serenity made me, and I ended up loving it. The coaches pushed me to become a better athlete and person,”

freshman defensive back and linebacker Jocelyn Gomez said.

“I was really reluctant to join flag football at first especially when we lost our first two games, but we didn’t stop working, and I just had that mindset to finish what I started,” junior safety and wide receiver Kayleen Tuavao explained.

Each player on the team faced new challenges within themselves that they had to face not alone, but together. Every girl was there for one another which allowed the entire team to prosper as a whole and unite them to be stronger.

The team was built from the ground up and turned nothing into something. While at the beginning, the first couple chapters

were difficult and not so great, the team managed to create an amazing ending to their story and learn many lessons along the way. These lessons can be applied to the seniors leaving and the girls returning next season to build an even better season than this one, with the experience they now have under their belts.

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