

"I think about the feeling of winning after the race and use it as motivation to push myself."

- MYRA THAKKER '26

"My whole body wants to stop but I think about how greatness is on the other side of pain."

- JAMES POOLE '25

"Give everything in that last stretch, even if I feel like dying because once it's over I can collapse."

- BRANNER BOYD '24

"My coach says each race is really a race against yourself and the clock. It doesn't matter where you place as long as you're proud of yourself."

- BRIANNA BOONE '26

RUNNING CAN BE a lot. HOW DO YOU MOTIVATE YOURSELF TO PUSH THROUGH THE LAST FEW METERS?

"My brain just blocks any pain, and I remind myself that my training has prepared myself for this pain, and then I'm done."

- SHRILA ESTURI '24

"I feel an adrenaline rush and everything becomes silent. At that point, it's just between me and my willpower."

- MATTEO GEMELLI '25

"I focus on the energy of the crowd. I remind myself that I'm running for me and no one else."

- RHEA AHUJA '24

"My legs get tired but I push through by really pumping my arms and focusing on those last few meters."

- JOSEPH PAULSON '25

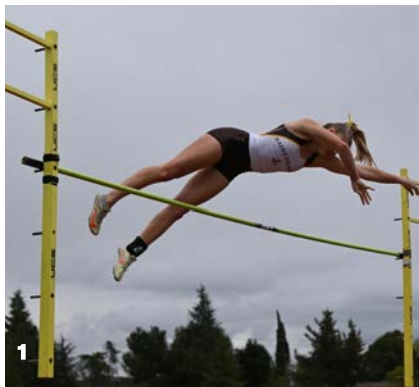
FAST fashion

Senior **AVA STATHACOPOULOS'** guide to a week of track outfits, a very important part of both practice and racing.

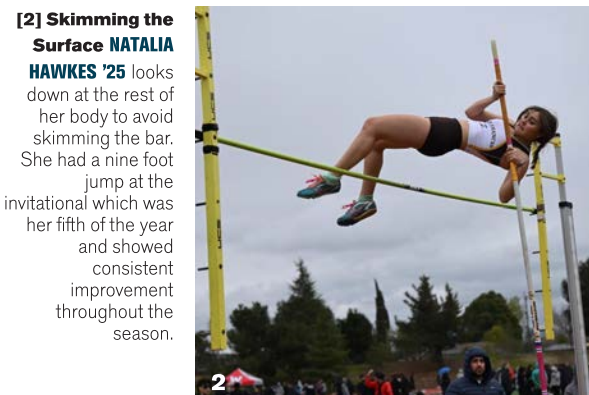
VAULT 'til you drop

The pole vault squad share their superstitions and how they stay in the right mindset before meets.

Pole vaulting, a difficult and skill-based sport, hinges on several crucial factors for success. The pole vaulting team is a tight-knit group since it has less members than some of the other events. "We try not to take it too seriously because that's when we mess up more, when we're too serious about it," said **NATALIA HAWKES '25** when asked about the team dynamic, "We try to keep it light and encourage each other. We're very supportive of each other." There is a lot that goes into a successful pole vault, but arguably one of the most important factors are superstitions. "I have superstitions like wearing the same socks or doing the same hairstyle. I like taking the time to do the same routine. Even the way I step back before I run is the same," said **KATHRYN WEYER '25**. Hawkes explained her superstitions as well: "Usually I do my hair the same every time. I put my hair in a little braid, and I put little gold clips in." Superstition can make or break one athlete's performance, including some pole vaulters. Mastering the intricacies of body positioning and timing, alongside superstitions is essential for a successful vault.

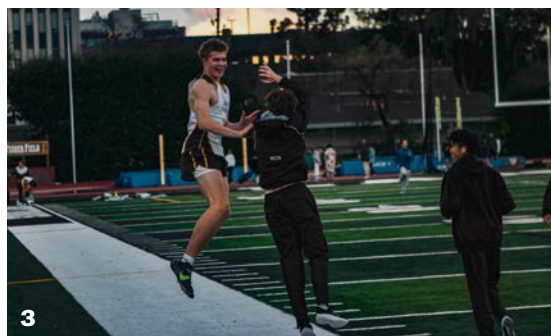


[1] Over the Top KATHRYN WEYER '25 Lifts herself over the bar at the Willow Glen Invitational leaving inches between herself and the bar. She reached a personal record of vaulting ten feet.



[2] Skimming the Surface NATALIA HAWKES '25 looks down at the rest of her body to avoid skimming the bar. She had a nine foot jump at the invitational which was her fifth of the year and showed consistent improvement throughout the season.

[1] Jumping for Joy High Jumper **DEREK JOHNSON '26** jumps in excitement after getting his first personal best this season **[2] One Stride At A Time** Running the 400 meter is **ESTELLA GUIDO '27** as she strides into a victory. With her speed, nobody can beat her! **[3] Embrace the Pace!** **ROMAN STECIW '26** running the 4x100. He starts off the relay as the first leg, putting the Lancers in the lead. **[4] Leap of Faith** Competing in the long jump is **AKANESI ALVES '24**. She leaps into the sandpit with great form and technique. **[5] Raising the Bar** **DIEGO ARREOLA '25** competing in the high jump. He jumps over 5 feet high and secures another win accumulating points to beat Junipero Serral *photos by marina kan & rishabh anand*



staying on TRACK

One of the most unifying aspects of Track and Field is the team's weekly pro-tip from a veteran member

"Being a veteran on the team is really special and to see myself in the younger athletes is so cool. I try my best to be someone the underclassmen look up to."

- KATHERINE ADKISON '24

"My pro-tip was inspired because I know how easy it is to fall into the habit of complaining, but the very thing that I complain about most times is what is going to make me better and help me reach my goals."

- REMI PILAWSKI '24

"No matter how hard a workout is, it is always worth it when I have my teammates because they make me laugh or remind me that we come to practice more than just to workout."

- LILLIAN KAELEBER '24

"My pro-tip was about how if you take the easy road, it won't take you where you want to be. I try to think about this a lot when I'm doing a workout because I want to push myself and not try to cheat myself."

- JAKE KRATOFIL '24

launching LEGACIES



[1] Spin and Throw NIVA SHIRSEKAR '24 in action as she spins in the concrete and releases the shotput from her neck. **[2] It Is Always PR Day** **OLLIE BROWN '25** Gets ready as she steps back and runs to the sandpit in her triple jump. She won 1st place overall.

Shot put and discus members describe their experience being on a throwing team.

When you think of track and field, throwing isn't the first event that comes to mind, but it is still very interesting and fun. "I wanted to try something new. I thought it was about strength but it's more about form," said **CASE JACOBSON '26** when asked about why he started throwing. "Transitioning to throwing was also a bit of a challenge." Throwing is a difficult event that requires strength and determination. **KIRSTEN MICHAELA CASTILLO '24** said, "Shot put is a totally different sport than what I was doing prior so just getting used to that was hard to do." The throwing team has formed a close group and cherishes each other's encouragement. "We are a very close team because it is a much smaller group," recalled Castillo, "We look out for each other and hold each other accountable to make sure we all do our part."

