



head in the game Attempting to get a first down, Gustavo Escobedo (12) runs the ball at the Homecoming game. Escobedo found that meditation helped ease his pre-game anxiety. "I put on some headphones and listen to hertz to prepare mentally," Escobedo said. "It helps me relax because I get really anxious before games." *Photo courtesy of Now and Forever Photos*

Slinging a workout bag over our shoulders, we begin practice for the new seasons and prepare to conquer all challenges ahead of us. Fall sports combine training from the summer and school year to kick off with a newfound confidence.

Braving the chilly mornings and nights, winter sports teams bring the heat. We spring into the final sports season, hungry for more triumphs.

All the hours we dedicate mark new records. JV and varsity girls volleyball finish the season undefeated. Football tackles a 20 point victory in their third game. Marching Band and Color Guard place first in five categories at the NorCal Super Show. We push ourselves to the limit, ready to make history. It's time. Get set. Go.

on your
march