

CHEERLEADING

JAYDEN MONTGOMERY '22

"We had a lot more girls on the team than we've had in past years, so it was harder to stay social-distanced. I was looking forward to working on my new tumbling skills and get more flexible for jumps. We wished we could have worked with our stunt groups for competition, but we couldn't due to Covid. It felt good to be together because in quarantine when you can't really see anyone, you get more lonely, so when your able to be around people it slightly feels like normal again. I missed my coach a lot, she's like another mom to all of us."

RYLEE JENKINS '22

"It was really nice to get back to cheer practice after ending in the spring. Our team picked up right where we left off. There were just a few changes with masks and social distancing. It was nice to just have social interaction. I was looking forward to learning some new routines so we could cheer on our athletes when sports came back."

photos by j. bishop

GETTING

BACK

ON THAT GRIND

Athletes return to summer workouts under social distancing guidelines

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design by j. bishop

VERSION BROOKS '21

"After months of Zoom calls, it felt great to be able to see all the guys and coaches in person on the field and in the workout room and put in some work alongside them. The energy was high and everyone on the team knew we had work to do."

photo by m. ruser

FOOTBALL

TIMOTHY WOLFE '23

"We were divided up into like three or four groups because we are such a big team. We practiced for about over two hours. The masks made it harder to work out, but I wanted to focus on improving my athletic abilities and my strength mentally and physically."

CODY NELSON '21

"We practiced like nothing was different even though it definitely was. Our last practice of the summer we got to do some tug-o-war. With every practice, we needed to work on understanding that there might not be a practice the next day, so we all practiced a little harder with that in our minds."

photos by m. ruser

GIRLS

BASKETBALL

TORI HENDRICKS '21

"Getting back on the floor, dribbling a basketball, and seeing the girls again was such a relief. I took the summer to work on not going too fast but fast enough to change the pace of a game. After summer workouts, CHSAA released our shortened season schedule. If I chose to play basketball I would have to quit my job that I started when Covid hit in the spring. The season isn't long enough for me to do that, so I had to make a really hard decision to not play this season."

MADELINE BINER '23

"It honestly felt great to be back working out with my teammates and seeing everyone again. We entered on the backside of gym and Coach [Bo French] would take our temps and have us go in to do warm-ups. I was looking forward to getting better at basketball and seeing my friends again. Our goals as a team were to each improve so we would be ready for the season, but with Covid, we were not guaranteed."

photos by j. bishop

BOYS GOLF

COLBY POZIO '24

"Since we have to spread out on a golf course, our practices weren't too different. Our team just went to the golf course, did our health screenings and temperature check, checked in with our coach and worked out for a few hours at the course. We did a bunch of different things from hitting practice, putting, and chipping all while still trying to get to know each other and the courses we were playing at for the year."

JADON LOCKWOOD '21

"The golf course is pretty big, and since we were spread out on the course, we didn't have to worry too much about social distancing. When we would gather together closely to listen to our coaches or something else, then we had to wear a mask and stay six feet apart. We were pretty lucky compared to other sports because our game is more of an individual sport, we are spaced out, and practice and play outside. We took every practice seriously to prepare for our season."

photos by j. bishop

IN CASE YOU

WERE
WONDERING

Specific safety guidelines set by district leaders implemented by teams, coaches



photo by j. bishop

BEFORE WORKOUTS

Athletes completed a health screening form verifying they hadn't been exposed to anyone confirmed positive with Covid-19, and that they had no Covid symptoms such

as loss of taste or smell. Then, athletes like Brycen Fabel '23 had to show the form to his coach Andy Roob, who then checked that their temperature was below 100.4 degrees. All wore masks over their noses and mouths and maintained six feet social distancing.

AFTER WORKOUTS

Once practice ended, athletes and coaches would take all their equipment used like basketballs, cones, and mats to wash and sanitize them for the next practice.

"We couldn't use a football the first few practices. Once we started using more equipment, we had to clean it afterward. If we were lifting in the weight room, we had to sanitize after every use."

EDDIE CLEMENTS '24