

back & BETTER

Athletes prepared throughout the Summer for their upcoming season.

BIG MOMENTS

Student athletes had some big wins at summer competitions.

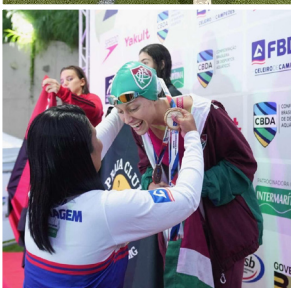
Scan to watch Dominic Veloso's summer highlights.



GOING ABOVE AND BEYOND, senior **Dominic Veloso** takes a picture with his coach, Erik Cartelle, after receiving the All American Academic award from USA Lacrosse on June 2. He later went to play for the USA 18 and under team lacrosse team. "I was invited on the USA under 18 team and was lucky enough to play goalie internationally," Veloso said. Photo provided by Dominic Veloso.



SWIMMING WORLD WIDE, junior **Giovanna Musiello** smiles as she receives a bronze medal in the 400 individual Medley after competing for her home country, Brazil, over the summer. "It is a privilege to compete for my home country, and it was an amazing experience," Musiello said. Photo provided by Giovanna Musiello



IN IT TO WIN IT, junior **Eden Alfie** poses with her coach after placing at a regatta over the summer. "I competed in Miami international regatta and got second in my pair and second in my single. This is a good indicator for where I am for the high school season and what I need to do," Alfie said. Photo provided by Eden Alfie



Summer vacation was often a time to relax, travel, and catch up on sleep. For many student athletes, it was also an important time to continue working towards improving their craft and achieving athletic goals in advance of the high school season. Under the guidance of Coach Earl Sims, summer training for the varsity football program was no exception.

"A typical day of summer training started with the team out on the field. We did a dynamic warm-up, then speed improvement drills, and then went into the main workout of the day on the field, which consisted of acceleration drills, competition drills, and conditioning drills. After our workout on the field, we went into the weight room," Sims said.

For freshman quarterback Brendan Beery, the work began just a week after the end of the previous school year. "My summer training started the week after school ended. I was calling the receivers in to work, and we all tried to get our timing before the season started," Beery said.

In addition to the physical preparation

for the upcoming season, Coach Sims stressed the importance of mentally preparing the student athletes.

"On Wednesday, it was different. We had our journaling day. It started with either a question or a quote, and the team had to write and recite," Sims said.

Beery was optimistic about the progress made over the summer and how, through hard work and shared goals, they grew together as a team.

"The summer training prepared me for the season because it made me mentally and physically stronger and more aware. Coach Sims was good at motivating all of us," said Beery.

Reflecting on the hours invested and the team unity that resulted, Coach Sims was optimistic about the future.

"I was looking forward to the upcoming season to see how we could become a team. We all had individual talents, and everyone was coming from a different space, but it was all about how we could collectively put our best effort forward as a team and represent our school," Sims said.

STORY | PAIGE ESKRA



AFTER PRACTICE, senior **Dylan Calero** takes a moment to stretch. Coach Sims required players to stretch before heading into the weight room for the second part of their team practice. "Our team is really young and as a senior I am confident that the team is only going to get better," Calero said.

GETTING READY FOR A PASS, freshman **Jonathan Walker** works on his skills on the field. Walker looked forward to the year ahead because of the excitement surrounding the new home field and the student cheering section. The football team worked hard during the summer to prepare for their season. Photos provided by Brigid Samole.

ESSENTIALS

Student athletes shared their must have items during summer training.



Since I am always under the sun, for me it is essential to apply sunscreen.

Kathleen Serig '25

I always have a water bottle on me when I play water polo, but it is most important in the summer.

Matthew Preston '26

Over the summer during cross country preseason, I like to listen to music when I warm up because it hypes me up before practice starts.

Lena Ross '26

LOOKING FOR A PASS, freshman **Miller Garfinkel** looks at his teammates to see who is open. He and his team practiced repetitive drills to get ready for the season. "Working out and staying focused kept me where I needed to be," Garfinkel said. Photos provided by Brigid Samole.