

Fall Sports State Sendoffs

A Chase Baker
Staff Reporter
Sports



The girls swim team placed 13th at State.



The girls volleyball team placed 2nd at State.



The girls soccer team made it to the second round at State but did not move on.



Both the boys and girls cross country teams placed 3rd at State.

Athlete Spotlight

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Savanna Nelson is a senior and a cheer captain. Her favorite thing about cheer is a program the team does in the summer where she gets to meet cheerleaders from different schools and they exchange ideas. Nelson expressed that the most difficult part of cheerleading was when she first joined because it was stressful because the team had to learn a lot of dances before their practice. Nelson said, "I feel the team is doing really good. We are off to a great start. A lot of the stuff we are doing at games are things we have not been able to do in the past until basketball season, so being able to do all these stunts and dances in football has been amazing to see how much we have improved these past few years."

Athlete Spotlight



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Zaydin Ezell is a senior on the football team. He is a defensive and offensive lineman and he is number 55. His favorite part of the season was "being part of something, being part of a team." Ezell continued, "I feel proud of these people like they are my family." Ezell also enjoys riding dirt bikes with his family and friends. "Outside of football I don't really do much. I like to hang out and relax as much as I can, not focusing on homework or school. I do a lot of laying in bed."



Callie Kennedy
Staff Reporter
Sports

Fall sports at Ellensburg High School are coming to a close, which means that tryouts for winter sports are right around the corner. One of those sports is boys basketball. Tryouts are a time where players are able to connect with others, show their skills, and improve their abilities.

This year, tryouts for boys basketball are four days, starting November 18th and ending November 21st.

Garrett Hull, the Head Coach of Boys Basketball, stated, "Each player is evaluated by a player evaluation sheet that is based on 135 points. Some of the categories on the evaluation sheet are shooting, dribbling, and coachability."

Cole Rogers, a senior at EHS and point guard on the varsity team, provided further information and insight into the tryout process. "Throughout tryouts coaches evaluate every player's skill sets, attitude, and encouragement towards teammates through multiple different drills and exercises. Drills vary day-to-day, but the main goal is to get every player mentally and physically ready for the upcoming season," said Rogers.

Rogers shared that to prepare for tryouts he "attend[s] open gyms [in] the high school and participate[s] in basketball games every weekend throughout the fall."

Hull explained that his preparation for tryouts is "making sure a great practice plan is set that displays the goals that the coaches are trying to achieve for that day and to make sure we are getting done what is needed."

Even though tryouts may be demanding physically, mentality is also important.

Garrett Marrs, a senior at EHS who plays power forward on the varsity team, stated that he "[focuses] on the things [he] can control." He continued,

Tryout Season Eyes on the Prize

"While I can't control whether or not I make all of my shots, I can always control the energy and effort that I play with." He added, "Coaches take note of that!"

Hull shared that his mindset during tryouts is "to try and make practice organized and safe for everyone, but also a fun and loose environment to let the boys be themselves and allow them to show their best self during this evaluation time."

Marrs' favorite part about tryouts is "just the excitement in the gym! 30+ guys who all want to compete and get better." Rogers' favorite part about tryouts is "getting to see everyone encourage and push each other each day to be better."

Marrs' least favorite part of tryouts is "the amount of time it takes. While it is a lot of fun, 12-15 hours of practice in the first five days of the season can be draining both mentally and physically."

Hull stated his least favorite part is "having to cut players. It is the toughest thing in my opinion as a coach to do. I love that we get a huge turnout and that kids want to be a part of something great, but unfortunately, we can't keep everyone."

Something Hull is looking forward to this season is "seeing how hard the boys are going to work to accomplish their goals this year. We have a lot of boys that put in a ton of work in the off-season and I can't wait to see their hard work pay off."

Overall, both Marrs and Rogers are excited for the upcoming season. Rogers is looking forward to "getting to spend time with [his] friends on the court and wrap up [his] time playing basketball with a positive end" the most.

Basketball can be difficult both physically and mentally. Although the tryout process may be time consuming and strenuous, it encourages players to be their best selves and maintain a growth mindset.