

LINDSAY KENDALL Cross Country 10-12, Track&Field 9-10, NHS 10-12, SNHS 10-12
LOGAN KENNEY Track & Field 9, Football 9-12
JUSTEN KEOUGH
RILEY KERSTIENS Football 9-12, FBLA 9-10, Volleyball 9-10
HANS KETTWIG Track & Field 9-12



AAVAN KHALFAY Speech & Debate 9-12, TSA 10-12, Science Olympiad 10-12, NHS 11-12, SNHS 11-12, Mu Alpha Theta 11-12, FNHS 10-12
PREETI KHANNA
ADITYA KHANOLKAR NHS 11-12, DECA 10-12, FBLA 9-12, Stocks Club 9, Happy Crew 10-12
RACHEL KIM Cross Country 11-12, NHS 11-12, Key Club 11-12
GUY KIMBALL



SEVERIN KIMBALL Cross Country 9, Wrestling 11-12, Lacrosse 9-11, FBLA 12
AARIV KINI NHS 11-12, SNHS 11-12, MuAlpha Theta 11-12, CSHS 11-12, TSA 9-12, Science Olympiad 10-11, Robotics Culb 12, Science Bowl 12, Code Connect 11-12
BRAYDEN KLIKNA Golf 9-10, VP Pause Club 12, Stone Canyon Outdoor Ed 11-12
MALEAH KOEHN Dance Team 9-12
ALEXANDER KOENEKER Cross Country 9-12, Track & Field 9-12, NHS 11-12



SAWYER KROL Swim 9-12
SANDRA KRZYWDZINSKI STUCO Class Pres. 12, Sky Ridge Volunteer 10-12, Link Crew 11-12, HRJC MTB 12, Track & Field 9-11, NHS 11-12, HOSA 11, TSA 11, Junior Escort 11
MEDHA KUNTAMUKKLA NHS 11-12, SNHS 11-12, NEHS 11-12, HOSA 9-12, Tennis 9-12, UNICEF 9-12, FBLA 9-10, TSA 10-12, Science Olympiad 10-11, Med Club 9-12, SASA 9-12, Mu Alpha Theta 11-12 Josalynn Kyle
MCKENZIE LAING Art 9-12, Debate Team 11, Rodeo Art Show Finalist

HANSIKA LAKKIREDDY Drama 9-12, FNHS 10-12, TSA 10-12, Red Cross 11-12 NHS 11-12, NEHS 11-12, SNHS 11-12, Track 9-10
ELISHKA LAMBERT GORWYN Cheer 9-12, Climbing 11-12
ALEXANDRA LARSON Dungeons & Dragons Club 9-12
MARK LARSON SSN Candy Cart 9-12, Unified Sports 9-12, Newspaper 12
ISABELLA LEACH Childrens Chapter 11-12, Key Club 9-12, NSHSS 10-12, Link Crew 11

SADIE LEDBETTER
HANA LEE TSA 9-12, Science Olympiad 10-12, Math Club 9-12
LONDON LEHL
KASEN LEHMAN Basketball 9-12, Golden Boy 12, Male Athletic Leadership Club 12, Boys Volleyball 9
ELIZABETH LEMESHEWSKY Swim & Dive 9-12, Key Club 10-12, Yearbook 10-12, Quill & Scroll 11-12, NEHS 12, Link Crew 11-12



MCGOWAN'S FAITH AND RESILIENCE SHINE THROUGH MULTIPLE INJURIES AND SURGERIES

FROM GYMNASTICS PRODIGY TO PERSON WITH PURPOSE
Finding what she believed to be her path through athletics, senior Petra McGowan, decided to specialize in gymnastics at an early age. McGowan began her athletic training at the age of 2 and followed on the JO (junior olympic) path up until the age of 14. Training up to 20 hours per week took a toll on her body as she experienced minor injuries like any gymnast would have such as sever's, osgood-schlatters, pelvic apophysitis and ankle twists. As McGowan continued to pursue gymnastics she experienced more major injuries. One being when she broke both of her arms.
"I landed straight on my arms and broke both of them at the funny bone. I had a cast on one arm and, like, an arm brace on the other, because it wasn't as bad," McGowan said.
Once both arms healed she jumped back into it, continuing to do gymnastics.
Later, McGowan rebroke her left arm, which revealed that her right arm had not healed properly. Instead of just another

cast, she would need to get surgery on both arms to fix the poorly healed injuries. She required three surgeries on her right arm to ensure it was properly healed all throughout middle school.
"It's part of my testimony. I tell everyone it was a big step in my faith journey, because when you're injured all the time, you're pretty much known as the injured girl. It was definitely isolating and mentally painful, just going through surgery after surgery, like getting rehab, doing physical therapy, and getting all the way back to 100% and then having to just get another surgery going all the way back down to ground zero," McGowan said.
Once freshman year rolled around and after quitting gymnastics due to the injuries, McGowan would have what she would call a "high school crisis." After competing in the same sport since she was two, she no longer knew what she wanted to do. So she took control and tried out for as many sports as she could handle her freshman year-volleyball in the fall, diving in the winter and track in the spring.

"I pretty much filled my whole freshman year with a sport every season, just to stay busy, stay athletic and just to do fun things, try new things," McGowan said.
Nothing had clicked yet, until the spring when she competed in track and field. Previously whenever she would be asked about joining a track team by her peers she would say that she was too busy with gymnastics. However, with the constant running that she was doing when her arms were broken, she was more than willing to try it out.
During her junior year, McGowan decided to join Steadfast Track Academy, a club track team. There, they helped to build up her confidence as well as help with her technique, which motivated her even more.
Going into her junior season of track, she opened her mind to the possibility of winning a girls state championship with her track teammates.
"We thought we had a good chance of winning State, and especially in our individual events too, but also as a

team, which is one of the coolest things," McGowan said.
After pushing hard against the dilemmas of ankle injuries and shin splints, the state championship finally came round. With only 11 people on the state team-small, compared to other teams-head coach Dan Davies devised a strategic plan in order to obtain the most points possible. At State, McGowan participated in the 4x100 relay which got 2nd, the high jump which she placed 1st and the long jump which she got 3rd. Her individual places helped the team win the championship.
For her senior season she hopes to break the school record in high jump with a measurement of 5'8".
"There's so many points in my athletic journey where I thought of just giving up, and when I quit gymnastics I thought of it kind of as me giving up on myself and failing. I saw it as more of a failure than actually moving on with my life. I've done it for so long that I was like, maybe I'm a quitter, maybe I'm a loser, maybe I just can't do it any-

more, and I'm not strong enough, but pushing through all of this and even becoming a state champion in track, that wouldn't have happened if I continued doing gymnastics, and that wouldn't have happened without my injuries either. They pushed me to become the best athlete that I could, to never give up on myself and build character, that integrity, that determination, that motivation, that hard work, that you need to be a state champion," McGowan said.
McGowan also said she couldn't do it without God.
"It definitely makes you stronger, physically, mentally, [and] spiritually. What I learned through my whole journey was really just glorifying God and all that you do and giving Him all the praise. Because really, I would not be here without that," McGowan said.
PHOTO COURTESY: P. MCGOWAN
STORY: M. DYSART, S. THOMPSON

HUDSON KOENIG Soccer 9-11, Pickleball Club 11-12
JACKSON KORESSEL
SAMUEL KORESSEL Soccer 9-12, Basketball 9-10
ROHAN KOTWAL
UMA KOTWAL Bake My Day, Fashion Club, Pulse Club



MICHAEL KOZLOWSKI Varsity Golf 10-12
PAISLEY KRAHN
CAROLINE KRAMER FBLA 9-12, Tennis 9-11, DECA 10-12, Softball 9, NHS 11-12, Key Club 9
ASHLYN KRELL
ROSHNI KRISHNAN



LUKAS LENZI
NASH LEONARD Lacrosse 9-12
JACOB LESSMAN Basketball 9-12
SOPHIA LEVESQUE
EMMA LEWANDOWSKI Key Club 10-12, FNHS 11-12

ZACKARY LEWIS Mountian Biking 9-12, Ski Club 10-12, Track 9
MADISON LIND Volleyball 9
ELA LIU NAHS 10-11, Speech & Debate 11-12
THOMAS LOMBARDO Soccer 9-11, Track 9-10 11, UNICEF 12
KEILANI LONGWELL Marching Band 9-12, Cont. League Band & Orchestra 10-12

