

Ten years from now, I "will be Jamie Youn's room mom," said Blayze Borroto '26.



CURTAIN CALL High in the air, Josephine "Joey" Nesland '28 secures an interception to regain possession for the Bulldogs. Defense specialized rushing packages to disrupt the opponent's passing rhythm throughout the first half. "It was [fourth] down and [the Woodbridge players were] close to the endzone, [but] I stopped the play by reading the [QB]. [Coach Desmond Hernandez gave] me a play where I [rushed] instead of three [athletes], and it [confused] the [QB] on where to throw the ball," said Nesland. *Photo by Connor Hsiao '26*



1. FLAGGED DOWN On a defensive pursuit, Sasha-Zoe Del Rosario '26 removes the flag from a Woodbridge ball carrier to stop the play. During the second quarter, Del Rosario suffered a knee injury while rushing the quarterback. "I planted my leg to go another direction [when] my knee [gave] out," said Del Rosario. "My leg went numb, and I [stayed] on the ground for a few minutes until I [moved] again. I was in shock and scared." *Photo by Connor Hsiao '26*

2. CLOSING THE GAP To maintain downfield coverage, Aleena Advani '26 and Sophia Jordan '28 track the Woodbridge opponents to prevent a completion. With the close score, players persisted to try and gain a lead. "Being tied at 12-12 made me excited [and] nervous at the same time," said Advani. "It pushed me to work harder because I wanted my team [to] win. I knew I had to keep my energy up on every play to make sure we didn't give the other team any openings." *Photo by Connor Hsiao '26*

3. DOGS GOTTA EAT Before returning to the field, Amelia Atchison '26 leads the "Bulldogs on Three" chant. Team cheers proved players' drive to win. "[We] wanted to be louder [than Woodbridge] because we [knew we were] a good team and [knew we worked] harder than anyone we play[ed] on the field," said Atchison. "[It was] important for our opponents to see we [wanted to and were ready] to be there." *Photo by Connor Hsiao '26*

4. DUBS ONLY From the sidelines, Seorin "Irene" Kim '27 and Amelia Atchison '26 cheer. At the time, Woodbridge was ranked first in league. "[When we were tied, we] were excited because it showed the game was fair play and showcased all the hard work our team [went] through," said Kim. "[Woodbridge] was a big competitor last season, [and] it became feasible [to] beat them." *Photo by Connor Hsiao '26*

give a
FOOT,
take a
YARD

**ATHLETES
SHARE THEIR
GO-TO GAME
SHOES.**

*Adidas
Predator
Elite FG*

"After football practice one day my sister and I pranked our mom that I had hurt my ankle when running and pivoting. She got a little paranoid after it happened and wanted me to get turf cleats, which allow[ed] you to pivot on turf better than normal cleats."

-AUDRINA WONG '28

"Every scuff on the cleats represent[ed] the practices, and games where I pushed myself. They also [carried] the friendships and bonds I created on the field, wearing them while celebrating wins and creating countless memories on the field."

-HASTY
"MADISON"
TAMJIDI '26

*Nike
Turf*

50

in the END-ZONE

**UPDATED RULES AND SCHEDULES RESHAPE
ATHLETES' GAME STRATEGIES AND SEASON.**

Story by Sophia Trinh '27

Rapid passes cut through the air as the varsity flag football team stormed through the season, winning the OC Division Two Labor Day Tournament the Pacific Coast League title, and reaching round two of the CIF-SS playoffs—all for the first time in program history. Alongside on-field success, players also maintained academic preparation in the classroom.

"[As] a student-athlete, a lot of commitment [was needed] to make sure I [balanced] both [academics and sports]," said Seorin "Irene" Kim '27. "These two [interfered] with each other, [and] there [were] times I [left] early to attend a game. Despite [this], I [succeeded] and [contributed] to my team."

Aside from academic adjustments, CIF-SS and NFHS updated the rule book earlier in the spring, as the sport entered only its third sanctioned season.

"[Our] handbook was changed completely from last year. [For] example, if you were [an] X receiver, you always were on the other side of the y z receiver," said Arianna Diaz '27. "[In addition to positioning,] there [were] specific [ways] we had to run these routes. [I] overcame this by [looking] at the playbook and [studying] them [every night] to make sure [I] knew what was going on."

Handbooks were not the only changes made, as players had to adjust and relearn skills from the past.

"I [played] center and it [was] overall really fun, but [it was] challenging [since] it [was] a new role, [and] taking a year off made me rusty," said Audrina Wong '28. Learning to snap [differently] was difficult [because] I [had] been using the same form for over [three] years, [meaning] changing [was] hard."



a cuddly
COMPANION

MEET THE STUFFED STAR ON THE SIDELINES. "[Buster the Bulldog went] to the game's [Most Valuable Player], chosen by the prior game's [MVP]. [The] player who [got Buster kept] it until the next game. [It was] good motivation, symbol of hard work and recognition for those who [received] it."

-BLAYZE BORROTO '26



5. PULLING AHEAD To prevent Woodbridge from getting a touchdown, Sophia Reyna '29 and Aleena Advani '26 lunge for the opposing player's flag. Players enhanced their game strategies using various methods. "[My] game IQ [improved by] doing recognition drills and watching film, which helped me anticipate plays before they fully [developed]," said Reyna. "During the Woodbridge game, I recognized the formation, so I broke on it early and was able to get the ball back," *Photo by Connor Hsiao '26*

MAKING HERSTORY

**GIRLS FLAG CLAIMS PACIFIC COAST
LEAGUE TITLE ON OCT. 13.**

**LEAGUE
RECORDS**
2023 (INAUGURAL
SEASON): 4-8 L, no
league standing that year
2024: 0-14 L, 8th
in league
2025: 13-1 W, 1st in league
Source: MaxPreps.com