

Ten years from now, I "want to be successful in kinesiology, live in Canada and experience motherhood," said Malaiya Abraham Mendez '26.

WHO RUNS THE WORLD?

GIRLS!

BULLDOG FEMALE ATHLETES COMPETE AT A HIGH LEVEL TO PRODUCE RESULTS.



Since fifth grade, Sophia Reyna '29 played flag football in the Matt Leinart K-8 League before joining the high school's third sanctioned CIF season. As a running back, Reyna earned Pacific Coast League MVP/All-League honors and led her team to its first league title and CIF appearance.

Reyna balanced varsity football with club soccer and daily agility training. She attended 90-minute sessions with personal trainers Mark and Reggie at Peak Velocity to increase her speed. Despite her accolades, Reyna struggled with consistency during her first season.

"One difficult moment was when I wasn't playing as well as I expected; I made mistakes and didn't feel confident," said Reyna. "I told myself one play [didn't] define me and effort matter[ed] more than frustrations. I focused on the next play [and] kept hustling."

During the Game of the Week against University High on Sept. 17, Reyna scored a game-tying touchdown in the fourth quarter to force overtime. Quarterback Arianna Diaz '27 later threw the game-winning touchdown in a 26-20 win over the Trojans.

Reyna continued her multi sport career as a tri-sport athlete, competing on the high school varsity soccer team and the track and field team.

FALL | FLAG FOOTBALL | SOPHIA REYNA '29



Point guard and captain Madison Nguyen '26 began playing basketball in first grade and joined competitive club teams by third grade. A transfer from Crean Lutheran, the 5'4" senior led her team to the CIF-SS and SoCal Regional semifinals last year. Her individual honors included three years of All-League honors and two MVP awards from a summer Asian All-Star event.

Nguyen maintained a 4.5 GPA while competing as a dual-sport athlete. At Crean Lutheran, she reached the CIF-SS Division 3 finals in track and field. While on the court, she focused on stabilizing the team's younger players during high pressure situations.

"We [had] some underclassmen [who] weren't as [experienced] in these tight games, so [I made] sure they know what to do," said Nguyen. "I [tried] to make sure I [was] as calm as possible. If I [need[ed]] to step up, I [always found] a way to step up."

Last season, the team defeated the division's top seed and qualified for the state tournament. This season, Nguyen contributed to another upset over Division 2's top seed, Glendora High, on Feb. 15, advancing to the quarterfinals and extending the team's postseason run.

"[Everyone] thought we were [going to] get out within the second round," said Nguyen. "Honestly, we just believed in each other. [It] was just a surreal experience."

WINTER | BASKETBALL | MADISON NGUYEN '26



Adrenaline coursing through her veins, Audrey Lin '28 finished top three in last year's Pacific Coast League 800 meters, running a 2:18.91 personal best, the third-fastest time in school history, according to Head Coach Kavanaugh.

During the cross country and track season, Lin trained alongside teammate Azra Gercek '28 to maintain her pace. Lin earned All-League honors in cross country and qualified for the Winter State Meet in the 600-meter and 1500-meter events. She competed twice at the Outdoor Track National Championships and led her high school 4x400 relay to its first-ever CIF Masters appearance.

"Oftentimes, running was more focused on guys and I felt like I used that to my advantage, so I always had someone to pace with," said Lin. "Outside of running, some habits I tried to maintain were doing weights once or twice a week, not eating too much junk food and getting at least eight hours of sleep."

Lin qualified for the Elite division of the 800 meter run at the New Balance Indoor National Championships, set for March 12 to 15 in Boston. As an underclassman, she focused on improving her technique and endurance.

The young trackstar has goals of qualifying for CIF State Prelims for the 4x400 this spring.

SPRING | TRACK & FIELD | AUDREY LIN '28