

one last flight

One last water polo season in the current pool

What time is it? "Joe Mama-clock!" **Sophomore Ferdoos Baghbanian** started the joke after every time someone would say What time is it? She kept it going the whole season! This was the last season that the girls will be playing in this pool. Though that pool can have really bad air sometimes it has given the Lady Aves a home for many of years. This pool has given them so many good and bad memories. As well as lots of tears laugh. The girls placed 6th at states, they played hard and had lots of fun.

This year they started a tradition of doing a tread circle before every game. During warm-ups, they do their normal warmups which consist of swimming some amount of laps, 4 sprints, passing for 5 minutes, then 4 corners. Then this year they added the tread circle after all of the other warm-ups as well. The tread circle involves all of the girls start treading one way, then the other directions and then start doing the Hokey-Pokey to get their legs warmed up.

"I love all the fun team bonding things we get to do together! Especially the time we spend together outside of the pool," said **Ayla Fidanza, 11**.

Fidanza demonstrated the spirit of the Lady Aves Water Polo team with the goals she set for the season. She said, "I wanted to improve from where I was last season and I think I accomplished that!" Improvement was the name of the game both in and out of the pool, with the members pushing each other to learn and grow. "I love the competitive atmosphere and the push for everyone to improve together!" said **Alexis Klugo, 10**.



ALL-OHIO TEAM



OLIVIA SHIELDS, 12

"I was very excited to find out that I made the All-Ohio team. I'm very proud of everyone who made it and it's an accomplishing feeling on how hard we have all worked!"



ALEXIS HOLDREN, 11

"I feel like all of my doubts about myself as a player have disappeared... [that] other coaches saw my hard work and took note of my performance makes me feel seen and appreciated, especially when there are so many games and tournaments where I feel like I've let my team down."



EMMA BAECKER, 12

"It's very rewarding to know that all my hard work has paid off and I couldn't have done it without my team behind and supporting me."