

# captains tell all

## fall sports

### VARSITY GIRLS VOLLEYBALL

**ASHLEY WALKER, 12**

My advice is to enjoy every moment and make the most of it. There will be wins and losses, but always remember your love for the game. High school goes by fast, so embrace each second."



### VARSITY BOYS WATERPOLO

**OWEN COURTNEY, 12**

"My advice would be to stick with whatever you want to pursue. Even if at some points you feel like you want to quit, in the end, you will be grateful that you stuck with it."



### VARSITY BOYS SOCCER

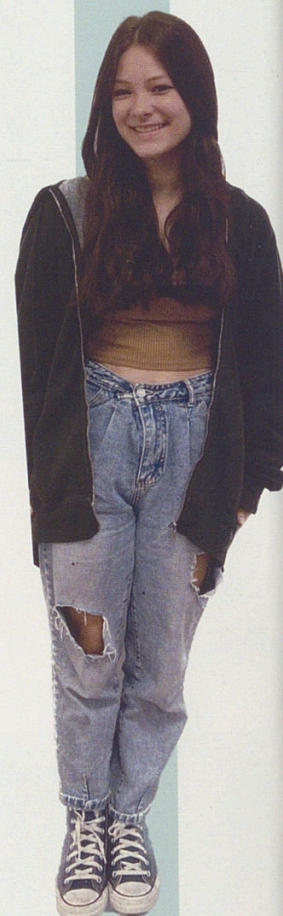
**NICOLAS BELLO, 12**

"My advice is to never count yourself out of anything. Many have a bad habit of sleeping on us, and we have always managed to surprise them in one way or another. Always stay focused and work hard."

### JV BOYS SOCCER

**ANDY WEI, 10**

"My advice is to go to open fields over the summer to practice and to go to all the practices once you make the team. Also, go to the pasta parties."



### JV CHEERLEADING

**MARILYN CONNORS, 11**

"My advice is to try your hardest and take it seriously. Also, don't be shy and have large facial expressions."