



VARSITY BOYS FOOTBALL

DOMINIC MANGANO, 12

"My advice is that you will only get what you are willing to put into the sport. Each and every day is important in building your personal and team goals."



JV-B VOLLEYBALL

EMILY VALENT, 10

"I would tell future generations playing volleyball to have fun and build connections with all of your teammates. You will remember the memories and friendships more than the wins and losses."

VARSITY GIRLS XC

MARIA SHOMO, 12

"My advice would be to not let your mind take over your body, even when you feel like collapsing or giving up."



VARSITY BOYS XC

CONNOR CHRISTENSON, 12

"I would tell future generations that the more you put into the team the more you'll get out of it - the meets are fun, but the optional activities like pasta parties and the camp-out are what make great memories."

VARSITY CHEERLEADING

TESSA WITTENBAUM, 12

"My advice is to give your all into everything you do and always ask questions. Also, always make it feels like a team. Be nice to everyone; it will help in the long run."

