



# DE EQUITIBUS

## INSIDE



2013 grad achieving amazing heights at SpaceX  
Page 5



Athletes, coaches celebrate outstanding fall season  
Pages 6-8

## Winter sports season begins with addition of wrestling

### Soccer, basketball teams will be strong contenders this year

By Katherine Camberg

All of the fall sports are finished up, and winter sports are just beginning. There have been many changes since last winter including a new basketball coach, and the addition of a wrestling team. Soccer, basketball, and wrestling all have an interesting season ahead of them.

The wrestling team in particular will be an interesting team to watch out for. (See article at right.)

Our boys and girls soccer teams also have an exciting season ahead of them. Both teams have grown since last year: the girls team has over 20 players, and the boys team has over 30 players. The boys soccer program will even be able to have both varsity and junior varsity teams. The girls team is being led by team captains Mimi and Genevieve, and the boys teams are being led by captains Herman Flores, Jacob Cryder, and Jacob Matsumoto. Both teams have their first game of the season on Nov. 29 against Trivium Prep.

Both teams are excited to have lots of players, and are welcoming many new players. Team captain Genevieve Gaylor explains, "I am excited to play with my old friends from soccer and I'm also super excited to play with all the new players. I believe the season will be a lot of fun. We have a bigger team than last year, which will most definitely help us on the field." More players means more subs, which will help our teams stay strong, and will hopefully lead to a better season for the Knights!

Basketball season is also starting up right



## Turnout good for new strength-building team

By Hayden Sampson

I could not tell you the first thing about wrestling, but I can tell you this: It takes a lot of will power and courage to be on the wrestling team. This year's team has a good range of players, from a few strong upperclassmen to lots of learning underclassmen.

Joseph Campbell, a junior, says, "I have had a great time so far and have gotten a lot stronger. The experience is amazing."

Under head coach David DeSilva, the team looks to be on the path to success.

Wrestling is not an easy sport, but one that helps develop young wrestlers into strong men. Athletic Director David Brittain had this to say about wrestling:

"Wrestling brings to my mind the classic speech by former president Theodore Roosevelt entitled 'The Man in the Arena.' Wrestling pits one against another of equal size and weight, making for a great match that will portray who has the most skill, strength, and determination. It reveals who can use their body and mind in the heat of the moment. It is a daring sport to be in the spotlight of a center circle and win and lose with dignity and honor."

With this new program in the works, TPA students should be on the lookout so they can come to matches and show support. Go Knights!

now. The boys basketball team will be led by a new head coach, Lane Waddell. The girls team has grown this year, and has lots of underclassmen, especially freshmen, joining this year. The girls program will be able to have both varsity and junior varsity teams this year due to a large turnout. The boys team also has a lot of new freshmen joining this year. Lots of underclassmen will help the teams build for many seasons to come.

Liam Collins, a junior on the basketball

team, says he is excited, explaining, "This season is a fresh start, and we're hoping to improve from our mistakes last year. Our team is young, so our future is bright." The basketball team is hopeful for this season, and seasons to come. The basketball teams have their first games on Nov. 29.

We have an exciting winter sports season ahead of us. Make sure to support our Tempe Prep athletes by watching some of their games and competitions. Go Knights!

## First Film Club production to clarify Tempe Prep's dress code

By Lindsay Newfeld

Everyone loves going to the movies, and now Tempe Prep has started our very own Film Club! It is a place where students can meet to appreciate classic films that kids aren't exposed to these days, as well as express their creativity through the production of their own films.

In these student-produced films, club members will have the opportunity to storyboard, write scripts, act, shoot footage and edit their own films. Students can also earn community service hours for participating in any Film Club projects. As President and Founder of Film Club, Bella DiCaro says, "Students in the Film Club get to apply all of their creative and critical thinking skills into a new medium that is not offered in any course at TPA."

As their first project, Film Club is planning on shooting a video illustrating Tempe Prep's uniform policy that can be



Bella DiCaro (from left), Aimee Cheng and Olek Piechaczek lay plans for their upcoming film aimed at clarifying the school's dress code.

shown to new students on the first day of school every year. While this is their first film idea, the club is open to new members and their ideas for projects and films to produce.

As Vice President Aimee Cheng says, "Film Club allows people to make a

lasting impact on the TPA community through projects like a dress code video or a video tour of the school. The club will also allow people to explore and understand the process behind shooting footage and making films." Film Club also serves as an environment for students to explore other forms of digital media, including photography.

If you are interested in joining Film Club, make sure to sign up and register on the Tempe Prep website. Mrs. DiCaro is the club's advisor and the fee for the club is \$50. Film Club meets every Wednesday during high school lunch in Room 405, with film viewings on Friday

evenings, most likely at one of the club members' residences. If you have any questions, speak to the President of the club, Bella DiCaro, or the Vice Presidents, Aimee Cheng and Olek Piechaczek.

## De Equitibus

[www.DeEquitibus.com](http://www.DeEquitibus.com)

### Co-Editors in Chief

Lindsay Newfeld, Rachel Dinh,  
Carter Sampson

### DeEquitibus.com Editor

Cole Klassen

### Features Editor

Jasmyn Genchev

### Sports Editor

Carter Sampson

### Staff Writers

Clara Moffitt, Hayden Sampson,  
Maya Kostov, Katherine Camberg,  
Theresa O'Connor

### Advisor

Bob Schuster

[bschuster@tempeprep.org](mailto:bschuster@tempeprep.org)

The De Equitibus staff meets every Friday morning at 7:30 in Room 503.

Anyone interested in participating is invited to attend.

Published by and for  
**Tempe Preparatory  
Academies**  
Tempe, Arizona

## 'Republic' film critic Mr. Goodykoontz shares experience and skills with TPA community

By Theresa O'Connor

Meet Mr. Bill Goodykoontz. He is a TPA dad, middle school volleyball and softball coach, and *Arizona Republic* movie critic!

Before becoming a movie critic, Mr. Goodykoontz was a police reporter, government reporter, sports columnist, features columnist, editor, and TV critic. So as you can see he has had a lot of experience with journalism. "All of these jobs have been fantastic," Mr. Goodykoontz said.

There are many difficult and fun things that are part of being a movie critic. The hardest part of his job is watching as many as 12 movies a week in a busy schedule. On top of all that, he has to review them. Luckily, Mr. Goodykoontz's favorite part of his job is that he loves to write and tell others about his opinions of whether or not you should go watch a movie that is coming out soon.

Mr. Goodykoontz has met many famous people in person such as Brad Pitt, Jimmy Kimmel, Jimmy Fallon, Conan O'Brien, Marissa Tomei, Keira Knightly, Clive Owen, Emma Watson, Elizabeth Olsen, and many others. He has talked to pretty much every famous person over the



Mr. Goodykoontz joins in the fun during the Fall Sports Awards last week.

phone. One time he was even talking to Selena Gomez and she said hello to his daughter Annie!

As a volleyball and softball coach, Mr. Goodykoontz encourages his players to do well but also pushes them so they can get better. "I had a great time coaching everybody, I had a lot of fun working with Coach Sebastian. He made the B team so much better. The A team was terrific. We won the championships. But the thing I was proudest of was how much the older girls helped the younger girls."

# Sister Cities program offers many travel opportunities

By Clara Moffitt

If you are a Junior living in Tempe, then listen up! Tempe has an incredibly unique, award-winning opportunity that you won't want to miss. 11th grade students who live in Tempe are able to apply to live abroad in a foreign country through Tempe Sister Cities exchange program — for practically free! The Tempe Sister Cities deadline is coming up on Dec. 16.

Last year, five Tempe Prep students were accepted into the TSC family, and were able to spend their summer in a foreign country with a family, making new friends from all over the world, touring, and getting a new sibling!

TPA alum and TSC delegate to Macedonia, Catherine Coriell, says, "There is no other program like Tempe Sister Cities available to rising seniors in high school. It is a life-changing trip filled with adventure, new experiences, and permanent friendships."



TPA alum Catherine Coriell, right, hikes with a friend in Macedonia during a Sister Cities trip.



TPA alum Christopher Moffitt, front, has stayed and traveled extensively in China, much of it as part of the Sister Cities program.

All of the delegates will agree that participating in Tempe Sister Cities was a highlight of their high school lives. Christopher Moffitt went to China and says that, "participating in Tempe's Sister Cities program was one of the defining experiences of my high school career. I got to explore a foreign culture and make many cross-cultural connections that I still keep today."

Through Tempe Sister Cities, students are able to walk through busy markets in China, celebrate the summer solstice in Germany, or even dance in the mountains of Ohrid in Macedonia. TSC also sends students to New Zealand, Timbuktu, Ireland, Peru, Ecuador, France, and Sweden.

Unfortunately, this

exciting opportunity doesn't come without effort. In order to be welcomed into the Tempe Sister Cities family, one must undergo several interviews. After every interview is an elimination, so it can get pretty stressful. "Nothing that a TPA student can't handle!" says Jon Maza, TPA alum and delegate to Germany.

According to people who have made it through the interviews, the key to succeeding is to be yourself. Catherine elaborates by saying, "There is no single individual that the selection committee is looking for. It is important that they see you as a unique, confident individual with an awareness and interest of the world around you. Find something that really defines you as a person and make that stand out." Regardless if you get accepted, the interviews are character building and helpful later in life.

Tempe Sister Cities in an amazing and unique opportunity that can't be found anywhere else. According to Jon Maza, his life was changed, and Catherine Coriell's world was changed every day with every new experience. Juniors, now it's your turn. The world awaits you.

If you don't find it in the *De Equitibus* print edition, look for it in the online edition at [deequitibus.com](http://deequitibus.com)

- The latest Tempe Prep news and sports
- More photos about stories that appear in print
- Complete fall sports awards names and photos
- Art and Literature sections
- Videos

## California trip gives 4 Tempe Prep students a peek into college life

By Rachel Dinh

After an evening's worth of planning, Nizhoni Saenz, Emma Moriarty, Abby Everding, Mrs. Moffitt, and I set out on a trip to California. We had all wanted to visit small liberal arts colleges, and California was the perfect place to do that; it is home to the Claremont Colleges (Harvey Mudd, Scripps, Pomona, Claremont McKenna, and Pitzer), not to mention Stanford, University of Southern California, and University of Santa Clara. And to all of those colleges we went.

The first stop was the Claremont Colleges. After five hours of driving (and occasional PSAT studying) we arrived at the campus. The Claremont Colleges are a consortium of small liberal arts colleges, all located within walking distance of each other. If the college you attend doesn't offer the class you want, you can take that class through another Claremont college that offers it. We attended info sessions and tours and found out that each college is unique. For instance, Claremont McKenna focuses on business and public affairs, and has the Athenaeum, a place where famous speakers give talks in front of students who reserve their seats in hopes of being able to discuss and ask questions afterwards. Pomona was recently ranked above all the Ivy League colleges by Forbes and was alma mater for Dr. Hickernell and Mr. Calahan.

In the same day, we also visited USC and saw masses of students walking all over campus near the end of the day. It was truly a lively, bustling scene that was enhanced by the tall, block buildings and grand fountains.

On the third day, we visited Stanford University. Two amazing things about the campus are the weather and architecture. The weather was absolutely perfect, although we Arizona-based students might have been biased. Stanford has a huge campus that includes two museums, a church, and lots of older, uniquely designed buildings.

The trip definitely had an impact on the students. Emma said, "I didn't know very much about colleges like Stanford or USC, but meeting the people and learning about the schools encouraged me to apply to them next year. I really love both Claremont McKenna and Stanford! They both have great communities and ideas about education. It would be amazing to go to either one."

Nizhoni said, "I learned about schools I never even considered applying to and now I've added two of them to my application list. If it wasn't for Mrs. Moffitt, I never would have been able to visit, so I'm super grateful to her. I really like Scripps. I wasn't



Striking poses in front of USC's iconic "Tommy Trojan" statue.

sure what to expect from a women's college, but I ended up loving it. I could definitely see myself going there. They also have a really great Pre-Med program."

Abby Everding said, "Going on the trip gave me a way clearer picture of what I want in a college. Some of the colleges I wasn't particularly interested in before, I found that I like a lot when I visited! The college I liked most was definitely Stanford. It really lives up to its fame. The campus was gorgeous and the tour guide was so kind and enthusiastic! Stanford has so many amazing resources and overall it just really appealed to me. It was great to experience the atmospheres of the different colleges and really imagine myself going there someday. It definitely put things in perspective! It was really fun and I'm glad I got to know better the lovely ladies that went on the trip with me!"

If you're ever in an area with a lot of universities, I encourage you to go. Stepping on campus and seeing the dorms, classes, and student environment is much different from what you see on a brochure or website. And keep in mind that although the application and choosing process can be intimidating, it's worth it in the end. When we went to Stanford, we had a chance to talk to Chris Moffitt, an alumnus of 2016, who is involved in several clubs and absolutely loves Stanford. He left us with a piece of advice: "No matter which college you end up going to, you'll have an amazing experience."

## Boys and Girls State lets you be in charge

By Cole Klassen

What if I told you there was a place where boys and girls run the government? No, this isn't Lord of the Flies 2.0, it's Boys and Girls State, a summer program that takes place across the nation.

Now, the Boys and Girls States are separate, but they are roughly the same thing. At these programs, a mythical State is created, split into cities and counties and the participants run for public office, trying to manage the State successfully.

In Arizona, Boys and Girls State takes place at Northern Arizona University in Flagstaff, making it the perfect opportunity to cool off. If you still need more convincing, here are the words of Genevieve Gaylor and Jacob Matsumoto, who participated in it over the summer. Genevieve said, "My experience at Girls State was amazing. I met a lot of new friends. Everyone was very friendly and cheered each other on and I gained a better understanding of my government and a newfound love for my country."

Jacob describes his experience as "Incredible. I was elected to my city council and State senate, made some incredible friends and just had a ton of fun. It definitely taught me more about leadership and government."

Boys and Girls State allows people to learn more about their government, but what if you aren't really interested in the Arizona government? "I think it is an incredible opportunity everyone should apply for even if you have no interest in politics," says Jacob, "because they give speeches on many different career paths and about our country as a whole. It is a once in a lifetime experience and it's a week you're never going to forget."

Genevieve agrees: "It is a great learning experience and you have a great opportunity to demonstrate leadership."

So, c'mon, carve out some time in your busy summers and give Girls and Boys State a try. You can talk to Mrs. Moffitt for more information, or find anyone who has previously attended.

## '13 grad Lisa Dischinger reaching new heights at SpaceX

By Cole Klassen

Space, the final frontier, a destination filled with sights not seen here on Earth. Space may seem far away, but a former TPA student is making it closer. Meet Lisa Dischinger, a 2013 graduate of Tempe Prep. Lisa now works at SpaceX, a company founded by entrepreneur Elon Musk, which designs, manufactures and launches rockets and satellites. It makes headlines through its quest to make space travel cheaper and more affordable.

But how on earth did a graduate from a liberal arts high school get involved with such a technical business? According to Lisa, she "Ended up at SpaceX after a couple attempts. I applied through their online applications and went to many of their on-campus events such as the career fairs and specialized info sessions. I had an interview for one spot about a year ago, messed up that interview, but then I tried again and it worked out the second time. What really helped me get in, as in anywhere, is that I have a lot of technical experience. I am active on my campus in the machine shops and robotics club, along with the built-up experience of my other internships. My biggest advice for getting jobs is to get experience; there is a lot that cannot be taught in the class."

Lisa had a lot of technical experience, but how can someone get that in Humane Letters? Well, it might not teach you how to build rockets, but Lisa says "My education with TPA has helped me in that it stressed getting experience and knowledge across multiple areas of study.



Lisa Dischinger, back center, was a member of the TPA Robotics Club and her dad Dave, left, was club advisor.

Really, it is tough to see how a school that stresses on the liberal arts can give you an advantage at a highly technical company, especially since it's been awhile since I attended TPA. But I would agree that being able to be a big part of both sports and technical extracurricular has taught me very important working characteristics, and I think TPA taught me to be a more well-rounded and balanced person."

Lisa also believes that "The biggest benefit TPA has had for me has been to teach me to find value and beauty in things that are not technical. So much of my life right now is centered around designs and analysis, but I am so thankful for the people in my life and classes that I took during high school that let me see more than that. It is tough for me to look back onto the classes or curriculum that I partook of and see how they have benefited me because they are fundamental and a base which I have since built upon, but they are not the tools that I use every day in my work; that is what

college is for.

"That being said, TPA taught me to be creative in what I find beautiful and valuable, to understand what makes good arguments/proofs, and to really not shrink from a challenge when it comes your way. Yes, having technical knowledge is great and experience is priceless, but having integrity and being teachable is just as important and I definitely would say that I learned that from TPA. There are many times when I have not had the answer or known the correct method of going about my work, but as long as I show

respect and willingness to be up front with my coworkers, people are generally really willing to help and make the overall project succeed."

TPA's curriculum, while not providing the technical experience, gave Lisa other skills as well. She also advised students: "Don't take yourself too seriously. Get active in what you like. This is not me telling you to sign up for as many extracurricular as possible. Dedicate yourself, it will be more enjoyable and fulfilling for you and when you go into an interview they will know rather quickly if you just signed up or if you have actually gotten your hands dirty."

Lisa also had many fond memories about TPA, from playing basketball to participating in the school's robotics club. Although she does not remain in contact with many of those people, she would not hesitate to do it all over again. Thank you Lisa, for showing how a TPA student can affect the world in a big way.

## Two clubs take on task of beautifying TPA campus

By Jasmyn Genchev

TPA may have outstanding academics, however most can't say the same for its campus. It may not be the cleanest or the prettiest out there, making it safe to say that the campus is the most diminishing factor about TPA in general. However, this year National Honor Society and the Environmental Club have united to try and solve this ongoing problem.

The idea first came up last year as senior and NHS President Abby Everding was watering the garden. It suddenly occurred to her that day that a multi-club collaborative effort led by NHS to beautify the campus would be a great way to get students engaged in bettering the school. Abby soon shared her enlightening idea to the Environmental Club founder, Marisa Bennett, discussing nothing but agreement regarding the topic.

Marisa thought that the idea to beauty the campus would hopefully make it "more sustainable and environmentally friendly and ultimately make the campus more appealing so that students would take the initiative to continue to keep the campus clean." Both Abby and Marisa are sure that the project will be very beneficial for the school in that it will not only make the campus cleaner but it will also promote environmental friendliness and sustainable habits as well as set responsible examples for the rising generations of TPA.

Marisa believes that the project will be beneficial for not only the school, but also on a much larger scale, explaining that "with current issues of global warming on the forefront, having a community knowledgeable about how to recycle, to take care of plants, and so forth will create a generation better prepared to tackle

environmental problems."

As far as plans go, the NHS and Environmental Club bake sale fundraiser and donation drives have already been in the works to help buy flowers to plant around campus. However, another drive will need to be held to cover the cost of dirt and possible trees to plant as well.

Abby has also mentioned other plans in progress, such as holding campus clean-up days and even possibly involving the Art Club to help clean and paint the wall next to the bathrooms. Abby plans to launch the flower project as soon as possible depending on future funding. According to Abby, these other projects will hopefully be less expensive because they are mostly volunteer work projects and should only require materials the school already has.

## Fall Sports Wrapup

### Seniors share their thoughts on memorable football season

By Carter Sampson

This football season was an incredible experience for everyone involved, due in large part to the team's incredible seniors. Instead of writing about the season, *De Equitibus* asked those seniors for their thoughts on the season:

David Pivonka: "I think we overachieved, even though I'm disappointed we got knocked out early. I'm proud of us for how we battled in our last game."

Jacob Matsumoto: "I'm proud of how far the team came this year; we had so much improvement and contribution from surprising players. And our leaders like Joe and Herman really stepped up to lead the team."

Chris Pantera: "My advice to younger players: Always remember it's never too late to go out there and make a play."

John Paul Beguhl: "This season was great hanging out with my best buds, beating up on fools from out of town and just playin' football. It was sad to see the season end this way but we left it all on the field and didn't stop fighting. But in the end we will all live to snipe another

Phat Geno or even watch Paul Blart Mall Cop 2... again. I will cherish these memories for the rest of my life along with all the life lessons our coaches taught us."

Joe Swingle: "Micah is above and beyond the greatest player I've ever seen play. He exemplifies the team's virtues of courage, discipline, and fortitude."

Micah Brittain: "I loved the team chemistry, and how we got better throughout the season. (Coach) Josh Brittain had a great first year, and everyone fought to the end."

Herman Flores: "I really enjoyed this season. I want to commend our coaches, for example Coach Guizar in his first year as defensive coordinator and Josh Brittain in his first year as head coach. We had a successful season, going 8-2. I think the season ended great and our athletes should keep their heads up because we surprised a lot of people."

Thank you seniors for making this football season an unforgettable one. You made this team what it was, and every Knight who got to be a part of this team knows it was something special.



Jacob Matsumoto, left, Joe Swingle and Herman Flores, right, were the top varsity football awardees honored by Head Coach Josh Brittain.

FOR ALL FALL SPORTS AWARDS NAMES AND PHOTOS GO TO [WWW.DEQUITIBUS.COM](http://WWW.DEQUITIBUS.COM)

### Swim season was the most successful in Tempe Prep's history;



Varsity awardees appearing with Coaches Shepherd and Stevens are, from left. Corbin Shepherd, Lynn Fischer, Jeffrey Snoddy and David Hudson.

By Maya Kostov

This swim season was one of the best in Tempe Prep history! For the first time in five years, the swim team was able to qualify in three boys relays - the 200 Medley Relay, 200 Freestyle Relay, and the 400 Freestyle Relay - at the State Championships. And this was the first time TPA has ever had a girls relay - the 400 Freestyle - qualify for the state meet.

The girls relay was led by Captain Alexandra Ehmann, Ehsa Murray, Shannon McBay, and Rebekah Smaw.

22 of the 24 swimmers qualified for the Middle School Championship and the team got at least one individual medal and one team relay medal.

According to Coach Jennifer Stevens, almost every swimmer achieved at least one of their personal goals that they set at the beginning of the year and she gave out a record number of SUB 30 and SUB 60 t-shirts this year!

## Fall Sports Wrapup

### Volleyball players look to build on successful season

By Carter Sampson

Our volleyball team just capped off an awesome season with a trip to the playoffs. The seniors and team leaders made the last few games a great memory.

Due to the team's tough section, the playoff selection came down to the wire. The Knights had to beat 9th ranked Pima in order to reach state playoffs. Thanks to career nights from Mary Schroll (36 kills) and Freshman Emma Rustempasic (40 assists) they pulled out a thrilling 3-2 victory that earned them a playoff spot. The Knights showed off their clutch ability when it counted, and made that game the highlight of the season.

The team made huge strides from the start of the season. Senior Captain Becca Kneblsberger said, "The best part about the team this year was seeing everyone learn and improve over the course of the season and growing together as a team and as friends."

The team will miss its senior leaders, but the future is certainly bright for the team. More than half of the starting squad were sophomores or freshmen. The upcoming seasons should be fun to watch unfold.

Senior Captain Claire Carmody says of the season, "Our hard work and focus in practice led to our success. At the beginning of the season it looked like it was going to be rough, but we fought all the way to the end and accomplished some really amazing things."



Varsity Head Coach Barlow, from left, with awardees Bella Schmoker, Emily Hartzler and Mary Schroll. Assistant Coach Dominique Combs at right.



Junior Varsity volleyball award recipients and teammates.

### coaches and swimmers aim to boost team's size and drop times

The boys high school team placed 3rd in state and the entire high school team won 4 state titles out of 11 events. At the State Championships, Jeffrey Snoddy won 1st place for 50 Freestyle and 100 Backstroke. David Hudson won 2nd place in the 200 Freestyle and 2nd place in the 100 Butterfly.

Corbin Shepherd won 11th place in the 200 IM and 14th place in the 100 Backstroke. Joshua Cisneros-Kinney got 20th place in the 200 IM. Sebastian Gongora won 22nd place in the 50 Freestyle and 21st place for the 100 Freestyle. Also, Josh Hudson won 18th place in the 100 Butterfly.

This year, the team had more swimmers so that meant less races per swimmer and higher quality races from each swimmer. So much hard work and dedication was put in this year, not just by the swimmers, but by the coaches and the parents as well. As Coach Jennifer said, "Greatness is a grind. Keep on grinding and when the ice caps melt, swimmers will rule the world!"



Middle School swim award recipients Maya Kostov, Cole Montei and Lily Cozens.

## Fall Sports Wrapup

### Cryder, Camberg led cross country team in a successful season

By De Equitibus Staff

Cross country practice may be hard but it's worth it in the long run for our Tempe Prep team. Many of our TPA runners were able to improve their 5K times, some by over 3 minutes. Both of our teams ran at sectionals, with the girls' team placing 6th (one spot away from qualifying for state). Additionally, two of our top runners were able to qualify individually for the state meet.

Many of our runners had impressive improvements this season. Patrick Pagnozzi had the biggest improvement this year, improving his time from last year by 3 minutes and 24 seconds. Trevor Kerber also had an improvement of over 3 minutes. This means that these runners improved their mile pace by a minute or more, which is a very impressive feat!

At our sectionals meet, runners Jake Cryder and Kat Camberg were able to qualify individually for the state meet despite hot weather and a challenging course. To qualify individually Kat and Jake had to place in the top 25 at the sectional meet. They succeeded in qualifying with Kat placing 17th and Jake placing 18th.

At the state meet, Kat and Jake both raced well. The course for the state meet is extremely hilly and a hard course to race on. Despite this, both runners had a fast race, and Kat had her best time of the season at the state meet. After finishing



Kat Camberg, second from left, and Jake Cryder, second from right, qualified for state.

the race, Jake commented that it was one of his favorite races because of all the competition with the other fast runners from all across the state. Kat and Jake also both placed much higher than they were seeded: Kat placed 41st but was seeded 75th and Jake placed 81st but was seeded to be 101st.

Runners who wish to continue training during the winter season can join Mr. Granville's half-marathon training. These runners will be training to run the P.F. Chang half-marathon in January. They will also do multiple other trail runs. Cross

country has also left runners well prepared for winter sports.

Overall our runners have enjoyed their experiences on the cross country team this year. Whether it was the team dinners, the ultimate Frisbee practices, the friendships with their teammates, or the joy of running and competing, every team member enjoyed being part of the cross country team this year. Bella DiCaro, who has been a part of TPA cross country for years, explains, "I was happy to improve my times this season, and I have really enjoyed being part of the team."

### Middle school runners worked hard to achieve major drops in times

By Theresa O'Connor

It's been another great year for middle school cross country!

The team has really improved this year. "The team mostly improved in our timed miles!" Mrs. Vorst said. Many students took minutes off their mile and one even took half the time! Mrs. Vorst said the goal for next year is to be more competitive. "It is important to have fun but is also important to have goals and beat them," she

said.

This is a very hard-working team. They woke up early and ran three times a week.

Mr. Granville and Mrs. Vorst encouraged their runners before and after runs. They also told them their progress and had

them set goals along the way. Even the runners thought they improved.

"I thought we did really good," Catherine Ross said. And "If you are in cross country, make sure running is part of your life," said Apache Khan.

Cross country is a great transition for other sports. Athletes run in every sport, so this will help them get better in whatever sport they do.

