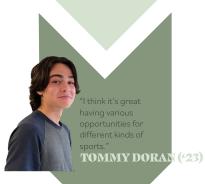
What do you think about the rise of intramural sports?

away from school without having to ake out a giant time



tmosphere of aood fun."

**ALICE JAMBON ('25)** 



Ultimate frisbee team, Gunn Control, competes in a San Francisco beach tournament.

n a Saturday morning, San Francisco's Ocean Beach is filled with players from around the Bay Area, all eager and ready to compete in an ultimate frisbee tournament.

Palo Alto's own Gunn Control, made up of students from across the city, was a part of the tournament, making it all the way to

The team worked together to move up round by round in the tournament. What allowed them to do this was their teamwork and communication.

For Matthew Ehrlich ('23), beach tournaments are the perfect bonding experience and an overall fun time.

"Beach is a ton of fun because it allows everyone to go all out diving for discs and such, and really building team bonding because it feels more like hanging with friends on the beach having fun rather than a competitive sport," Ehrlich said.

Part of the reason he loves ultimate frisbee so much is because of the people he's playing with. The team knows how to have fun and bring



"[l like] the camaraderie of fellow teammates and just being able to have fun with friends yet stay competitive," Ehrlich said. "Also, being able to resolve disputes on the field without the need of a ref or parent to step-in is nice."

Ehrlich joined the ultimate frisbee team as a way to not only have fun but also gain life skills.

"Ultimate has helped me with leadership skills, and has guided me into being a more trusting and open person," Ehrlich said. "In the future it will hopefully allow new opportunities to form lasting bonds and keeping a positive mindset in difficult situations.



eft) SURROUNDED Y HIS opponents. Drew tteth (\*23) looks around ing his teammate lason ang ('23) is open and adv to catch the frisbee

### Design by Chiara Martin and Arati Periyannan

(far left) LOOKING AROUND FOR who's open, Matthew Ehrlich 23) wants to make e perfect pass. e pivots around opponent and eases the frisbe om his hands. top) AFTER RECEIVING THE risbee, Jason Yang epares to send it back to his teammate hoping to get a point. (bottom) **REVIEWING** HEIR GAME, the m talks in a huddle out what they did and what they can

# *IV* football players

## reflect on their // successful season.

### What drew you to football?

- Something that drew me to football was that all of my friends started playing and I had always had an interest in playing. But the fact that my friends played gave me an even better reason to join the football team." JAKE WANG (26)
- 6 hootball gave me discipline, and I love the sport. I played in middle school which inspired me to play in high school as well." DOMINIC HERNANDEZ ('26)
- $\emph{6}$   $\emph{6}$  ve enjoyed playing football for as long as I can remember and playing football (in high school) was an opportunity fo me to do something that I enjoy while also being part of a strong community." NICHOLAS FEITZINGER ('25)

### What are you proud of as a team?

am proud of the way our team played against Mountain View, which I felt like was the turning point of our season

n proud that we managed to come together as a team through many hardships throughout the season and I'm proud that we had a winning season this year." DOMINIC HERNANDEZ ('26)

with only three games left in the season, both of our offensive/defensive line coaches quit. We came togethe a team, and were able to bounce back seamlessly by winn our last three games by a combined score of 80-20. I'm prou of us for being able to improve our culture which led to better results on the field." NICHOLAS FEITZINGER (25)

### What was your favorite part of the season?

- My favorite part of the football season was beating Gunn, even though we could have won by a lot more we still had a dominant win." JAKE WANG ('26)
- ♠ When I got to play at Homestead and Gunn, since Gunn was. our rivalry game and I got a tackle at Homestead."

  DOMINIC HERNANDEZ (26)
- 6 My favorite part of the season was our win against Gunn because we got to play against people we knew and prove we moving forward were much better than them " NICHOLAS FEITZINGER ('25) Photos by Caleb Wong







(top) RUNNING DOWN THE field ball in hand, lake Wang ('26) scores a touchdown at the end of the third (middle) PREPARING TO THROW the ball to his teammate, quarterback Nicholas Feitzinger (\*25) looks across

(bottom) MAKING AN IMPRESSIVE tackle, Dominic Hernandez ('26), number 74, stops the other team from

Students share their favorite hot drink as the weather gets colder.













• At energizes me and lets me

feel warm on a cold day.

VIVIAN TAN ('24)

TEA Photo courtesy of Vivian Tan

above) AN INSPIRATION TO ma TA's speech personally touched. Senior. Vainga Mahe (\*23). "He has inspired many to grow and become better versions of themselves. I feel like his words alone have touched players or the football team as well," Mahe said. Photo by Tate Hardy



# enior year comes with great responsibilities and many decisions that can directly impact one's

second time, motivational speaker, TA, reminds students that there is hope even during difficult times, and how to persevere through them.

future. Upon returning for a

After listening to both of TA's touching speeches, senior Vainga Mahe shares what stood out to him most.

"TA in his first talk in the beginning of the year has inspired me [greatly] and I think this second talk with him inspired me even more to do bigger and better things," Mahe said.

Mahe, a player on the school's football team, agrees that TA's resilience playing football

# *Motivational speaker Timothy "TA"* Alexander returns to inspire seniors.

inspired many students playing the sport. "I feel that TA and his stories bring this community together in many ways," Mahe said. "I feel like his words alone have touched players on the football team as well."

At a time in high school where seniors are preparing for their future careers and life, TA also spoke about how students should think about their future, and challenge themselves in competitive environments.

"This time he spoke more about our future," Mahe said. "He has inspired many to grow and become better versions of themselves."

TA's message of self-growth and determination ended the week on a positive note for many seniors.

Photo courtesy of Candy Wan