

What do you think about the rise of intramural sports?

It's a good opportunity for students to play sports, let loose, get away from school without having to take out a giant time commitment, like a regular sport. It's good that a lot more casual options are arising.



ROHAN BHATIA ('25)

"Intramural sports form an important part of many students' identities and create an atmosphere of competition and good fun."



ALICE JAMBON ('25)

"I think it's great having various opportunities for different kinds of sports."



TOMMY DORAN ('23)

ULTIMATELY

ultimate

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

Story & photos by Arati Periyannan

On 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 finals.

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 home wins.



"[I 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."

Design by Chiara Martin and Arati Periyannan

(far left) **LOOKING AROUND FOR** who's open, Matthew Ehrlich ('23) wants to make the perfect pass. He pivots around his opponent and releases the frisbee from his hands. (top) **AFTER RECEIVING THE** frisbee, Jason Yang prepares to send it back to his teammate, hoping to get a point. (bottom) **REVIEWING THEIR GAME**, the team talks in a huddle about what they did well and what they can improve on.



(left) **SURROUNDED BY HIS** opponents, Drew Vetteth ('23) looks around, seeing his teammate Jason Yang ('23) is open and ready to catch the frisbee.



in the end zone

JV 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)**

"Football 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)**

"We enjoyed playing football as long as I can remember, and playing football (in high school) was an opportunity for 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?

"I am proud of the way our team played against Mountain View, which I felt like was the turning point of our season." **JAKE WANG ('26)**

"I'm 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 together as a team, and were able to bounce back seamlessly by winning our last three games by a combined score of 80-20. I'm proud 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)**

"My favorite part of the season was our win against Gunn because we got to play against people we knew and prove we were much better than them." **NICHOLAS FEITZINGER ('25)**

(top) **RUNNING DOWN** the field, ball in hand, Jake Wang ('26) scores a touchdown at the end of the third quarter at the game against Leland. (middle) **PREPARING TO THROW** the ball to his teammate, quarterback Nicholas Feitzinger ('25) looks across the field. (bottom) **MAKING AN IMPRESSIVE** tackle, Dominic Hernandez ('26), number 74, stops the other team from moving forward.

Photos by Caleb Wong.

A sip of warmth

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

"It's the only drink I drink on a regular basis."
VEDANTH PADMANABHAN ('23)



"It energizes me and lets me feel warm on a cold day."
VIVIAN TAN ('24)



"It's a good excuse to eat marshmallows."
CANDY WAN ('25)



HOT CHOCOLATE

Photo courtesy of Candy Wan

ZAREEN'S MASALA CHAI

Photo courtesy of Vedanth Pandmanabhan

TEA

Photo courtesy of Vivian Tan



(above) **AN INSPIRATION TO** many, 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 on the football team as well," Mahe said. Photo by Tate Hardy

TA'S return

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

Story by Rebecca Doran

Senior year comes with great responsibilities and many decisions that can directly impact one's future. Upon returning for a second time, motivational speaker, TA, reminds students that there is hope even during difficult times, and how to persevere through them.

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

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.