

Eddy Miao
Sophie Mies
Kevin Migliore
Giancarlo Miller
Ryan Million
Lydia Mitz



Cynthia Molina Palacios
Isaac Moore
Divij Motwani
Ori Muramatsu
Aiden Murphy
Anika Nair



Alexander Nakonechny
Svina Narang
Annabelle Navarro
Natalie Neumann
Maximus Newman
Jonathan Nguyen



Nolan Nguyen
Julia Noone
Manasvi Noronha
Nicolas Ogawa
Eyiloluwasefunmi Ogunlade
Carson Packard



Sophie Pan
Arjan Pannu
Katelyn Pegg
Liesel Peterson
Addison Pettyjohn
Isaiah Phillips



Afa Poutoa
Layni Powers
Keerath Puji
Alexis Quintero
Anika Raffle
Ronith Raha



Maya Rajbhandari
Naomi Ramos Garcia
Adrit Rao
Angela Rao
Oliver Rasmussen
Micah Rege



(right) **PADDLING THROUGH**
THE early morning sunrise, Raffle and her mates search for synchronicity. "I think that there are a lot of shared ideals through being in a very competitive sport," Raffle said. *Photos courtesy of Anika Raffle*

JUST keep ROWING

Story & design by
Scarlett Cummings

Regardless of early wake up times and tedious practices, rowing brings Anika Raffle peace and motivation in her life.

Watching the sunrise, Anika Raffle climbs into the familiar feeling of her rowing shell, preparing herself for yet another day in the bay.

Raffle first became immersed in the sport of rowing during her 8th-grade year, and began to feel a connection to it.

"I wasn't playing any other sports at the time and I was looking for something else to do," Raffle said.

During her competitive spring season on the NorCal rowing team, Raffle sets her alarms for 4:30 a.m. in order to attend her weekly morning practices.

"Depending on my practice schedule, I have to sleep at certain times if I want to get enough sleep," Raffle said.

Additionally, with little to no break time, Raffle struggles to balance her school and rowing life.

"It's hard to always keep myself on a tight schedule, but perseverance has definitely helped me get through a lot of busy days," Raffle said.

However, the rowing community has allowed Raffle to build many strong friendships with her teammates. Raffle appreciates the shared

It's hard to always keep myself on a tight schedule, but perseverance has definitely helped me get through a lot of busy days.

ANIKA RAFFLE

ideals between her and her peers when it comes to the physically demanding pastime.

"Everybody is really motivated and ready to work," Raffle said. "We are all very similarly driven and that has brought us a lot closer together."

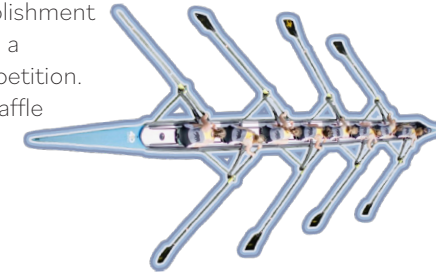
As Raffle continues her third year of her rowing career, she hopes to continue her journey throughout high school and eventually in college.

"I'm not sure if I will row in college, but if I do decide to row in college, I hope to go through the recruiting process," Raffle said.

Rowing allows Raffle to gain self confidence and gain a sense of accomplishment

after completing a practice or competition.

It also gives Raffle time to connect with individuals who share the same love for the sport and have similar desires to improve their skills.



Darwin Rescorla
Giacomo Resmini
Francesca Rhoan Cromosini
Noa Rochkind
Teresita Rodillo Sanchez
Aditya Romfn



Zayveon Ross
Hannah Ruan
Michael Sabina
Christian Saleh
Eesha Samant
Gabriel Sanchez



Ivan Sandler
Juliana Eunice Sandoval
Paul Schacht
Rohit Sengupta
Sohan Sengupta
Lavanya Serohi
Samarth Sethi

