

# The Hawkeye

OCTOBER 2010

ISSUE NO.1

## Seahawks Join Pasco County Elite

BY ANGELOQUE FULLWOOD

Sunlake crashed the Pasco County football party this fall. The Seahawks raced to seven straight wins while allowing just 21 points. During that stretch the Seahawks reeled of four shutouts.

County foes were introduced to a different brand of Seahawk football.

"This year is different because it's a lot more physical, and we're physically and mentally ready and have a lot more confidence," said captain Matt Sanders.

The first game at Wiregrass Ranch established Sunlake as a physical team. The team's new motto, "Seahawk Tough" was very much displayed that Friday night. The Seahawks showed no mercy, and won 43-6.

The Seahawks have been practicing harder and studying more.

"I feel a lot more confident in my knowledge of the plays this year. Last year I sort of knew them, but this year I know them one hundred percent," said lineman and Captain Nick Morrison.

INSIDE:  
Meet three new  
administrators  
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Rosary Ban  
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### 2010 OFFENSIVE STARS

**QB Jacob Jackson**      1,246 yards passing  
1,043 yards rushing  
30 total touchdowns

**RB Rashaud Daniels**    978 total yards  
16 total touchdowns

### 2010 DEFENSIVE STARS

**LB Nick Morrison**      99 tackles, 5 sacks, 1 INT  
**DL Craig King**        42 tackles, 7 sacks

SEE "SEAHAWK" ON PAGE 9

# Who's That With The Walkie Talkie?

BY JESSYE COURTMAN

## Who Is Dr. Lepley?

- Before her position at Sunlake, she was in charge of writing, designing and directing the International Baccalaureate program at Gulf High School.
- She has 3 degrees and 78 more credit hours in educational leadership.
- In all, she has 26 years of education with 14 in universities
- She was in the military and served for four years in Europe with the First Airborne Division.

## Did You Know?

- Lived in Europe for 3 years and has even been to Moscow and all over the Mediterranean.
- Loves to cook
- Her first job was selling candy at a store at Christmas Time
- If she weren't an assistant principal, she could see herself being a veterinarian.
- Avid reader and can "never get enough of that."
- One of her Bucket List things is to snorkel in the Great Barrier Reef
- Her pets consist of 60 heads of sheep, 3 donkeys, 1 llama and Molly, her Cocker Spaniel.
- If she could visit anywhere it would be Peru

**\* Dr. Lepley on Sunlake:** *"I'm proud to be here. This is a fine school. It's like a lot of schools where there's a lot of great kids. Everyone is still searching for their identity as a school and as a person. It's beautiful to be a part of that... Watching it being born into the world and how it may approach that world."*



## Who Is Mrs. Hohenthanner?

- In her 6th year of being an assistant principal
- She's a 4th degree black-belt, just short of Master
- Worked as a correctional officer
- Has her Bachelors degree in Social Work
- Taught at Land O' Lakes High School

## Did You Know?

- Fear of drowning
- If she were not an AP, she would want to be a police officer
- Wears high heeled shoes all the time
- Glee is her favorite show
- Born and raised in Land O' Lakes and went to Land O' Lakes High School
- Her favorite quote: "Pain is inevitable. Suffering is an option."
- If she could go anywhere, she would go to Egypt
- Her favorite genre of music is rap and 80's
- She married her high school sweetheart (22 years already!)

## \* Mrs. Hohenthanner on Sunlake:

*"I think Sunlake is a nice change of atmosphere. My favorite part about my position would be getting to interact with the kids and definitely Homecoming Week."*

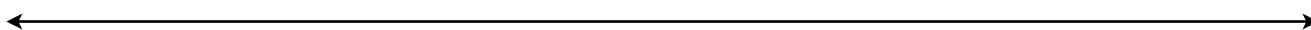
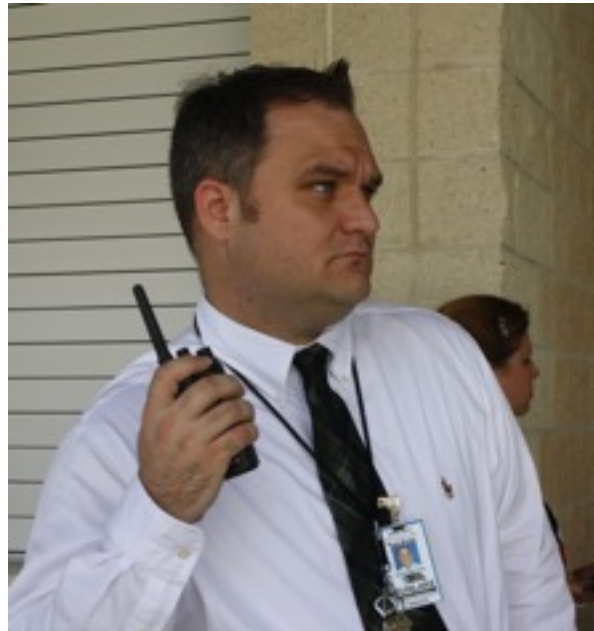
# Get To Know Your New Assistant Principals

## Who Is Mr. Brady?

- Graduated from John Carroll High School
- A.S. Degree from Indian River State School
- B.S Degree from The University of South Florida
- M.Ed. Degree from Saint Leo University
- Post Graduate work in Measurement and Statistical Analysis at USF
- Taught at Zephyrhills High and Centennial Middle

## Did You Know?

- Born in upstate New York
- In high school, he considered himself "The Jock."
- Biggest fears are "the fear of not being successful and to lose everything I've worked for."
- Quote to live by: "Integrity"
- He loves his five-pound Yorkshire Terrier named "Colli."
- Loves offshore fishing
- His best trip was to Alaska; "If I could move there, I would."
- His favorite band is O.A.R
- If he could describe himself in one word, it would be "confusing."
- Respects his students by not using his cell phone when they're unable to.
- \* **Mr. Brady on Sunlake:** "Sunlake is a school with a beautiful campus, a dedicated staff, and a great student body ... I look forward to new challenges while remembering the goal of getting our students the best education they can receive before they cross the stage."



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# AP Classes May Not Be For Everybody

BY EMILY VASQUEZ

Many schedule requests to leave AP classes posed a big problem for the administration.

There's a firm rule that a student can not switch out of an AP class until the end of the first semester, and then only if the student failed that semester.

"The school spends about \$50,000 to pay for textbooks, teacher training and the AP exams so students don't have to pay for them. So, when a student comes in and says that they want to switch out because the class is too hard, what happened to what they said

**"It takes a special kind of kid to take the (AP) class. They must be mature because it isn't college prep, it's a college course."**

**Mr. Maggi, AP Chemistry**

they were capable of beforehand?" said Assistant Principal Dr. Lepley.

"You'd assume that the parents are aware that each AP class requires many hours outside of school studying, since it's a college course."

Catalina Pavone, a sophomore, is enrolled in three AP classes this year, all of which are recommended for either juniors or seniors to take.

"I'm new at Sunlake, so the time when it came to choose classes over at a new school I wasn't here. My mom ended up picking my classes for me and not keeping the same ones I had chosen over at Mitchell High School. They even had my mom apparently sign a waiver on keeping me in the AP classes no matter what," Pavone said.

Pavone wasn't aware of these decisions and when she received her schedule, she was in for a shock.

"I'm a sophomore stuck in three AP classes. There's certain steps every student needs to take to get to the class and level they need to be at," Pavone said. "I didn't take all these steps to get to some of those AP classes so it made no sense to me how they could even put me in all these classes without taking certain classes before.."

Of course, not all situations are quite as dramatic as Pavone's. Senior Erin Ballard was forced into taking AP Calculus.

"The only Calculus Honors class I could have was during fourth period but that's the only time I can take AP Economics. So I had to stick with AP Calculus. I was really frustrated at first because I wasn't expecting to take such a challenging course," Ballard said.

Another student who didn't have much luck switching out of AP Calculus is Melanie Lehmkuhl. Although she signed up for it, there was an overestimation of how much could be handled.

"I was just really intimidated about taking an AP math course," Lehmkuhl said.

Guidance Counselor Mr. Dillinger said, "The guidance counselors tried to emphasize last year that there wouldn't be many schedule changes, but, of course, things happen. We did schedule changes on an individual basis."

At first, it would seem good that more kids are taking challenging college-level AP classes. especially since Florida has the nation's greatest single-year increase of graduating students passing the AP exams. Yet, how well do these students perform?

AP History teacher Mr. Taylor said, "There are some kids who shouldn't be in my class, either because their parents want them to take it, or they want to take it for college. But it's not that their brains aren't capable of the material, it's their work ethic."

Mr. Maggi, AP Chemistry teacher, said, "It takes a special kind of kid to take the class. They must be mature because it isn't college prep, it's a college course."

Maggi also mentions that there are kids who shouldn't be in AP, but are because now any student can enroll into AP as long as they have a parent override, such as in Pavone's situation.

Whatever the case may be, the guidance counselors say they are working hard to help students pick the best possible option available for them.

# Rosaries: Free Expression or Gang Emblem

BY TYLER MCISAAC

At Sunlake, rosaries are no longer fashion accessory or religious symbol. Recently, the Pasco County Sheriff’s office reports that gangs are using rosaries to identify themselves, leading Sunlake’s administration to ban them from campus.

“[The Pasco County Sheriff’s Office has] found that nationally gang activity is on the rise and Pasco County is not immune to that,” said Pasco County Detective Mike Jenkins.

Schools nationwide are adopting similar policies. Students at these schools have made claims, however, that these rules violate the rights of students to free expression if religion and free speech.

However, that might not be the case.

According to the Roman Catholic Church: “Sacred objects... are not to be make over to secular use . . .” In other words, rosaries are only meant to be used in prayer, not as jewelry (which is often the case). Additionally, the Church believes that it is a serious offense for a non-believer to wear a rosary (which is often the case as well).

Even practicing Catholics are not meant to wear the rosary.

“Catholics do not wear the rosary around the neck,” According to the Diocese of St. Petersburg.

Of course, its not like Catholics (or Christians in general) can’t express their belief.

“Students of the Catholic faith are free to wear a crucifix to symbolize or denote their faith.” said Sunlake Assistant Principal Shawn Hohenthanner.

Since there are other ways for Christians to identify themselves, the rosary ban doesn’t violate a student’s right to freedom of religion.

Whether or not the ban violates freedom of speech, however, is more complicated.

In the 1969 case of Tinker vs. Des Moines, the Supreme Court ruled that students could wear what they want as long it does not cause “material and substantial interference” with the function of the school.

As such, it would appear that in order to ban something, the school would have to prove that a specific thing (i.e. rosaries) causes a major disruption on a case-by-case basis.

“You can never prove that any one person wearing a rosary is a member of a gang, or one that wears a certain hat or bandana,” said Hohenthanner. “Therefore having those items banned on a school-wide basis insures the safety and well-being of all students.”

Some students, however, are vehemently opposed.

**“[...] gang activity is on the rise and Pasco County is not immune to that.”**

**Pasco County  
Detective Mike Jenkins.**

Senior Priscilla Carvajal not only wants the ban on rosaries lifted, but the ban on hats/hoodies as well.

“Students should be able to express themselves.” said Carvajal.

While she acknowledges that there is a gang presence at Sunlake, she doesn’t believe that it warrants dress restrictions.

“The ones here aren’t serious,” said Carvajal. “They’re wanna-bees.”

According to Jenkins though, they should not be underestimated.

“They've got something to prove, [they] want to become the real deal,” said Jenkins.

# Top Six Tech: Alarm Clocks

BY TYLER MCISAAC

Waking up, a task dreaded the world over. Many of us are robbed of our cozy slumber due to old standbys: the annoying buzz, radio, etc. Fortunately, getting up will no longer be a laborious task. Assembled here are six amazing alarm clocks, all designed to ensure an exciting (if not mind-blowing) start to your day.

## 6: The Smash

We've all been pushed to the limit, the point where we can no longer stand the insistent ringing of the alarm. You are just about ready to smash it out of existence, when you realize doing so will both destroy your ability to wake up on time, and your hand. This is where the Smash comes in. The only way to turn it off is to (you guessed it) smash it. As an added bonus, it's a great way to blow off steam. Who needs younger siblings when you can beat up your alarm clock?



## 5: Aphelion

Violence isn't always the answer though, as the Aphelion shows. Rather than taking your abuse, it dishes its own out. By launching a ball, Aphelion forces you to actually get up and put the ball back, lest the alarm continue. This aids you in two ways: the first being that you can't just lie in bed (which usually entails a return to Dreamland), the second being that moving around gets your body started, making you feel more awake. See, exercise actually does have some benefits!



## 4: Tantrum Alarm Clock

As you can see, alarms are capable of bending us to their will. The Tantrum Alarm Clock is no exception. Don't be deceived by its cute appearance, for a demon lies within. It starts innocently enough. Five minutes before wake-up time, it begins to march in place, followed by the clapping of its hands. Wait too long though, and the madness begins. It truly lives up to its name, screeching at levels even beyond that of a toddler denied candy. The torture goes on for an hour or until you stop it. However, waiting an hour is not recommended, as the user's mental stability cannot be assured under such extreme conditions.



## 3: The Diffuser

For those who can handle the stress of dealing with a robot in a bad mood, there is the next level: defusing a bomb. You read that right; in order to turn off the alarm of the Danger Bomb, you must defuse it. This is a two-step process. First, you must follow the flashing lights, these tell you what color wires to "cut" and in which order. You must follow this quickly and exactly in order to succeed. Not to worry though, as failing does not trigger an actual explosion. However, the humiliation of being unable to turn off your alarm is its own kind of mental and social explosion.



## 2. The Wake'n Bacon

After all the excitement thus far, wouldn't it be nice to just sit back and smell the bacon? Then say hello to the Wake'n Bacon. All you have to do is put in some bacon before you go to bed. Five minutes before wake-up time it begins to cook the greatest of the pig-based foods, leaving it nice and ready for when you wake up. Nothing's better than being rewarded with food for simply waking up. However, if you still have trouble getting up (or if you're a vegetarian) ponder this: why does the Wake'n Bacon cook its own kind?



## 1. Sonic Bomb

Thus far we've smashed stuff, picked stuff up, confronted a moody clock, defused a bomb, and ate some bacon. However, we reached the finale, the ultimate way in which to remove your body from your bed. When all else fails, it's time for the Sonic Bomb.

Compared to the others, this clock looks perfectly normal. However, come wake up time, you will discover its true nature. Upon wake-up time, it blows you away with a whooping 113 dB alarm. To put this in perspective, 20 dB is the level of a whisper, 120 dB is the level of a live rock concert. Use of this alarm defies common sense, but for the insane, the daredevils, and those who just really want to get up, this is the alarm to get.



# Fashion Review: Style is in Session, Part One

BY ANGELIQUE FULLWOOD

One of the many things that Sunlake High School prides itself for is the diversity of the students and faculty. We are made up of a variety of races, ethnicities, personalities, and, of course, styles. Fortunately, here at Sunlake we do not have uniforms, so we all have the freedom to express ourselves through our clothes.

Thanks to all those teen movies we've seen, it is easy to list off the stereotypical cliques and the clothing that are generally associated with them: Preppy, Rocker, Punk, Goth, Urban, Jock, etc.

While it can sometimes seem like students conform into these roles, everyone still has their own personal style.

Personally, it took me up until summer of 2009 to really understand and perfect my personal style. Before then I wasted money following trends and not really investing in timeless pieces. I very much wanted to individualize myself from everyone else, so I followed these few basic rules, and eventually branched out into my own uniqueness.

## Tips for finding Personal Style:

### 1. Always Start with the Basics

We should always have flattering\* jeans, camis/tanks, thin long sleeve top, and cardigan or jacket. This is important for mixing and matching and also layering. You can constantly re-invent your outfits without having to splurge. Keep in mind the basic colors one should have in their wardrobe: white, black, grey and brown.

\*Don't be afraid if you see something really cute that doesn't quite look right in some places, especially jeans. Alterations and tailoring can do wonders to compliment your body shape.

### 2. Accessories

An outfit that is possibly owned by a million other girls can be made unique by accentuating your attire with belts, scarves, earrings, necklaces, etc.

### 3. Shoes

The Queen Beyonce, once said, "shoes can make or break an outfit." Since we walk the crowded hallways of a high school and not the red carpet, it is a good thing to know that we do not have to trade comfort for cute. We all may have heard the rule of owning a Little Black Dress (LBD) but a new essential would be to own a pair of little black flats.

### 4. Confidence

It's the best thing any person can put on every morning. Being confident in yourself will ALWAYS make you look good, on the inside and out. The way you carry yourself makes a difference in the way people perceive you and leaves a great impression. So show off that inner-beauty and throw on a smile because there's only one you, unless you're a twin. Then there are two of you.



# Fresh Tunes For Your I-Pod

BY CARSON CROWELL

## 1.) Pop/Rock

Band: The Venetia Fair

Song: The Ringleader

Will Remind you of:  
30!3, Mayday  
Parade, and Panic!  
At the Disco.



The album title says it all. It is a rapid release of mayhem in the form of pop/rock circus themes with leaps of lyrical genius and controlled chaos this band is highly kinetic and fun.

## 2.) Hip-Hop

Band: Yelawolf

Song: Pop the Trunk

Will remind you of: Eminem

He may be from Alabama, but his approach to rap is a incredible mixture of new sounds and techniques to create beats. He has been associated with Eminem and Travis Barker making him a uprising star needing to be heard.

## 3.) Folk

Band: Iron and Wine

Song: Boy with A Coin

Will remind you of: The Postal Service and She and Him.

The soft mellow vocals will paint a picture of amber sunrises and sunsets and cute, almost abstract lyrics will keep you wanting more and the enchantment of the supple guitar adds tones and layers to the lyrics.

## 4.) Techno

Band: Headhunterz

Will remind you of: Tatanka, Noisecontrollers.

This band embodies the new European craze of hardstyle, with harsh bass and fast melodies every song is a party anthem. This style is new and coming into America and is known for its incredibly advanced computer systems and light shows.

## 5.) Punk/Ska

Band: Gogol Bordello

Song: Start Wearing Purple

Will remind you of: That Handsome Devil.



Gogol invented a rapid mixture of gypsy and punk and made a match in heaven the gypsy tones guitar licks and drums adds a European flavor to a very quick rash genre of underground music.

## 6.) Country

Band: Ryan Bingham

Song: Southside of Heaven

Will remind you of: Johnny Cash and Tom Waits

He has won an award for his hit song The Weary Kind and his popularity has soared since then. Ryan Bingham has dark lyrics and a voice to match with a raspy tone and nostalgic guitar work, all members of his band are equally talented and they bring back a original country sound to our generation.

## “Seahawk” continued from page 1

“With the offense, we have done some new stuff. But as far as defense is concerned, we’re doing the same thing as in the past four years- only better,” said Coach Browning.

The team doesn’t stop there. Over the summer the Seahawks participated in a team camp that “[The camp is] called Bleed Time and the Gators do it. It’s pretty much the players only, we just discuss things we’re going through like family wise and our issues. It brought us together,” said lineman Jamal Jones.

“This year was the first time the players participated in Bleed Time. Me and the other coaches were planning on doing it, but the seniors on the team got together and said they really wanted to participate in it. I knew then that we definitely had to do it,” said Browning

**“This wave of school spirit, the black out games, the hype during the week leading up to Friday night makes the game more exciting,” Justin Brown said.**

Most of the seniors on the team have been playing together from the inaugural season when they were freshmen, the very first year that Sunlake opened. They have shared the lows and highs of the team from the beginning, forming a bond.

“Our team is more like a family because of camp. Everyone hangs out, we’re all friends, and it translates like that [during game time.] When we play on the field we play as a family,” said Sanders.

Also over the summer, Quarter back Jacob Jackson organized extra practices.

“I just called up the receivers and asked if they wanted to run some plays at the rec center, so we did,” said Jackson.

With such a good season, School spirit at Sunlake is

rocketing. The week of September 20, 2010 the entire school united in support of the Seahawks by voting for the Varsity football players for Fox Prep’s Game Of The Week.

“This new wave of school spirit, the black out games, the hype during the week leading up to Friday night makes the games more exciting,” said Sunlake senior and Seahawk football fan Justin Brown.

Browning thinks that this ‘new wave’ of school spirit is “great”.

“I’m glad that in some way we helped with that. Every school has their own identity, it just takes a while to figure out what that is,” said Browning.

And according to Coach Browning, the Seahawks will not be stopping anytime soon. “We can play better. Any coach would never be satisfied. I’m glad in the direction we’re going,

satisfied.”



School spirit has been at an all-time high this season.

but not →

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# Lady Seahawks Spike the Competition

BY JESSYE COURTMAN

In the midst of a riveting game between Wesley Chapel and Sunlake, hearts race as Whitney Pake dives to the floor to dig up a spike. The crowd holds their breath on either side when, set, spike, kill! A volleyball soars over the netting from the Lady Seahawks side.

The Varsity volleyball girls have played hard this season and their accomplishments, thanks to their teamwork and drive to win, paid off with recent wins.

With winning games like the games against Lecanto, Wesley Chapel and Citrus, the teamwork has definitely come in use.

"I think that our biggest competitor would be Pasco and Nature Coast High School," said Alexis Atkinson.

"We have always been rivals to Land O' Lakes," said Rebecca Hisamoto, the team's middle hitter and blocker. "They are undefeated so I don't know how it is going to turn out [when we play them.]"

"You just feed off each other's energy" said Whitney Pake, setter. "It helps the game get more intense."

While handling the various lifestyles that come along with school and the team, the girls never lose sight of the importance of teamwork and focus.

When it comes to teamwork, managing not only their schoolwork but managing each other is 'like a family.'

"[What's vital to the game is] team support and a huddle.... your team is always there for you," Pake said.

"I think all of us feel as if we are sisters because we have to support and help each other every day," said Atkinson.

"This year the team is as unified as we have ever been. There is no drama on the varsity team, which really brings us all together to play as a team," Hisamoto said. "Everyone gets along with everyone on and off the court."

As for affecting their school life, Pake said, "[Volleyball] makes time management really important. Otherwise, you don't get half of the stuff done."

The Sunlake girls always give their best and are clearly working hard this year; it takes a strong work ethic to succeed like the Lady Seahawks have.

The girls always have thoughts on how their team works.

"There is always room for improvement. Not one player out there is perfect, so the more practice we have, the better everyone gets," said Hisamoto.



A Lady Seahawk spikes the ball over the net as her teammates rally to support her.

Atkinson said, "we grow as a team and get stronger every game." They even have team traditions. Pake said, "We have this little surfboard that I put on the red ladder and said, 'if we win a game, this is going to stay here all year'" and it's still there to this day.

However, although teamwork is enough, the help of our school's spirit has been a big help to the team.

"Our team has a lot of school spirit and we have our own little group of cheerleaders that come to our games. We also go to other's games and cheer on other sports just like they do for us," said Hisamoto.

As for school spirit, "it's awesome," Meghan Durbin, Libero, said. "We didn't have this much spirit [in previous years]. We need a whole black shirt section."

"We could not make it through this year without our fans that come to our games. [Our fans] cheer us on whether we are losing or winning and always have the best spirit to raise our hopes when

# Cross Country Crew Competes As One

BY ABBY WEEKS

It's two in the afternoon on a sweltering, sunny day in Land O Lakes, Florida. Most students are leaving Sunlake High School to be greeted with refreshing A/C at home. But there is a group of individuals who are standing up to the heat.

Believe it or not, these athletes are running close to twenty miles in it every week. Our Cross Country runners are dedicated individuals who enthusiastically provided a glimpse into their world.

Most consider Cross Country a sport that does not require much in the way of teamwork and really only involves themselves, but that certainly is not the case when it comes to the Sunlake team. No matter how long someone has been doing the sport, or how far they can run, the other teammates are always encouraging and will never leave them feeling alone.

"I'm definitely not the best runner on the team," Victoria Bellavia said. "And when I want to give up and start walking, my teammates support me and tell me to keep going. That's what the sport is about, teamwork. That's why I love Cross Country so much."

And teamwork is necessary in order to complete their grueling training of running multiple miles in the scorching Florida sun.

"It depends on the day, but Mondays and Wednesdays are normally the hardest," new member Greg Stannard said.

"We normally run about five to six miles those days," Alex Hisey said.

"After that, water tastes like candy!" long-time runner Monica Velasco said.

Although the cross country team is devoted to performing their best each practice and meet with minimal distractions, they can't help but sneak some fun in once in awhile. Remembering what their favorite memory has been so far this year made them all smile and start chuckling.

"Some lady's dog chased our teammate Stephen Brown while he was running. The funniest part though, was that we were all running right next to Stephen and the fur ball just chose to chase him!" Hisey said.

Even when the team is being rambunctious, they are always trying to achieve their goals of completing races in record time. And they do just that. Last year, the boy's varsity Cross Country team made it to state championships ranking in the top twenty teams.

"We didn't do so well last year, but we're hoping to make it to states again and do better," Varsity runner Kenneth Fessel said.

Before they can make this dream a reality, they must excel in every meet they compete in, and they seem to be starting off on the right foot. On September 25th, the team was invited to run in the 4<sup>th</sup> Annual Mitchell Invitational at Starkey Park. Most of the boys varsity team placed in the top forty with Matthew Wolfe placing 34<sup>th</sup>, Brendan McNellis placing 24<sup>th</sup> and Kenneth Fessel placing 9<sup>th</sup> out of over 160 runners.

In order to prepare for this event, they had to train every day. The team went to various trails including Lake Rogers Park, where something unexpected occurred.



The Cross Country team considers themselves a family.

While the team was running, teammate Daniela Moreno fell behind and ended up getting lost. When the rest of the group realized this, they created a "search and rescue" mission to find her.

"We sent the fastest boys to go find her, and they all ran an extra four miles." Bellavia said. "But the ironic thing is, we all ended up bonding and becoming super close because we all had to work together. After that, you couldn't separate our team. We love hanging out with each other during and after practice and there is never drama. Whatever comes our way, the Sunlake Cross Country team will work together to overcome it."

# Senior Sunlake Swimmers Anchor Squad

BY EMILY VASQUEZ

This year's state swim meet had a definite Seahawk flavor to it.

Six Seahawk swimmers qualified for the state competition: Nick Keach, Devin Anderson, Kyle Shaffer and Austin Van Vliet as sprinters in the 200 and 400 freestyle relay team, Carigan Albert in the 200 freestyle, Kaylin Sylvester in the 100 backstroke, Austin Van Vliet and Nick Keach (who broke Brad Morrison's previous record) in the 100 freestyle. Along with Keach breaking a record, other swimmers have broken records this year as well. Kyle Shaffer broke a school record for the 100 breaststroke with a time of 1:14:23. Carigan Albert set two new marks (2:20.28 in the 200 individual medley and 1:04.77 in the 100) and Nicole Harder has the fastest time in school history with 5:30.75 in the 500 freestyle.

Coach Glenna Chamberlain said, "We have 13 unbelievable seniors this year that continue to push one another to achieve our goal of making it to the state finals. Our team is a family [...]."

"I do consider the swim team a family. We've known each other for so long and we've been through so much together, we've become really close," said Kaylin Sylvester.

More swimmers agree with that as well; Kyle Shaffer said, "The swim team is a huge family and we all love each other and overall there are no real cliques to separate us. It's like a home away from home."

There are a few traditions the swim team has like having a big pasta dinner with each other the day before each swim meet and having shaving parties (swimmers shave their bodies to shave seconds off their times).

Senior night was also a memorable night for the swimmers. It's an event where all the seniors on the swim team are recognized (Kyle Shaffer, Nick Keach, Devin Anderson, Megan Huynh, Celina Romera, Lauren Smith, Kaylin Sylvester, Marc Romera, Rachel Johnson, Tabitha Woodward, Vince Battistini, Sean Hart, Lex Krautheim and Heather Houston). Each senior writes on a piece of paper what they are going to miss about the swim team and what their favorite part of it was. The coach will then read each person's paper out loud and the senior receives a balloon and flowers as they walk across the pool deck with their parents.

Everyone on the team are always there to push each other to their athletic limits.

Sylvester said, "This is only my second year with Sunlake, but compared to last year and the other team I was on, the team has pushed themselves beyond what they expected. This year there were many determined kids on the team."

Conference champs were Kyle Shaffer, Nick Keach, Austin VanVliet, Devin Anderson, Megan Huynh, Nicole Harder, Kaylin Sylvester, and Carigan Albert. Proof of the whole team's dedication can be easily seen through the daily four hour practices, setting new school records, dual meet record with only one loss (against Land O' Lakes) boys being 5<sup>th</sup> in the region and girls being 6<sup>th</sup> in the region. The conference champs were Kyle Shaffer, Nick Keach, Austin VanVliet, Devin Anderson, Megan Huynh, Nicole Harder, Kaylin Sylvester, and Carigan Albert.



Everyone on the swim team has a close bond with each other. (From left to right: Celina Romera, Lauren Smith, Kyle Shaffer, Tabitha Woodward, Megan Huynh)