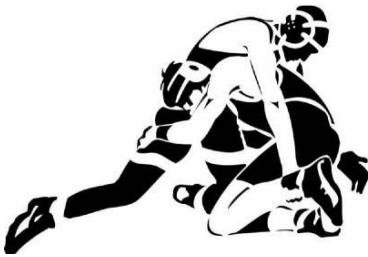

SPIRIT NEWSPAPER

Mascoutah High School

January/February 2017

No Pain, No Gain **By Keeley Reiners**

This year's wrestling team has worked so hard to where they are today. This season was one of rebuilding as the team added many new wrestlers to their roster. They have really stepped forward with their work. There are now a total of nine freshmen, that all have adapted well to this new training. Several individuals are showing outstanding work. The team this year is very experienced and has a lot of potential.



Mr. Lindsey is very proud of his team and how they have persevered all the way through. This year, five people made it to sectionals and Nick Norwood was the only one to make it to State. Head coach Mr. Lindsey used to wrestle for Mascoutah in 1982 to 1986. Ever since he did, he wanted to go back and teach students. The whole team is thankful for playing this season and very honored for how far they made it this season.

Another win for Mascoutah Bowlers! **By Leah Sakamoto-Flack**

Mascoutah High School's bowlers wrapped up another successful season on the lanes. The entire boys' varsity team qualified for the State Finals, while girls' varsity standout Brianna Thompson bowled her way to a solo performance at Sectionals, according to head coach Mark Tubb.

Tubb said the main lesson he and fellow coaches Jon Kelly and Steve Hopkins wanted to teach to the bowlers this year was the importance of trying their best.

"Bowl better today than yesterday and not as good as tomorrow," Tubb said he told the youth. "Learn from every shot, and take the experience with you to help you grow as a person."

Tubb said he didn't stress that his bowlers needed to make State, but instead challenged them to do the best they could. "I look for confidence and consistency," Tubb said. "Those two factors tend to go hand-in-hand for us. If we hit our target, we can make good adjustments and score better. When we score better, confidence improves. It's the cycle of bowling."

Jacob Bartosiak, a freshman who played varsity, said he will always remember his first year on the squad. One moment that stood out to him was when he nailed his highest score of the season, 279, during conference competition. He bowled nine strikes in a roll and only needed three more to earn a perfect score of 300.

"I was so nervous that my hand was really shaky," he said. He tried for his tenth strike in a row, but one pin remained standing. "But I just relaxed a bit and picked it up," he said.



Brianna Thompson, who made it as far as Sectionals, said it was an awesome year for the team. "This season definitely had its ups and downs but we all came together as a team to support each other and we made this year very memorable," Thompson said. "The team has not only improved on their bowling skills but also improved on a personal level." She said she really enjoyed the camaraderie. "I always look forward to growing closer to all my bowling girls," Thompson said. "We are all very close to each other and we are almost like one big family."

Thompson's teammate, Katherine Richter, said the four-day-a-week practice schedule helped them boost important skills rapidly. "The team has definitely improved from tryouts," Richter said. "The

experienced bowlers have gotten stronger, and the newer bowlers have learned some vital techniques.” Coach Tubb said this year’s success was a group effort. “I always want to say thanks to the Mascoutah staff, students, and parents who allow me the pleasure of working with the best and brightest kids in the area,” Tubb said. “I am blessed more than I ever realized and want those who make this opportunity possible to know how much I appreciate it.”



Eat. Sleep. Breathe. Dance.
By Marisa Ortega

The JV Dance Team have had a wonderful season this year. Exciting dance routines, long time friendships, and extraordinary memories to last forever. Coach Ms. Valentin, team captain Athena Viers and dancers Alyssa Braddy, Meaghan Aamodt, Maddy Kelley, Nylah Muldrow, Taylor Potrawski, and Kayla Rowland had a wonderful season together and are looking forward to any more times that approach as the season comes to an end.

We spoke to Ms. Valentin to hear what she had to say about the team and some of their accomplishments this season. Ms. Valentin is most proud of her girls individual improvements which impacts the girls as a team in a huge way. Unfortunately though, Ms. Valentin says the weather this season has not permitted them to compete as much as they would have liked, although their individual scores were still high and worked well as a team together. She was very proud of all their performances. As the season comes

to an end, Ms. Valentin looks most forward to the last few basketball games and their ability to focus on new fun stuff. The girls were given the opportunity to choreograph their last routine and enjoy performing without the pressure of competing. Ms. Valentin also had the chance to focus on getting them to the next level, working on skills and abilities for Varsity next year. Some of Ms. Valentin’s personal goals for this season were wanting her girls to qualify for JV finals but more importantly to improve as a team. She wanted them to work hard, learn every day, and enjoy dance. Ms. Valentin would like MHS to know that she had a “special group this year, small group, but full of much personality, potential, and really just genuine hard workers”. She loves each of them very much and after being together nearly every day since this summer, they all have definitely become more of a family. “They do not realize how much they will miss me after February”, Ms. Valentin says.

We sat down with Captain Athena Viers and teammate Alyssa Braddy to discuss their experiences this season. Athena cites winning first place in both of their categories in their recent competition and one freshman, Nylah Muldrow, winning a rising star at their recent competition as two of the most exciting highlights this season. As the season ends, Athena is looking forward to the fun routine that her and teammate Alyssa Braddy created for their last couple basketball games and tryouts for next year’s season. Athena had a few personal goals herself for the season which included working on strengthening her knees for her turns and leaps, having a constant triple pirouette, and finding ways to influence and encourage the freshmen. She would like the MHS student body to know that the team loves when they cheer them on while they perform and it makes the team feel like all their hard work and dedication was worth it in the end. Some of Athena’s favorite moments from the season were being announced captain, “I was so glad that I could help improve the girls in anyway possible while improving myself” she says, and another proud moment of hers was the JV Dance Team performing a routine that she had choreographed for the homecoming pep assembly.

Alyssa Braddy said her highlights included placing first in both hip hop and pom dance at the Benton Competition. She says they all “worked very and came together as a team to perfect the routines and reach our goals”. As the season ends they have made many cool changes that improved their dance and they can not wait to show everyone. For their last two games

she and Athena choreographed a fun routine for the team for their last routine. Alyssa had some of her own personal goals for the season were to improve her turns and gain more skills with their technique's teacher; she is also glad that she got to help the new girls on the team and see them achieve their goals, also Alyssa feels like she gained more experience overall and some new friends as well "which was great," she says. She would like the MHS student body to know how much they put into dance. The team started their season in May with tryouts, had practices in the summer, practiced everyday after school for 2 hours once school started. Alyssa says, "There are so many aspects of dance such as technique, flexibility, timing, and working together." Her favorite moment of the season would be their competition; Alyssa ended by saying, "It was a great experience for us to bond as a team and show everyone what we can accomplish! It was a fun experience."

Happy Feet
by Marisa Ortega

Exciting dance routines, long time friendships, and extraordinary memories to last forever define Varsity Dance Team's season. Coach Mrs. Wombacher along with her team Meaghan Bishop, Amanda Bradley, Briel Cook, Hannah Corbin, Taylor Daniels, Shelby Dycus, Jessica Edwards, Haley Ellington, Julia Finch, Jamie Grawitch, Maddie Groff, Abby Hancock, Bailey Mokriakow, Abbey Roberts, Allison Smith, Madison Smith, and Halle Twidwell all have had a wonderful season together and are looking forward to any more times that approach as the season comes to an end.

We spoke to Mrs. Wombacher about the team and their season. Some highlights and achievements for the team this year were at their first competition where the outcome was encouraging as the team to heads to the Sectional Competition. The team placed first in each of their divisions, Jamie Grawitch and Madison Smith had competed in a duet earlier in the year and had received first place honors. Allison Smith also competed a solo at the freshmen and sophomore level and also had received first place in her division. Jamie Grawitch completed a solo in the varsity division where she had qualified to compete for Miss Illinois Drill Team this February. Mrs. Wombacher also enjoyed the "Poms Boys" routine which had

choreographed by the senior squad members. As the season was coming to an end she was excited for the IHSA sectional and was hoping to advance to the IHSA State competition, which they advanced to. Mrs. Wombacher also looks forward towards the "senior" routine that is performed each year at the half time of the last home basketball game. Some of the upcoming competitions that the team had had coming up were IHSA sectional on January 21st here at Mascoutah, and with their qualification they were able to compete at the IHSA State tournament in Bloomington, IL on January 27th. A few of her personal goals for the season as a coach was to push the team to reach their maximum potential. She believed the team was peaking at the right time to be successful to go to IHSA state competition, she also works for the girls to try different genres (hip-hop, jazz, pom/dance, etc.) and to have fun during every performance. Mrs. Wombacher would like the MHS student body to know that she has 8 seniors this year, three of which have been with her at the varsity level for all four years of high school, and that they have been a joy to coach. All the girls work hard at practice to become their best possible dancer and to provide the school routines to enjoy at half time and pep assemblies.

We spoke to Madison Smith and Jamie Grawitch to hear what they had to say about the team and their season. Madison says that the team received third place at sectionals and attended IHSA State. She was looking forward to IHSA State this year because she says it would be the first time in a long time that they would be doing a dance other than their pom dance. Madison's personal goals for the season were to qualify for IHSA State this year because her and two other girls on the team are able to say that they have competed at State for all four years of high school. She would like the MHS student body to know that their season is from May to February they practice 5 days a week for 2 hours a day. The team has put a lot of effort in the season and we're very eager to see their results at State. Her favorite moment of the season was performing at a football game and their music stopped so they had to finish their dance with no music and their crowd was pretty impressive.

Jamie said one major achievement was their first competition because the team placed first in every

category they were entered in. She was looking forward to going to State this year which they achieved. Her personal goal was to work on her technique and various tricks throughout the season. Jamie thinks some people see the dance team as just a fall/winter sport but what they don't know is that the team holds tryouts in May and practice all summer so the team really only has 2 ½ months off since the season ends in late February. She can not say that she has a favorite moment from the season, but she said practice is always interesting because someone is always falling or doing something that makes everyone laugh and to Jamie that is the best part of dance.



Student of the Month Spotlight: Gabby Moll

By Keeley Reiners



This month's student of the month is Gabby Moll! She has worked so hard on her school work, getting involved, and putting a lot of effort into her studies. This semester Gabby wants to graduate with a 4.0 GPA to finish strong and make it a good one. In Gabby's future she wants to go to Southern Indiana College and major in nursing. Gabby believes that this accomplishment is an honor and she was chosen because of all of her passion towards school. She also says that it feels good to be recognized by her teachers for all of her hard work. Gabby was humbled by the honor and said it was nice to be recognized for her passion. When Gabby's parents found out that she was chosen, they were so happy for her. Gabby was also really surprised and ecstatic that she got this accomplishment. Lastly she wants all of her peers to remember, "Do small things with great love." ~Mother Theresa.

