

Senior Spotlights Continued

Presley Garrison
WOMEN'S VARSITY SOCCER



Picture by Kara Tinker

Favorite pre-game ritual: "I love saying our team and personal goals in the circle while we stretch and that Nicole's goal is always to challenge every ball. It is great to know that we can meet our own goals or help someone else meet theirs."

Role model: "Coach [Moore] of course. Not many people know that she's much more than a tree-hugging, American Studies teacher. She played for Duke in college and even played against Mia Hamm."

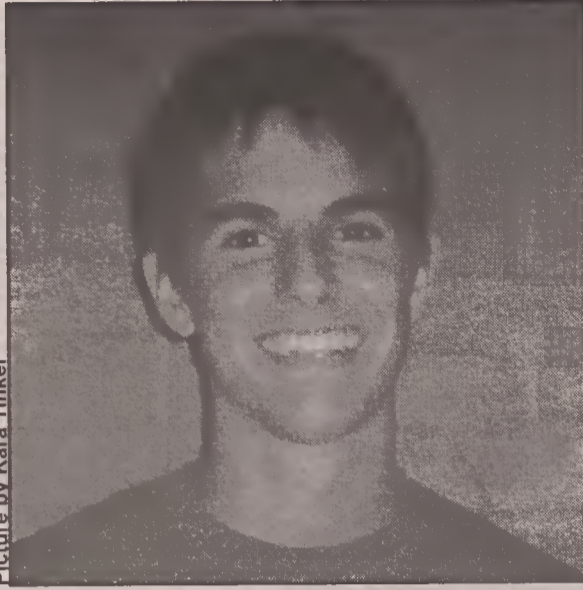
Best season quote: "We may suffer many defeats, but we will never be defeated." -Maya Angleou

Best song to work out to: "Bleeding Love by Leona Lewis. It's a team favorite."

Favorite exercise: "Definitely tag. The kind of tag where groups of people lay on the ground and you run"

From the beginning: "I started soccer at Y when I was 5-ish and I've been playing ever since."

Jordan Knox
MEN'S TRACK AND FIELD



Picture by Kara Tinker

Favorite pre-game ritual: "Before relays, the team gets together with a hand on the baton to say a quick prayer and a 'Harambee!'"

Role model: "Cam [Cook] and Dan [Kimmel]."

Best season quote: "I'm John Spencer Wolfe" and "Headshot!"

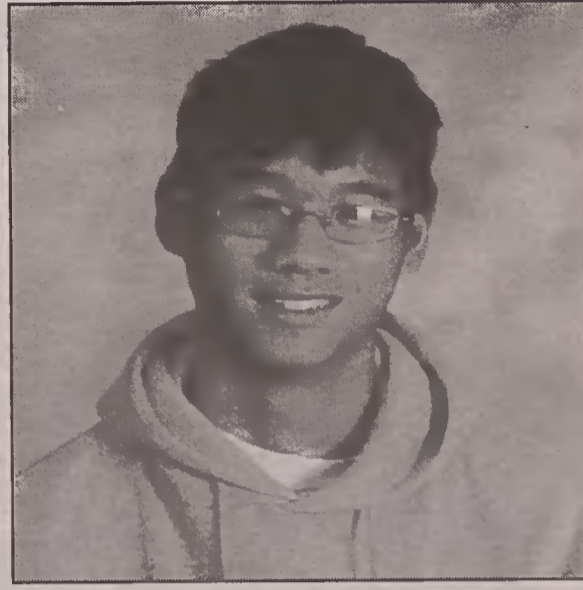
Best song to work out to: "Anything fast and heavy like 'War Ensemble' by Slayer."

Favorite experience of the year: "One time Cam and I were practicing at DA and we told Coach Lehman to run the last 200m acceleration with us. We got on both sides of him and dusted him (of course). To top it off, at the finish we both simultaneously put a Heisman on him."

From the beginning: "I wasn't big enough for football so I ran cross country and track. I've been running since Freshman year."

Last remarks: "Back in the Game!" -Marion Meadows

Albert Teng
MEN'S VARSITY TENNIS



Favorite pre-game ritual: "Bhangra dancing"

Role model: "Sahil Prasada"

Best season quote: "Is this how your number two doubles team always acts?" - Opposing coach talking about Sahil Prasada and Apurva Oza.

Best song to work out to: "See You Again- Hannah Montana"

Favorite exercise: "Running laps for missing shots."

Favorite experience of the year: "Getting shaving cream on my sweatshirt."

From the beginning: "I started taking lessons in middle school and I've been playing 7 years."

Staying fit over the summer

BY: NANCY YANG

The ever-so coveted last day of school is drawing near and students are relishing in their senioritis, celebrating their impending sleep-ins and lack of homework over the summer, and allowing their IQs to drop to astoundingly low levels. Yet despite such apathy for schoolwork and thinking, there remains a passion to remain physically active over the summer break.

While the majority of people get tan at the beach, wake up late and watch movies the rest of the day, students at NCSSM will be getting out, being active, and best of all, combining their physical activities, adventures, and passions to help others.

Senior Caleb Horton is working as a wilderness guide at the Philmont Scout Ranch this summer. "I will be taking crews of [approximately] ten to twelve scouts into the wilderness of northern New Mexico to camp, hike, and participate in high adventure activities," said Horton.

The Philmont Scout Ranch is far beyond any normal summer camp. It is a place where one can experience the raw ruggedness of the southwestern wilderness and the rich history of the land. Participants are challenged physically with hikes through land with no trails and steep

elevation gains and are put to the test when traversing canyons. Horton will teach the scouts the basics of astronomy, archery, black power rifles, wilderness medicine, and search and rescue techniques.

Horton participated in a similar program two years ago. "It was an awesome experience testing [his] limits and building a unique bond with friends," said Horton. Now he is providing the same opportunity for others.

While Horton is hiking up steep cliffs, mentoring young scouts, and conquering nature, senior Stephen Johnson is staying physically fit over the summer to improve his endurance for the Air Force Academy through a vigorous training program. "I will be running around my neighborhood every day, increasing my muscle endurance, carrying heavy loads on my back while marching, and doing push-ups, sit-ups and chin ups," said Johnson. "The school requires me to be physically fit [and] I enjoy working out and training my body to be in top physical shape."

Although in a setting less scenic and rugged than The Ranch in the New Mexican wilderness, the Academy's basic training program also includes team building development and basic survival training. Moreover, there is no doubt that Johnson



Photo courtesy of www.gilimcgraw.com

The Philmont Scout Ranch, a Boy Scouts of America's high-adventure base, provides an unforgettable adventure.

will face his own physical and mental challenges this summer. "The hardest part is going to be maintaining motivation," said Johnson. "I know at times I will experience moments of fatigue and I will want to give up. But I believe and know that I will be mentally strong enough to overcome the matter."

While Johnson is overcoming overwhelming fatigue and training, senior Maria Chung will be battling the busy bustle of the metropolitan, fighting for a good seat on the subway, and running stairs to catch the train in time in South Korea. "In Seoul, [South Korea] ground transportation is your lifeline to get to destinations," said Chung.

"It will be difficult getting used to the metropolitan lifestyle, where everything is so fast paced and there is a lot of speed walking. Everything there is almost like being in a race."

Life in South Korea requires a lot of physical exertion. "A subway station usually has about three flights of stairs," said Chung. "I remember counting about seventy five steps per flight of stairs. That's a lot of leg and butt workouts! Plus, Seoul citizens eat about one meal a day at a restaurant or street vendor, so even to get food you need to exercise!"

In addition to all the hustle and bustle required to get around Seoul, Chung will also be

trekking up Gwanak Mountain again. "Last time I was in Seoul my uncle tricked me to climb up this nearly vertical mountain," said Chung. "I thought I was dying, but I had to climb all the way. I could not lose face to all the grandmothers who were climbing up with ease. Their physical endurance was ridiculous. It must have been because of the lifelong workouts from commuting around Seoul."

And even if you are not steering scouts through the rough wilderness; training to protect the country, or traveling to a foreign country, you too can push yourself to the limit, challenge yourself physically, and have fun while doing it.