

# Successful coaches participate in panel discussion

Elizabeth Delehanty  
junior reporter

Coaching a high school sports team takes a lot more than just drills, coaching games and making players run sprints. It involves planning, dedication, interest and love for the players.

The journalism 1, 2 and 3 classes gained some insight on what it takes to coach a sport as RedHawk head coaches Colleen Biebel, Mary Pat Connolly, Ron Dawczak and Jordan Vidovic sat down for a panel discussion on Tuesday, March 19.

The coaches opened by talking about their philosophies of coaching.

Dawczak, now in his second year as head football coach, focuses primarily on teaching his players life lessons.

“I use the game of football to teach the players how to be successful in life,” Dawczak said. “We have to teach students. They do not always know exactly what hard work is, so we show them this is what it takes to be successful. One of the things I try to instill is the mindset that success and greatness is not a ‘sometimes’ thing. It needs to be in every aspect of your life.”

Connolly, who has coached the girls’ basketball team for 17 years, agrees that one is never just a teacher, but a mentor as well.

“We are teachers first and the gym is my classroom,” Connolly said. “That is my philosophy as I go into practice every day. You are not just a teacher. You wear many hats. You are mentoring kids and preparing them for life. You are not just teaching the game of basketball.”

Biebel, who has coached the girls’ softball team for four years, shares Connolly’s approach.

“It is about preparing our kids, not just for the big game, but for life,” Biebel said. “It is important to teach the mental game as well. It is about the process and focusing on the fundamentals that will then prepare them to use those in the big moment.”

Vidovic, who has coached volleyball for seven years, likes to focus on the intangibles of the game to mentally prepare his players for later in life.

“The things that you teach your players will impact their life after that sport as far as communication, time management, adversity, being able to handle different people and a different environment,” Vidovic said. “There is the talent side and all of these little intangibles and there are certain things you can control like your effort, intensity, attitude, your drive, your focus and your discipline. They will start to come into play in the real world and we try and focus on that even more in our program and hopefully that will stick with our athletes beyond their playing days.”

When it comes to the specific personal qualities that these coaches look for in prospective athletes, the coaches hold their players to high standards.

“Be on time whenever time is involved,” Connolly said. “It is a simple concept and it is a quality that everyone needs. You will carry that with you no matter where you go or where you are. Be 15 minutes early for everything.”

Biebel looks for players who will help to boost team morale.

“I look for someone who will always put the team first,” she said. “I think that

those are the kind of players that create a great environment and create success from there. Having dedication, work ethic and being a good teammate. Holding them to that standard will help them in life.”

Vidovic also values players who put the team first.

“I think someone who makes everyone around them better is valuable,” Vidovic said. “Someone whose personality and work ethic is contagious. Someone who has that passion and who wants to be the first and last in the gym every single day.”

Dawczak looks for someone whose actions are not only contagious, but who shows a great work ethic as well.

“I look for guys who compete in everything they do, whether it is on the field or in life,” Dawczak said. “They are not competing for attention. They are doing it for the love of the game. Being the first guy in your line for stretching or being the first guy in a sprint every single time. That stuff is contagious and the rest of your team is likely to follow.”

**“Be on time whenever time is involved. It’s a simple concept and it’s a quality that everyone needs. Be 15 minutes early for everything.”**

Another aspect that the coaches think is extremely important is building team chemistry by taking part in activities that will help team bonding.

“Creating a good relationship among the players leads to a good team chemistry,” Vidovic said. “It goes hand and hand with all the skill work and actual playing. It becomes contagious in our gym. You can either feel it or you don’t and it is one of those things that, winning is a byproduct of that. Those little things that we work on every day will lead to that.”

Biebel also emphasized the importance of team-building activities.

“It is important to do different things with your team,” Biebel said. “For example, today we are going to end practice and go watch the boys [baseball] game together for an hour. It is important to do things together outside of the sport, whatever it might be.”

The coaches also discussed the challenges they face and how these challenges change from season to season.

“With each group of kids there are always different challenges,” Biebel said. “They change every year. They could be on-the-field challenges, the kid could have personal challenges that you are trying to help them cope with, or it could be injuries. It is a different season every year with different challenges and different strides or strengths.”

When it comes to football, Dawczak says the challenges might be a little bit different than other sports because of the number of players involved.

“A challenge for us as coaches is that you are dealing with all the things that Coach Biebel mentioned, but [in football] you are dealing with a greater number of athletes,” Dawczak said. “When you have that many players on your team, you are trying to learn the identity and personality



photo by Jenna Fessler

Varsity coaches Ron Dawczak (football), Mary Pat Connolly (girls’ basketball), Colleen Biebel (softball) and Jordan Vidovic (boys’ and girls’ volleyball) participate in a panel discussion on their careers and on successful coaching with the RedHawk journalists on March 19.

of your team as a whole, and it is different every year.

Vidovic agrees that different teams bring a different dynamic to the volleyball court each season.

“You have to find a way to establish those core values that you want to instill in your program, and find a way to do it with a whole new team,” Vidovic said. “Even if you do not lose a lot of players from the previous year, it is still a new team with different players and different issues. You have to change your style, philosophy and strategies each year to make them suit that team.”

The most difficult challenge for Connolly is figuring out team chemistry from year to year.

“When I was a younger coach, I did not think about it that much because I was more focused on the fundamentals of the game and making sure I had a great team. As time went on, the more that I coached the more I paid attention to team chemistry because I realized chemistry could either make or break a team,” Connolly said. “You could be the best team in the world, but if you do not have a bond, the team will not go to the next level.”

Although coaching a team presents significant challenges, the coaches made it very clear that they are passionate about their respective sports and that they love their players.

Their players return that passion for the game and love for the coaches.

“Coach Dawczak does many great things as head coach to ensure the team’s success,” senior football captain Mike Markett said. “Not only is he a leader and a great decision-maker for the program, but he is very invested in each player. The relationships he builds allow each of us to grow and get better, which ultimately translates into becoming a better team.”

Pushing their players to become better and being adamant about not giving up pays off, according to junior volleyball player Michael Yerkes.

“Coach Vidovic pushes us to try our hardest during practices and always give 100 percent,” Yerkes said. “We grow as individuals and as a team each day because of the high standards he sets for us. Rather than just telling us to do something, he makes sure we understand why we are doing it.”

By focusing on life lessons to help make players successful beyond high school, these coaches inspire their players and increase their love of the game.

“Coach Biebel is great and I love playing for her,” senior softball captain Angela Zedak said. “She cares about our success in softball, school and life. She fires us up and keeps us motivated.”

Girls’ basketball team captain Abby Callaghan noted Coach Connolly’s commitment to modeling what she wants from her players.

“Coach Connolly is a great coach because she inspires us to do more than we think we can,” Callaghan said. “She actively models the behaviors and attitudes she wants her players to adopt and strives to get to know us as people, not just as athletes.”

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# Journalists win local awards, prepare for IHSA

Angel Ortiz, Jr.  
sophomore reporter

Fifteen RedHawk journalists attended the 28th annual Scholastic Press Association of Chicago/McCormick Foundation high school media conference and awards luncheon hosted by Roosevelt University on March 22.

The conference featured a number of break-out sessions led by professional journalists in areas such as writing, editing and photography.

Before the conference, student work published in the *Sentinel* was submitted for competition. For the eighth consecutive year, the paper won excellent achievement awards for overall newspaper and overall layout.

In individual competition, senior Carolyn Yusa won a superior achievement award for sports feature writing and excellent achievement for column writing.

Senior Jenna Fessler won excellent achievement in sports photography and senior Emma Brown won excellent achieve-

ment in news writing. Junior Cece Gibbons won superior achievement in sports news writing and non-sports photography.

"It's nice to be recognized for our work and it's exciting to see my friends win awards as well," Gibbons said.

Since 2011, a total of 36 RedHawk journalists have earned awards at the annual conference, some in multiple categories.

Editor-in-chief Gina Musso pointed out the value of the conference/competition experience.

"These conferences allow us to interact with and learn from other journalists, and the experience helps us to improve our own writing skills and our publication," Musso said.

On April 13, Fessler, Gibbons, Yusa, Musso, along with fellow seniors Georgia Lattas and Emma Brown and junior Ryan Griffin will compete in the IHSA sectional journalism competition at Homewood-Flossmoor.

The top three contestants in each category will advance to state on April 26 at Heartland Community College.



photo by Natalie Holder

The RedHawk journalists attended the 38th annual Scholastic Press Association of Chicago/McCormick Foundation high school media conference hosted by Roosevelt University on March 22. Four journalists won a total of six awards this year and the *Sentinel* received excellent achievement awards for overall newspaper and overall layout for the eighth consecutive year.

# Speech/acting team heads to nationals

Emma Brown  
senior reporter

The RedHawk speech and acting team will compete at nationals in May after hosting the third round of the Chicago Catholic Forensic League Speech National Qualifier on Saturday, Feb. 23.

At the tournament, the RedHawks advanced members to the finals in every category. Sophomores Kaylen Baker and Emma Ortega were tournament champions in declamation and prose/verse respectively, and senior captain Kristen Kolp won in original oratory.

Seven other RedHawks placed in the top six in their categories. The team's strong performance allowed the RedHawks to win the tournament overall, beating out eight other schools.

"The pressure was on because it was our closing tournament," head coach Samantha Paoletti said. "Things worked out in our favor. It was really nice that we ended the season here at home."

Seven RedHawks qualified for nationals on May 25 and 26 at Marquette University, including Baker and sophomore Una Fortier in declamation, Kolp and fellow senior captain Sarah Peck in oratory, Ortega in oral interpretation, junior Cece Gibbons in dramatic performance and senior Maurice Brooks and sophomore Madelyn Jaworek in extemporaneous speaking.

Fortier, advancing for the second year, is one of three RedHawk national veterans.

Peck, who is returning to nationals for a third time, is especially excited for her team.

"This season has been tough for a lot of us, but we have been able to adapt and stay on our feet during it," Peck said.

This is Kolp's fourth year at nationals and plans to use the prior experiences there to her advantage.

"I have worked with Coach Paoletti for four years and with her guidance I have total confidence in myself," Kolp said. "I also feel a boost of energy knowing it is my job to lead the younger teammates and give them someone to look up to."



photo by Robbie Distasio

The RedHawk speech and acting team gathers on the stage in the RedHawk Theater after winning the third and final Catholic League meet of the season. Seven RedHawks qualified for nationals, three of whom will be returning to that level of competition for the second, third or fourth time. Nationals is May 25-26 at Marquette University in Milwaukee.

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Questions?  
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[mcardle.kathleen@marist.net](mailto:mcardle.kathleen@marist.net)

# Alumnus writes about Rankin/Bass classic children's shows

Cecelia Gibbons  
junior reporter

Alumnus Richard Goldschmidt '83 recently completed his sixth book for Rankin/Bass Productions titled *Rankin/Bass' Frosty the Snowman 50th Scrapbook*.

The company created popular childhood classic films shown annually on television, including *Rudolph the Red-Nosed Reindeer*, *Santa Claus is Comin' to Town*, *Frosty the Snowman* and *The Year Without a Santa Claus*.

Goldschmidt's book goes into detail about the TV specials, how they were created, the impact they have and the people behind them. His books can be ordered online at [www.miserbros.com](http://www.miserbros.com) or the Kindle version at [www.amazon.com](http://www.amazon.com).

"I did not intend to be a writer at all," Goldschmidt said. "My degree is in art and illustration and I wanted to break into humorous illustration. I started talking to my favorite artists, Jack Davis and Paul Coker Jr., who designed many of the Rankin/Bass TV specials."

Through Davis and Coker, Goldschmidt got in touch with Arthur Rankin, who gave him the position as Rankin/Bass' historian/biographer. Rankin was hesitant at first, but after realizing how serious Goldschmidt was, he hired him.

"My books appeal to creative people of all ages," Goldschmidt said. "They do not make TV specials or films like the ones Rankin/Bass made anymore. Most people understand this and there is a magic quality about the specials that I am proud to be associated with."

Goldschmidt credits Marist with preparing him for his career as an artist and a writer. During his time in high school he was involved in a band and music continues to influence his career.

"Prior to entering Marist, I was a mediocre student," Goldschmidt said. "During my years at Marist, I found I was good at focusing and achieving goals. I finished on the B Honor Roll and I was very prepared for college."

Goldschmidt spent a majority of high school pursuing his passion for art. Later on, his creative talent helped him fill his first book with his own illustrations and visuals.

"Marist helped me focus my talents on what I became good at," Goldschmidt said. "I had a great English teacher there. Sister Margot, my art teacher, really helped me focus on my art. I remember I was filling up sketchbooks at the time with all sorts of drawings of my favorites in pop culture, and she could tell I loved art a great deal. She put me in touch with the director of art at my college, too."

Goldschmidt has enjoyed success in his career as a writer for Rankin/Bass. He says that there are many positives to being a writer, such as doing radio and television interviews, but acknowledges that there can be negative aspects to his job too.

*"[The positives are] doing what I love to do. I love meeting people at my appearances around the country who tell me what I do means a lot to them. I find it fun and rewarding. The negatives are when I have to rely on other people who don't have the same drive as me. I get impatient and can never understand underachievers."*



photo courtesy of Richard Goldschmidt

Richard Goldschmidt '83 holds Rudolph the Red-Nosed Reindeer, the subject of one of his books, in his office at home. Goldschmidt has written six books about the classic children's television shows produced by the company and will appear on ME TV on April 7 at 9:30 p.m. in an episode of *Collector's Call with Lisa Whelchel*.

Goldschmidt and his work will be featured on a one-hour premiere of the TV show *Collector's Call with Lisa Whelchel* televised on ME TV on April 7 at 9:00 p.m. Whelchel starred as Blair on the 1980's television sitcom *The Facts of Life*. *Collector's Call* explores unique collectibles, their history and value.

"Rankin/Bass Productions also produced a number of Saturday morning television series, live-action feature films and animated feature films including *The Last Unicorn* and *Mad Monster Party*," Goldschmidt said. "I wrote a book on Rankin/Bass' *Mad Monster Party*, and it is a fan favorite. The film was the inspiration behind Tim Burton's *Nightmare Before Christmas* and the *Hotel Transylvania* films, which led to a series on the Disney Channel.

Goldschmidt points out that Rankin/Bass is unique because its Christmas specials have been popular for decades. Iconic films such as *Rudolph the Red-Nosed Reindeer* and *Frosty the Snowman* are watched by countless families every year.

"Rudolph is the subject of one of my books and his TV special is the longest-running, highest-rated television special of all-time," he said. "My book on the making of the special was released in 2001 and it is the basis for all of the things on social media today surrounding its history."

"A lot of hard work goes into what I do and, while it is not always financially rewarding, I enjoy it," Goldschmidt said. "It has been a calling for me and it makes a lot of people happy, so that is the real reward."

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As an open forum, the *Sentinel* welcomes and encourages letters to the editor and guest editorials. Letters to the editor should be 250 words or less and must be signed by the author. Guest editorials are limited to 500 words and must also be signed by the author.

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## Reflecting on the most important holiday of the year

Everyone is always gabbing on about Santa and presents on Christmas, or fireworks on the Fourth of July, or turkey on Thanksgiving and even cakes on birthdays.

But everyone forgets about the holiday that carries more importance than all the rest.

Easter reminds us of God's love, gives us family time and, most importantly, for the majority of readers of this paper, gives students time to relax and have fun.

People have 'slept on' Easter as a holiday ever since Christ was resurrected from the dead. Yet at Christmas time, we all rabidly celebrate a jolly, overweight man in a red suit who gives us presents or gorge ourselves with cake because we decided that we get to do so every twelve months.

It is only fair that our Lord and Savior gets a share of the hype.

We must remember that Christ's sacrifice grants us eternal life in heaven. That definitely beats any Christmas present or birthday cake.

Easter is also an important time to see family. Unlike Christmas and Thanksgiving, there is usually no conflict on Easter.

According to a Dec. 23, 2015 *Daily Mail* article by Dan Bates, families fight on holidays because of 'hypercopesence.'

Hypercopesence is when we are forced to spend too much family time with lofty expectations like making a fancy Thanksgiving feast or buying presents.

On Easter however, there are fewer expectations. The meal is hearty but simple and the gifts are small and fun. Easter allows us to relax and appreciate the little things.

Because Easter is low-key, we all get along better. Easter is a rare opportunity to celebrate with relatives in peace.

Peace is a huge part of Easter. Not only is Jesus the 'Prince of Peace,' but we also get a time to have peace of mind. Easter lets us reflect on ourselves and our faith.

The calm of Easter also gives us a very critical break to get mentally prepared for the stress that comes with the end of the school year and final exams.

This period of calm can help connect us to Christ. The Pope himself calls Easter the best time of the year to take a break and examine our faith.

"Our faith is born on Easter morning, for Jesus is alive," Pope Francis said in his homily last Easter. "This experience is at the heart of the Christian message."

On a lighter note, Easter also gives us an excuse to eat tons of chocolate. The Reese's peanut butter egg comes to mind as a true gourmet delight we only get to experience at this magical time of the year.

A March 22, 2019 article by Chloe Bryan on the culture and entertainment website Mashable.com notes that the Reese's egg is the company's best product. It has a higher chocolate to peanut butter ratio and also weights 14 grams more than a regular Reese's peanut butter cup. This limited edition candy is a great deal, so move over Halloween. Easter is the real candy king.

Easter is a holiday that does not get the love that it deserves. Easter has it all...God, family and the Easter Bunny, bringing candy and small presents in the much-anticipated Easter baskets.

Easter appeals to everyone, from small children to religious adults. Each of us has a place at the Easter table and we should be eager to take our places.



## Some things to think about before prom

Prom is a high school tradition that closes out the school year, filled with over-dressing, cheesy slow dances and sometimes romance. Many high schoolers look forward to this day for months, and prepare by orange-tanning, overspending and causing drama.

Unfortunately, this waiting can be outshined by stress and fussing over an event that lasts one night. Prom can also be ruined when teens practice unsafe or illegal behavior.

Teens should be mindful of spending and avoid unsafe behavior during prom season.

Students should not have to spend an absurd amount of money to have fun at prom. According to a 2015 survey done by Visa, the average American prom-going teen spends \$919 on overall prom expenses.

With ticket, attire, limousine rental, flower, picture and food costs, expenses

can add up very quickly. For most upperclassmen, college is right around the corner, so spending a lot of money on a one-night event may not seem practical. It is okay to splurge, but remember to set a budget and stick to it by tracking purchases and saving money whenever possible.

Due to poor influences and peer pressure, teens often resort to reckless behavior on prom night. According to a 2018 online survey of 1,000 teens ages 16 to 19 conducted by the American Automobile Association (AAA), 39 percent of high school teens report that it is likely that they or their friends will be under the influence of drugs or alcohol sometime during prom or graduation season.

Aside from the legal consequences, according to Mayo Clinic, taking drugs or drinking alcohol leads to impaired judgement, unstable moods and can even lead to coma or death.

With graduation and college starting so soon after prom night (and it WILL be soon!), participating in these illegal activities is not worth the risks involved.

AAA also reported that 87 percent of teens believe that their peers are likely to drive under the influence instead of calling their parents for help. If your driver falls into this category, there are many inexpensive and safe ride options available, including Uber and Lyft.

Furthermore, parents would much rather get a call from their teen asking for a ride than from the police reporting that their teen was in an accident.

Prom is intended to be a fun, carefree night, one of the final celebrations of our high school years. Try not to let the fuss or unsafe practices overshadow what should be a memorable night.

Be safe, make good decisions and do not turn a great night into a tragedy.

# Go ahead—wear your heart on your sleeve

Emma Brown  
managing editor

It is prom season!

That means long elegant gowns and fancy tuxedos.

It also means a ton of choices when it comes to what you wear to said events, especially with dresses.

I have always had some trouble finding a dress that I look good in and feel good in. As a kid, I dreaded dress shopping, which was annual for the father-daughter dances at my grammar school. I hated showing off a lot of skin because I was not confident in my body. On the other hand, big, crazy dresses were never really my style. As a result, it would take me hours to find a dress that made me feel great on the outside as much as it did on the inside.

Now, do not get me wrong, I am comfortable wearing a dress and sometimes I think even I look good. My junior prom dress was lovely as are a few other dresses I own, but I did not feel like wearing a dress this time around.

I went to a dress resale event at Mother McAuley in mid-January and found a dress I liked that was cheap. I know, I know, it is treasonous to shop at that school, but I am a cheapskate sometimes. I loved the royal blue color and its simpler design fit my preferences.

But trying it on the second time around, something was off. The more I looked at the dress, the more I felt uncomfortable about it. It was not me in the mirror. I saw a stranger.

This has been a reoccurring theme in my life. Until recently, I never felt that my clothes fit who I was. I bought and wore clothes to try to fit into the mold of your typical feminine girl who wears dresses, cute rompers, skirts and all of that.

I hated it.

I always preferred jeans to a skirt, a collared shirt to a blouse and flats before I would ever get near high heels.

What you wear affects how you see yourself. By putting myself into clothes that did not fit who I feel I am, I was giving myself more reasons to hate myself.

I am done hating myself.

I began the year by cleaning out all my clothes from my closet. I donated three bags of clothes to Goodwill because I never wanted to wear them again. They were not me.

I have decided to wear a tuxedo to prom rather than a dress. I have decided that my clothes are going to fit who I am, no matter what anyone thinks, as should you.

Maybe in the future this will change. I might find a dress I fall in love with and that is okay too. However, suit or dress or whatever I wear, I am going to look in the mirror and smile.

One's perception of themselves is tied to what they look at in the mirror. If you look in the mirror and do not like what you see, then change it. Wear a dress, a suit, a skirt, pants. Wear what you want.

When it comes to homecoming, prom or other formal events, wear your heart on your sleeve. Wear who you are on the outside. Be able to look in the mirror and love what you see. Be yourself in the clothes you are comfortable with.

# Taking time to find God in the people around us

Elizabeth Delehanty  
junior columnist

Lent is a season that calls on Christians to come closer to God through prayer, penance, fasting on Fridays and maybe giving up something that is important to us.

The purpose of Lent is to prepare ourselves for Easter. By observing Lent, we imitate Jesus' sacrifice and withdrawal in the desert for 40 days and 40 nights.

The goal of Lent is to try to experience and overcome the temptations Jesus did so that we may become closer to Him. We are preparing ourselves for the resurrection.

## But how do we prepare ourselves for Easter if we are struggling with our faith?

Many Christians, at one point or another, ask the question "If God was real, why would he let all these horrible things happen in the world? He has the power to stop it, so why doesn't He?" Even some of the saints questioned their own faith.

It is a natural thing for humans to experience doubt. The important thing is to try to overcome those doubts.

Earlier this year, I found myself struggling with my faith. Then, on February 12, my friend Jenna Fessler said something to me that I will never forget.

"God is everything good in this world," she said. "He is nothing bad. He's the escape from it."

On that day, I stopped struggling with the question "Is God real?" I found Him in Fessler.

Every day since then, I have looked for and found God in all of my friends.

I know it is hard to believe in something you cannot see with your eyes, so when you are losing faith, try looking for Him in the things you can see.

You can find Him in the halls when someone tells you that your hair looks good.

You can find Him in random texts from your friends telling you they love you.

You can find Him at football games and sports events when you are with your friends, laughing like nobody's watching.

You can find Him in music on your car ride home from school.

He is all around us.

He is in the guidance department when you're sad and need someone to talk to.

He is in your teachers when they make jokes and make you smile.

He is in your friends and your peers.

You just have to open your eyes and see.

I stopped believing God lives somewhere up in the sky. I now believe that God is all around me.

He is in my teachers, my friends, my family. He is in you and me and every person who walks through these halls.

Sometimes, when it is hard to believe in what you cannot see, believe in what you know is real. Believe in love and happiness and all the good in the world.

You won't find God in the sky, you will find him in the people around you.

### photo opinion

## What is your Lenten resolution this year?

by Erin Murphy and Mia Thorne



**Sawyer Cranston**  
senior

**I made it my goal to try to be as helpful to others as I can, even if it is just a small gesture. Our faith teaches us to be respectful and kind to everyone, one small step at a time.**



**Omar Cruz**  
junior

**I gave up procrastinating because leaving things for the last minute usually ends up in poor work. I want to prepare for better living by becoming more responsible.**



**Lauren Insley**  
sophomore

**My Lenten resolution is to journal every day to be more mindful of everything I am blessed with. Through this reflection, I become aware of everything good God has set up for me.**



**Brother Hank**  
president

**My resolution is to reflect on my own behavior before I judge other. I will also look for and listen to the ways God is speaking to me through the people and events in my life.**



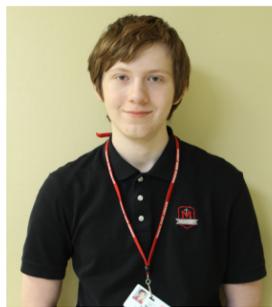
**Ivana Crnjac**  
freshman

**My resolution is to give up chocolate and I have also started doing silent reflection in the chapel after Mass. I'm doing this so I can become closer to God and grow stronger in my faith.**



**Moira McGuire**  
junior

**My resolution is to be more kind and positive. I gave up gossiping and Starbucks because they aren't positive influences in my life. Doing these things helps me prepare for Easter and remember the sacrifices Jesus made for us.**



**Brian Ratajczak**  
freshman

**I started to be more active in my community by going to church and donating more often. Jesus spent 40 days in the desert...the least I can do is go to church and thank Him for everything I have.**



**Deacon Andy Neu**  
campus minister

**My resolution centers around praying more, especially in the early morning. I've made it a goal to receive the Eucharist every day during Lent, which we can all do right here in our own chapel. You are all invited to come and receive.**

# Sophomore gymnast first RedHawk at state finals

Georgia Lattas  
senior reporter

Sophomore Bridey Regan made history in February, becoming the first Marist gymnastics team member to advance to state.

Regan, who graduated from Most Holy Redeemer, competed for club gymnastics in grammar school and has competed as a RedHawk since her freshman year.

"I have been doing gymnastics for about 13 years," Regan said. "I love gymnastics because it is so different from most other sports. There is so much variety and there is always room for learning new skills and improving old ones. You can play to your strengths."

She competed at the IHSA regionals at Glenbard West on Jan. 31, placing second on vault, fourth on beam, fifth on floor and third in all-around. Regan advanced to sectionals in all four categories.

"It felt so great to place at regionals," Regan said. "I placed two more times than I did last year, which was a great accomplishment. The host of our regional won state this year and last year, so it was a confidence booster knowing that I placed among some of the best."

The IHSA sectionals were at Wheaton Warrenville South on Feb. 4, with Regan placing ninth at large on vault and 11th at large on beam. The top 12 make state in each event, allowing Regan to advance.

"I was checking the sectional results all week long and I was so anxious to see if I made it or not," Regan said. "When the final results came in and the advancers were announced, it felt like a weight had been lifted off my shoulders. I was so relieved and so proud of myself that I made it all the way to state."

Regan's only teammate, sophomore Ashlin Palzkill, qualified for sectionals on vault and all-around. Palzkill, who has done gymnastics for 13 years as well, is extremely proud of Regan.



photo by Kristy Regan

Sophomore Bridey Regan, the first RedHawk in school history to advance to the IHSA state finals in gymnastics, poses at Palatine High School on Feb. 15. Regan advanced to sectionals in four categories, including vault, beam, floor and all-around. At state, she competed in beam and vault. Regan will compete again next season and plans to continue gymnastics in college.

"Bridey has inspired me to work harder in the gym," Palzkill said. "She helps me get through mental blocks and other fears and vice-versa. I am so happy for her and so proud of all she's accomplished."

Regan competed at state at Palatine High School on Feb. 15 but did not make it to event finals, which took place on Feb. 16. She competed in vault and beam and tied for 23rd on vault out of 64 girls.

"I just ran through my competition routines so that when I got to state it wouldn't be so stressful," Regan said. "I wasn't nervous at all because I knew how much of an accomplishment it was just to get to state. I had nothing to lose so I decided to go have fun and keep a positive mindset."

Regan plans to continue competing in high school and college. Although it is sometimes difficult to balance schoolwork and gymnastics, Regan believes it is worth it and will help her in the future.

"I come home from practice and get to work on my homework right away," Regan said. "I'm also on track so I go from school to track practice to gymnastics practice. I usually don't get home until about 8:30. I think having a busy schedule creates a good work ethic."

When Regan was younger, the older girls at the gym inspired her to keep going and motivated her to continue this passion. The girls were everything Regan aspired to be, and now younger girls look up to her in the gym.

"Knowing that little girls look up to me and aspire to be at the level I'm at also inspires me to keep going," Regan said.

Regan's coach, Sarah Schultz, began coaching the Marist gymnastics team this year and was ecstatic when she saw that Regan had qualified for state.

"Bridey has reminded me that the sport of gymnastics requires a special athlete that shows strength, passion and commitment every day," Schultz said. "She inspires others to show up and work hard, just as Bridey always does."

## 2019

MARIST

2019 SUMMER CAMPS

**KIDDIE CAMPS FOR BOYS AND GIRLS**  
1st through 4th grades

**ALL-DAY CAMP**  
Includes Basketball, Volleyball, Lunch, and More!  
Session 1... June 10-13  
8:30 am to 2:30 pm  
\$175

**BASKETBALL**  
Session 2... June 10-13  
11:00 am to 12:30 pm  
\$30

Session 3A, Boys...  
June 24-27  
10:00 am to 11:30 am  
\$30

**VOLLEYBALL**  
Session 4... June 10-13  
9:00 am to 10:30 am  
\$30

**SOCCER**  
Session 5... July 8-12  
4 yrs old - 8th grade  
8:30 am to 10:00 am  
\$30

**SOFTBALL**  
Session 6... June 24-27  
K - 4th grade  
8:00 am to 9:30 am  
\$30

**CAMPS FOR BOYS** -- Various age levels

**BASKETBALL**  
Session 7 -- Fundamental Skills June 17-20  
5th - 8th grade -- 1:00 pm to 2:30 pm -- \$80

Session 8 -- Fundamental Skills June 24-27  
5th - 8th grade -- 12:00 pm to 1:30 pm -- \$80

Session 9 -- Fundamental Skills June 17-20 (M-Th)  
Incoming Freshmen -- 5:30 pm to 6:30 pm -- \$115

Session 10 -- Shooting Skills July 15-18  
5th - 8th grade -- 2:00 pm to 3:30 pm -- \$80

**BASEBALL**  
Session 11 -- Skills Camp June 18-13  
5th - 8th grade -- 9:00 am to 12:00 pm -- \$80

Session 12 -- Skills Camp June 17-19  
5th - 8th grade -- 9:00 am to 12:00 pm -- \$80

Session 13 -- Skills Camp July 22-24  
5th - 8th grade -- 9:00 am to 12:00 pm -- \$80

Session 14 -- Skills Camp July 22-24  
Incoming Freshmen -- 1:00 pm to 4:00 pm -- \$80

**FOOTBALL**  
Session 15 -- July 15-18  
5th - 8th grade -- 8:00 am to 9:30 am -- \$80

Session 16 -- Quarterback Camp July 15-18  
5th - 8th grade -- 9:00 am to 10:45 am -- \$30

Session 17 -- Speed Camp June 18-12  
5th - 8th grade -- 8:00 am to 9:00 am -- \$40

Session 18 -- June 17-27 and July 8-18 (M-Th)  
Incoming Freshmen -- 3:00 pm to 4:30 pm -- \$115

**LACROSSE**  
Session 19 -- June 17-20  
5th - 8th grade -- 5:00 pm to 6:30 pm -- \$80

Session 20 -- June 24-27  
Incoming Freshmen -- 12th grade -- 5:00 pm to 6:30 pm -- \$80

**RUNNING - DISTANCE/CROSS COUNTRY**  
Session 21 -- June 18-14  
6th - 12th grade -- 8:00 am to 10:00 am -- \$35

**SOCCER**  
Session 22 -- June 24-28  
Incoming Freshmen -- 8:00 am to 10:00 am -- \$90

Session 23 -- June 24-28  
5th - 8th grade -- 10:00 am to 11:45 am -- \$90

**VOLLEYBALL**  
Session 24 -- July 8-11  
5th - 8th grade -- 8:30 am to 10:00 am -- \$80

Session 25 -- July 8-11  
Incoming Freshmen -- 10:00 am to 11:30 am -- \$80

**WRESTLING**  
Session 26A -- All Skills June 10-12  
Session 26B -- All Skills June 17-19  
Session 26C -- All Skills June 24-26  
8-15 yrs old -- 5:30 pm to 7:30 pm -- \$80 each session

Session 26D -- All Skills June 10 - June 26  
8-15 yrs old -- 5:30 pm to 7:30 pm -- \$150

**BUGY**  
Session 29 -- June 3-6  
5th grade - Incoming Freshmen -- 5:00 pm to 6:50 pm -- \$80

**CAMPS FOR GIRLS** -- Various age levels

**BASKETBALL**  
Session 3 -- Girls Fundamental Beginners Camp June 24-27  
1st - 4th grade -- 10:00 am to 11:30 pm -- \$80

Session 30 -- June 17-20 (M-Th)  
Incoming Freshmen -- 5:30 pm to 6:30 pm -- \$115

Session 31 -- Shooting Skills June 17-20  
5th - 8th grade -- 11:00 am to 12:30 pm -- \$80

Session 32 -- Shooting Skills July 8-11  
5th - 8th grade -- 12:00 pm to 1:30 pm -- \$80

**LACROSSE**  
Session 33 -- June 24-28  
5th - 8th grade -- 7:00 pm to 8:30 pm -- \$90

**RUNNING - DISTANCE/CROSS COUNTRY**  
Session 34 -- June 24-28  
6th - 12th grade -- 9:00 am to 11:00 am -- \$35

**SOCCER**  
Session 35 -- June 24-27  
5th - Incoming Freshmen -- 3:00 pm to 4:45 pm -- \$80

**SOFTBALL**  
Session 37 -- Defensive Skills June 17-20  
5th - 8th grade -- 9:30 am to 11:00 am -- \$80

Session 38 -- Incoming Freshmen Skills June 24-27  
11:30 am to 1:00 pm -- \$80

Session 39 -- Offensive Skills June 24-27  
5th - 8th grade -- 9:30 am to 11:00 am -- \$80

Session 40 -- Pitching and Catching June 17-20  
3rd grade - 8th grade -- 11:00 am to 12:30 pm -- \$80

**TENNIS**  
Note: The Pay-As-You-Go Fee for the Girls Tennis Sessions below is \$10 per day, paid at each Summer Camp Session (not online).  
Session 41 -- June 3-28 (M-F)  
9th - 12th grade -- 9:00 am to 10:00 am

**VOLLEYBALL**  
Session 42 -- Hitting/Blocking July 15-18  
5th - 8th grade -- 8:30 am to 10:00 am -- \$80

Session 44 -- Setters/Defence July 15-18  
5th - 8th grade -- 10:00 am to 11:30 am -- \$80

Session 45 -- All Skills July 22-25  
5th - 8th grade -- 8:30 am to 10:00 am -- \$80

Session 46 -- July 22-25  
Incoming Freshmen -- 10:00 am to 11:30 am -- \$80

**CHEERLEADING**  
Session 47 -- July 1-3  
K - 5th grade -- 1:00 pm to 1:50 pm -- \$60

Session 48 -- July 1-3  
6th - 8th grade -- 2:30 pm to 4:00 pm -- \$60

**CO-ED CAMPS** -- Various age levels

**ART CAMP**  
Session 49 -- July 9-12  
3rd - 5th grade  
9:00 am to 11:30 am -- \$100

Session 50 -- July 9-12  
6th - 8th grade  
12:00 pm to 2:30 pm -- \$100

**BAJO CAMP**  
Session 51 -- June 17-21  
10-15 yrs old  
9:00 am to 11:00 am -- \$180  
Concert on Friday, June 21, in the Marist Theater at 6:00 pm

**CHESS CLUB**  
Session 52 -- June 17-20  
5th - 8th grade  
12:00 pm to 1:00 pm -- \$40

**DANCE CAMP**  
Session 53 -- June 18-11  
4 - 8 yrs old  
1:00 pm to 2:30 pm -- \$45

**MEDIA/FENCING**  
Session 54 -- June 17-21  
Incoming Freshmen - 12th gr  
10:00 am to 11:00 am -- \$65

Session 55 -- June 17-21  
5th - 8th grade  
11:00 am to 12:00 pm -- \$65

**FORENSIC SCIENCE**  
Session 56 -- June 17-19  
3rd - 8th grade  
1:50 pm to 3:50 pm -- \$65

**LEADERSHIP CAMP**  
Session 57 -- June 24-27  
6th - 8th grade  
10:00 am to 12:00 pm -- \$80

Session 58 -- July 8-11  
Incoming Freshmen  
10:00 am to 12:00 pm -- \$80

**POLE WUNT**  
Session 48 -- June 24-27  
11:00 am to 12:30 pm -- \$80

**TECHNOLOGY CAMP**  
Session 47 -- June 24-27  
6th - 8th grade  
8:30 pm to 11:30 am -- \$100

**THEATER CAMP**  
Session 63 -- June 17-27 (M-Th)  
3rd - 8th grade  
9:00 pm to 11:30 am -- \$100

**TRACK & FIELD**  
Session 64 -- July 15-18  
5th - 12th grade  
9:00 am to 10:30 am -- \$75

**SOCCER GOALIE CAMP**  
Session 65 -- July 8-18  
4th - 8th grade  
10:00 am to 11:30 am -- \$75

**BROADCASTING CAMP**  
Session 66 -- June 24-27  
5th - 7th grade  
9:00 am to 11:00 am -- \$100

Session 67 -- June 24-27  
8th - 10th grade  
12:00 pm to 2:00 pm -- \$100

**SPEECH AND ACTING**  
Session 68 -- June 17-27 (M-Th)  
5th - 8th grade  
12:00 pm to 2:00 pm -- \$75

Register online at  
[www.marist.net](http://www.marist.net)

Details about specialty camps are available at [www.marist.net](http://www.marist.net)

# Girls' track teams shows records are made to be broken

Ryan Griffin  
senior reporter

After opening with a win against Lyons Township, the Redhawk varsity girls' track team continues its successful season this month. School records have been broken and the coaches are pushing to have as many members of the team possible qualify for state in May.

Junior Kaylin Strahan achieved a milestone with a record-breaking 200-meter dash win in 26.40 seconds and by winning the 60-meter with a time of 7.91 seconds at Charleston High School on March 9, where she qualified as the 10th fastest runner in the state.

At the Bloomington indoor meet on March 23, Strahan improved her 200-meter performance, finishing in 26.18.

Even with these record-breaking times, Strahan wants to continue pushing herself to do better.

"I want to drop my times while inspiring my teammates to know that hard work truly does pay off," Strahan said.

At the Batavia Invitational on March 21, varsity runners Payton Ross, Ashlyn Palzkill, Grace Misiunas and Strahan broke another school record, taking 5th place out of 24 in the 4x200 meter relay.

Members of the team agree that working together helps them to thrive this season.

"Being on the team has taught me that teamwork plays a really big role in our overall performance," junior Jocelyn Gomora said. "The team has become a second family to me and I know I can depend on them for just about anything."

Gomora also noted that assistant coach Kelly Sullivan motivates the girls.

"Coach Sullivan is constantly encouraging us to keep moving forward," she said. "She's a great coach because she acknowledges even the slightest improvements in players, which motivates us to improve."

Strahan plans to run again next season and in college.

"I genuinely love this sport and continuing to run in college will challenge me," she said. "Having others to inspire and push me will help me to excel."



photo by Patrick Quinn

Junior Kaylin Strahan outruns her competitors in the 200-meter dash at the Charleston High Invitational on March 9, finishing with a record-breaking time of 26.41. The team competes in the Andrew Invitational this Saturday at 10 a.m.



photo by Elijah Izekoe-Jones

Senior Cassidy Ivers (#7) advances the ball downfield as the Sandburg Eagles rally to play defense. The RedHawks went on to defeat Sandburg 11-4 on April 1. The team hosts Nazareth Academy on Tuesday, April 9 at 6:15 p.m.

## Lacrosse season springs forward

Elijah Izekoe-Jones  
junior reporter

The RedHawk girls' Lacrosse team opened with a 14-1 victory over Minooka on March 23. Results of last night's home game against Trinity were unavailable at press time.

The team also defeated Sandburg on April 1, 11-4.

The team is led by junior Gabby Colón, the latest recipient of the Hammer Award. The award is given after each game to a player who had a significant impact. Other recipients this season include senior McKenzie Zions, junior Jenna Ryan and freshman Maddie Drebing.

"Winning the award alone is great, but since I'm a freshman playing varsity, it makes the whole thing even more special for me," Drebing said.

The RedHawks will host Nazareth at 6:15 p.m. on Tuesday, April 9.

The boys' team is also enjoying a successful season so far with a 3-1 record coming into this week.

The team has especially anticipated this season as it brings another chance to achieve a first postseason win as an official IHSA sport.

Team captain and goalie senior Justin Marshall is looking forward to helping make the necessary changes the program needs to be one of the best in the state.

"We are focusing on implementing new strategies, plays, and defensive packages," Marshall said. "We are trying to turn the team into an elite program in the state. Most of us are also on football, basketball or wrestling, so we see the success those programs are having and join that culture."

The team plays at Nazareth tonight at 6, followed by home games against Lane Tech on Saturday, April 6 at noon, Carmel on Wednesday, April 10 at 6:30 p.m. and Marian Central Catholic on Thursday, April 11 at 7 p.m.

## Boys' track team ready to take it outside

Gina Musso  
editor-in-chief

The RedHawk boys' track and field team finished its indoor season on Saturday, March 23 at the Illinois Top Times Indoor State Championships at Illinois Wesleyan, with juniors Brian Ferguson and Thomas Leonard and sophomore Jovan Marsh competing.

All three athletes finished within the top 16 in Illinois, with Ferguson finishing second in the 400-meter dash, Leonard finishing 14th in the 3200-meter and Marsh finishing in seventh place in the 60-meter dash and 16th place in the 200-meter dash.

"This was one of the best performances in Marist history at Illinois Top Times," head coach Jon Gordon said. "We have outstanding sprinters, a dominating relay, jumpers that are developing very well and distance runners that have been amazing, with three sub-five minute milers. Our goal is to win the IHSA Sectional Championship on May 17."

At indoor state, Leonard dropped 14 seconds from his 3200-meter time from the March 16 Gene Armor Invitational race, where the team took fifth place out of 40 teams.

"For the first time in Marist's history, we were able to qualify three individuals on the men's team to compete at indoor state," Leonard said. "Competing at indoor state was a great experience, and something we will never forget."

Ferguson, Leonard and seniors Tom Johnson and Lucas Pennix will lead the team as captains during the outdoor season, which begins Saturday at the Stagg Invitational.

"My fellow captains and I have worked together to utilize each other's strengths to build the team up," Leonard said. "Coach Gordon has done a great job of building a great base of runners. We have tremendous potential, and we are aiming to develop that."

The team will also host this season's ESCC Conference Championship on May 8, the only home meet scheduled for the team this season.



photo by Mark Cappas

Junior Brian Ferguson, who competed at the Indoor State Championships at the Illinois Wesleyan Shirk Center on March 23, finished in second place in the 400m dash. The boys' track team will compete next at the Stagg Invitational on April 6 beginning at 11 a.m.

Varsity girls' softball**RedHawks set sights on returning to state finals this season**

Gina Musso  
editor-in-chief

The RedHawk softball team started off its season with a record of 7-2, after winning the Providence tournament last weekend.

On Tuesday, the team hosted Lincoln-Way Central for its first regular season game, winning 3-0.

"Our girls are really buying into the team goals this year, and doing a great job working together," head coach Colleen Biebel said. "We played fantastic defense so far this year, and our bats have really been coming along. Everyone is contributing in their own way, and it is exciting to see."

The team is led by seven seniors, including Kelly Walinski, who joined the team last season after transferring from Queen of Peace.

"Playing for the RedHawks has been much more competitive, and it requires a lot more ownership from the players," Walinski said. "I think Coach Biebel's greatest strength is that she always pushes us to our limits, which makes us better."

The team traveled to Phoenix on March 13 to play in the Desert Mountain Softball Invitational. The RedHawks went 4-2, losing to Hamilton and Centennial High Schools and defeating Horizon, Shadow Ridge, Millienium and Queen Creek High Schools.

"I think having fun with it when we play is important," Wallinski said. "We work so hard in practices, so our games improve if we stay loose."

Last year, the team finished 32-4 and won conference and regionals, and players hope to make it all the way to state this season. Four-year senior Jessica Balich, who plays second base, reflected on what contributes to the team's success.

"We work together really well because we are all good friends, which makes it easier to come together as a team," Balich said. "One thing we need to focus on is making sure we combine our individual skills and don't overthink it."

The team will host the next two games, starting Saturday at 10:00 a.m. against Bishop MacNamara and Crown Point on Monday at 4:30 p.m.



photo by Alyssa Lang

Senior softball team captain Lexi Voss swings against Downers Grove North last Saturday at Providence High School, helping carry the RedHawks to a 9-5 victory. The team also defeated Manteno (13-2) and Lockport (9-4).



photo by Jenna Fessler

Freshman Kate Boyle defends the RedHawks against a Sandburg opponent on March 25. The RedHawks lost 2-1. The team will host Carmel tonight at 5 at Red and White Stadium, play five away games and then return to host St. Viator on April 15 and Joliet Catholic on April 16. Both games begin at 6:30 p.m.

**Girls' soccer team determined to improve**

Joy Gabala  
senior reporter

The girls' varsity soccer team continues to look for its first win after opening against some tough teams, including Wheaton Academy, Lincoln-Way Central, Sandburg and Andrews.

"We have played as tough of an opening schedule as you can put out there," head coach Chris Roe said. "Wheaton Academy, Andrew, Sandburg and LWC all ranked in top 30 schools in Chicagoland soccer rankings. With seven new starters, and 13 new faces on the team this season, we haven't picked up each others tendencies just yet. With plenty of talent, we are looking to put together a mid-season run beginning this weekend with the kickoff of the Pepsi Soccer Showdown tournament."

Senior captain Ashleigh Hughes noted other difficulties as the season opened.

"There were some injuries and a few people out of town in the beginning of the

season," Hughes said. "There are also a lot of new faces so we all continue to learn each other's playing styles in order to flow better as a team. We've been working our hardest and fixing the small mistakes."

The team captains continue to motivate the players.

"We work extremely hard in practice and it's translating into our games," senior captain Annie Callaghan said. "We are communicating better. As a team captain, I have to help motivate the team to keep working together and focus on winning. We are a strong team with strong players."

Senior co-captain Sofia Perez is also confident that the team will improve.

"This was definitely not the start to the season we were hoping for," Perez said. "There's always room for improvement. We're a new team with a lot of young talent, so we just have to figure out how to make the most of it. There's no doubt in my mind that we will soon see the results of our hard work."

**Boys successfully rebuild volleyball team**

Cecelia Gibbons  
junior reporter

With many new players rising to varsity this season, the boys' volleyball team is off to an 14-1 start after losing to Minooka on March 30 after three matches.

The team is motivated to continue playing a strong season.

"We are bouncing back from the loss and plan to practice what we need to work on," junior defensive specialist Michael Yerkes said. "We face many strong teams and it is great to play them in order to gain experience."

The RedHawks are taking it one game at a time, rebuilding with their new roster and learning something from each win and loss.

"The team is working as hard as possible to keep the same culture as the years before," senior outside captain Marty Jepsen said. "The team this year has a great chemistry and a good mindset all together. We know we can get a lot better so we're working really hard in practice to do so."

The RedHawk program prepares every player for the game of volleyball at all year levels, stressing the importance of a strong work ethic and dedication to the team.

"I was on the sophomore team last year, but I would say the team this year has more leaders on it," Yerkes said. "The seniors are so knowledgeable and set great examples for us, so that is definitely a major strength. We have always looked up to these players and it's great to be on the same team playing with them."

With major goals set for the remainder of the season, the team continues to practice hard on the court each day. The RedHawks also regularly watch films of opponents or themselves to review their strengths and weaknesses.

"Obviously we'd love to make it down to state and win conference, but we know that there's going to have to be a lot of hard work that goes into that," Jepsen said. "The most rewarding thing about playing volleyball is undoubtedly the people I've met along the way. I've made life-long friendships through this sport."



photo by Jenna Fessler

Sophomore Nyherowo Omene prepares to set the ball against Joliet Catholic Academy on March 26. The team tied in the first game (25-25) and won the second game (17-16). The RedHawks host Oak Park-River Forest High School tonight at 6:15 in the Red and White Gym.