

Are You Ready?

Pre-Game Routines

To some athletes, what they did before a game was just as important as what they did in the game. Athletes believed that a pre-game consistency was a large factor in how well they performed. A player's pre-game routines set the standard of how they played in a game.

"The best way for me to focus on before a game is to just listen to my music and try and block everything around me out," junior **Larry Richardson** said.

Whether it was a routine that the whole team participated in or an individual effort, pre-game routines were practiced by most everybody.

"The team always stretches and does calisthenics before we all go into the locker room and

coach gives his pep talk, which always motivates me to play my best," freshman **Cody Salisbury** said.

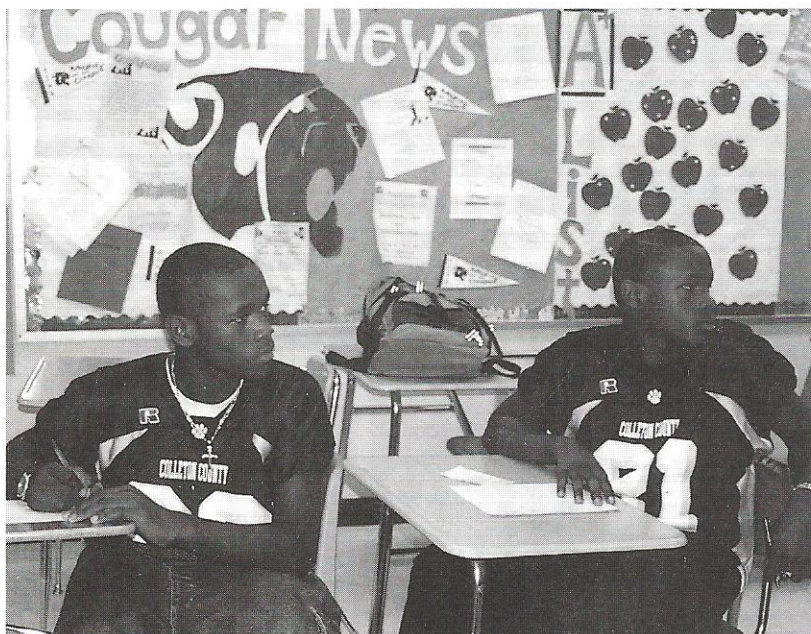
"If there is a girl on the opposing team that is really good, like if she is all region or something like that, then it makes me want to play my best," senior **Kimberly Sampson** said.

As with a pre-game pep talk from the coach, how the fans in the stands acted also influenced the players' mind set before the start of each game.

"When all the fans start cheering and jumping around it gets me really pumped up and all I can think about is to play a good game so I won't let the team and the fans down," junior **Curtis Hill** said.

- Erin Way

Gather 'round everyone. Players gathered around Coach Riley before every kick-off to get their instructions before they hit the field to play.



The blue and white. Football players anxiously await game time. For years it has been both the J.V. and Varsity Football team's tradition to wear their jerseys to school the day of the game.



Heads or tails? At the end of warm-up, the four team captains took part in the coin toss to decide which team would lead off the game.

Practice makes perfect. After getting suited up in the locker room, the players made their way out to the court for the pre-game shoot-around.