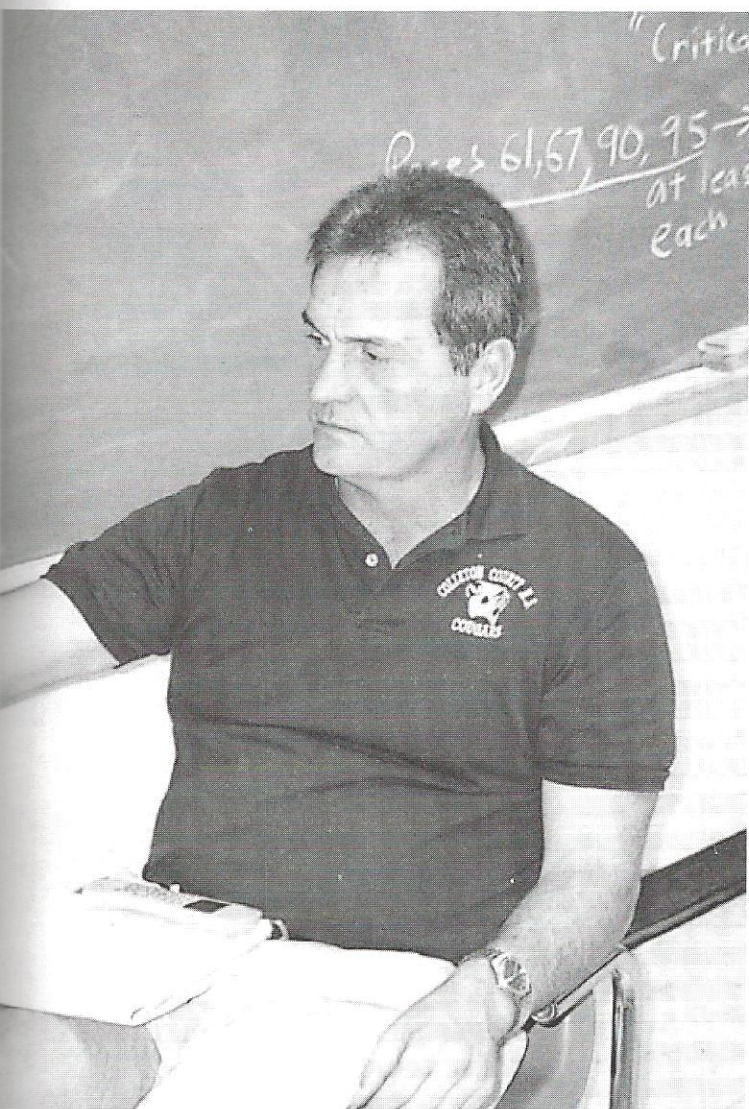
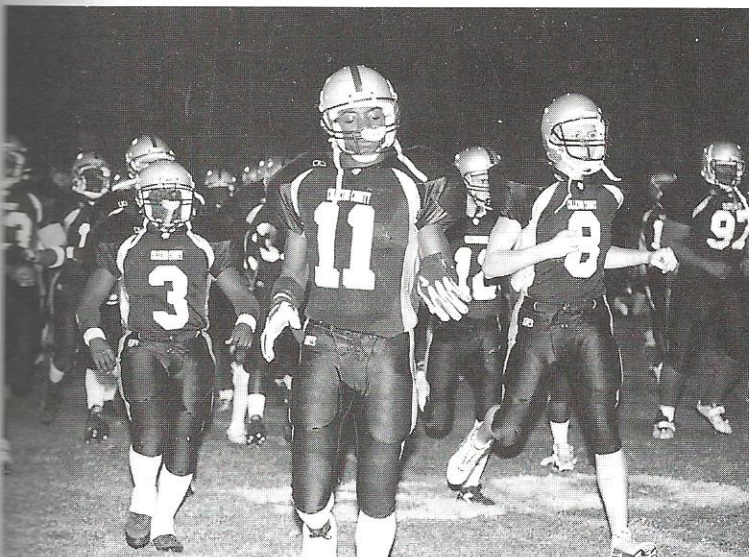
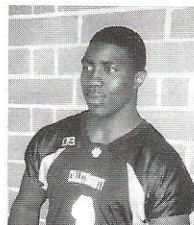


Catch us if you can. After the football players ran through the banners made by the cheerleaders, they streaked down the field to the sound of cheering fans and the band.

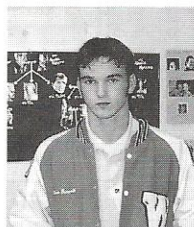
Early bird catches the worm. Hours before the game began fans piled into the stadium to watch all the pre-game activities and to ensure that they got a good seat.



While most players were stretching on the field amongst themselves, some players needed a little extra help stretching out sore muscles.



"Pre-game warm-ups kinda let you know how well you are on your game that particular day. Some days you might be doing real good and others you just aren't," said senior **Calvin Holmes**.



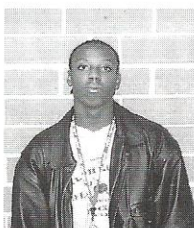
"Pre-game warm-ups give you a time to really sit back and let you think about what you want to happen in the game you are about to play," said senior **Will Germruth**.



"Warm-ups gives the players a chance to get a feel for their surroundings and really gel with their other teammates," said head coach **Leroy Riley**.



"Before the game the team sits in the bleachers and talks about how we want the game to go," said junior **Ashley Williams**.



"When all the fans are sitting in the stands during warm-up it helps for me to focus and try to well; you don't want to look bad on the field in front of fans," said senior **Charlie Brown**.