## In The Game



"He is a good coach because he encourages me to do things I can't. He motivates me by getting on my butt, as they say, telling me I can do better. The faith he has in me makes me want to do better."

Trey Black

## Coach Russell



Coach Roger Williams

Breyone Spell

"Coach Williams is a good

coach. He stays on us to our

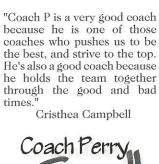
best. He motivates us by

making us practice hard and gets us to work harder during a meet."

"He is a good coach because he trusts me to do my best and trusted me to be captain of the team this year. He pushes me to be the best I can be."

Kalin Johnson









"Our coach motivates us by having us weight train, because he is very big himself. He is a young coach, so it makes the players want to be like him. I like coach Myers because he is a man of his word, and he stays on us constantly."

Coach Christopher Meyers "Coach Gardner motivates us to do our best on the court and to not get upset when we're down a couple points. She tells us good things to make us feel confident against other teams."

Kayla Smith





"She helps us, and tells us that were good."

Amber West



"Coach Coker pushes us to our limits. He wants the bar to be raised higher, no matter what. If you're doing anything wrong, he'll be there to correct you, so you'll be doing the best you can do."

Trevor Pham





