

lithe- [lahyth] -pliant or limber; agile

Girls Soccer

Oh yeah, Cougars, yeah! As the Cougars prepared for their season, these four words were words of encouragement. The girls worked hard to try for a successful season. They did their conditioning throughout the month of January and worked very hard to get in shape. They improved their fitness by doing timed runs and circuit training. Aches and pains pushed the girls harder to achieve their goal of a winning season. The team was out on the field working hard to let their seniors graduate with a successful season. Senior Mirna Marin said, "I think that this season is going to go pretty good. I'm really hoping that it's going to be different and that it will be more successful than last year. I think we have potential. Even though we didn't have a set goalie for the beginning of the season, we have had a lot of girls try out and practice really hard to be there for our team."



The Lady Cougars are bringing it in after a long, tough game. Junior Micheala Barnes said, "After a game I'm always exhausted, but I feel like the team did great. Although there is always room for improvement."



Junior Alondra DeSantigo is looking for a "runner" to throw the ball to. Alondra said, "My favorite opposing team to play is Beaufort. Instead of choosing a team closer to our standards, we can work harder to beat them, play better and have higher standards for ourselves."



Above Freshman Alexandrya "Alleigh" Dessoye is trapping the ball to get it away from the other team. Alleigh said, "I play left defender, because my coach and my team think that I'm a good defensive player."