



Photo by Cindy Crosby

## Stress Relief on the Court



Sports can be an outlet for stress. This holds true for Junior Tiffany Jenkins. "Honestly, basketball has just always been my sport. It keeps me in school."



Student athletes are a step above the rest, and we try to keep it that way -Junior Charese Taylor



Photo by Cindy Crosby

Sophomore Victoria Wyman moved here this year and was welcomed with open arms from the Lady Cougars. Due to the close knit friendships in the team, the newness of Wyman wore off shortly and felt right at home in no time.



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Sophomore Arreyon Koger pays credit mostly to the student section for keeping the energy up in games, even when the score is not in their favor. "They're very supportive of us and the cheer us on, all the time."

During pregame warmups, all girls practice jumping, stretching, and ball control with a variety of other methods of game play. Junior Colby Kidder took full advantage of rebound practice.

Prior to their game against Ashley Ridge, the Lady Cougars teamed up with the other Lady Cougars- the cheerleaders- to get the team rallied up.