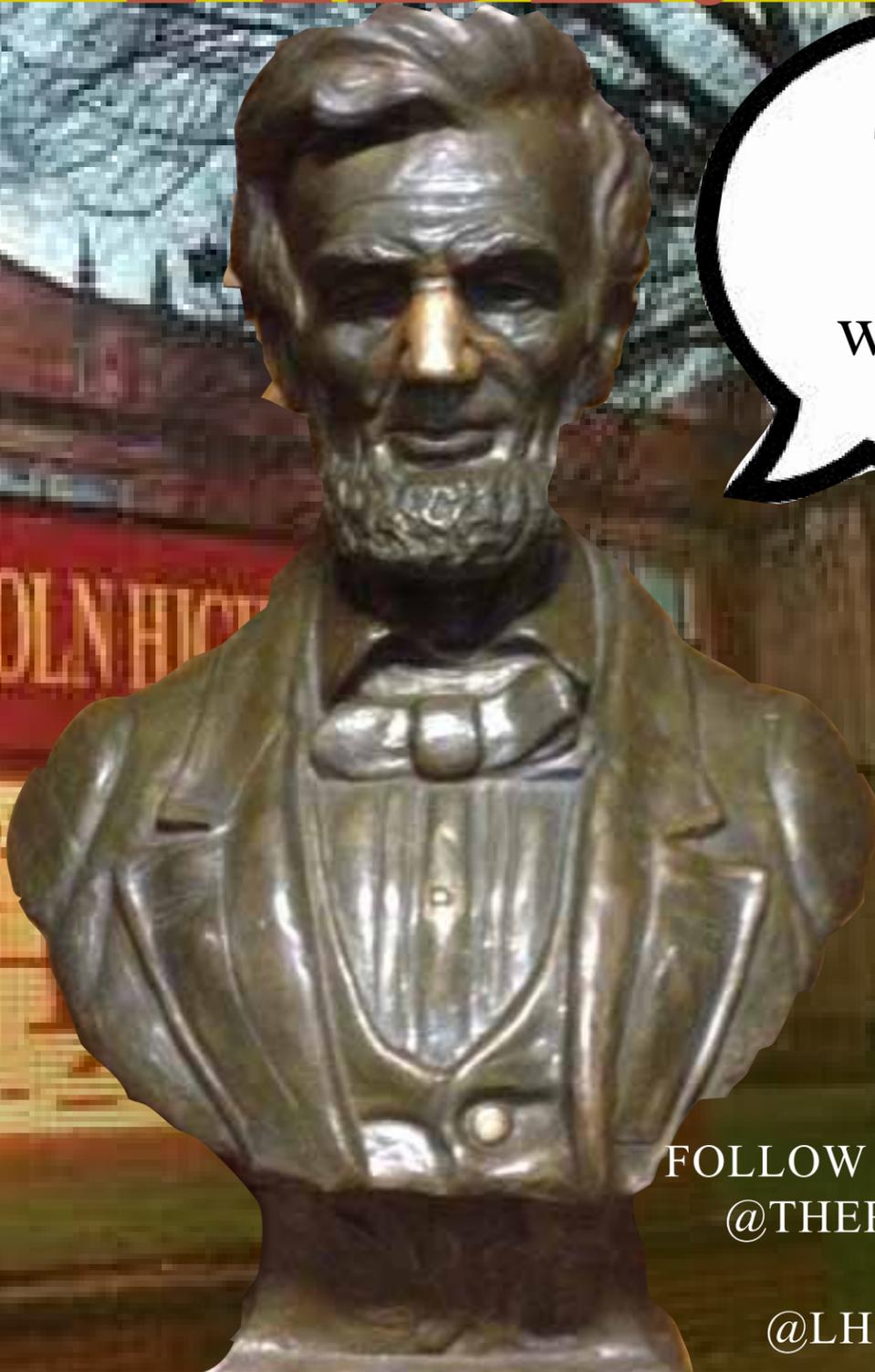


THE RAILSPLITTER ONLINE

Abraham Lincoln High School | 2600 SW 9 Des Moines, IA | Vol. 90 | RS # 5 | February 11, 2015

HAPPY BIRTHDAY ABE!

206 NEVER LOOKED SO COOL



FOLLOW US ON TWITTER
@THERAILSONLINE
&
@LHSCABIN2015

Celebrate Abe Lincoln's 206th Birthday all this week with many fun activities!

Find Abe's hat!

Listen to clues on the morning announcements. Find Abe's hat and return in to the journalism room 2280 and get a prize!



Take a #selfiewithAbe and eat a cupcake on Friday February 13th. Be there! In the commons during both lunches.



FRIDAY--get your free top hat before school in the commons and wear it all day!

For more information on Abe's Birthday bash and much more, follow us on twitter: @TheRailsOnline & @LHSCabin2015

Check out the rest of this issue!
New Staff! Sports Updates!
Blogs! And More!

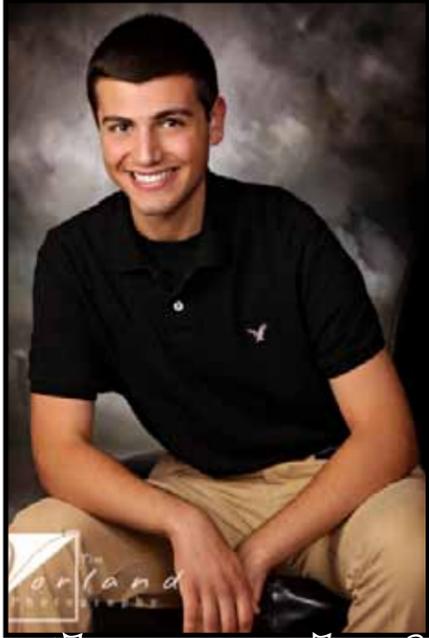
@TheRailsOnline

STAFF online



Welcome 2nd Semester Staff!

@Anthony_theCal



Editor-in-Chief
Anthony Caligiuri

@_alexlouw



Sports
Editor-in-Chief
Alex Louw

@lilmacjammer



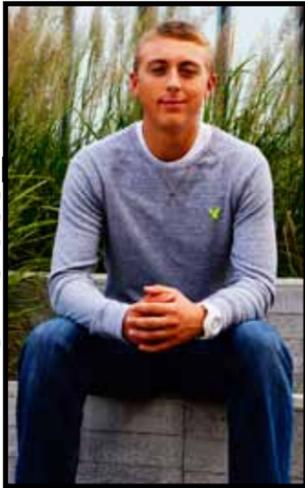
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Staff Writer
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Staff Writer
Giovanni Bahena

@yleecoyote100



Staff Writer
Cyote Williams

@TaylorALouw



Staff Writer
Taylor Louw



“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceable to assemble, and to petition the Government for a redress of grievances.”



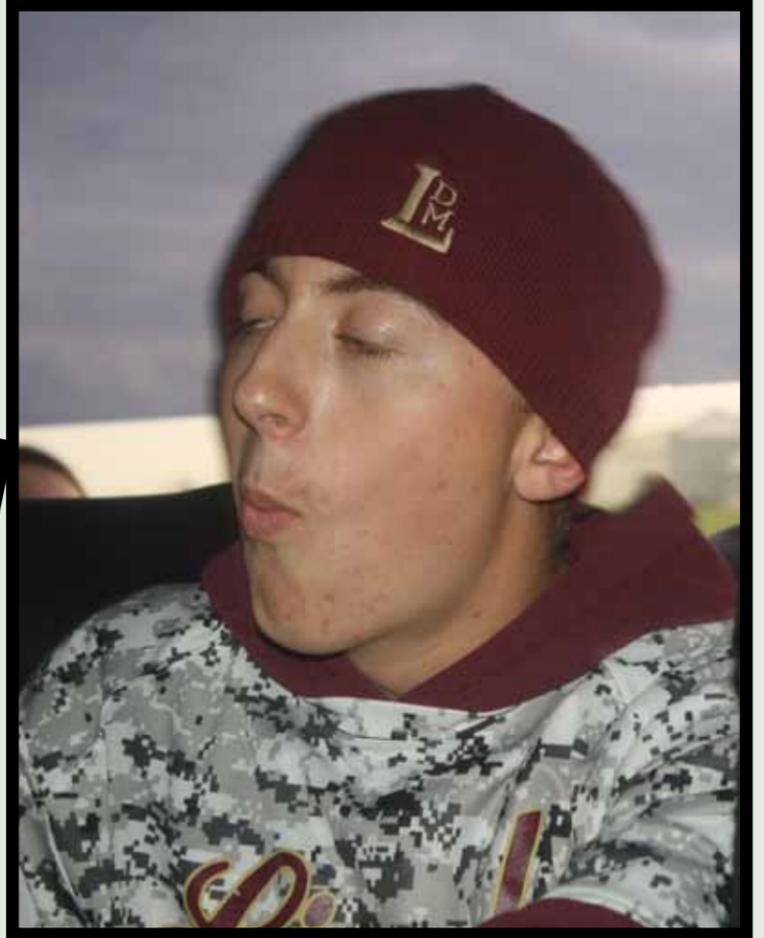
CAPTION *this*

What is Caption this?

Lincoln Twitter users were asked to send in their best captions by *The Railsplitter Online* account, (@TheRailsOnline) for a chance to be featured in the school newspaper. Four pictures were sent out of students at Lincoln and within minutes there were lots of captions to choose from.

Taylor Louw Staff writer - @TaylorALouw

Senior Giselle Sancen (@giselle_sancen) captioned this photo of Seniors Kayla Brady (left) and herself (right): "When your teacher thinks you weren't listening and tries to bust you out by asking you a question but you get it right still."



Junior Cyote Williams (@yleecoyote100) captioned this photo of Senior AJ Joss. "When your dog gets peanut butter stuck on the roof of their mouth."

Senior Giselle Sancen (@giselle_sancen) captioned this photo of Sophomore Stephanie Johnson. "When mom says she makin pancakes."



Senior Bryce Johnson (@Brycey_Jay) captioned this photo of Sophomore Ben Berber. "When you find out that life's not perfect."



Awards are handed out at C.Y. Stevens Auditorium, Iowa State University, Ames at the All-State Festival.

IHSS A LOT of Stress and Some Great Success for Our Two New Coaches

By Giovanni Bahena @Eohani_Ahawah

The Iowa High School Speech Association is a big competition in Iowa, dealing with all the super cool theatre kids out there. Drama students from all over Iowa go to different parts of the state to show off their talents in a number of different events. Lincoln has been competing in this event for a little over ten years, evident by all the flags that surround the Drama room.

"I feel proud to be part of a team with a long-standing place in the high school theatre community," Says Ms. McTaggart towards how she feels when looking at all the IHSSA flags.

Mrs. Oldenburger and Ms. McTaggart are the two new drama teachers this year. Oldenburger is the director and teacher here at main, and McTaggart is the director and teacher over at the Rails Academy.

Both teachers were a little nervous about the competition, not fully knowing what they were getting themselves into. The only thing that they knew was that their students were very excited in participating and that it would be a lot of stress.

"I have ten years of experience doing professional theater in Chicago, yet this has made me just a little nervous," McTaggart said about the process. "I have never done this competition before, and there are a lot of rules and regulations.

I just didn't want to do anything that would mess up my students."

The amount of work that goes into this competition is not as much as a usual drama production, but it still takes a lot of work and time to be prepared for this event and be good enough to go against all the other schools.

But the most important part of this entire competition is the fact that these two teachers have seen a growth in their students through IHSSA that they never would have thought possible by having them just in their class.

"Some of the students that ended up going conquered a major challenge just by going. Those students were deathly afraid to even get on the stage in my classroom at the beginning of the year, so they have come a long way!" McTaggart exclaims when it comes to the freshman she coached this year.

"I feel good about the whole process. I have a lot of idea of what to do differently next year to make it an even better experience for the students."

And in the end, we have 7 groups going on to State, 3 varsity groups, and 4 jv groups. Great job, and good luck and let's hope you can all make it to All-State!



Mrs. Oldenburger



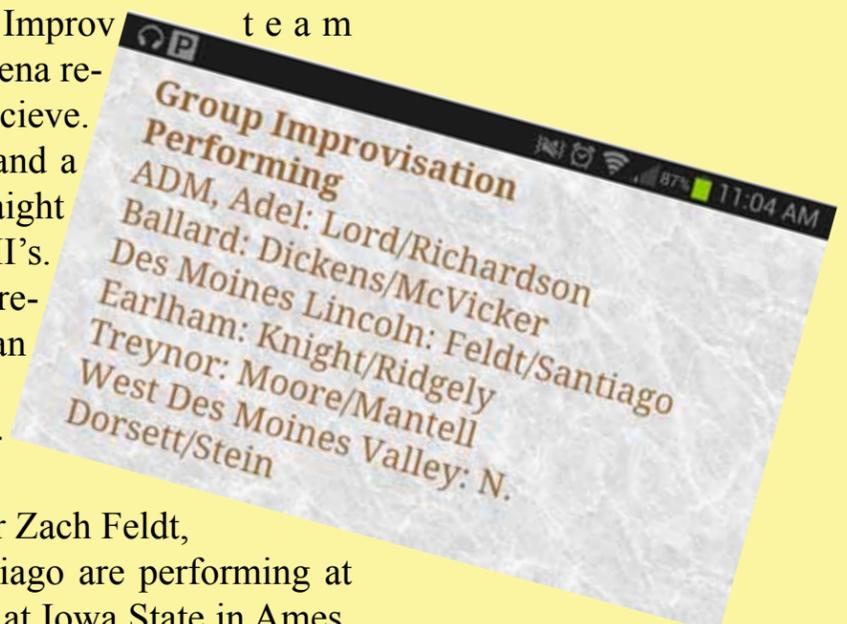
Ms. McTaggart

IMPROV UPDATE IMPROV UPDATE IMPROV UPDATE IMPROV UPDATE

The State competition was this past week, and the Improv of Zach Feldt, Carlos Santiago, and Giovanni Bahena received straight ones, which is the best you can receive. The Ensemble piece, "Perfect" received two I's and a II, for an overall score of a I. "The Rumor" got straight II's. The Solo Mime, Meet the Medic got straight II's. TV News, International Cuisine, unfortunately received two II's and a (rather badly judged) III, for an overall score of II.

The team sits and waits in anticipation for the All-State list to be released on the IHSSA website.

And the results are in! The Improv group of Junior Zach Feldt, Junior Giovanni Bahena, and Senior Carlos Santiago are performing at the All-State Competition Saturday, January 21st, at Iowa State in Ames. Good job, and best of luck!



FRAUD FRIDAY

Kenzy Cooper Co-Editor-in-Chief



Senior Daniel Doerring



Sophomore Annamaria Leo

WE ASKED STUDENTS TO SEND IN FRAUD FRIDAY PICTURES OF THEIR FRIENDS (OR THEMSELVES) AND HERE IS WHAT WE RECEIVED.



Sophomore Emiliee Meyers



Sophomore Lauren Edwards



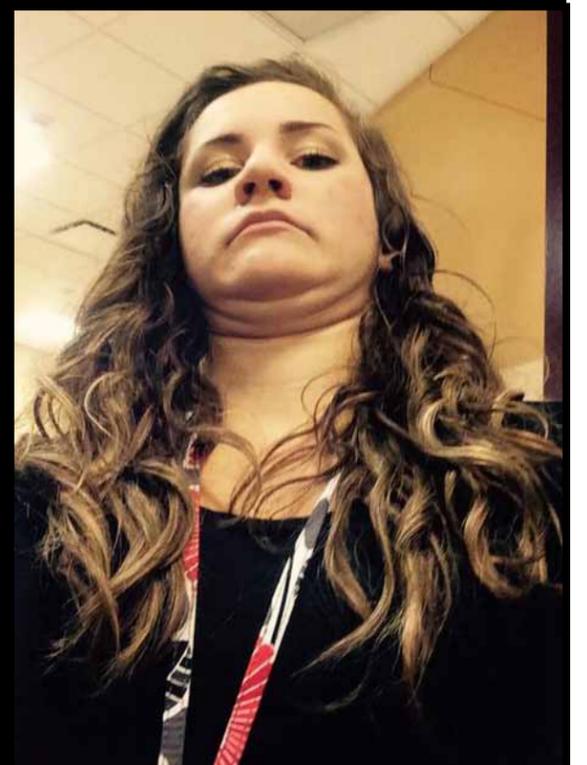
Senior Nick Ogren



Sophomore Rebecca Grubb



Junior Zach Paskach



Sophomore Taylor Louw

13 SHOWS TO BINGE WATCH TO AVOID BEING PRODUCTIVE

Kenzy Cooper Co-Editor-in-Chief

1. **Hemlock Grove**- Bella Formaro, Tony Murphy
Hemlock Grove is a gripping tale of murder, mystery and monsters set in a ravaged Pennsylvania steel town which starts with the body of a young girl, mangled and murdered in the shadow of the former Godfrey steel mill.
2. **White Collar**- Julie Mao
White Collar centers on the unlikely crime-solving duo between Neal Caffrey, a charming con mconsultant for the FBI, and Peter Burke, the Federal Agent charged with keeping him on the right side of the law.
3. **American Horror Story**- Gracyn Kephart, Sammi Tarter, Kennedy Jackson
American Horror Story is an anthology series with each series being treated as its own miniseries. Each season has a different theme that is full of it's very own creepy characters bizarre storylines.
4. **Grey's Anatomy**- Shelby Davis
Grey's Anatomy is set in Seattle, Washington and follows a group of surgical interns through their growing personal professional lives.
5. **Pretty Little Liars**- Antonia Mihalovich
Pretty Little Liars follows the lives of four girls whose clique falls apart after their friend, Alison DiLaurentis disappears. A year later, the girls are reunited when they start receiving mysterious messages signed by "A" full of secrets that only Alison would know.
6. **Sons of Anarchy**- Sammi Tarter
A man has trouble finding balance between his personal life and his role of VP of SAMCRO, a motorcycle club in his small town of Charming.
7. **The Walking Dead**- Sammi Tarter
The Walking Dead is a post-apocalyptic horror drama surrounding a group of survivors of the zombie apocalypse.
8. **90210**- Antonia Mihalovich
90210 is a remake of the famous 90s series. 90210 follows a group of teenagers who attend the very high class West Beverley Hills High while they learn the pros and cons of the high class society.
9. **One Tree Hill**- Antonia Mihalovich, Carlie McCleary
Set in the fictional town of Tree Hill, North Carolina. One Tree Hill follows half-brothers Lucas and Nathan Scott through their personal and professional relationships.
10. **Drop Dead Diva**- Bella Formaro
A shallow, selfish model is brought back to life in the body of Jane, a brilliant, hard-working, charitable, and overweight lawyer.
11. **Gossip Girl**- Allison Else, Shelby Reeves
An American teen drama following the lives of Queen Bee Blair Waldorf, It girl Serena van der Woodsen, bad boy Chuck Bass, golden boy Nate Archibald and lonely boy Dan Humphrey and their lives living in the scandalous Upper East Side.
12. **New Girl**- Kennedy Jackson, Bella Formaro
After leaving her cheating boyfriend, middle school teacher Jess posts an ad for a roommate on Craigslist and moves in with three guys, Nick, Schmidt and Coach.
13. **Orange is the New Black**- Antonia Mihalovich
Based on Piper Kerman's memoir about her experiences in prison, the series follows Piper Chapman and her life in prison after receiving a 15 month sentence for smuggling a suitcase full of drug money 10 years prior.



Sophomore
Allison Else



Senior
Antonia Mihalovich



Senior
Carlie McCleary



Sophomore
Gracyn Kephart



Sophomore
Julie Mao



Junior
Kennedy Jackson



Senior
Shelby Davis



Senior
Shelby Reeves



Sophomore
Tony Murphy

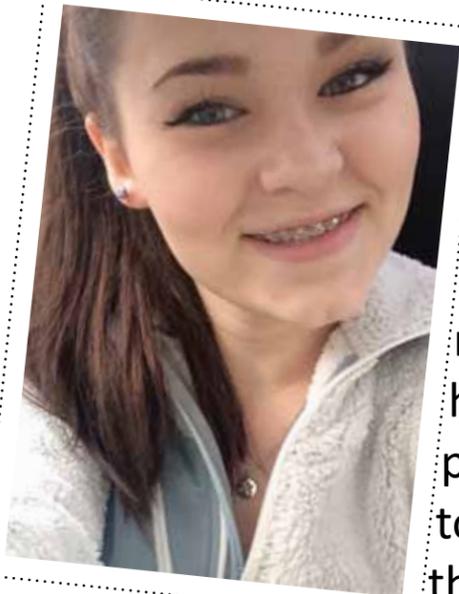
Superbowl Extrabaganza

Nico Robinson @nicorobinson01 Staff Writer

What are your traditions for Super Bowl Sunday? What are your plans for Super Bowl Sunday? What are your favorite things to do on super bowl Sunday? What do you look forward to on super bowl Sunday?



There are many Super Bowl traditions. Here are a few



from our student body. Freshman Aspyn Butler said her traditions are, "Watching the game and pigging out." Freshman Carlos Galves said his Super Bowl tradition is grilling outside. Freshman Kane Mott said his favorite tradition is hanging with the family. Sophomore Gracyn Kephart has a few Super Bowl Sunday traditions of her own. Kephart said, "My family and I sit in my living room and play family games after the Super Bowl and rate the commercials together." Sophomore Brock Newton said his tradition for the Super Bowl is to stay home

and watch

the game.....

Everyone usually has plans on Super Bowl Sunday,



here are a few students that spoke about their plans for super Bowl Sunday. Butler said her plans are to watch the game with family. Mott said his plans are to throw a huge party with the family and watch the family and watch the Pa-

triotics get stomped.....

These students said that they were looking forward to on Super Bowl Sunday. Butler said she is looking forward to be "watching the Seahawks lose!" Galves is looking forward to game." Mott said he is looking for- ing who wins, only enjoying the Most



ward to "Not car- food."

favorite things to do per bowl is EAT! With thousands of which ones are the so called "best". Gracyn Kephart said her favorite super bowl Sunday is chips with



student's fa- during the su- different foods Sophomore foods to eat on

party dip, ice cream and little smokies. Sophomore Dominic Domin- guez said that his favorite foods to eat on super bowl Sunday are chips and salsa and he also makes



his own cheese burger sliders to chow down on during the super bowl. Sophomore Brock Newton said his favorite things to eat during the super bowl are boneless chicken wings.





IN THE NEWS

Here are 6 news stories that are swarming the world of news.

Anthony Caligiuri
Editor-in-chief

CHARLIE HEBDO ATTACK UPDATE

After what the president of France described it as a “terrorist attack of the most extreme barbarity” the Paris-based magazine is back stronger than ever after the January 7th attacks. The phrase Je suis Charlie, French for “I am Charlie”, has become a worldwide trending topic on all social media sites and in the minds and hearts of free-speech activists.

JE SUIS CHARLIE

STATE OF THE UNION ADDRESS



The address mainly focused on the economy and its improvements. Obama touched on ISIS and other terrorist threats facing our nation. In a highlight from the address,

Obama deviated from the teleprompter after Republican members of congress were applauding his statement; “I have no more campaigns to run.” He then quickly added; “I know, because I won both of them.”

10 YEARS WITH BRIAN WILLIAMS



It has been 10 years since Brian Williams took over NBC Nightly News from Tom Brokaw in December 2004. Since then, Williams has brought in over 27 million viewers per night to the thirty minute program, the most out of any major nightly news cast. Since his time at NBC, Williams’ biggest accomplishments include; frequently slow jamming the news with Jimmy Fallon, guest starting on the Daily Show & SNL, and delivering the word ‘squid’ on Sesame Street. Now, Williams is getting criticized for lying on air during Nightly News about his time reporting in Iraq back in 2003. Most recently, he has been suspended as Managing Editor and anchor of Nightly News for 6 months; NBC announced .

SUPERBOWL 2015



Phoenix, AZ was the place to be February 1st. The New England Patriots and Seattle Seahawks went head to head inside the University of Phoenix Stadium. The final score was 28-24, Patriots; with most of the action happening in the last 3 minutes of the game. For more on Super Bowl 2015, check out some of our blogs and special feature pages in this paper!

JONI ERNST GIVES THE GOP RESPONSE

Freshman Senator Joni Ernst delivered the GOP response to the State of the Union. It was under 10 minutes, and Ernst mainly focused on how Washington needs to listen and work with Congress. One of her most memorable moments of the address was when Ernst described how she wore bread bags over her shoes when she was little because her family couldn’t afford new shoes. This brought on many gags and jokes towards this remark and even the DSM based company, RAYGUN responded with a shirt saying “Iowa! You say bread aisle, we say shoe store!”



LOCAL NEWS



ALVEDA KING VISITS DES MOINES



History was alive at North High School on Monday January 19th. Dr. Alveda King, MLK’s niece spoke to a lively crowd to tell her story and honor her uncle. She is what journalists live for. She was a firsthand witness to history as it literally unfolded before her and her family’s eyes in the 1960’s.

Be sure to find this page in each issue!
Go News!

UNSUNG JV HEROES

The Untold Story



By Cyote Williams @yleecoyote100

Everyone wants to be a part of the varsity team, no matter what the sport is that you're playing. It matters even more when it's a big time sport like basketball. The hard workers of JV sports in any area go unnoticed by the school population which I think is unfair.

They do as much work as the varsity stars to improve themselves but don't get the same credit as they deserve. From the perspective of JV athletes in general, it can be pretty frustrating working just as hard as the varsity athletes and not getting the same praise.

When asked about the season so far, JV basketball player and junior Jacob badger said, "As long as I'm playing basketball I'm happy." So keeping a positive attitude is helpful to the situation. "There's been a lot of funny moments but I can't put one on the top, it's been fun." So laughing and positivity is always beneficial to the situation put in place. "My favorite part of the season was when we beat Roosevelt!" so there's always positives to take out.

No one is saying we should put them on the same pedestal as the varsity athletes, but at least give them some credit

because they're just as important as they are. JV athlete junior Jacob Badger said this when asked, does playing J.V motivate you to try harder in practice to earn varsity time? He said "yes because I always want more playing time."

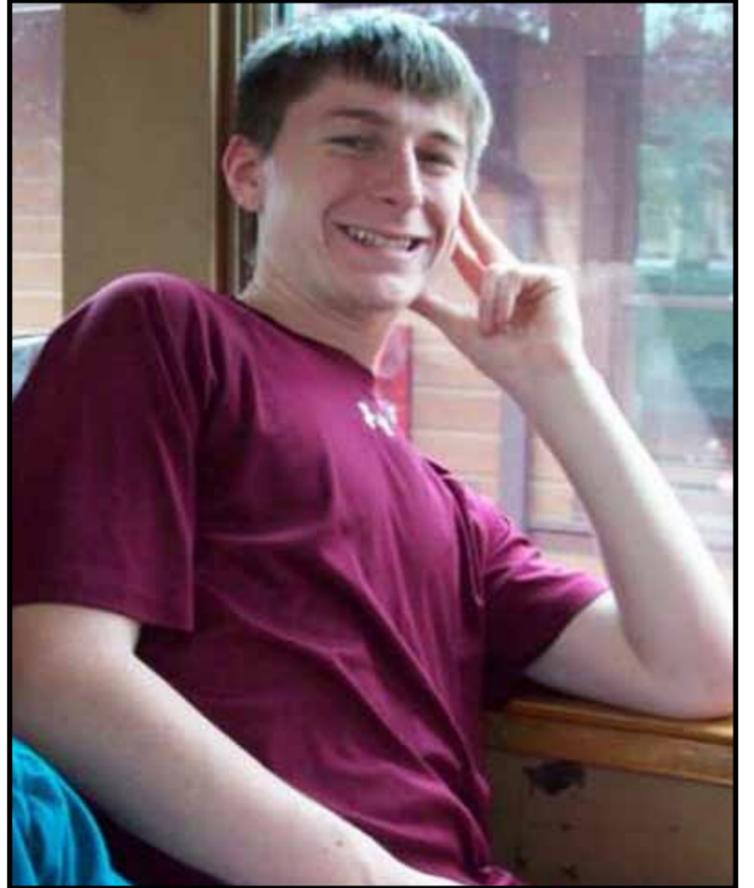
You always want to impress someone whilst you're on JV, when asked, Jacob badger said that he "wants impress the coach the most." Struggling for playing time on varsity is something most JV athletes deal with. "It's not very competitive during JV games" he said. Perhaps that's a big motivator to get to the next level

It's important to get yourself motivated which can be hard for some JV players because they don't get the support as the varsity players. "There's always room for improvements for any player on any team."

Everyone wants to be in the spotlight and looked up to on varsity sports, whether it be basketball, football, track, bowling, soccer or whatever that person may be playing, they might not be ready now but it's important to give them the recognition that they deserve.

These athletes work just hard as the ones in the spotlight, and they might tell you they don't care, but we all know how it feels to be told we did well or improving but someone other than a parent,

so next time you see a tired struggling J.V athlete, give them some support.



HOOPSATIONAL 3 vs. 3 Tournament



At Rails Academy February 26th

Beginning at 4:00pm- Championship at 8:00pm

Grannie game 7:00 to 8:00

HOW TO SIGN UP: Put together a team, captains can pick up a roster packet from the journalism room: 2280

6 person maximum team- \$10.00 per player

Including a t-shirt 😊

Only 2 varsity basketball players per team- one on the court at a time

FUN! FOOD YAY! All proceeds go to after prom!

Kayla Brady Co Sports Editor-
@kaylabradyyy

Senior Jordan Kruegar

Sophomore Moriah Knoebel

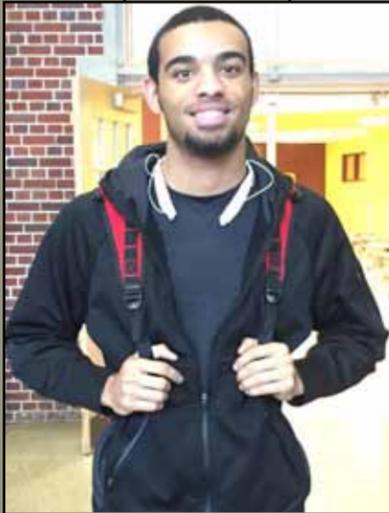
basketball

The season is not going how the Railsplitters have planned. With more loses than expected at the beginning of the season, the Railsplitters have a lot of hard work to put in as a team to finish out the season and try to improve their record.

“Getting mentally focused is a big factor,” said Jordan Kruegar, senior, “upper classmen are trying to step up and become leaders and help get this team back on track.” Working as a team is a big factor any sports team will need to be successful. At short times during the games it looks like the Railsplitters start to be more concerned about individual stats, instead of the teams as a whole. When this happens the Railsplitters start losing their lead and the opponents score racks up.

The team needs leaders to help stop this from happening, and Kruegar is a great example as a team leader. He says, “I’m always thinking that I have to give 100% every second I’m on the court in everything I do to help the team. We all have to play smart and not make mental mistakes.” Someone who thinks of the team more than themselves is someone you want on the court, because they are the ones who will produce scoring.

The Railsplitters have dug themselves into quite a hole to try and get out of, but they will not get out of it alone. They need as many students in the student section cheering them on! (Believe me, it helps.) With support from the school, it will give the Railsplitters more motivation than they already have to even out this record of theirs. (3-16) Also with school support the Railsplitters will be supporting themselves with their new level of teamwork. Make sure to clear your calendar on Tuesday and Friday nights to come watch the Railsplitters in action!



Senior Jordan Kruegar

basketball

The Lady Rails the past couple years have not had the best record out there... But this year they have already almost doubled their wins from last year, only halfway through the season! (5-16) if that isn’t great improvement, I don’t know what is!

Sophomore Moriah Knoebel said “We’re working on fundamentals and things we did not execute well at the beginning of the season to prepare for the end of the season.” Preparing for the end of the season is something the Lady Rails really need to focus on if they want to keep on improving and having the best record the girls’ team has seen in a while.

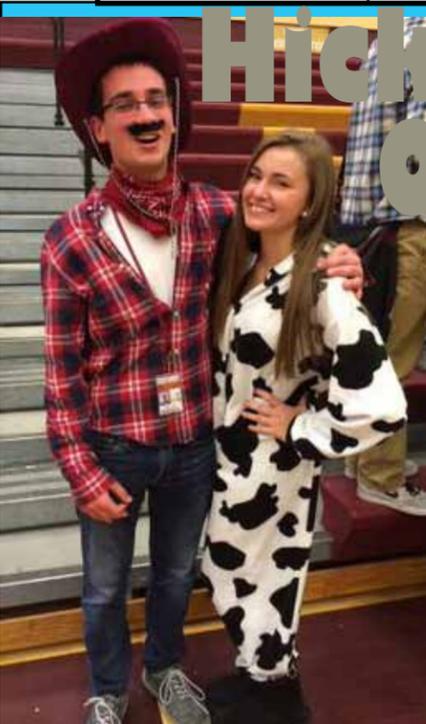
To keep up the good work the girls are doing this year, having a good attitude towards the games is a key essential. Knoebel said “I never expect to win nor do I accept that we will lose even if we are the underdog, which in most cases we are.”

Being the underdog just makes the wins they receive much more enjoyable. Although being the underdog gets old very quickly, it encourages the Lady Rails to go out and try and prove everyone wrong.

The Lady Rails are always putting in their best effort and will never quit, so come out on Tuesday and Friday nights to watch them in action the remainder of the season!



Sophomore Moriah Knoebel



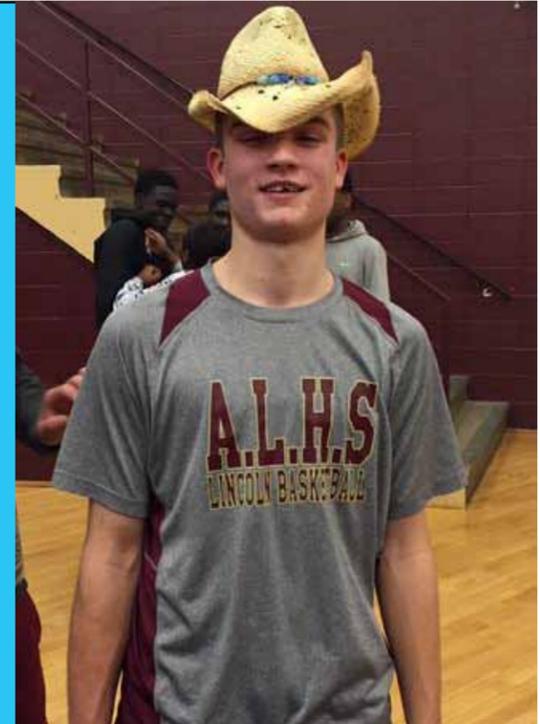
Hickin' Out



LEFT: SOPHOMORES PATRICK CALIGIURI AND MELISA DUPANOVIC.

Kayla Brady Co-Sports Editor @kaylabradyyy

The annual home basketball game in the Bowen Roundhouse Arena against the Ottumwa Bulldogs was an exciting night. With there being two close games between both the girls and guys team, there was a lot of great basketball to watch on January 23rd. The Lady Rails lost in a game that stayed close until the end, falling with a loss of eleven. The Railsplitters proudly got their chemistry, as well as working together as a team the entire game together and came out with the victory. Winning 63-55 was a refreshing feeling for the Railsplitters. Within three seconds into the boy’s game, we knew it was going to be entertaining. Senior Jaden Knoebel (right) had chipped his front tooth! Perfect to fit the hillbilly theme, but nothing stops him. He did not even ask to get taken out of the game because of any pain, he kept playing and in fact, Knoebel scored the first basket for the Railsplitters that night with a nice mid-range shot.



The student section came out to support the basketball teams on Friday January, 23rd dressed up like hicks. The picture to the right consists of (left to right) Sophomore Patrick Caligiuri, Senior Anthony Caligiuri, Senior AJ Joss, Senior Cassandra Castro, Senior Anthony Gardner, Senior Bryce Johnson, Sophomore Melisa Dupanovic, Senior Giselle Sancen. Junior Claudia Jannes, Senior Gracie Benton, Senior Alex Rand, Senior Kayla Brady, Senior Alex Louw, Senior Shelby Davis, Senior Paige Campbell, and Senior Samona Garcia. The student section was loud and proud cheering with their south side pride all night long hoping for the victories from the girls and guys teams.



Pic of the week

Lincoln High School's men's swim team bleached and shaved their hair into mohawks the week before the CIML Metro Conference Championship meet. The boys finished in second place behind the Roosevelt Roughriders. There was a member of the LHS swim team on the podium for every event, which is the first time this has happened for Coach Brayton Weber! Congratulations Coach Weber and the Rail's swim team! The District swim meet will be held February 7th, 2015 at Roosevelt High School with the State swim meet in Marshalltown on February 14th, 2015.



Sophomore

Senior

Isaac Scott

Anthony Else

Alex Louw Sports Editor-in-Chief - @_alexlow

Alex Louw Sports Editor-in-Chief - @_alexlow

Winter sports are coming to a close in the next couple weeks and the wrestling team has struggled a bit.

"Overall our season hasn't been the best. We've lost a few players due to ineligibility and we've had to move guys up to fill our weight classes that aren't as experienced," said Sophomore Isaac Scott. "We have also been struggling with guys staying committed to the team. Some teammates don't see morning or holiday practices as mandatory but those are the most crucial times for us to get better."

There have been positive things about this season though.

"We beat North recently 55-15 and we left Ottumwa a couple weeks ago in 3rd place compared to last year when we were 40 points behind that," said Scott.

With the end of the season around the corner, the team still has some work to put in.

"The end of the season is the toughest time of the year for us. We have about 20 matches in the next few weeks before districts so we have to work extra hard to prepare for that," said Scott. "We also need some time to rest as well and trying to balance the two is difficult but I know it will all pay off in a few weeks."

Scott isn't just looking forward to ending a good season, but the next seasons to come as well.

"Coach Roland is always preaching about the future. He says we will be a very successful program if we all stick together and work hard," said Scott. "We have a successful middle school program full of talented kids who I'm excited to move up and help move our program where it should be."



Sophomore Isaac Scott

The Lincoln bowling team has had an outstanding season this year. The team has grown together.

"The season is going well," said Senior Anthony Else. "We are finding ourselves as a team rather than just individual players, which is really helping."

This awesome season has had some great wins, including beating Ottumwa, the number one team in the state of Iowa.

"Beating the number one team in the state was a great win for us. It shows all the other schools that Lincoln actually has a fighting chance for state," said Else.

Else is proud of the way the season is closing out with it being his last year as a Lincoln bowler.

"It's been pretty bittersweet, but I'm just glad that we've been so successful this year, like we're going out with a bang," said Else.

Else has improved tremendously thanks to his teammates and coach.

"After bowling for so long, I thought I knew it all. But Coach G showed me that that wasn't the case and I'm proud of the improvements I've made," said Else.

The end of Else's season bowling for Lincoln is coming to an end, but there's still work to do.

"Right now we are polishing some things up and getting ready for some of our bigger matches and sub-state," said Else. "We are determined to come out on top and nothing is slowing us down."



Senior Anthony Else

wrestling

bowling

10 TOM CHIDLEY, SENIOR

Kayla Brady
Co-Sports Editor
@kaylabradyyy

questions...

1. What responsibilities come with being a captain on the swim team?

A. The responsibilities that most came with being team captain were getting the team together and organizing off-season practices to get in shape for season. As well as getting the team ready to go during the season before meets and pumping up the entire crowd out to support our rails. Being team captain has been an awesome opportunity and I've loved all the responsibilities that have gone along with it.

2. What are the certain races you participate in? Which one is your favorite?

A. I swim four events per meet, I swim in the 200 yard medley relay, the 100 butterfly, the 100 backstroke, and the 400 freestyle relay. My favorite event is probably the butterfly as it is my best event and my highest ranked as well as the fact that it really looks pretty cool.

3. The team's record this year is really impressive, what is the secret behind winning?

A. I couldn't say that there has been any secret to our success in dual meets this year, but it's really just a testament to the hard work our team has put in on the off-season as well as for preparing for the meets and competition we have had all year. More often than not our wins came from guys showing up to swim their best when we needed them to.

4. Do you think the team will make it to state? If so, which races do you think will participate in the state meet?

A. I have strong faith our team will qualify events to this year's state meet. The events that we have the best chance in are the 200 medley relay and 400 freestyle relay. There may also be a couple individual participants but we will have to wait and see in February if that happens.

5. Being one of the few seniors on the team, how do you feel about all the underclassmen that went out for swimming this year?

A. I feel very good about our new swimmers this year, it's been exciting to see them get better and better than maybe they even thought they would be. I've been on the team for the full 4 years possible, but this and last year's groups of freshman were the biggest I've seen so I'm expecting a lot out of the young guys.

6. Personally swimming for all four years of high school, which year was your favorite and why?

A. Oh this year has by far been my favorite, not because we didn't have a better team in years past because my freshman year we had a fantastic team. But this is my favorite year because of how well I have been doing, and how well my friends have been doing right long aside me. It's an awesome feeling being one of the leaders of a successful team and knowing that you're doing your part as well. Being a senior and leading the team has made this my favorite year.

7. Is your senior year swimming season all you expected it to be?

A. My senior year has been more than I expected it to be for sure. I can't even describe how great it feels to get results for all the years I've been swimming like this. It's been reaching goals I set four years ago.

8. What can the team work on to improve personally, but also as a team?

A. I think the work ethic and mind set are definitely points that my swimmers need to work on individually, because some guys just seem to think you can win and do good without putting in the hard hours and doing the bare minimum. But as a whole I think the team does a good job keeping each other up beat and ready for the next challenge.

9. How much time and effort do you personally have to put into swimming to be successful?

A. It takes real dedication to be a successful swimmer, at least as far as I have witnessed. There are so many hours and hard work outs and grueling 2 a day's not to have the right mind set. It's not easy, and I will be the first one to say that.

10. What do you think the team next year has to look forward to?

A. The team has another great group (and big) group of young freshmen coming up from middle school and many of those guys have shown great promise. Along with the fact that our team next year has a great chance at being conference champs and maybe taking down a long time rival, Roosevelt High.

