



THINGS YOU NEED TO KNOW ABOUT

> **DESIGN**





> KEY PRINCIPLES

DOMINANCE > THE CENTER OF VISUAL INTEREST, THE FOCAL POINT

EYEFLOW > KEEPS THE READER MOVING FROM ELEMENT TO ELEMENT

CONTRAST > KEEPS THE PRESENTATION LIVELY

1 > KEY PRINCIPLES

> DOMINANCE > EYEFLOW > CONTRAST

OUT OF THE BLUE

WATER POLO PLAYERS ARE
TIGHTER THAN THEIR SUITS

Ever wondered what happens UNDER the water in water polo? It has almost the same amount of contact as football, only the hits are more subtle. When asked what happens that we can't see, **Max Silva** states, "pain," and **Chase Racich** adds in, "alot." Silva adds on "we actually do pee in the pool." Water polo is an endurance test as well as a contact sport. Our Charger water polo boys must be able to take hits from above and below but also have the endurance of a cross country runner. Racich says, "Our pool is 30 meters long, and on average a water polo player will swim 3 and a half miles per game." But that's only in a game. They must also put in an enormous amount of effort into training for those games. "We bring older water polo players and run game type situations as if they were the opponent" says Silva. But as every team knows, practice is only part of the makeup a team needs in order to win. Another important part to the game is teamwork. The team gets along "as well as any family does," says Silva, "like pees and carrots." Racich adds in with a smile. Our water polo team demonstrates these important factors of the game and has become almost unbeatable, making it all the way to the CIF semifinals. Would you say water polo is the hardest sport to play? Silva says, "I would say no", while Racich states, "I would say physically yes." Story by Zari Hayes

Q&A

Varsity Water polo Boys answer questions about their team, the sport, and their coaches.

CONNOR JOHNSON



Q: What is something about Coach Parham and Paul no one else knows?
A: They like to pick on little kids.
Q: What is your team motto?
A: "He's scared"

MAX SILVA



Q: What is your team motto?
A: "Focus on defense, offense comes naturally."
Q: Is the team like family or just people with common interests?
A: We are all like family, very much so. We all have different passions, we locker, but at the end of the day we're still closer than most.

BRADY MOORE



Q: What is your team motto?
A: "Go big or go home."
Q: What is one thing about Coach Parham that no one else really knows?
A: He is a big teddy bear who could kill someone.
Q: How long have you been playing water polo?
A: 10 years

LEFT: There is no limit on how high you can jump out of the pool when it comes to Christian Tepping. He definitely jumped high enough to clear his opponent's head for a shot to the net. Photo by Jessica Chaffert
TOP: Being blocked is no challenge on Devin Shewmaker. Even just his opponent for a game to another Dos Pueblos teammate. Team work is CIF's team specialty. Photo by Dan Hansen
RIGHT: Trying to get off a tentative pass. Kevin Cagione had a successful pass to a teammate. The ball's position was an advantage for them since he appears to be stronger than Ventura. Photo by Cornerstone Photography

VARSITY WATER POLO 053

LEFT: Along the side of the pool, Max Silva Power takes his time to get into a good blocking. It is a new but good play on CIF's part. Photo by Jessica Chaffert
MIDDLE: Christian Tepping, searching for someone who is open, aims the ball towards a Dos Pueblos teammate to get the ball closer to the net. Photo by Cornerstone Photography
RIGHT: Launching himself out of the water as he sets his aim, Devin Shewmaker hopes to score a point for Dos Pueblos. Photo by Oliver Torgler



TOP LEFT: Eyes focused on a teammate, arm above the water, and the ball up and ready to fly, player Philip Bates drives the ball to a teammate. The strong grip on the ball helps for a successful pass. Photo by Oliver Torgler
TOP RIGHT: Reaching up as far as he can, Chase Racich searches for someone to pass the ball to in hopes for a shot worth a goal. Photo by Cornerstone Photography
BOTTOM: Keeping his San Marcos Respiri opponent from scoring, Max Silva gives his defense an edge by getting his arms up as high as he can. His teammates avoid behind him for an underwater catch. Photo by Oliver Torgler
MIDDLE: Ready and set to score on Santa Barbara's defense, Jared Rader swims high enough to take a clear shot to the net over the Santa Barbara player. Photo by Jessica Chaffert



LEFT: Reaching out of the water, Christian Tepping shoots the ball into the net with all force possible. Photo by Spencer Hays
MIDDLE: Blocked by the opposing team, Spens Rie Alpha managed to reach high enough to clear the ball for a complete pass to a teammate. Photo by Cornerstone Photography
RIGHT: Putting all his power into a shot, Shane Newsham drives up against his opponent's goal. Newsham also transferred from Varsity in the middle of the season. Photo by Jessica Chaffert





> DESIGN ELEMENTS

VISUAL > PHOTOJOURNALISTIC, REFERENCE, SNAPSHOT PHOTOS

VERBAL > HEADLINES, FEATURE STORIES, QUICK-READS, CAPTIONS

STORYTELLING > WHEN THE VISUALS, VERBALS WORK TOGETHER

varsity football

pow ow. Listening to Coach Danney McGrath at halftime of the Oshorn game, the team reflects on their upsetting performance. "We came out flat, and we ended the game flat. We didn't play to our potential and it was very disappointing," Frankie Connolly said. (photo by R. Bush)

football. front row: Trey Harrison, Nathan Cines, Colby McDaniel, David Mullen, R.J. Allison, Mark Nelson, Joe Siegel, Cairo Sherrell, Erik Carlson, Jacob Murter. **second row:** Jordan Savage, Jack Workman, Matt Anderson, Davis Fanchild, Jordan Clarke, Allen Beam, Kevin Wiley, Joey Drubner, R.J. Johnson, Frank Connolly, Andrew Taylor. **third row:** C. Sherrill, Josh Canada, Donald Devine, Robbie Carter, Chris Goodie, Matt Regan, Braden McGuirk, Wesley Robinson, Joe Bogash, Stephen Sherrill, Cameron Kiani. **fourth row:** Lucas Clark, Michael Lehi, Eric Jackson, Darwin Vengas, Greg Regan, Bryce Wilson, Jacob Trump, Logan Parker, Richmond Rollins, Nick Martin, fifth row: Cole Trump, Chase Miller, Max Cartelli, Connor Chiles, Danny White, Ian McNaughton, Ryan Harris, Eric Scott, Anthony DeVechio, Zach Allison, Kris Hertenstein, Matt Cypher, Hunter Nutter, Harrison Jackson, Derrick Hall, Nick Bolan, Chad Fletcher, Mark Cypher, Neil Frasier. **back row:** Manager Anthony Schwartz, Coaches Kenyano McFarlane, Brian Derault, Bill Schoels, Danney McGrath, Tom McIntyre, Scott Steele.



8-4

.....	Dominion	52-2
.....	Woodbridge	35-20
.....	Forest Park	14-28
.....	Brooke Point	13-8
.....	Woodgrove	58-9
.....	Oshorn	14-53
.....	Stonewall	44-33
.....	Herdon	35-14
.....	Heritage	49-31
.....	Battlefield	9-41
.....	Stafford (H)	27-9
.....	Oshorn (H)	23-41

"I closed a kid on kickoff. I felt bad, but then I remembered that he went to Woodgrove. I laugh when I hear Woodgrove and sports in the same sentence."

KIRA BENT

"Before every game I just take it all in. It's the best experience in the world playing on that field."

NICK FRASIER

"Being in the jungle as a senior at the last home game was and but really fun."

JAMES CYPHER



breakin' free. Kirk returns David Mullen's breakaway from a tackle and scores a touchdown between two Oshorn players. "This game was one of our most challenging games," David said. "It helped me learn that talent is not everything. It does not win football games. Hardwork and dedication are much more beneficial." (photo by R. Bush)



tackletrap

Winning the first playoff game in 20 years, the season is filled with upsets and rivalries bigger than ever before. Led by seniors coached by Danney McGrath for three years, the team keeps school spirit alive for the fall season.



take a knee. At the Homecoming game against Oshorn, Donald Devine takes a knee and listens to his coach during halftime. Although the team lost, they kept their heads up. "A Viking player has more pride on and off the field than any other team," Donald said. (photo by J. McCann)

"By staying focused on football and not knowing if we would have a game next week, we were pumped for the playoff game. The best part of playing Oshorn was knowing that we didn't go down without a fight and played our butts off."

JACCA BOGASH

"The worst part of practice is when we have to run. Once we had to run the entire two hours of practice because the coach thought we were slacking off. It was important I guess to run since we needed to get in shape, but is so bad guys were throwing up everywhere."

ERIC KIGAN

"In the summer, we had two-a-day practices which consisted of a 2 p.m. practice, then break. Viking pride, and a second practice lasting until 6 p.m. The hard schedule definitely helped because if I didn't do that, I'd be out of shape and not strong enough for the season."

REKHA KOWAL

"Unprecedented hard work sets us apart from other schools like Woodgrove. We put more hours into the season than most teams do, and it shows in our success."

ALICE FRANK

it all adds up practice



(all photos by J. McCann)



"Running down the field I just keep thinking 'don't fail.' But in games I mostly play linebacker. It's fun because I get to hit people and make them cry."

JACOB TRUMP

44 number of cast members in the play "anything goes"

45 buses that won't wait



> THE FRAMEWORK

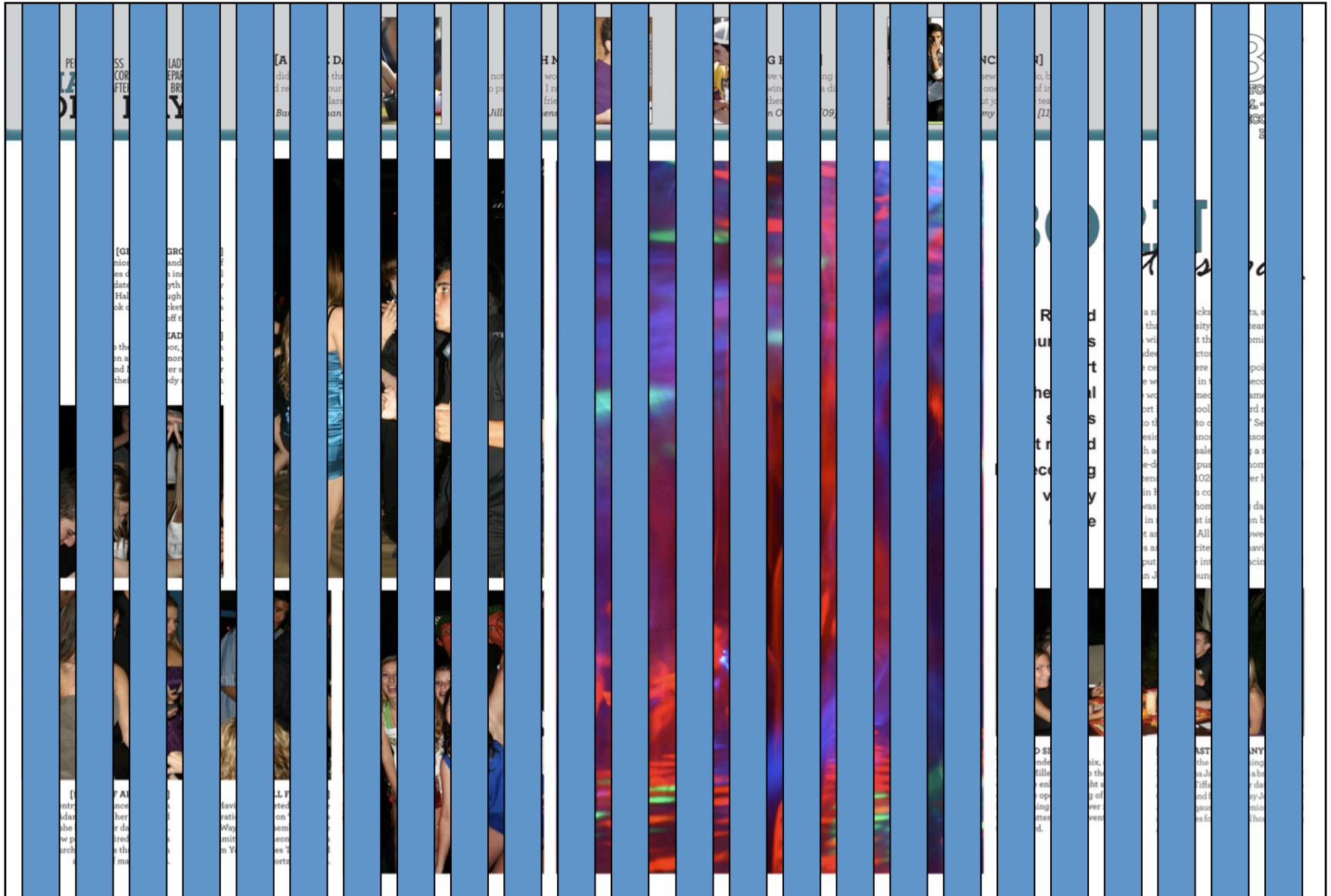
FRAMING MARGIN > A BORDER OF SPACE AROUND THE SPREAD

GUTTER > PHOTOS MAY CROSS, TYPOGRAPHY CAN NOT

GRIDS/COLUMNS > VERTICAL GUIDES FOR ALIGNMENT, ORGANIZATION

3 > THE FRAMEWORK

> FRAMING MARGIN > GUTTER > GRIDS/COLUMNS



FRIENDS | PERFECT DRESS & SUIT | LADY GAGA
DECORATIONS PREPARATIONS
AFTER DANCE BREAKFAST
THAT ONE DAY...

[A LITTLE DAB]

"I didn't realize that art would result in a four year scholarship."
Barry Coleman [10]



[OH MY!]

"I could not believe I won the Stuco presidency. I ran on whim of friends."
Jillian Stephens [12]



[BIG HEART]

"I love volunteering and knowing I make a difference in others' lives."
Ryan Overland [09]



[UNCERTAIN]

"I knew what to do, but I had that one minute of indecision about joining the team."
Jimmy Linstrom [11]



37
OCTOBER 21
10 P.M. - 1 A.M.
HOMECOMING DANCE

[GET YOUR GROOVE ON!]

Seniors Barry Handler and Jeff Knowles dance to an instrumental with dates Lisa Smyth and Jenny Carter. Halfway through the dance, guys took off their jackets and girls kicked off their shoes.

[HEADS DOWN]

Taking to the dance floor, junior Tim Williamson and sophomores Arianna Teague and Marcy Baker show a flair in both their hand, body and mouth moments.



BORN *this way*

Record numbers sport their real selves at record homecoming victory dance

On a night of tricks and treats, all hopes ran high that the varsity football team would deliver a win and that the homecoming dance would indeed be a victory dance.

"We certainly were not disappointed. Everyone went crazy in the final seconds when we won the homecoming game against Bridgeport High School and record numbers flocked to the dance to celebrate," Senior Class President Shannon Williamson said.

With advanced sales nearing a record, the at-the-door sales pushed the homecoming game attendance to 1026 with over half dressed in Halloween costumes.

"It was my first homecoming dance and I cannot in my wildest imagination believe it can get any better. All the Halloween costumes and the excitement of having won District put everyone into the dancing mood," Freshman, Johnnie Young said.

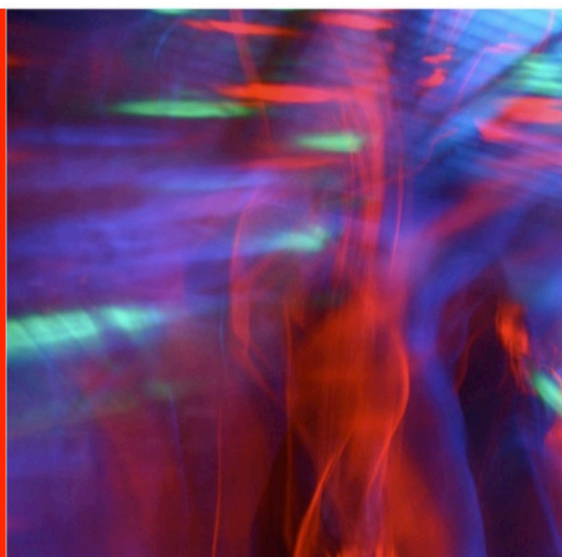
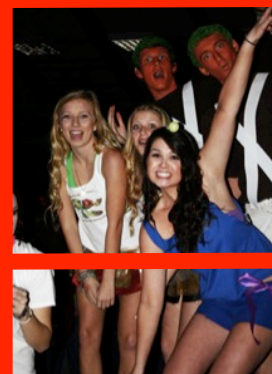


[STAMP OF APPROVAL]

Upon entry to the dance, freshman Caren Adamson gets her arm inked showing she bought her dance ticket. A new policy required attendees to purchase tickets three days in advance of major events.

[ALL FINISHED]

Having completed the dance decorations based on "Born This Way", junior members of the committee Jean Leon, Meredith Viera, Kim Young, James Tenaca and Adam Bortz celebrate.



[PHOTOED SISTER]

To an extended dance mix, senior Bethany Miller moves to the music during the enhanced light show during the opening song of the Homecoming Dance. Over 1500 students attended the event, an all-time record.

[BREAKFAST AT TIFANY'S]

Following the Homecoming Dance, Mrs. Martha Jarrod hosts a breakfast for daughter Tiffany and her date, Ernesto Gonzales and friends Betsy Jenkins and Arnie Schagartz. Most seniors planned after-parties for their final homecoming event.



> START TO FINISH

DOMINANT MODULE > PLACE THIS FIRST, DRIVES EYEFLOW AND EYELINE

SECONDARY MODULES > ARRANGED AROUND THE DOMINANT MODULE

SPACE > USE THREE LEVELS OF SPACING TO ORGANIZE CONTENT

032 | Oct. 3 - Oct. 9

THE GROUND'S THE LIMIT

Rite of passage includes sky diving

Nothing but Sky You'd have to be crazy to jump from a perfectly good airplane at 18,000 feet for a 90 second free-fall, but that didn't stop senior Daniel Urban from taking part in the highest tandem sky-dive in the world. "I've wanted to sky dive since I was 13," Urban said.

Jumping at the Opportunity Senior David Troner plummets to earth while adventure-seeking with Urban at Skydive Space Center in Titusville. Urban turned 18 during the summer, a requirement to legally sky dive. When Troner turned 18 a few months later, they were ready to jump. "It was an adrenaline rush. It was a really surreal experience," Troner said. "The scariest part was signing the 15-page waiver that stated all the ways you could die."

Post-Flight Celebration After reaching the ground, the friends celebrate their jump. "I wanted to stay up there forever," Urban said. "Everything was small. People and cars looked like ants and I want to do it again." Said Troner: "I liked it better in the air, and I wish it would have lasted longer. I felt like a bird flying through the sky."



Photo courtesy: Skydive Space Center



CAUSE VS. TASTE

Bracelets stir controversy about breast-cancer awareness



All Together Now Underclassmen sporting their 'I ♥ Boobies' bracelets, put their hands in a circle to show their support for breast cancer.



Carly Mackler, 8 "I think because it's for a good cause, it should be allowed."



Ian Dillon, 9 "I do think they are kind of inappropriate. I'd wear them at home, but not at school."



Erika Adams, 7 "It's a funny way for kids to understand the seriousness of breast cancer."



John McFarland, 11 "Everyone at West Shore is old enough to handle the word 'boobies.' It's just like saying breasts."



PHYSICS IS 'COOL'

Who: Cinsy Krehbiel's fourth-period physics class

What: Having class outside because of cooler weather

Where: Under the tree outside of Building 3

When: Wednesday, during the first cold front of the fall.

Why: "Studies show that changing the lighting in an environment positively affects students," Krehbiel said. "Plus, I like it outside."

SCALING OBSTACLES



Work Hard, Play Hard After finishing team-building exercises, junior Grace Beck, determined to reach the top of the rock climbing wall, gazes downward to see how far she has climbed. "I wasn't scared because I've done it before and I had a harness, but if I hadn't I might have been scared," Beck said.

Balancing Act Working together, seniors Erica Sheedy, Caroline Wood, Kaitlyn Hoskovec and Marjorie Waggoner balance peer Kelly Ladd on baseball bats. Club officers went on a field trip to On the Edge Rock Climbing Gym to develop leadership skills. "It was challenging to coordinate and it shows how important teamwork is in leadership," Ladd said.



Jonathan Katz, 7 This cool weather reminds me of New York.



Oct. 3 at 3:18pm Comment Like 2 people like this

Josh Douglas, 12 Gonna hit the gym at 5 as usual... 5 AM, gotta feed the addiction sometime



Oct. 4 at 1:02 am Comment Like 1 person likes this

Zachary Miller, 12 Some girl from my humanities class almost hit me on the way to school this morning... that would have made class awkward.



Oct. 4 at 8:45am Comment Like 2 people like this

Olivia Escandell, 10 I love it when you call me BIG PANDA.



Oct. 4 at 10:41pm Comment Like 4 people like this

Ally Bauler, 9 Back from homecoming. This night keeps on getting better :)



Oct. 3 at 12:14am Comment Like 3 people like this

Jason Matteo, 12 Likes spinning my cat on the chair, then watching it run into walls



Oct. 5 at 7:32am Comment Like 11 people like this

Katrina Pichard, 7 The change in weather is nice since it's always so hot down here.



Oct. 5 at 2:39pm Comment Like 2 people like this

Kendra Hatt, 11 It is amazing outside! Make the most of every opportunity! Let those around you see how much you love them :)



Oct. 7 at 10:04am Comment Like 1 person likes this

Samantha Wells, 10 Putting the word 'bullet-proof' before words makes things so much more interesting.



Oct. 6 at 11:30pm Comment Like 2 people like this

Talin Handa, 8 Oklahoma was amazing! The character Will Parker was really good.



Oct. 8 at 8:50pm Comment Like 2 people like this

5 > READABILITY

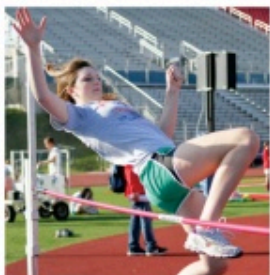
GRAPHICS > USED TO ACCENT CONTENT, NOT DECORATE THE PAGE

STRATEGIC > UNIFY OR SEPARATE CONTENT ELEMENTS

REPETITION > THREE-PEAT STRATEGY PROMOTES VISUAL UNITY

reach for the sky
Arms raised, sophomore Carly Grandcolas leaps into the air during the triple jump at the Lockhart meet, where she took first place. "Track is definitely my favorite sport because I like competing on a team and as an individual," Grandcolas said.

getting a jump start
Working hard after school, sophomore Laura Brewster practices high jump to get ready for the upcoming meet. "I do high jump to help improve my vertical for volleyball," Brewster said.



chris ball



chris ball

fight to the finish
The only two JV girls competing in the 100-meter hurdles, sophomore Calyanne McCrea and freshman Kendall Meyertons go head-to-head for first place at the Chap Relays. "We work really hard," Meyertons said. "You have to have the right form and everything."



photo by chris ball

back on track

After recovering from injury, sophomore returns to competition with support from her team, coaches and sister

Sophomore Carly Grandcolas was devastated when she injured her knee just three meets into last season, keeping her out of competition for the rest of the year.

"It was really tough because I was doing really well and I just wanted to win District for my freshman year," Carly said, "but I think it made me more determined, in the end, to fight in rehab." Never discouraged, Carly used her tough situation as motivation to try harder the next time around. Pushing through the pain, Carly worked hard to bounce back for next season — she didn't want to let herself and her team down.

"I just love my team and my coaches," Grandcolas said. Her hard work paid off as she took first place at the Chap Relays in both long and triple jump. She credited her success to her coach and most importantly, her teammates.

"My teammates have motivated me because they're always pushing me to do better," Carly said. "My sister has definitely motivated me, too."

This year, her younger sister, freshman Corinne Grandcolas, became her competition as well as her teammate. Sibling rivalry kept Carly striving to be the best as she competed against Cor-

rine in triple jump. "Even though I'm competing with her every meet, we're still really close," Carly said. "I think we both help each other do better because we're constantly trying to beat each other's marks and she definitely helps me to do my best."

Carly hopes to someday become a college athlete in track and field, but for now, her mind was focused on the season.

"I just want to make up for lost time from last year," Carly said. "I really want to get first place in District in long and triple, go into Regionals and see how I can do."

With the help and motivation of her coaches and teammates, Carly stayed determined and overcame a major set back in her high school track career. Going into the District Meet, she was a favorite to win long and triple jump.

"I'm looking forward to a really good year," Carly said. "We set high goals for myself and I hope to pass my personal best."

"My teammates have motivated me because they're always pushing me to do better."

carly grandcolas, 10



photos by chris ball

1 At the Chap Relays on Feb. 26, senior Kate Travis runs the 800 meters. "When I first got put in the 800, I was terrified because I am used to longer runs, but I've grown to like it more," Travis said. 2 Trying to get over the bungee cord in practice, sophomore Natasha Koshishian pushes off her pole. "I used to be a gymnast, so I figured it would help me with the turn in the air," Koshishian said. 3 Sophomore Kate Walls sprints past her competition at Chap Relays. "I run track because of the adrenaline rush you get when you get on the line," Walls said.



tell me about your motivation

"I thought of achieving a goal and helping out the team,"
ali franklin, 10



kit boldrey, 10



senait khosro, 9

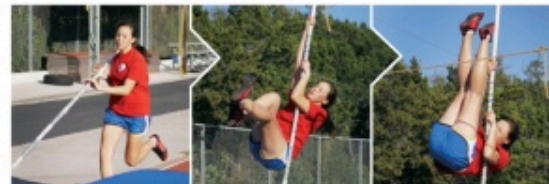
"My motivation is Coach Carter because I wouldn't be where I am now without him... and I want to impress him."

"My motivation for track is staying fit and improving my time for when cross-country season begins."



rebekah priddy, 9

"I run to achieve my goals and hit times to improve myself."



jump after jump
> Junior Tessi Helletbrekers runs down the pole vault runway getting ready to jump. "I like pole vault," Helletbrekers said. "It's not very common."
> Helletbrekers plants her pole in the pit and pushes off the ground into the air. Drawing her right knee up and swinging her left leg, she tries to get her body up high. "Coach Bonham is scary, but everyone's used to it," Helletbrekers said.
> Helletbrekers pulls her body up with her arms and squeezes her abs to try to pull herself up and over the bungee cord.

photos by daniel olson



RAISE YOUR HANDS WITH
> **QUESTIONS**

