

9-07182-0 West HS

Back Endsheets

Applied Color: 4/color

Creative Services: M. North ext. 4010

9-07182-0 West HS
Applied Color: Matte Silkscreen debossed area of bird and
all copy including spine
Emboss all copy and line front and spine, bird faded at board edge.
Gloss Lamination
Creative Services: M. North ext. 4010



*soaring
high*
SHAHEEN 2019

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Davenport West High School

Vol.
59

Walsworth

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SOARING HIGH

WEST IS BEST

WE WIN

WE ENGAGE

WE ARE SAFE

WE TEACH

"FALCONIZE" IT

In the past, Davenport West students and staff have been looked down on by many people in the district. It's challenging to attend a school that has so much negativity pointed towards it. How much longer are we going to let that happen? When is it ever going to end? The time is now! As a school we have come together to prove that we are **SOARING HIGH**. The new members of staff and administration are stopping at nothing to end the stigma. Teachers are dedicating more of their time to ensure students are **SOARING HIGH**. Students are using their academics and **SOARING HIGH**, above and beyond. Academics are **SOARING HIGH** to improve their techniques in athletics to conquer their toughest opponents. Our sports teams are **SOARING HIGH** during practices to make the people at this school proud when they achieve and pursue. People at West are **SOARING HIGH** each and every day. The hard work and talent at this school will no longer go unnoticed. We are all **SOARING HIGH** past the negativity, and changing the view of our school name.



Come Together. Student Senate members are getting students hyped up for the Hunger Drive aud. West donated 63,964 cans of food to the River Bend Food Bank. "Student senate's job is to participate in school events and make sure everyone has school spirit. We always try to get people involved. This is my first year and I enjoy being a part of such a great group," said Jolene Medugno '20. Photo by Bella Newberry



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Season Starts Now. Varsity football plays their last game against Cedar Rapids Washington on October 19th. As the season came to a close, the Falcons finished with a 2-7 record and hope for a better season next year as they put in work throughout the winter. Junior Maverick White said, "I believe we will be better next year due to how many incoming seniors we will have. I think we will see quite a difference on the field because of the amount of experience next year encompasses. Our players will be putting in the work so we can operate as a team, but it requires more dedication and hard work throughout the rest of this school year. Hopefully we will have the unity and team cohesion next fall. Next season starts now."

Photo by Leah Anderson



SPORTS



Wilma Rudolph once said, "Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday."

It's obvious, we play sports and train our bodies to push them to success, but as West High School athletes, do we **SOAR HIGH**, or do we crumble at the feat of a momentous Homecoming game? The aftermath of a match is a critical time when students are still recuperating from the intensity of their performance. They may be ecstatic, angry, elevated, upset, or indifferent. This is the time when athletes either look down upon the name of their jersey or celebrate joyously over a gracious win.

When we give up easy points to the opposing team, how do we break through? Will we learn from our mistakes and grip victory or wait and realize our faults while watching film at Monday's practice? The physical preparation students are told to achieve is simple; acquire enough rest, drink enough water prior, and eat the right meals before the big game. What kids don't come to terms with is how to mentally prepare themselves in order to obtain the reputation as winners.

In almost every sport, the top level athletes have similar attributes of being faster, stronger, more skillful, or having the ability to maintain a more steady stamina. These kids execute with consummate performances that set them higher, yet some still lose. What sets apart being a winner and just an above-level athlete is being aware to overcome the mental pressures of a game, competition, or match. You can be the best person on a team, but having the mindset to carry oneself and the team is what will lead those athletes to a more successful season. Imagine: a high skill level team with the right mindset, they are granted to win almost every time.

Now West High athletes, back to the original question: do we **SOAR HIGH**, or sink to our lowest after a hard loss? Do we show confidence in our performances, or are we too confident prior to our biggest rivalry game and don't finish through? Can we overcome defeat and learn how to have the mentality we need to win? Our hard work and dedication to our sport and teams make us better athletes. Leaving it all on the field, track, court, floor, or mat defends our execution no matter the outcome. Let's **SOAR** Falcons, and be champions one day.

Story by Leah Anderson

