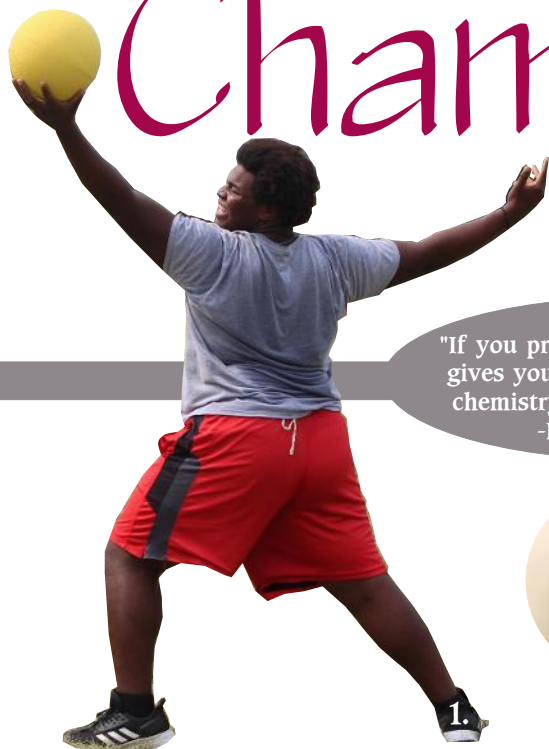


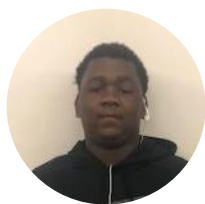
# Champs

Students discuss commitment to school activities over summer months

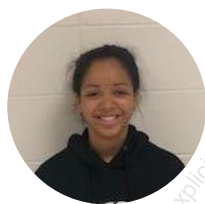
## at SUMMER Camps



"If you practice over the summer, it gives you a chance to improve the chemistry between team players."  
-Dajion Greer ('20)



Dajion Greer



Sierra Craig



Inna Gomez

Summer camp is all about friendship bracelets, bunk beds and swimming in the lake, right? For some, summer camp described not only something that they participated in to occupy their time and see their friends over the summer, but those long, hot days could also be used to help students improve their skills in school activities.

Participating in football camp, show choir camp or band camp may have seemed like an inconvenience compared to sleeping in and relaxing during their free time, but it helped many students with their performance in their sports and activities later during the school year. "Football camp gets us prepared for the whole season. If you practice over the summer, it gives you a chance to improve the chemistry between team players," said **Dajion Greer ('20)**.

Practicing over the summer required dedication and hard

work. Marching band student **Sierra Craig ('21)** said, "We had to work through bad weather conditions like storms and the heat. That had to be the worst part of camp."

Coming in over the summer for show choir camp also helped the performers from both Central Singers, Inc. and Blue Vibrations learn their songs and dance routines for the regular season. "Show choir camp prepares us in advance. We are able to learn routines ahead of time so we can jump right into show choir as soon as it starts," **Inna Gomez ('21)** said.

Participating in different summer camps meant that these students had to battle the summer heat and put in long hours doing physical activity when most others were sleeping in. However, making lasting bonds and memories with friends and teammates during their time at summer camp paid off in the regular fall seasons for these dedicated students. (S. Holtam)

### 2. Camp Can Be Intense

In the PAC, **Inna Gomez ('21)**, **Anna Thompson ('21)**, **Ella Smith ('21)**, **Lexis Skiles ('21)**, **Meghan Brewster ('21)** and the rest of the JV show choir group practice their new dances on the first day of camp. Eighth grade students who would be entering Central the following year could audition and join show choir the summer before their ninth grade year. "The first day is usually more lenient because not everyone has the same communication, but it's still fun bonding with everyone who is new. We go 100% all the time," Smith said. (S. Holtam)

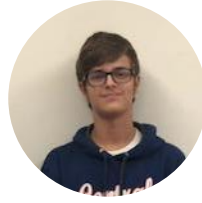
2.





# ALL BY MYSELF

Students attend solo summer events



"I studied behavioral game theory. It was a cool experience. I enjoyed being in a new environment. It forced me to be more independent and I had to manage my time well."  
-Rafe Sullivan ('20)



"I interned in Lake Tahoe. It was kind of nerve-racking at first because I didn't know anyone, but it was better for me to go by myself because I could make new friends."  
-Amelia Balk ('20)



"Girls State in Ames was a lot of hard work, but it was educational. I got the opportunity to learn about how the state government works, and I got to meet a lot of wonderful people."  
-Abby White ('19)

**1. Rising Above** Working on the routine for the fall marching band season, **Marquayvion Hughes ('19)** dances around the field. He performed with a yellow ball that represented sunshine and happiness in the show. "I'm the sun in the show, and I'm bringing back the happiness to the rest of the band," Hughes said. (S. Holtam)

**3. Water Boys** In the hot summer sun, **Theo Miller ('19)**, **Anthony Soliz ('22)** and other marching band students use water bottles as a replacement for their instruments while they practice their routine. Many felt thankful for having water bottles right by their side while they practiced in the blazing heat. "We were holding our bottles in place of our instruments because we didn't have our instruments during camp," Soliz said. (S. Holtam)

**4. Sign On the Dotted Line** At Jump Academy in August, **Alexandria Dynes ('22)** signs a graduation poster. Freshmen students could choose to attend Jump Academy to help them prepare for the new school year by learning about the school and touring the building. "Freshmen orientation prepared me for high school in different ways, but not everything was explained very well. I felt like I needed a map to get around the school!" Dynes said. (S. Holtam)

