

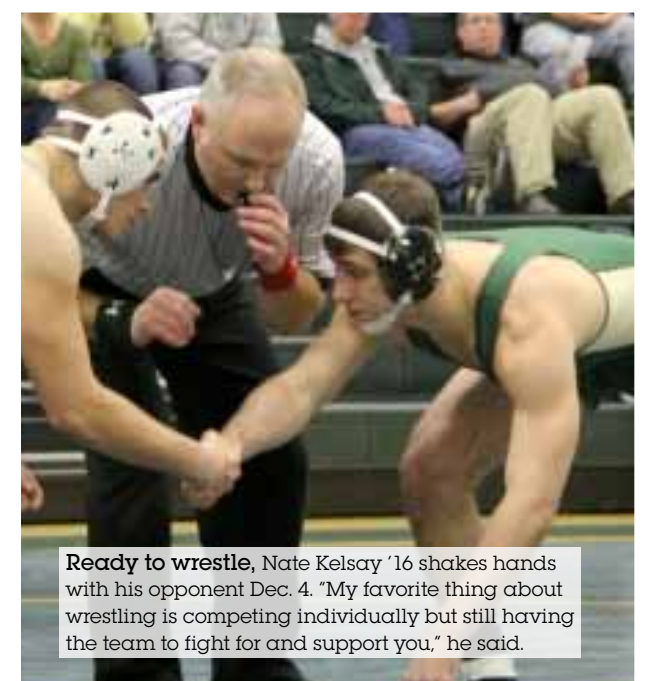
PHOTO BY MIKUNNA HEARNS



Taking a Stance, the varsity football team lines up on a foggy field against Pleasant Valley on Oct. 24. West put up a fight but lost to the Spartans, 38-24. "We start off as individuals but we became a family and proved people wrong," Xavier Koch '15 said.



PHOTO BY MIKUNNA HEARNS



Ready to wrestle, Nate Kelsay '16 shakes hands with his opponent Dec. 4. "My favorite thing about wrestling is competing individually but still having the team to fight for and support you," he said.

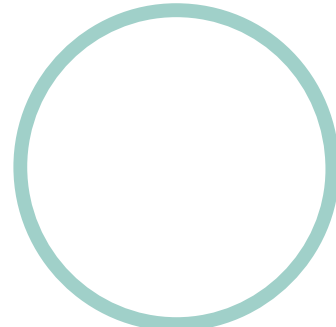
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Xavier Koch '15 runs the ball



pa Gangnam Style! The girls swimming and diving teams joined forces to dance to the song "Gangnam Style" before the final race against Muscatine Sept. 11.

The varsity volleyball team gravitated toward Coach Randy Dolson after he called timeout to encourage the Women of Troy in the final minutes of the Sept. 2 game. West beat CR Jefferson, 3-0. When Anna Mabry '16 slammed a spike on Jefferson's court, she attracts high fives like a magnet.

Football cheerleaders Becca Staib '16, Kiya Law '16, Kaitlyn Bernhard '15, Raven Lance '16 and Ivette Perez '15

drew together to snap a selfie at halftime of the West Des Moines Valley game.

After winning the Battle of the Boot, Carter Parker '15 and Conner Greene '15 held the trophy high Sept. 19. Cross country runner Abdalla Ali '15 ran across the UI course at the West Invite Sept. 30.

On Nov. 11, the Women of Troy ended Bettendorf's 61-game winning streak at the U.S. Cellular Center in the first round of the State volleyball tournament. "We were playing the number one seed," Dolson said, "and I think we played well."



Twice the love, twins Erica and Alison Hsu '16 embrace an unwilling Alex Aaberg '15 on Sept. 11 after Aaberg completes her final dive. "We all support each other and are like a family," Alison said.

To the hoop, Alex Henderson '16 drives against Keokuk on Dec. 9. West won, 59-22. "Bergman had really been pushing us hard to improve on our defense," he said. **On stride!** Emmie Skopec '15 runs at the West Invite on Sept. 30. "Physically, it's pretty obvious how we train," she said. "Mentally, everyone is different in how they feel about races. Some people need to be pumped up more than others."

[sports]
ACCELERATE

PHOTO BY AILEEN WEEHS

