

## CROSS COUNTRY REPORT

By Shane Turner- Field Reporter

Mrs. McAllister is the coach of the Waverly Cross Country team. She has twenty-four cross country members on her team as of right now. I asked her, "What do the runners do in practice?" and she said, "A warm up, running, and a post run." I also asked her how she expected the team to finish in the league this year. She responded with, "I'm hoping good." Her senior runners are Mitch Green, Liv Russell, and Julia Clark. I asked her, "What are some of the requirements to be a cross country runner?" She said that to participate, you should love running, love team bonding, and work to get along. I wanted to know why she enjoyed being a cross country coach and she told me she loved cross country because you get to go different places. She said she loved every aspect of it. I was curious and wanted to know what other training the runners do other than running. She told me that they do strength and mobility work, core, and barefoot work. The cross country team only has three meets left and they will finish with their SOC meet at home. We wish them luck this season!

FALL IS FOR...SPORTS!



## VARSITY VOLLEYBALL WITH MRS. RHODES

By Thad Leffler- Field Reporter

I interviewed Mrs. Rhodes, the head volleyball coach for the varsity girls team, and asked her questions about volleyball and her team. Coach Rhodes explained to me that she has a total of eighteen girls and two managers. These players are of all different ages, some are freshmen (9th grade), sophomores (10th grade), juniors (11th grade) and seniors (12th grade). Her senior players are Bailey Vulgamore, Kelli Stewart and Izzy Smith.

Our Waverly volleyball team has won seven games and lost five games this season. Volleyball must be a tough sport since the net is 6 feet, 5 inches tall. It would be really hard to jump that high!

Coach Rhodes said in practice that they pass, set and hit the ball. The volleyball team also receives new uniforms every three years. Some of the team goals are to win the SOC and to become better citizens.

## W.H.S. GOLF

By Acey Gleason- Field Reporter

Do you like golfing? Mr. Ramsey, the Waverly High School Golf Coach, likes golfing because it's competitive. He also enjoys it because Cardos is his favorite place to eat after a golfing match. Currently, there are eighteen members on the team (12 boys and 6 girls). Aiden Peoples and Ryane Bond are the only senior golfers. Mr. Ramsey motivates his team members by encouraging them to play their best. He anticipates that they will be at the top of the S.O.C. (Southern Ohio Conference) this season. One fact about Mr. Ramsey is that he attended Muskingham College. In conclusion, Mr. Ramsey really loves golf! (Update: The golf team has qualified to compete in the District competition on October 5.)



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