COMPETITION
"Cross-country has blessed me in so many more ways than I could have ever imagined! Growing up, I never thought I would even be running. I played every sport except running and I always thought runners were crazy for running for fun. Fast forward to my senior year of high school and I decided to give it a try, but I said for only one week. My coach convinced me to stay until the first meet. After that, I was hooked. Running has taught me so much more about myself. It has taught me that I can push myself to the limits and even when I think I can’t go any further, I can still manage to push for a little longer. Running has brought me some of my best friends in the whole world. No one understands the life of a cross-country runner unless you have lived it. Running is hard. Not only physically, but emotionally and mentally. Your teammates truly become your family. If it wasn’t for running, I would never be the person I am, and I probably wouldn’t have chosen the career path of dietetics. Running cross-country isn’t just something I do anymore; it is a part of me. It is a gift I feel like God has truly blessed me with, and as long as He allows me to do it, I want to continue to glorify Him with it."

-Sarah Ray

"Baseball has allowed me to be a part of one of the greatest groups of guys on campus. The camaraderie and fellowship on the team are big reasons why it is so enjoyable to play at ONU. We play for each other, and challenge each other to be better on and off the field."

-Kurtis Minton
“Playing soccer at Olivet has created a brotherhood amongst my teammates and I that will last a lifetime. Soccer has the capability to bring together a group of guys as a team to achieve the same goal, and I am very close with every one of my teammates. Being close creates a great chemistry for the group, which is beneficial both on and off the field. I love each and every one of my past and present teammates, and I am proud to call them my brothers. I know that they will always be there for me, and I will always be there for them, no matter what.”

– Joel Andrade

“If I had any advice for people in this world, it would be to be confident and secure in who you are. This life is too short to doubt yourself and to hold back who you really are. Be yourself, because you’re unique for a reason. Don’t let anyone tell you that you can’t do something. Be passionate about whatever you do. Passion is life changing.”

– Isabella Reisen
ON THE RISE
Playing in arguably the toughest NAIA football conference in the country, the 2015 Tiger Football team posted a 3-8 overall record and a 1-4 mark in the Mid-State Football Association (MFSA). Olivet started the season off with a big win over Midland University and then picked up back-to-back wins against Trinity International University (III.) and Missouri Baptist University midway through the season.

Defensively, the Tigers were led by six MSFA All-Conference selections in Thomas Dexter, Lucas Limberg, Sebastian Swift, Caleb Coe, Andrew Manganiello and Zane Burtron. Dexter posted nine sacks on the season to go with his 64 total tacks to earn First Team honors.

On the offensive side, the Tigers running game was led by fifth-year senior Michael Ho-Lewis who finished with 292 yards on 90 attempts, averaging 26.5 yards a game. Elvin Caldwell came on late, adding 221 yards in 73 attempts for 36.8 yards per game in just six appearances. Matthew Wray picked up most of the playing time behind the center, throwing for 10 touchdowns in 11 games, completing 156-of-292. Before a season ending injury in game three, Rashaan Gaymon was having a stellar season. In just three games, he had 20 receptions for 257 yards and three touchdowns. Adam Glanders then became Wray’s favorite target, catching 54 passes for 513 yards and two touchdowns. Glanders earned MSFA Second Team All-Conference honors for the first time in his career.

Dexter and Drew Philson were both recognized as CoSida Academic All-Americans for their performances on the field and in the classroom. The Tigers also had 18 players earn MSFA All-Academic honors and nine named NAIA-Daktronics Scholar-Athletes.

“The team played valiantly. There was no quit in them,” said Associate Head Coach Nate Brown on the season. “As the season progressed, all units progressed statistically. The players on this year’s team laid a great foundation for next year and provided reason to believe that Tiger Football is on the rise.”
This year's Men and Women's cross country teams were something out of the 'norm'. As they worked toward their goal of competing in Nationals, the team created a unique determined and supportive atmosphere. Despite the fact that Cross Country is an individual sport and calls for personal motivation from its runners, Olivet's Cross Country team embraced the feeling of community that was embodied by the runners.

"It was nice to know that there were people there, looking out for you all the time," sophomore Heather Halverson said. This community was added to by the sheer number of runners that were on the team. There were more than seventy runners on the team as a whole, so there was always someone to run with or talk to when the time came.

"I really like the feeling of accomplishment that Cross Country provided," Halverson said. "It hurt sometimes, but I like running because it makes me feel like my body is capable of doing this thing, and it's hard, but you can still accomplish it."

The Men's team placed 2nd in the CCAC Championships and 10th in the NAIA National Championships. Dylan Creger and Caleb Drake led the team, Creger finishing 6th and Drake finishing 20th in a field of over 300 runners, both men earning NAIA All-American honors for their times.

The Women's team took the CCAC Championship, and finished 17th in the NAIA National Championship. The team was led by junior Sarah Ray, who finished 28th overall in the 300 strong field and earned her second career NAIA All-American honor.
“MY MOTIVATION FOR BEING A CHEERLEADER COMES FROM MY LOVE OF THE SPORT AND MY LOVE FOR THE PEOPLE”
Every collegiate athlete has something that drives them. Some athletes are driven by the desire for victory, glory, or fame, but this year’s cheerleading squad was driven by their love for the sport and for the people around them.

“My motivation for being a cheerleader comes from my love of the sport and my love for the people that I am able to do it with,” said senior Morgan McCormick. “I am so proud of the squad and all that we have accomplished together this year. I couldn’t have asked for a better group of teammates to spend my senior year with, and they will all be sorely missed.”

With nine seniors, the squad had a lot of talent, experience, and wisdom. The new freshmen squad members had the chance to experience the maturity and friendships the seniors shared, and hoped to carry on the legacy. Throughout the year, the squad continually bonded and watched each other grow, and as a result formed lasting bonds.

“My favorite part about being on the cheer team is the family,” said senior Sayer Smith. “When you have to trust each other with each other’s safety, a strong bond is formed, giving me friends that I’m sure will last a lifetime.”

These strong friendships are what motivated and inspired these athletes to work hard and give their best to cheerleading.

Coach Karen Eylander considers her cheerleaders to be family as well. Eylander said, “I’ll be really sad to see them go just because they’re all kind of like my kids while they’re here.”

She described how this year’s squad worked very well together and had a genuine love for their sport. Eylander’s motivation for teaching is “seeing what [the cheerleaders] start out as and then what they finish as.”

Eylander loved seeing her cheerleaders grow and develop not only in their sport, but also in their maturity and in their relationship with God. These athletes pushed and motivated each other to improve in every aspect of their lives, making them true “squad goals.”
This team had "depth."

Four players competed to play libero, the main defensive position. Another four played the middle position. Five players were outsider hitters and junior hitter Taylor Delbridge dabbled in right-side hitting. Team setter senior Renee Enz worked hard to train freshman Ellie Adamson to replace her. With "unlimited subs," Olivet's volleyball team has grown since last year, head coach Brenda Williams said. With six incoming freshmen and two incoming juniors, the team's eight returners reaped the benefits of a larger team and a switch from a 6-2 offense to a 5-1 offense upon Williams' return. In the 2013-2014 season, Williams was out with a concussion for eight weeks. To add experience to depth, seniors "stepped into leadership" and the eight incoming freshmen looked up to them and competed with them, second season grad assistant Rachelle Wiegand said. One of those seniors, Becky DeRuiter, was moved from outside hitter to middle back.

"If I had been here, I'd have put her in the middle when she was younger," Williams said. "Her mentality and quickness makes her a good fit for the position." In years past, the Tigers had become more of an outside dominated team as the head coach, known for training middles, was unable to coach her team. A well-trained middle can "open up your offense." Junior Katie Tabisz has become more "offensive oriented" after getting more hits in the 5-1 offense. In the 6-2 offense she played well as a setter and hitter, but could focus on neither. Senior Renee Enz, the Tiger's team setter, has worked hard to be an example to freshman Ellie Adamson who may take over her position next year. Enz has found that Adamson holds her own. Senior Melissa Bartholomew returned to the Tigers after injuring her shoulder.

"It's been a push to come back," Bartholomew said. "I started for 3 years." Bartholomew's drive reflects her team's verse of the year: 1 Timothy 4:12, a verse about youth leading by example. "Many people tell you that you can't do most things while you're young," Williams said. "As a Christian athletic team our goal is to be His example." The Tiger's hard work paid off as they finished the season with a conference record of 17-2.
NOTHING BUT LOVE

A dance party to “Wobble” after a morning practice highlighted the character of the women’s tennis team according to Olivet’s tennis team players. The team agreed the fun memories brought them so close they could call it a family.

“There were so many personalities on this team that there really was not ever a boring day,” said junior Faith Meitzler. The variety of people on the team made every practice different and interesting in their opinion. Unexpected moments at practices, and the support each teammate gave one another during matches by cheering them on created a great sense of community.

“We became a family,” said head coach Chris Tudor. Tennis can be a difficult sport that requires a certain mindset to be successful players said. Along with agility and strength, the team had to have the right attitude walking onto the court. A negative or pessimistic mindset could ruin a match for them; their mindset made a huge difference. Even with the difficulties, however, there were some very rewarding moments.

“The best feeling as a tennis player is when you hit a really good shot, and even your opponents give you their acknowledgement for it,” said junior Brooke Farley. “We got to feel that a lot this year.” When someone hits a good shot in tennis, everyone notices, including the player, their coach, and their opponents. Hitting a great shot gives them so much excitement and even an adrenaline rush. During that moment, they realize that all their hard work has finally paid off.

Tennis was an intense sport, mentally and physically, but the players agreed it was extremely rewarding. When Olivet’s team first walked onto the court and saw their opponents, the players recalled feeling intimidated and scared, but remembered to let go of their fears and have confidence in themselves and their teammates, which they said took them far as a team. In addition to the fun and games, the team was physically and mentally prepared, and thankful for the support and love received from their teammates. Resulting from dedication and hard work throughout the season, Priscila Nunez was named a NAIA Second Team All-American. The season for the men’s team ended with a record of 5-6, and Navarro Veys finished the season as being ranked number 18 in the nation. The team celebrated their successes and their friendships with each other, truly having nothing but love on and off the court.
"The best feeling was when you hit a really good shot, and even your opponents gave you their acknowledgment for it."
STRENGTH IN MIND
AND TEAM

MEN AND WOMEN’S GOLF
Community—while an individual sport, that was what the 2016 golf teams were all about. Both the women’s and men’s golf team were very close and supportive of each other throughout their seasons. “We were more than a team, we are a family,” said junior Lyndsey Herndon. Her favorite memory from this year was picture day where the team was simply enjoying each other’s presence and taking fun pictures. Golf, like most sports, is a mental game so the players needed all the encouragement and support they could get from their team, but unlike other sports, golf is also an individual sport. While playing alone can be one of the harder parts of golf, senior Robert Wagner said, “The hardest part of golf is the weather.” The weather is always unpredictable. With golf being an outside sport, players had to be ready for anything. They played in below freezing temperatures with wind and humid ninety degree temperatures. The weather greatly affects how the players perform. Players agreed that they really got to see the determination and talent of a player when they are playing in the worst conditions.

The men’s golf head coach Damon Jensen said his favorite part of coaching golf is “watching the development of the player through his four years at school both as a golfer and a person.” It takes a long time to become good at golf because it is a tough sport. Herndon and Wagner have both been playing for about six years, but there is always room for improvement no matter how long you have been playing. Golfing takes experience and lots of practice. Wagner said that this year’s team was the best team they have had since he has been at Olivet. The golf team is hopeful for more successful seasons and an even stronger team community.
MOTIVATION

TRACK AND FIELD
Enduring pain, repetition and freezing temperatures took much dedication and motivation for the Track and Field team as they trained in order to compete at their fullest potential. Although it was tough, the rigorous practices, personal drive and camaraderie between runners made the team successful.

"Track and field can be extremely repetitive, maybe mundane at times," said Head Coach Mike McDowell. "The toughest part of our sport was maintaining that high level of motivation when you’re out of season and throughout the competitive schedule."

Running miles and miles can wear on the endurance, but the team fought through the mundane to prepare for the season. The athletes agreed that it was not easy but, for those who were completely dedicated to the sport, it was worth it.

"My favorite part of track was the camaraderie we made with our teammates," said senior Jacob Armbrust, who threw shot put. Armbrust had participated in track since he was ten years old, and continued to work hard to succeed over his years at Olivet, as well as develop relationships with the other shot put and discus track members on the team.

“They were more than teammates, they were my roommates,” Armbrust said as he explained how he had formed many great friendships through the sport. According to the coaches, close relationships were crucial for the track team.

“For college track and field teams across the country, one of the biggest challenges was having a strong team atmosphere on large, diverse teams,” Assistant Coach Nicole Farr said.

With the varied events to compete in, the team consisted of a wide variety of people. While it could be difficult for all the team members to come together as a whole, the team overcame the challenge and succeed both individually and as a team. The men’s team captured the ONU qualifier title and finished third at Challenge. Armbrust set a new shot put record, and Caleb Drake, Chris Aschemann, and Dylan Creger made it to Nationals. The women’s team achieved many accomplishments as they took third place at the Chicagoland Invite, and second place at the ONU invite. Tiffany Ray joined the NAIA National Qualifiers, and Amy Blucker set a new school record with second best throw in NAIA.
A RECORD SPLASH

MEN AND WOMEN’S SWIMMING AND DIVING

After spring break 2016, the Olivet Men’s Swimming team came home NAIA National Champions and the women’s swimming team finished runners-up. The teams made a record splash, as this was the first NAIA National Championship in Olivet’s collegiate athletic team’s history.

“We knew we had it in each other to take home the trophy and we reminded ourselves of that end goal every chance we got, all throughout the season,” said senior Calvin Price told Sarah Ortman in an interview with the GlimmerGlass. The men scored a total of 713.5 points, beating their closest opponent by nearly 115 points and the women’s team scored 502.5 points at the National Association of Intercollegiate Athletics (NAIA) championship held in Columbus, Georgia. The team’s success was not easily earned. The swimmers spent over twenty-one hours a week practicing long and hard hours in order to compete. They practiced three mornings a week, every single night, and even Saturdays.

“My favorite part of swimming was cheering for each other,” said junior Tiffany Ray said. The 2016 team had a very strong support system, which carried them through to the championship.

“We have a strong group of friends that look out for each other,” said Sophomore Kristena Poll. Diving, as well as swimming, was a very challenging sport, mentally and physically.

“Diving is an extremely mental sport and it takes a ton of character to get up on the board to do a dive that might just terrify you,” said Graduate assistant diving coach Connor Howard. Divers had to overcome this fear every time they step foot on the board. Being successful at diving took a lot of courage and precision, as well as a lot of practice. According to Howard, he enjoyed watching the divers grow and improve over the season, which they did greatly, contributing to the team’s overall successful season.
“We knew we had it in each other to take home the trophy”
MEN'S BASKETBALL
MEN’S BASKETBALL

An integral part of Tiger sports, the men’s Basketball team has been supported by students and alumni alike. The homecoming basketball game is always one of the most anticipated parts of Olivet’s annual homecoming weekend and the team has gone on to many victories in the CCAC—the Chicagoland Collegiate Athletic Conference.

“I love the aspects of collegiate athletics,” said the team’s Grad Assistant Antonio Marshall. “The competition and the spirit was very inspiring.” The team had many accomplishments in the previous years, including awards of Conference Regular Season Co-Champ and Tourney Champ by the CCAC in the 2014-15 season. The 2016 team was similar, with a season that was filled with great plays by talented players.

Not only did competition and the spirit of play drive the team this season, but the players were also filled with determination and compassion for each other and for the sport.

“They were a determined, hard-working group of guys,” said Head Coach Ralph Hodge. “The real story of Tiger basketball has always been the players; they’ve been the real heroes of this program and this season was no different.” The student body cheered them on with every exciting game making it an unforgettable year for both the crowd and the players, according to the team. The Tigers finished the season strong with a conference record of 17-4.
With ninety-degree heat, an open arena, birds flying overhead and officials shouting in Spanish, the Olivet women’s basketball team experienced their sport together like never before as they had the opportunity to play in Puerto Rico over Thanksgiving break. The teammates all highlighted the trip as an unforgettable, bonding experience for the team.

“The relationships I built with the players, the relationships the players built with one another, and the relationships we all built with the Lord are the things that really last,” said Head Coach Lauren Stamatis. The coach shared that this year’s team was one of the most talented teams she has had so far at Olivet and that the friendships that formed among the teammates were very strong.

“I came in as a freshman super nervous and they all became my best friends in no time at all,” said freshman Sierra Riley, who agreed that the team was her favorite part of playing basketball at Olivet. They helped her fit in right away; the combination of the players’ sense of humor, acts of love, and devotion to the sport made being on the basketball team a great and fun-filled experience. Despite tearing her ACL in both knees just a few years before she graduated high school, Riley worked very hard to become an Olivet tiger and is glad that she did.

The team gained four new players this year, two freshmen and two transfers who all fit in right away. Like Coach Stamatis, assistant coach Brooke Peterson said, “My favorite part of coaching basketball was being able to build relationships with the girls on the team.” Coaches and players agreed that the strong bonds the players and coaches had with each other were what made the team truly successful. They supported each other, helped each other out when needed, were very welcoming to new players, and most of all made the sport fun. The team had many exciting victories throughout the season, including a win against Holy Cross, Number five ranked St. Francis, IUSB, Ashford, as well as other competitive schools. In January, Abbey Hengesbach scored her 1,000th point against Holy Cross. The team achieved an outstanding season record of 29-6, and Hengesbach, to cap off her incredible career at Olivet, was named the 2016 NAIA National Player of the Year. According to the players, without the incredible relationships they had with one another, the team would not have been the same.
“My favorite part of coaching basketball is building relationships.”

AUTHENTIC COMPETITION
PLAYING IN THE PRESENT

“Players have to concentrate on what they are doing in that present moment, even if that means forgetting what just happened in the last inning”
Teammates—the most important part of any sports team. Whether the softball team won or lost a game, the team was always there to support and encourage each other.

“My favorite part of softball at Olivet is the great friendships I have made with my teammates,” said senior softball player Katie Megyesi. According to Megyesi, the team means everything to her and she loves competing against softball teams at the collegiate level. Every game, the players said, was a new challenge for the team because they did not know what to expect from the other team. They played their hardest, hoped for the best and rolled with whatever happened without looking back on the past.

“In softball, you have to have a short-term memory,” said head coach Hannah Gardner. “Players have to concentrate on what they are doing in that present moment, even if that means forgetting what just happened in the last inning.”

Nothing they did could change the past. Playing in the present moment was the philosophy that made the softball team successful. In addition to forgetting the past, they also did not think about the end result. Concentrating on the present moment, players believed would make the most of the end result. Softball players have the whole team to depend on if they are not doing their best, but it could be hard to keep the morale. One challenge the team faced was trying to stay optimistic and confident in themselves.

“It’s easy to get down on yourself,” said assistant coach Jordy Truelock, “but that is why softball is a team sport, so your teammates can lift you up when you are feeling down.”

The softball team has always been a second family to Truelock. According to her, they are always there for her, and nothing could ever change that. Being on the softball team at Olivet was more than just the sport; it was the close relationships they formed with their team. Without these relationships, the team would not be as successful as they were. Over Spring Break, the team had the opportunity to play in Arizona. The Lady Tigers wrapped up play at the Tucson Invitational on Saturday, March 12, and returned home with an impressive 12-6 overall record, after finishing 11-3 on the week.
THE COLLECTIVE "WE"
Baseball

The Tiger Baseball team played hard this year and worked to include a team mentality in all their practices and games throughout the season. Foul balls and home runs were all celebrated together as a team rather than focusing on individual performance over everything else.

“Last year I felt like a few of us got wrapped up in the individual stats and attention of the game instead of focusing on our teammates and the win column, but this year it was different,” said sophomore Nick Campe. “Everything we hit, throw, and field was done with the mindset of “we.”

With the mindset that they could only get better together, the team spent the season building responsibility and accountability to each other through every inning, all while playing the game that they love. “We loved to have lots of fun during practice, and stay loose and enjoy just being able to play college baseball,” said junior Blake Uhiman.

This continual team building made it possible for the players to appreciate individual contribution to team success through the whole season while getting to see the improvement in the team as a whole by understanding that the improvement took work from everyone.

“Through all the blood, sweat and tears, we have created a band of brothers, through the ‘we’ mentality that we carry,” said freshman Ryan Mills. The Tigers started off their season strong with only one conference loss and swept the board by taking both Chicagoland Collegiate Athletic Conference Baseball Player and Pitcher of the Week. By the power of the collective “we” the team went on to have a successful 2016 season.
MENTALLY TOUGH

Men’s Soccer

Hill sprints, mud dives, suicides—these are signs of hard work and commitment. The men’s soccer team did not settle for the easy route, but instead put in the work and reaped the results. Although they said they were disappointed that they did not return to nationals for the first time in four years, they ended the season with a winning record.

“We believe that hard work, dedication, positive attitude and mental toughness play a major role in consistent and long term success,” said head coach David Blahnik. The team hoped to bring a challenge to the other teams at nationals next year. More importantly than a record, the men bonded and became a tight group.

“Our coaches were great leaders,” said junior Davis Domagalski, “and the team was full of great guys. Some of my best friends here at school were from the soccer team. It has been a great program to be a part of.” Being close with other members of the team is important to their soccer games; it allowed them to work together and be an effective team. Players and coaches encouraged “an atmosphere where players keep each other accountable and help one another out when they are struggling.”

The team’s goals were achieved not only by talent but by hard work and dedication. These things and the strong bond that the team formed worked together to create a productive and powerful soccer team. The team was able to accomplish a record of 12-5 and they hoped their mental toughness would continue to bring the team success.

“We believe that hard work, dedication, positive attitude and mental toughness play a major role in consistent and long term success.”

164 MEN’S SOCCER
The number one team in the country was an amazing accomplishment for the women's soccer team this season. After they made a comeback in the second half of the game with two goals taking them into double overtime, Olivet tied with Lindsey Wilson College. Not only did they tie with the number one ranked school, but they also beat the number four ranked school, Cumberland, and broke some school records. The team was ranked among the top twenty-five teams in the NAIA coaches' poll.

Olivet's soccer team was very successful this year, but they could not have done it without their supportive teammates and soccer is a mental game, according to senior Ana Gomez.

"For example, if you made a bad pass or took a bad shot, a soccer player had to develop mental toughness to overcome the mistakes, learn from it, and not let it influence the way the rest of the game was played," said Gomez.

Gomez began playing soccer in England when she was about eleven years old. She played club and high school soccer, was on the Scottish Women's Premier League and then played for the ONU Tigers. Gomez was an important asset to the team, as were all the players. Since soccer is such a mentally challenging game, the players said they needed all the support they could get. "It was such a positive atmosphere that our team really was a family," said freshman Amanda Roche.

The team got along with each other very well and pushed each other to do their very best. With this past season being her first year on the team, Roche said that it was inspiring playing with such great leaders.

Head coach for the women's soccer team, Bill Bahr said he enjoyed watching the players grow in the sport and grow as people. "I love Christ, I love young people, I love to teach, I love ministry, and I love soccer," said Bahr. He was the most proud to see his players commit themselves fully to the Lord.

"Great wins and championships are easily remembered," Bahr said, "but when one's name is written in the Book of Life, it is never forgotten."

The sport was very important to him, but he expressed that the Lord was most important of all. A few of the highlights of the 2015 season included the four Tigers who earned NAIA Daktronics Scholar Athlete honor, and Betsy Hetrick, Liz Wahl, and Sarah Vrosh earned NAIA All-America honors. Hetrick was also named CCAC Player of the Year. With Christ, hard work and supportive teammates, the soccer team said they had a very successful year. The Lady Tiger's success was evident by their conference record, 10-2.
Intramurals were a way to have an atmosphere for fun competition, yet enjoy the time away from the busyness of life, according to intramural coordinator Tom Ward. “Having intramurals is important because it is an important way that we can serve the students of Olivet,” Ward said. “College students are just busy people involved in so many things, having stress filled lives with homework, classes and jobs and different things. We just try to cultivate an environment of competitive sports, and just an opportunity to meet new people and have fun.” Activities such as these aimed to bring back the unity among students as the semesters go on, reminding them that a little fun is always important.

“I love the intramurals because the focus is competitive fun through many options of sports,” said junior Joy Katenkamp. “Teams are also working together to earn championship T-shirts which are kind of a big deal.” The games provided a way for people to have fun and relax with their peers, and the diversity of sports allows the students to find a sport that fits them. Providing opportunities for the Olivet family to come together and enjoy nights of competitive sports, as well as a chance to focus on the importance of fun and laughter is important to have throughout their time on campus, according to participants.
The Black Penguins Ultimate Frisbee Team had an intense season as they trained for tournaments and worked towards Nationals. Seeing Nationals in the team's past motivated the Penguins to push themselves even harder to make it back to the competition.

"I like being on the team for the competitive aspect of playing the game and just being able to be active," said sophomore Kellen Lake. Other players echoed this and also commented on the feeling of camaraderie that was shared among teammates.

"It's a brotherhood," said sophomore Caleb Hannah. "We know that all the guys have got our backs anytime and that is definitely my favorite part of being on the team."

The team agreed that tournaments are one of the most exciting things that they do since the tournaments are a chance to hang out, play the sport and go on a road trip with friends on the team. Tournaments also provide opportunities for fun during the game. "To celebrate, everyone on the field for the first point after halftime ran through the end zone over to the tent designed for relaxing after games," said sophomore Noah Wilson when asked to describe a game full of Penguin points. "We all jumped onto the couches and put up our feet. We eventually made it back to the sideline and we ended up winning the game."

The Lady Penguins started the year with a younger team than usual and an eye on having fun while they improved their game.

"We had to get to this tournament super early and we were all parked together so we cranked up the music in our cars," said co-captain Alyssa Pifer recalling a tournament in October, "and we were dancing around in the parking lot. It was a lot of fun."

Growing together as friends and teammates did not get lost in the enjoyment and exertion of practices and games. Bible studies and road trips to tournaments were chances to build up friendships on the team.

"I love that I get to make all these friends where some are upperclassmen, some are underclassmen, and they're from all different parts of the school," said freshman Samantha Schultz. Since the team is a club sport, any athlete can join to learn and play the game with the other Lady Penguins.

"It's really fun getting to see the girls grow from the beginning of the school year to our tournaments in the spring," said co-captain Hannah Schmerschneider. Improving from amateurs to winning games was a challenge for the team as a whole, and in 2016 they more than rose to the occasion.