DEFYING ALL ODDS
Facing many injuries, the varsity football team looks to fight through the adversity.

THE OTHER GUYS
Get to know some of the Upper School coaches who operate behind the scenes.

SUPPLEMENTS
Are protein supplements beneficial for athletes at this school?

ABOVE THE STANDARD
Aspiring to attend the Air Force Academy, senior Thieu takes on grueling standards.

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Zebras aren't so dumb
I shouldn't have said it.
You look like a stupid zebra.
After being served a zero question-
technical foul in a varsity essential
second grade, championship basketball
game, my 6-year-old self thought it was
wise to yell this insult at a referee.
Of course, I was kicked out of
the game. But for me, it was definitely
worth it.
So, yeah, referees and I go way back.
And by “way back” I don’t mean
a sugar-coated relationship filtered
with inside jokes and memories. Our
relationship is more of a vengeful, out-for-blood
type.
In case my highly sophisticated,
zebra insult didn’t make it clear, referees
and I have never gotten along.
Their presence has always been
a puzzling question to me. Yes, they
have to be there to manage the game, but at the
same time, I’ve always felt their decisions
should not make or break the outcome
of a contest. I could name many times a
referee crushed the Cowboys’ chances
of winning (Dez caught it) or prevented
the Mavericks from edging an opponent
owing to a petty foul call.
But I still believed that a referee’s
call could only alter the outcome of a
game.
Not a player’s character.
Watching a video of Victor Rojas and
Mike Moreno, two John Jay High School
football players, deliberately spearing a
sore during a game, I got a feeling of
dése vu.
For a reason that I couldn’t wrap
my head around, I knew what Rojas
and Moreno felt like. I knew what it
felt like to want to inflict pain on a referee. Rojas and
Moreno’s actions brought back memories of
youth basketball and continuous insults.
Memories that I certainly was not proud
of.
But after watching the helpless,
19-year-old Robert Watts get blind-
sided repeatedly on national news, I
instantly remembered my second grade
championship game and what I said.
I was ashamed of myself. I couldn’t
believe I was capable of understanding
the thought process behind Rojas and
Moreno’s actions. But more importantly, I
was ashamed for being more under-
standing.
They aren’t only there to serve
as administrators of a contest. They are
veterans. Students of the game.
They deserve respect.
After watching the entire situation
with Watts and the two football players
unfold, I realized that a simple complaint
to a referee could quickly turn into a vi-
cious attack. Watts, like any other referee,
teacher or parent, is a symbol of auth-
ority. Yes, at some point I grew tired of
watching the videos of Rojas and Moreno
attacking Robert Watts on ESPN, but its
effect on me hasn’t changed. Every time I
see it, I take a moment.
A small moment to show some
respect.
A moment for the men in black and white.

Quick Hits

**NEW CONCUSSION TESTING**
The training staff has started a new type
of concussion protocol called the King-Dick
Test on the sidelines of varsity football games
that measure the read-
ing speed of athletes
who have just expe-
rienced a hard hit, or
whose head might hurt
during a game.
Athletic trainer Matt
Hjertstedt believes the
test is effective.
This King-Dick
Test is one of the few
tests that’s validated
to measure the read-
ning of concussive
Tests that’s validated
to measure the read-
ning of concussive

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the SPC counter game.

**JUNIOR VARSITY SECURES WINS**
The junior varsity
football and volleyball
teams’ seasons are
winding to an end.
Volleyball has three
straight wins, including
a thrilling three-set
victory over the varsity
Hockaday team, while the
junior varsity football
team beat Trinity
Valley in a 31-7 victory

"We weren’t worried
after we lost the first
set to Hockaday," sopho-
more Owen Berger
said. "We picked up the
intensity and improved
our passes in the next
two sets, and in the end
we were victorious."

**MIDDLE SCHOOL SPORTS FINISH**
Coach Haywood
Lee’s eighth-grade
football team continued
its impressive season
Oct. 1 with a 36-6 win
over Oakridge, orches-
trated by quarterback
Anthony Anderson
and wide receiver Patron
Scott.
The Middle School
cross country team is
having a good season,
with top five finishes
in every meet, highlight-
ed by a second place
finish at the third Lake’s
Lockers Invitational
Oct. 8.
The team’s top
finishers are Andrea
Arroyo and Luke Evan-
gall, who tied for the
best times on the
team with a 14:47 time
in the two mile.

**WINTER SPORTS IN PRESEASON**
Preseason for winter
sports like basketball,
soccer and wrestling
has begun.
Open gyms and scrimmages for soccer
and basketball have been rolling since
the beginning of October.
Head coaches Greg
Quiler and Conrado
Martin have led the
practices.
Junior Rohil Rai
is excited for the season
to begin.
"I think the open
gyms are a great way
to get the guys ready
for the season," Rai
said. "It gives the play-
ers a chance to show
what they have before
tryouts."

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High Flying
During a varsity volleyball game against Oklahoma City Casady Sept. 25, senior Will Diamond and sophomore Toussaint
Pegues reach for a block for the Lions. The volleyball team won the match 3-0 in the SPC counter game.

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**Around the corner**

Today
What: JV Veterans vs. DFW Volleyball Club
When: 9 p.m.
Where: Hock Gym

Weekend
What: Varsity football vs. Kimball
When: 3 p.m.
Where: Norma and Lunar Family Stadium

Next Week
What: Fall JV volleyball SPC Tournament Saturday
When: Begins at 8 a.m.
Where: St. Stephen’s School, Austin

What: SPC Large School Championship Saturday
When: 4 p.m.
Where: Dragons Stadium at St. Stephen’s School, Austin

What: Fall Cross Country SPC meet Saturday
When: Begins at 7 a.m.
Where: St. Andrew’s School, Austin

What: US Open Netball Championships Friday
When: Begins at 7 a.m.
Where: Darien Country Fieldhouse

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The Playmaker
Before suffering an injury, eighth grade quarterback Billy
Lockhart led the Lions offense to dominating wins over
Cistercian and Fort Worth Country Day.

Billy Lockhart
"I think our hard work
and willingness to change
led to our impressive
effectiveness. Having
only 23 guys on our
roster, we had some guys
step into roles that didn’t
suit them or that they
came into the season not
expecting to play, and I
can’t expect them more
for that.”