

Greta Frank, senior and setter for the volleyball team, warms up at a home game against Auburn. OLIVIA HAGERTY/PHOTO



Narquavious Fort, Varsity football player, runs to make the tackle on defense. NARQUAVIOUS FORT/PHOTO

# IT'S THE VIKING WAY

## What it truly means to be a Guilford Athlete

**Kai'terra Ross**  
*Reporter*

By the time students reach high school, they may have played on different sport teams: middle school, club, traveling, or summer leagues. But what does it mean to be a Guilford athlete?

"A Guilford athlete is an individual who has committed to represent their school and their family in a positive way academically, athletically, and socially," said Mr. Matthew Huels, head coach of girls' basketball team. Huels has been the girls' basketball coach for three years, but has had previous experience coaching all grade levels.

Participation in Guilford sporting activities has increased over ten percent in the past three years. Guilford athletics goal is to get more people involved and to have fun engaging in sports that students love.

"I like Guilford's athletic program because it's more than just the sport itself," said Dontai Patrick Jr., sophomore varsity football player. "They teach me how to be better person and keep positive attitudes."

Jamil Jones, junior guard for the boys' basketball team, has been playing for twelve years, and the past three years, he has experienced what it means to be a Guilford athlete.

"Hard work, dedication, and competitiveness is what it takes to be an athlete here," said Jones.

Guilford athletes focus not just on the game, but family and how to work on themselves. Incoming athletes have dreamed of playing for Guilford one day. A good example is Kate Dennis, freshman, who has been playing basketball for nine years.

"I've always watched Guilford's sports and I have always been excited to be in the position I am in now," said Dennis. "Being the youngest on a varsity team is a lot more challenging, but I look forward to the challenges and the support of Guilford's athletic program."

According to Mr. August Toldo, Athletic Director, Guilford participates in twenty-six IHSA sporting activities. Student participation in these activities has increased because of the competitiveness and student spirit throughout the school.

"On a daily basis, Guilford athletes are very competitive and show good sportsmanship in contests," said Mr. Toldo. "Also, our student body has one of the best fan bases, attending sporting events."

High school sports are different than others. In high school, sports involve more practicing, games, work and resistance. Even though it's more work, it's

rewarding.

"High school sports take a lot of commitment and dedication, and cheering for Guilford makes me feel proud to represent my school," said Miranda Brook, senior varsity cheerleader.

Guilford athletics is more than just achieving a win on the court or field, lifting weights, and practicing. A Guilford athlete's goal is to get better each and every day.

Coach Huels described Guilford athletes as "being committed to get better, passionate about what they love to do, and willing to help others achieve. Guilford athletics is full of student athletes, coaches, and administrators that are committed to get better than they were yesterday."

**Fall Sports:**  
Girls Volleyball  
Football  
Girls Tennis  
Boys & Girls Golf  
Girls Swimming  
Bass Fishing Team  
Cross Country  
Boys Soccer

GRAPHIC/ Riley DeBoer.

# ATHLETE IN THE SPOTLIGHT: Ryan Callahan

## Callahan continues to show his leadership and love for Guilford Football

**Zekia Daniels**  
*Reporter*

Guilford's left tackle, Ryan Callahan, is a team captain for the varsity football team. And even though he is the man in charge, he still connects and bonds with his teammates.

"Football means a lot to me," said Callahan. "Being on the field with friends who have become family is the best feeling in the world."

Callahan has become close with many players, but two of his closest teammates are Julian Haynie and Jaden Downen. They immediately clicked when they all joined the team freshman year.

"I've been playing with Ryan for four years now; he brings many different leader elements to the team that I don't think would be there without him," said Jaden Downen, senior and outside linebacker.

New head football Coach Bruce Baszali is another factor to helping Ryan improve.

"Ryan is an exceptional person and player," said Baszali. "He is a leader on and off the field and we as a team are very fortunate for his leadership."

Minutes add up to years in a hurry. Football has four quarters in a game, each lasting 12 minutes, although to the players it may feel like it only lasts a matter of seconds.

"It's different being a captain because I remember looking up to those senior players as a freshman," said Callahan, "and it was always really inspiring."

Ryan is also the girls Powderpuff coach, a tradition where girls from each grade form a team and play football for homecoming week.

"I really enjoy coaching Powderpuff because using the background knowledge I have from football it really contributes to helping the girls do a good job," said Callahan.

As a team captain, Callahan teaches teammates to play together as a team and helps teammates when they feel down.

"He's basically a personal coach for me," said Julian Haynie, senior, quarterback. "He's taught me so many things from the 7th grade until now. Watching us grow together as brothers has been great."

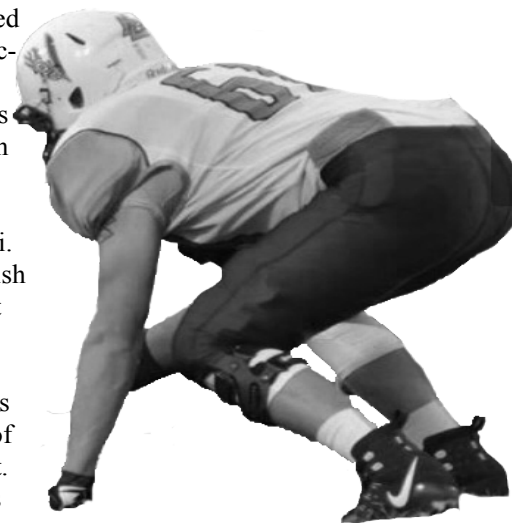
Ryan has been playing with a fractured hip since June when they started practicing for the upcoming season and still has to depend on being cleared from his doctor in order to join his teammates on the field.

"I knew from the first time meeting Ryan that he had courage," said Baszali. "He is playing with an injured hip; I wish the hip was better and hope that it's not too serious."

Dedication is a huge factor while being on any sports team. Football players have to learn and memorize hundreds of plays and some might find that difficult. Callahan excels at this because he lives

every day as if it was a football game or practice.

"Football is like a lifestyle for me," said Callahan. "Guilford Football is family to me."







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## NEXT STEP: COLLEGE SPORTS

Jeffrey Larsen  
Reporter

The dream of many high school athletes is to continue playing their chosen sport at the collegiate level. The most economic and cost friendly way to continue playing is to be granted an athletic scholarship. However, according to CNBC only 2% of all graduating high school athletes will receive NCAA scholarships of any compensation.

Most colleges will look for athletes with good character, grades, and obviously athletic prowess. Celene Morris, senior volleyball captain, has committed to play volleyball for North Carolina Central University.

"It started to feel really good when I started gaining attention from schools," said Morris

The road to a scholarship can be a large arduous grind; athletes will put in days' worth of practice and hone their craft only to fall short in the end. Jake Klekamp is a senior catcher for the Guilford baseball team and has also received a scholarship.

"It is a great accomplishment and I'm very proud of myself and all the hard work I've put in to receive a scholarship," said Klekamp.

In order to understand how scholarships are granted, it is crucial to know how they are divided up. With only a limited amount of scholarships and funding for each sport at every school, the number of scholarships given out may vary. NCAA and NJCAA Division I and II schools and NAIA schools are allowed to grant scholarships while Division III schools are not. The financial aid offered can range from small scholarships all the way to receiving a full ride.

After years of hard work, some athletes are now able to compete on a higher level and join an elite group of athletes who have received Division I scholarships.

"I was really nervous," said Morris, "but I kinda always knew I wanted to go to North Carolina Central the whole time so it wasn't too bad."

Although few student athletes receive the scholarship of their dreams, they nevertheless have gained support from all of their peers and coaches to achieve their goal.

"Getting a scholarship is a test of patience, endurance, and discipline all in one," said Klekamp. "Put in the work and it'll come."



Jake Klekamp catches for his travel team, Rockford BigDogs. JAKE KLEKAMP/PHOTO

# SPORTS 11

## WELCOME TO THE VIKING SHIP, EAST

The boys in blue and the student section prepare for the 2017 Homecoming game

Milica Samoukovic  
Reporter

Students look forward to many upcoming events when school starts, including the homecoming football game, this year against East High School. The last time Guilford won their homecoming game was two years ago when they beat their long term rivals the Boylan Titans. With the competition, fun themes, and the dance the following day, students, along with the football players, spend their time preparing for it all.

"In terms of how we practice, there is no difference," said Anthony Capriotti, Guilford football coach of six years and math teacher. "But there is a natural enthusiasm in wanting to put on a show for the crowd and making the alumni proud. It carries a lot of traditions."

The student section is a large part of all football games, but during the homecoming game, stands are packed with over half the kids in school and many alumni from past years. The Booster Club even holds an event specifically for the alumni every year. Fans come to see what the Vikings have to bring and what the student section leaders have in store for them, and the

players perform better knowing they have someone cheering them on.

"The student section cheers way before the varsity game to get us ready," said Hunter Bladel, junior and outside linebacker and wide receiver for varsity. "To be honest, the student section is a big part in what keeps the team going, because it doesn't matter if we're 40-0, they are always there to cheer us on and keep us going. They are our most loyal

### "We get to take school spirit to a whole new level:"

fans."

Weekly football themes give viewers enjoyment, and every year, the theme "white out" is reserved for the homecoming game.

"Homecoming is the game where we get to take school spirit to a whole new level," said Jasmine Norris, junior and big supporter of Guilford athletics. "One of our greatest traditions, solely for the homecoming game and 'white out' theme, is throwing baby powder in the student section."

The football players more than any-

one look forward to this day, hoping to show the school that they are proud and that they can win the game for their class.

"Honestly, the homecoming game is one of the most important games of the season," said Bladel. "It seems to be one of the most packed games of the season and the whole school comes out and watches. It's important for the team and school because it sets the whole mood for homecoming week, and when you win, you enjoy homecoming a whole lot more, especially for the senior football players, being that it is their last high school homecoming."

Though the homecoming game is the most viewed game of the season, the football players do not treat it differently than other games, or other games any less special than the homecoming game.

"My team goes hard every week non-stop," said Bladel. "We practice how we play, and we practice to win."

## MOTIVATION IN THE POOL AND CLASSROOM

Bill Miner continues to make lasting impacts on his swimmers and students

Olivia Loner  
Reporter

Mr. Bill Miner has been a long time face of Guilford Swimming and teaching being appreciated by students and staff for his amazing work. Mr. Miner started coaching boys swimming in the 2005-2006 season, and this will be his seventh season with the girl's team.

Taking on both roles can be a handful because it is constant work and time spent at Guilford.

"I admire his program," said Diane Singletary, assistant coach for the girls swim team. "I feel that he is fair and truly cares about the girls."

Mr. Miner is known for being welcoming, even to newcomers, while incorporating leadership and dedication in and out of the pool. This year, the girls swim team has many freshmen. The captains for the season are Janelle Ekstrom, junior and Sophie Bergsten and Olivia Conklin, sophomores.

"It's a lot of pressure being sophomore captains. He has the captains make a majority of the decisions so that he can focus on what happens in the pool," said Conklin.

"We have a big role in leading the team and keeping a positive attitude, which Miner is very encouraging of," said Bergsten.

The boy captains this year are seniors Alex Marshall and Kyle Thurston. The boys season hasn't started yet, but they are excited to train with Miner for yet another year.

"He expects me to keep the team in high spirits and to keep a positive attitude, even when we might not be getting the results we want," said Thurston. "He expects me to also be a good role model and to teach the boys common courtesy for meets."

Miner is known for his quirky techniques and phrases. Some phrases swimmers often hear are "GET THE LEAD OUT!" Another lovely phrase all the swimmers can't wait to hear at the end of practice is, "We are adjourned."

"It means go fast," said Mr. Miner. "If you have 'Lead' in your system, you will go slower. Over the years, swimmers have figured that out, it's an old expression."

"The main thing is to go fast," said Thurston. "The chemical sign for lead is Pb, and in swimming a 'Pb' means personal best. So getting the lead out means go fast, and get that personal best."

Throughout his coaching career, Mr. Miner has impacted lives of swimmers, teachers, and students. The girls swim team started early in August and have much in store for the remainder of the season.

"Miner and the sport taught me that hard work is equivalent to the results you get and has real-life applications," said Thurston. "Miner has also tutored me out of the pool in my main goal in life, which is literature studies."

Mr. Miner has high expectations for

all, which can be challenging and motivational at the same time.

"My life at Guilford has made for longer days and relationships that still persist," said Mr. Miner. "When swimmers and students come back, it makes swimming and coaching worth it, something I didn't know in my previous life."

GET THE  
LEAD  
OUT!!

Mr. Miner sports his Viking horns to show spirit. AMY EKSTROM/PHOTO

