HPRONGHORN

























VOLUME ONE

GRADUATING ATHLETES:

















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WOMEN'S SOCCER

BY JACOUELINE BANGOURA

The Pronghorn Women's Soccer team set their season in motion with two consecutive wins against the University of Manitoba and the University of Winnipeg. And they were determined to carry the momentum into their 3rd game of the season against the University of Alberta. The Pronghorns endured a resilient battle against the Pandas with a tough 4-1 loss. Despite the team's efforts to showcase their ab-

ilities, they were put under pressure and had a series of following losses.

Regardless of the results of this season, some of the positives that returning 3rd year senior, Jessica Jorgensen and her team shared we're that, "as the season progressed, we got close as a team. Our team chemistry grew, and I think our confidence developed as well." With sixteen rookies eager to grow

and develop, the Pronghorns are looking into bringing more confidence and team cohesion into their upcoming season.

The team faced a unique set of challenges this year, including a high turnover rate among players and coaches. However, the team remains enthusiastic and ready for a shift in the program. The returning players have notably contributed to this transition. "We think of supporting the younger players and developing them as much as we can," states Jorgensen. Recognizing the impact of seasoned players, the focus of the team is on bonding, environment. and relationship building.

As they prepare for next season, the Pronghorns are excited about their new coaching staff, especially new head coach Cedric Bovon, who comes highly recommended. The team looks forward to witnessing Bovon's vision for the program. Having developed new aspects of their play independently, the team anticipates that his leadership will enhance their speed of play and more.

Keep your eyes peeled next season as the Pronghorns are excited to hit the field starting August 2025.



MEN'S SOCCER BY KARIM BACHIR BEY

The Pronghorns men's soccer team kicked off their season with a strong defensive display, securing back-to-back 0-0 draws against Mount Royal and Calgary. With a rock solid backline, the Horns didn't concede a single goal in their opening two matches, setting the tone for a season built on resilience.

Momentum continued with a wellearned 2-0 victory over MacEwan, showcasing their ability to capitalize on key moments. However, a tough 1-0 loss to Alberta followed, and the next week brought another disappointing 1-0 defeat against Saskatchewan, putting pressure on the team to bounce back.

That response came in historic fashion. Facing the No. 1-ranked UBC on the road, the Pronghorns battled to a 1-1 draw, securing their first-ever points against UBC in program history. This result ignited a string of strong performances, including a dramatic 2-1 comeback win against the Canada West semifinalist UFV to close out their BC road trip.

Returning home, the Horns continued their defensive dominance with a zero-point draw against nationally ranked Victoria, followed by a hard-fought 1-1 tie against UBC Okanagan. Another gritty draw on the road against Alberta reinforced the team's identity before a tough 4-0 loss to MacEwan tested their resilience.

With three games remaining, the Pronghorns traveled to Saskatchewan knowing a result was crucial for their playoff hopes. A zero-point draw, with multiple different individuals stepping up, kept them in contention. The final weekend arrived with a clear objective: match Saskatchewan's result against MRU to secure a second consecutive playoff berth. Facing a red-hot Calgary squad sit-ting second in the Prairie Division, the Horns found themselves down 1-0 early. But once again, their resilience shone through as they rallied to a 2-1 victory, all but securing their post-season spot after Saskatchewan fell to MRU.

The last game of the regular season was an emotional one, as the team honored graduating players Damon Field, Thomas Denness, Cadel Goertzen, Armaan Thawer, and Jeremy Dalla Costa — key figures in transforming the program from a winless team into a back-to-back playoff contender.

Horns traveled back to Vancouver for a Canada West quarter-final matchup against the eventual national champions, UBC. Despite a 3-0 scoreline, the match was tightly contested, reflecting the team's growth and ability to compete at the highest level.

As the final whistle blew on their season, the Pronghorns reflected on the history they had made. From defensive dominance to clutch performances, they took massive steps in establishing them-selves as a top U SPORTS program — one that will continue to rise.







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SOCCER SPOTLIGHT

BY MACKENZIE HUTTEN

DESPITE THE RESULTS OF THIS SEASON, WHAT ARE SOME POSITIVES THAT YOU AND YOUR TEAM TOOK OUT OF THE SEASON?

"As the season progressed, we got close as a team. Some of the negatives we had, we turned into positives. I think our success grew throughout the season as our team chemistry grew. In terms of our results, they improved towards the end of the season. I think our confidence developed as well and I think that is something we can bring in next season."

YOU HAVE A NEW COACH COMING IN FOR NEXT SEASON, WHAT ARE SOME THINGS YOU ARE LOOKING FORWARD TO AND WHAT ARE YOU WORKING ON TO HAVE A SUCCESSFUL SEASON FOR NEXT YEAR?

"We're really excited about the coaching change. We've heard some great things about Cedric [Bovon] from Calgary and we're excited to see where he directs us. During the offseason, we developed quite a few aspects of our game on our own, without a coach. [So, we're] excited to show him [how] we've improved and see how he can turn that into a positive season next year. Right now, what we are focusing on is our speed of play and we hope that he can help us in that direction."



HOW DO OLDER PLAYERS HELP SUPPORT YOU AND INCOMING PLAYERS?

"With all the different coaches we've had, the older players have really stepped up to lead the team. Whether its helping guys adjust, [showing them] what expectations there are, or explaining different aspects of the program, each new guy usually gets taken under the wing of one or more vets. On the field, we try and encourage them to play with confidence and not to get discouraged if they're not getting playing time right away."

HOW DO YOU PLAN ON BUILDING OFF THIS SEASON INTO NEXT, ESPECIALLY WITH THE ADDITION OF A NEW HEAD COACH (CHRIS MCK AIG)?

"After having consecutive successful seasons, we have a good idea of what is going to be needed of us coming up. We've been though coaching turnover in the past, so we know how to adapt quickly to whatever changes are made. We also have a good core group of guys that don't lack the motivation to keep improving. With a new coach, new guys coming into the program and the players we already have, I think we have a solid team ready to compete and keep pushing the program forward."



WOMEN'S RUGBY (15S)

BY DORI MILLER

Women's Rugby started off their season at home. During the Triple Header, they defeated Alberta 39-15. Returning players Tory Clements and Zina Umeh scored a try each. Rebecca Powell scored twice. And debut players Jayda Morrison, Ann-Laure Germain, and Millie Teskey scored once each.

At the coast, the Horns suffered two tough losses to Victoria (5-54) and UBC (14-46) but came back ready to take on their next game. And they did, defeating Calgary 27-12 with a strong performance by Elizabeth Le Page.

On October 5th, Horns brought home the Suggitt Cup by defeating the Alberta Pandas once again 29-24. Key tries by Tayah Perry, Molly Aellen, Charli Helland, Dori Miller, and Powell secured the victory reinforcing their dominance within the province.

Horns then continued their impressive run by earning a spot in the Canada West Championship with another strong performance at home. During her senior night,

Payton Viney delivered a memorable performance scoring three tries. Along with three tries from Helland, tries from Aellen, Umeh, Jacqueline Bangoura, and senior, Powell: Horns defeated Calgary once again (64-17). Their final game at home signified a successful career as a Pronghorn for graduating players Payton Viney, Rebecca Powell, Tory Clements, and Sam Ganske.

In the Canada West Semifinals Horns faced Victoria once again. The Pronghorns held off the Vikes in the first half with a try from Helland, converted successfully by Clements and an additional three points by Clements from a penalty kick, it was tied 10-10 at half. Horns ultimately fell 36-10 at full time.

In the Canada West Bronze Medal Match, Horns fought tooth and nail against Calgary and proved victorious with a 36-29 win, with Emily Stewart dominating the pitch and scoring three tries. Helland and Captain Mackenzie Hutten earned Canada West All-Star awards and head coach Graeme Moffat earned Canada West Coach of the Year, a well-earned award. Horns ended their season with a well earned third-place finish capping off a season of determination.







RUGBY (7S)

After the 15s season, horns went straight to work to prepare for the spring 7s competitions. Training harder than they had in previous years, they improved greatly. This improvement was not properly showcased at the first tournament in January, however, several individuals we're performing at their best including Zina Umeh who earned a spot on the tournament All-Star Team.

Horns regrouped and continued to improve over the next month. At the end of February, they hit their mark

in Victoria, defeating both Alberta and Calgary, and just narrowly losing to Trinity Western. Kayleigh Noel tied the tournament high with five successful conversions.

For their last tournament of the season, Horns defeated Alberta but just missed the mark against Trinity Western. Umeh was again a top performer earning a hat trick in their game against Alberta which led to her becoming a Canada West 1st Team All-Star. The Pronghorns are excited for what future seasons may bring.





WOMEN'S RUGBY SPOTLIGHT

BY DORI MILLER

AS A CAPTAIN, YOU'VE WATCHED THE TEAM EBB AND FLOW THE LAST FEW YEARS, WHAT DO YOU FEEL LED TO TEAM SUCCESS THIS YEAR?

"Definitely team culture. It is a lot better this year than in past years. Older and younger players worked together to create a positive atmosphere. We also came into training camp [in the fall] ready to roll and had a lot of support from coaches and teammates that led to a great start."



THE TEAM WENT TOE TO TOE WITH SOME OF THE BEST TEAMS IN THE LEAGUE, IN THE CANADA WEST SEMI-FINALS THEY PERFORMED THEIR BEST AGAINST VICTORIA, WHAT DO YOU THINK CAUSED THAT AND HOW CAN YOU BUILD OFF THAT FOR NEXT YEAR?

"In that game we were body on the line, everyone giving it their all and we believed we could do it. The first time we played them [during regular season] we underperformed, so we had something to prove. They underestimated us, they didn't put on a lot of their starting players so we proved to them that we could go head-to-head."

YOU'RE GOING INTO YOUR FINAL YEAR NEXT YEAR? WHAT ARE YOU FOCUSING ON AND HOPING FOR?

"If nationals get moved to UBC, I'd like if we could qualify for nationals, it would be a fulfilling way to finish. But mostly I want a good positive season, bringing back the positive vibes from this past year as well as lots of good off-field moments for the last time. We're set up with lots of returning players so I think we could do really well."

Horns Rugby is set to compete against the University of Victoria at home on September 20th. It will be a game you won't want to miss

ROUGHORIS







WOMEN'S BASKETBALL

BY KAMRYN DE KLERK

The Pronghorns women's basketball team had a successful season overall this 2024-25 Canada West year finishing 11-11. Starting with a preseason with just one win, the Pronghorns started the year determined, taking the first game of the regular season from the University of Regina at home. With the Cougars eventually finishing fourth in Prairie Canada West this would remain the statement win of the season for the Horns. Other notable moments of the 2024-25 campaign were backto-back home sweeps of the University of Victoria and University of Winnipeg. The sweeps set the Horns up for a favourable play-in rematch with the Vikes as the underdogs in the 6-11 matchup. The game would prove one of the best for the Horns boasting a season high 84 points in the win, making it the farthest the team has gone since the final four appearance in 2021-22.

The Horns were led this season by various players in each statistical category. The veteran-dominated squad was able to go deep into the

bench with ten players breaking the 10 minute per game mark. Courtney Mckee, a second-year quard coming off a fantastic rookie campaign, led the Horns in points per game at 12.8. The Horns, however, had a balanced offensive attack with three players total averaging above the 10 points mark each outing. Rebounds were a forward dominated affair led by 5th year senior Tobore Okome with an average of 8.3. Seven Pronghorn's averaged an assist each game, Kamryn De Klerk being the front runner with 3.8. Finally, the Horns' defensive efforts were head manned by Kyra Collier leading the team in both blocks and steals at 0.6 and 2.5 per games respectively. Collier's efforts were noted by the conference in the form of the Canada West Courage Overcoming Adversity Award which was deservingly awarded to the 4th year guard/forward following the conclusion of the season.

The Horns graduate six senior players: Tobore Okome, Jenessa Doctor, Vika Kovalevska, Kyra Collier, Dani Nadeau, and Kennedy Blaskin. Each of whom will be missed dearly. The Horns will look to continue their upward trend next year with a much younger squad.



wins for the Horns came in a sweep of the Alberta Golden Bears, a first since the 2015-16 season. Arguably the biggest win came against the University of Calgary Dinos, who would go on to compete for a Canada West Gold Medal. The Horns handed the Dinos just their 4th loss of the season and 3rd at home, their first win in the matchup since 2022. In the win, eleven Horns would hit the scoring column propelling them to the underdog victory.

The squad was led by experienced players with the three leading minute-getters each being in their fifth year of eligibility, along with seven other players clocking in over ten minutes per game. Angelo Mbituyimana was consistently the Horns' leader. The 3rd Team Canada

West All-Star controlled the court in his final year averaging 18.3 points. 6.7 rebounds, 3.7 assists, and 2.0 steals leading the team in each of those categories. The senior was not without help, however, meaningful contributions throughout the season from his teammates such as Jack-Henry Fox-Grey (13.4 ppg), Kymani Pollard (33% 3pct), and Shae Gibb (3.5 assists).

The Horns graduate five players, each instrumental to their success this season: Angelo Mbituyimana, Avery Hutcheson, Kevin Ibula, Jack-Henry Fox-Grey, and Shae Gibb. The Horns will look to improve yet again in the 2025/26 season under the returning leadership of their already impactful fourth years, Kymani Pollard and Karter Fry.

MEN'S BASKETBALL

BY KAMRYN DF KI FRK

The 2024-25 season was one to behold for the Pronghorns Men's Basketball team with the team finishing 11-10, seven more wins than their 2023-24 season would show. While their playoff run ended abruptly in Victoria, falling short to

the University of Frasier Valley, this season hosted a variety of moments for be proud of. The senior squad finished over .500 for the first time since the 2021-22 season which was also the last time they had made the playoffs up until this year. Notable





WOMEN'S BASKETBALL SPOTLIGHT

BY KAMRYN DE KLERK

Head Coach Dave Waknuk reflected on the unique 2024-25 season optimistically, "The season was a success, this was a unique situation because we returned 11 players." and praised the veteran loaded squad for their resilience, "there was obviously a lot of peaks and valleys with the season with off court things with on court results, and because we had a year's base from last year, we had consistency built throughout." This experienced core was also the key according to Waknuk on the team's successes in the regular and post season with the Horns surpassing last year's first round playoff exit and reaching the quarter finals. Waknuk explained the motivation behind the season, "It's hard to be successful in U SPORTS without experience.". Specifically, this came in handy in the Horns' playoff rematch against the University of Victoria, "The fact that we had the disappointment of last year helped us, and not only in, of course, the last game against them, but in the games all the way through. We knew what the bar was." With said experience leaving the team this year Waknuk answered on the gaps those players leave, and how they will be filled, "We'll miss the experience piece as far as people that have gone through the season before, they know the highs and lows, help prepare us for what's to come. It may not be there on day one, like this year was, but it will get there quicker because of the base that we still have [in the seven returning players].". This excitement was expanded on further when asked about the future for Pronghorn Athletics and Women's Basketball specifically. The Head Coach finished the interview optimistically for a variety of areas, "We've been consistently competitive and consistently successful in a lot of areas, so obviously on court, [but also] community involvement, fundraising, and academically. We see it in things like when we run a Junior Horns program and we're getting our highest numbers yet. Summer camps have the highest numbers we've had... [We are trying to] excel past the benchmarks that we've set and consistently be moving forward giving our athletes the best experience we can."





"[WE ARE TRYING TO] EXCEL PAST THE BENCHMARKS

WE'VE SET AND CONSISTENTLY BE

MOVING FORWARD"



"THE FUTURE IS BRIGHT... THEY'RE GOING TO BE VERY SUCCESSFUL"



MEN'S BASKETBALL SPOTLIGHT

BY KAMRYN DE KLERK

Speaking with star guard Angelo Mbituyiama in the 2024-25 post season he commented on coming back to the court after a year and the difference that experience made in their improved record; "...Last year the games were close. Our record was four and sixteen, but that didn't reflect how competitive the games were. So, I think me coming in this year as a fifth year, one of the most experienced guys, not just on our team, but arguably in the league, it kind of helped us get over that little hump that we had last year." The fifth year began his journey at the University of Calgary winning a national championship, played a season for the CCAA powerhouse Keyano College, before finally landing in Lethbridge for his final years of eligibility. He commented on the basketball community in Lethbridge and how it created a welcoming environment. " I saw that Lethbridge was getting a new coach, so that seemed like the right opportunity to start afresh. I just got to come in and show what I can do, and it worked out. And once coming here, I did notice that the fans in the community were really engaged with most of our games, and you don't see that often around the league." The other key factor for him was the coaching staff and the unique environment it created for the Pronghorns. Both Kenny Otieno and Daniel Ferguson played U SPORTS level basketball at the University of Alberta and their experience as players makes them much more relatable. "Their culture is a little different. And the dynamics are going to be a little different, but with them being young and currently able to play right now, it helps us trust them and be more comfortable with them." This culture is, according to Mbituyiama, one of the reasons he sees the program improving for years to come, "Although we're losing a lot of players, I think the future is bright with the young pronghorns and in the long run. They're going to be very successful, hopefully more successful than we were. That's always something that we'd like to see."

SWIMBY DORI MILLER

The Pronghorn Men's and Women's Swim teams started off their season with an unexpected challenge — training outside of their home pool due to repairs and upgrades. This didn't phase them though, as both the Men and Women's teams ranked 6th coming out of the SI Clubhouse Colleges Cup. The Women's Freestyle Relay team (consisting of Makena Wood, Delaney Lehman, Amelie Gouttin, and Meadow Liversuch) would foreshadow their season with a new school record of 1:44.45 in the 4x50m Freestyle.

At the Canada West Championships in November, the women's 4x100m Freestyle Relay continued their streak breaking another school record with a time of 3:48.88, the Women's 4x100m Medley Relay team (consisting of Lehman, Ryenne Katterhagen, Casara Holm and Liversuch) also broke a school record with a time of 4:12.89. Both teams earned bronze and spots in the U SPORTS Championship. Both the Men's 4x100m Freestyle and

Medley Relays also qualified for U SPORTS Championships.

Several individual swimmers also achieved standout performances during Canada West include Rika Oshima (1:06.28 100m Butterfly), Gouttin (2:08.24 200m Freestyle), and Taryn Lachman (2:37.54 200m Breaststroke) all coming out with lifetime bests. Tristan Bennett (50m Breaststroke), Raine Arden (200m Freestyle), and Lehman (50m Breaststroke) all earned 4th place finishes in their respective races.

The Horns came out of Canada west both ranked 5th with twelve U SPORTS qualifiers.

At U SPORTS championships in March, the stakes were high. The swimmers had to qualify in their heats in the morning to continue to compete, meaning they had to stay focused from the start. Leading up to the relays the individual swimmers calmed their nerves taking it one race at a time. Top individual performances include Bennett (5th in the 50m Breaststroke), Lehman (6th in the 50m Backstroke), and Katterhagen (7th in the 100m Breaststroke).

It was finally time for the relays. The Women's 4x100m Freestyle Relay dialed in. Liversuch dove in first and started off their race strong, and Wood followed. Lehman closed the gap on Toronto, while anchor Gouttin pushed hard to secure 6th place.

The Men's relay team (consisting of Parker Brown, Arden, Bennett, and Tanner Sanders) had a good season so far, but wanted to raise their standards and give graduating athletes Arden and Brown a memorable last relay experience. Brown and Arden opened the race neck-and-neck with McGill, and Bennett and Sanders brought it

home, overtaking Victoria — a key goal after losing to them at Canada West. Thanks to Arden's incredible pace (one of his personal best performances) and the push from the other men, the team claimed well-earned 5th place.

By season's end, the Pronghorn men ranked 10th in the country, while the women finished 11th. These positions signify an incredible season for both the men and women, and a great last season for graduating athletes Casara Holm, Sophie MacLean, Raine Arden, and Parker Brown, who served as captains for the Women's and Men's teams respectively.









TRACK AND FIELD

BY KIMOYA EDWARDS

The 2024-25 Pronghorns Track & Field season was nothing short of remarkable. From personal bests to national podium finishes, the team showed resilience, dedication, and an unmatched spirit of camaraderie.

From the very first meet, Horns athletes were on fire, consistently hitting personal bests in sprints, weight throw, and jumps. The momentum carried into the Bison Meet, where the team made a podium sweep in weight throw, setting the tone for a standout season.

At the Canada West Championships, the Horns once again improved their strength. Jinaye Shomachuk earned two medals: Silver in Shot Put, and Gold in Weight Throw. This earned Shomachuk Canada West Field Athlete of the Year. Also in Weight Throw, Lauryn Morris and Avery Sluik earned 3rd and 4th place respectively. On the track side, Kimoya Edwards earned a 4th place finish in 60m Hurdles. A total of twenty-four athletes represented the Horns at Canada West, including nine rookies.

Two powerhouse throwers qualified for U SPORTS Championships in Windsor, Ontario, where they showcased their strength on the national stage. Shomachuk fought for a Silver medal in Weight throw and an impressive fourth place finish in shot put, proving once again that the Pronghorns are a force to be reckoned with.

While injuries challenged the team, the resilience and determination shown by this fresh, talented roster sets the stage for an exciting future. With personal bests being shattered, rookies stepping up, and experienced athletes leading the way, the Pronghorns are ready to take 2025-26 by storm.



CANADA WEST FIELD ATHLETE OF THE YEAR









AS A FIRST YEAR, WHAT WAS IT LIKE TO SWIM AT THE VARSITY LEVEL FOR THE FIRST TIME? WAS IT A BIG CHANGE?

"I've been swimming in Lethbridge for a long time and have always wanted to be a part of horns, especially the relay. I've swam with Peter [Schori] for six years before coming here so it was a natural progression. It felt very natural to keep going with this team. The training itself if quite similar but balancing school and swimming is tough, especially while travelling."

WHAT ARE YOU MOST PROUD OF THIS YEAR?

"We're proud of this team and how we came back from the start of the season. Morale was high and even without having the pool, we made the best out of it. We owe a lot of that to Peter [Schori, Head Coach]. He cares about every athlete, not only as a swimmer but as people."



WHAT GOES INTO THE MENTAL PREPARATION FOR A COMPETITION

"Nerves aren't a bad thing, it's important to have them. It's just about learning to manage and utilize them. The senior players help guide the rookies. Sometimes you don't need to think too much before a race, don't overthink. If you're having fun, you're gonna do better."

SWIM AND TRACK SPOTLIGHT

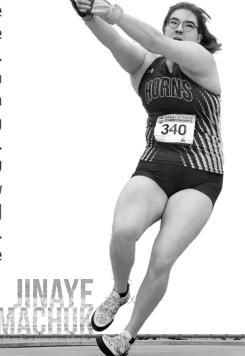
BY DORI MILLER

AFTER YOUR UNPLANNED YEAR OFF, WHAT WERE YOU WORKING ON TO MAKE SUCH A BIG COMEBACK?

"Last year was not the plan, I got sick many times back-to-back, so I wanted to take it easy. I spent lots of time in the gym; training twice a day, five days a week. Going into this year I was hoping for a comeback. And I made the comeback I was looking for. I made it into nationals in my first year but got last [in shot put], so earning fourth at nationals this year was great."

WHAT ARE YOUR GOALS FOR THE OFF SEASON AND NEXT YEAR?

"Outdoor training from May through to August. I am also hoping to qualify for Team Canada U23 for the Pan American Games (otherwise going for Canada Summer Games). So, I'm going to focus on that. [I'm going to] come back next year with an even stronger season. I'm hoping to get a medal position for shot put. And I would like to break the U SPORTS Women's Weight Throw record [the current record is 20.28m] or at the very least I'd like to hit 20m. I'm hoping to leave my mark and take that record."



THANK YOU TO EVERYONE WHO CONTRIBUTED TO THIS. I WANT TO BE ABLE TO SHOWCASE THESE AMAZING ATHLETES FOR ALL THAT THEY ARE. WE HAVE SOME OF THE MOST CARING, TALENTED, AND HARDWORKING ATHLETES AND I HOPE THAT SHINES THROUGH.

WE ARE LUCKY TO PLAY FOR A SMALLER COMMUNITY BECAUSE WE HAVE SO MANY OPPORTUNITIES FOR STUDENTS TO CONNECT WITH ATHLETICS. I WANT THIS TO BE ANOTHER WAY TO CONNECT. MY HOPE IS THAT IT WILL ENCOURAGE SOMEONE TO COME OUT TO A HORNS GAME.

WE ARE ALSO IN A UNIQUE POSITION RIGHT NOW AS WOMEN'S SPORTS GROW WORLDWIDE AND I THINK WE ARE VERY PRIVILEGED TO BE ABLE TO WITNESS AMAZING FEMALE ATHLETES DOMINATE IN OUR OWN COMMUNITY.

WE TAKE SO MUCH PRIDE IN OUR SPORT, AND I THINK IT'S SHOWN AS THE ENERGY RADIATES OFF THE FIELD, COURT, POOL AND TRACKS WE PERFORM FROM.

DORI MILLER

