

MOUNTAIN BIKING

"IT'S MORE OF AN INDIVIDUAL SPORT. IT'S ABOUT PUSHING YOURSELF, AND IT'S ALSO AS COMPETITIVE AS YOU WANT IT TO BE."
- Drew Shapiro (12)



Tommy Alvey (9) gazes confidently as he gears up at the start line.



Tommy Alvey (9) glides down a narrow dirt path.

The Mountain Biking Club and the members were extremely fun, energetic, and active. While not a sport formally sanctioned by the Utah High School Activities Association (UHSA) for competitive events, Utah's high school mountain biking community is among the largest in the nation. What made it so popular was its accessibility: according to Bryce Ostermiller (12), "you can be competitive at whatever level you are doing it at. There's a level for everybody." The acceptance also plays a role in its popularity. Drew Shapiro (12) noted that "if you've a more casual rider like me, it's just two to three practices a week for a couple of hours, and they are not that far away." Additionally, most of the season was in the summer, making it easier for players to balance schoolwork and sports. It was a wonderful opportunity to "explore the mountains around SLC", said Bryce.



WHAT IS MOUNTAIN BIKING?
While mountain bikes share similarities with common bikes, the mountain bikes have enhanced durability, wider wheels, and a much heavier frame. These bikes are used on off-road trails, making it a challenge to balance and navigate, our team was able to learn important skills to help with this. More advanced trails include jumps, drop-offs and berms (road bumps) which with practice, can become an incredible skill to master. Mountain biking has many different types of competition, such as downhill mountain racing, cross country, slopestyle, enduro, and four cross, our team teaches a wide range, from beginners to advanced bikers.

Row 5: Lincoln South, Jiromey Ablla, Malakai Ablla, Milo Eckert, Ammon Borden, Kieran Saign, Talmage Ennis, Khangai Sukhbaatar.
Row 4: Grant Metz, Levi Ampiah-Davis, Tiergen Ennis, Elliott Deforge, Lucas Hull, Kai Ostermiller, Charlie Livers, Ewan Whitlock, Nicholas Rocco.
Row 3: Melanie Van Hook, Molly Rocco, Lucian Canales, Sadie Peach-Leung, Adele Node-Langlois, Drew Shapiro, Matteo Atria, Bryce Ostermiller, Nina Martin, Ivy Dimick, Zeke Huntsman, Joshua Hughes.
Row 2: Peter Chapa, Johah Garner, Dani Carleton, Tommy Alvey, Gabriel Colonna, Atticus Jorgensen, Carson Leys, Allegra Dalpe-Lawlor, Violet Huntsman, Jack Webster, Zeke Snyder.
Row 1: Isaiah Ablla, Ali Scott, Fisher Leys, Dan Nepstad, Brynn Copinga, Zola Dalpe-Lawlor, Grace Peterson, Annabel Dimick, Eli Peach-Leung, Ben Trachtenberg, Max Trachtenberg, Parker Scott.



The team shared many wonderful memories and traditions, from camping to cliff diving. A highlight for Bryce Ostermiller (12) was racing together with "a group of five of my friends who I've been riding with for the last five years". Being able to connect further with friends through sports is important. Nicholas Rocco (12) loved the "big potluck team dinners" after exhausting races; it's "really nice to just cheer on your teammates", he said. The sense of real community and care for each other means a lot to all the members.

ULTIMATE FRISBEE

The Krakens Ultimate Frisbee team caught wins often. The competitive team had an amazing season, winning most of their games. Team member, Sutton Streim (9) was proud to have the wins “we did really well against Judge Memorial High School. We beat them 13-2 and we’re doing great overall”. The season had a few ups and downs, with the team losing some tough games, but they were on top with several wins and lots of teamwork. The community of Ultimate were close and this helped them on the field.



Credit: Bridger Everette (12)

Beyah Delfin (11) swiftly catches the flying Frisbee and is poised to pass it on.

Bridger Everette (12) skillfully performs an underhand toss, while dodging an opponent’s kick.



Credit: Bridger Everette (12)



Credit: Bridger Everette (12)

Danyn Bayly (11), number 8, expertly intercepts the Frisbee from an opponent.

WHAT IS ULTIMATE FRISBEE?

Ultimate Frisbee is similar to American Football, but with a lot less contact. Instead of a football the main objective is to get a Frisbee to the end of the field by passing it from teammate to teammate. In Ultimate, there is an offensive team and a defensive team. The defensive team first receives the Frisbee. At the start of the game, the defensive team throws the Frisbee towards the offensive team and the action begins! When someone is holding the Frisbee, they are stationary and cannot move. The only way to move the Frisbee is to pass it from teammate to teammate, connecting the players on the field.



Credit: Bridger Everette (12)

With a powerful leap, Lucas Payne (11) snatches the Frisbee out of the air.

ANATOMY OF A FRISBEE

