

SPORTS

Boys Tennis Returns to WWV

By Randy Czuba, '25

As of the past few years, Wyoming Valley West hasn't had a boys tennis team at the high school level. Some people are looking to change this and need the help of other students who are willing to join the team before the spring season comes around.

The student behind the movement for a boys tennis team is David Longfoot, a current junior at the high school who is looking for members to join his own boys tennis team for the district. As of now, he isn't finding the amount of people he needs, and with only a few weeks till spring, he will need other people interested to find him.

I spoke to David as well as Mr. Nick Gill, the athletic director for the district, about the team.

It has been quite some time since Valley West has seen a boy's tennis team. "The school hasn't had a team for the past two years, every year prior to that there has been a team," Gill remarked.

The absence of a team the past two years was likely due to the effects of COVID-19. Sports and activities began to reopen last year, but some groups, like Boys Tennis, couldn't find new members or regain the people they had.

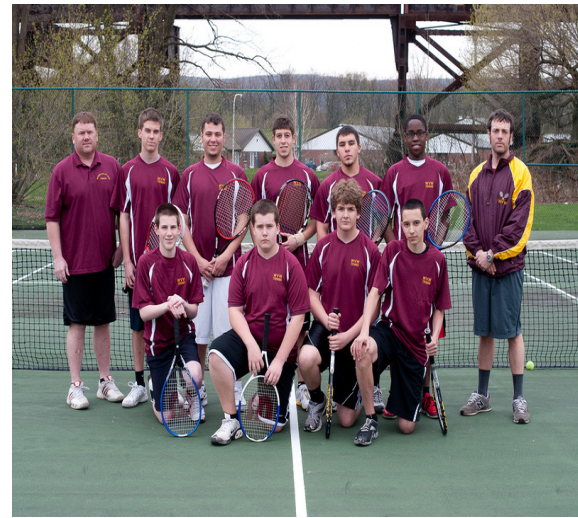
The inspiration to create a tennis team comes from Longfoot's love of the sport and his search for equality. "Last year I got into tennis and decided I wanted to join the school's team, only to find out that the school didn't have a boys tennis team."

Longfoot continued, "I later found out that the girls still had a team and figured it would be fair to everyone if I started a boys team as well."

There are many reasons to join a new sport, but people tend to shy away from new things and stick to what they know.

"It's a fun thing to try, it's also a very 'medium' sport, not as physically demanding as other sports may be. It's also a good community to be in, a great way to meet new people and make friends while doing something fun," Longfoot said.

The main issue for the creation of the team is finding people willing to join. "To start a team we would need seven people, although ideally we would have eight to twelve players. We can technically have five but that would be a bad number and we wouldn't be able to play all the matches," Longfoot said. When asked of the current amount, Longfoot responded, "We



(Pictured above) : 2011 Boys Tennis team

currently have 4 players total."

The people interested in joining the team may wonder how they would secure a spot. "I'm hoping to get a paper outside of the cafeteria soon, however, someone can speak to me personally on days with homeroom in room 313."

As of now the team has no coaches, but many teachers have volunteered once the team is put together, the school also does not have its own court so they may have to travel for practices and meetings.

WWV Swim Season Wrap-Up

By Rylee Geffert '24



The season for the Wyoming Valley West swim team went well. The record was 2-6 for the girls team, and the boys teams was 3-5 with the total number of meets won was five. The season for some swimmers went by very quickly, according to junior Margret Elmir. "It's going by pretty fast, and I'm amazed at how much we have all accomplished as a whole team," Elmir said.

Sports are important for many reasons and being in at least one will benefit you as a person a lot. Any sport can help people develop physical

skills, make new friends, get exercise, and learn team-work.

There are key elements of having a successful team including communication, trust, and effective leadership. Another is setting goals for yourself to help you push through the season and try to accomplish one of those goals. "Setting goals/time(s) for yourself and trying to reach those goals/times throughout the season" sophomore Julia Steele said.

Before every game the Spartans do a

pre-game prayer. It can foster tolerance among the team members as well as boost the confidence of the players. "We do a team prayer that is more like Christianity sided then a Jewish one if the person who celebrates it is willing to say it out loud," Elmir said.

Then after the long swim meet, the swimmers have a post game chant, depending on who won.

But there are some downfalls to having a successful team. No team is perfect. There are some strengths and weaknesses, and WWV's swim team is no exception.

In terms of the team's strengths, "definitely skill, most of the team just started and the rest have been swimming for more than a year," Elmir said. "Our strengths are our mindset and on how we persevere through things, we don't give up no matter how strong our opponent is"

As far as weaknesses go: "Our goggles always fall off," said Steele. "Our team is in a building stage, 85% of our team never swam before or only know how to doggy paddle," said Elmir.

Even though there are some ups and downs of the team, swimmers always find a way to have fun and enjoy the moment everyday. "My favorite thing is the adrenaline rush I get when I'm about to start my event, and completing it after is just an amazing feeling," said Elmir.

Good luck to the Swim Team as they head to Wilkes-Barre Area for Districts!