

g rit

Morning practices, late practices at night, and lots of running. This isn't a new agenda for AHS athletes. The sounds of balls bouncing, pads crunching, weights clanging, bats cracking, and coaches screaming rip through Ashley's sport practices all year round.

Athletes go through a lot of work during a season. Practices day after day can be tiring, but they must suck it up to survive. Many people do not know how much time and effort athletes put forth. Some of the time, players don't see much playing time; that really shows grit.

All the hard hours practicing pay off, however; Ashley always seems to have a state-ranked team in one sport or the other. That shows how Ashley athletes bear down and play to their fullest potential.



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ATHLET