

Hangin' Tough

Morning practices, people don't know how practices late at night, much time and effort athletes put into a sport. This isn't anything new for AHS athletes. Sometimes you're rewarded with individual honors like making the All-League team and sometimes you're honored with team honors like a league or district championship. Sometimes the only thing you get is the important life-lessons sports teaches you, like hardwork, dedication, and teamwork. All the hours of practicing do pay off; Ashley Gavenda. Kevin Gavenda.

Athletes go through a lot of hard work during the season. Practices every day in and day out can be very tiring. Many

Jason Saylor



T. Polash

WE DID IT . . . Kristen Fabus and Cody Osborn celebrate with a hug after winning districts. It was the first volleyball district Ashley has ever won.

I'M COMING . . . Doug Turner runs in to assist Dave Polash on the tackle against the MPSH ball carrier. Despite Dave and Doug's efforts, the football team fell, 28-49.



C. Prikasky

T. Polash

