

## TRACK AND FIELD

Justin Sexton

Riverbend High School is known for having a stand out track team with talent. Over this year's Winter track season, they have attended many showcases and major meets, such as the Virginia Showcase at Liberty University. Most of Riverbend's performances are great with help of DJ Coker a senior, junior Gian Torres, senior Ryan Miller, junior Dillon Fields, and senior Evan Leach. The sprinters are lead by Coach Anthony, Coach Chris for long distance, and Coach Turner for the throwers.

Sophomore Grace Herrick who runs the 200m, 400m, and 4x400 said, "I would describe Riverbend's track program as well organized and a professional program. It has a good coaching staff as well as good equipment." The Riverbend track coaches have been specifically selected to pass on their knowledge to these athletes. Herrick stated, "I believe the coaches here at Riverbend is what makes our team different from other schools. Our sportsmanship and our coaching staff reflect on the runners."

Sophomore athlete, Justice Hood is in the decathlon event. This event consists of 100m dash, long jump, shot put, high jump, 400m, 110m hurdles, discus throw, pole vault, javelin throw, and 1500m. This spring has had many expectations for many of the athletes to make it to states or even nationals. Hopefully, the team will be able keep up the pace and win big this season.



## SOCCER

Emily Schembs

This year, the Riverbend soccer team, boys and girls, are equally excited to compete. With rigorous training and long hours of practice, both feel that they are well equipped to win. Coaches and players alike are ready for the season. "I am excited for a wonderful season, I feel that we will go all the way," said junior Tywan Campbell.

The girls junior varsity team is lead by Coach Dion and Coach Henessy and the girls varsity team is lead by Coach Wessel. The boys junior varsity team is lead by Coach Cavano and the boys varsity team is lead by Coach Stack. This season the teams goal is, "... to go to states," said senior Camden Hollowell. All the teams have practiced on a daily basis to prepare to the difficult competition that lies ahead. In addition to practicing, everyone has conditioning after school, this includes running, lifting, and general exercises that will help the teams stay at peak fitness.

Overall, this season all the teams hope to had a successful run. Based upon last year's record, this year looks promising. Hard work and dedication have improved the teams so far and the school is excited to see it. Good luck to all the teams this year!



All sports photos provided by Victor O'Neill Studios

## TENNIS

Arrie Mann and Grace McKane

This school year, the Riverbend tennis team has been on fire. As the girls' coach Ms. Marta Ansley stated, "We have had a FABULOUS season." The girls' team is undefeated as of April 30th with nine wins and zero losses. Junior Ann Hall, who has been playing tennis for four years said, "I have learned throughout my years of playing tennis that you are responsible for the outcomes of the game and that you have to try your best even if you don't win every time." Throughout this season, Hall hopes to improve her skills and have fun.

Because of the number of seniors who graduated last season, the boys have not been as successful as they hoped. With a current record this season of 4-3, the Bears have been working hard to rebuild their team. They are all quite close and are hopeful for a positive ending to the season.

Both boys' and girls' tennis teams have a game on May 3rd against Mountain View at 3:30 P.M.. The boys' team is away and the girls are home. Be sure to come out and support your bears!



## LACROSSE

BOYS

Laila Maxwell

The boys lacrosse team is off to a great start this season with a record of 5-2, with the early two games being very tough. The boys lacrosse coach, Sean Mack, has been coaching for 8 years, 4 of those at Riverbend, he said, "The team has potential to go very far this year. My goal is for these boys to win the District Tournament and the Regional Tournament. Then to advance onto the State Tournament for the first time in the programs history." Sophomore, Daniel Weber, who plays attack says, "I picture myself making the right plays in the game and just have fun with the team." Weber is excited to advance in the season and assist the team to win. The whole team is working hard to get to the state tournaments and to district championships.



GIRLS

Chloe Becker

The girls lacrosse team has four games left in its regular season and has been improving immensely. Thanks to team leaders Marilyn Biggar and Rio Weber, seniors, and sophomore, Paige Barnett, the girls lacrosse team has turned their slow start into success. Currently, the team record is 5-3, but the players have been increasing their skills throughout the season and are gaining momentum. So far, Riverbend is the only team that has beat North Stafford High School, with a record of 8-1. Senior, Biggar, said, "It was really exciting to beat North Stafford and it increased team morale going into the rest of the season." The team hopes to gain even more momentum by winning their game against Mountain View on May 7th. Head coach, Dion Fennell, said, "Our goals are simple. Win every game the rest of the regular season. ... We have the players, skills, experience and foundation that should take us deeper in the postseason tournaments than ever before."



## SOFTBALL

Hayleigh Pickett

As of April 30th, Riverbend softball record is currently 11-1. The only school we had a loss to was Brooke Point High School, with a score of 4-2. Junior, Alexi Benson said, "We have had a really good season so far and have been looking forward to our most competitive games." Junior Baylor Dunlap is also very excited for the rest of the season. Dunlap said, "Our team has grown a lot as a whole and we have improved together."

When asked what player stands out, both Dunlap and Benson said, Hannah Marsteller because she is a positive team player. "She always wants the best for helping her team and helping each of us improve individually," said Dunlap.

Alexi Benson, Carley Romine, and Hannah Marsteller have all hit multiple home runs throughout the season and are hoping for more to come! The team is looking forward to their senior night against North Stafford on May 8th at 6pm. Come out to support your seniors at their last game.



## BASEBALL

Arrie Mann

As the varsity baseball team has progressed throughout the season, they have been gradually getting better while gaining more wins. Even though the beginning of the season started off slow, they got out of their funk since the spring break tournament when they got their first win of the season. Maceo Christmas, a senior at Riverbend, has been playing baseball for 12 years. He started off as catcher and then later transitioned to outfield during his sophomore year. "I have learned to never show emotions and to have a short memory because you can't be thinking about the last play, you have to be aware on every pitch." Primarily, the season has been neck and neck with a current record of 9-8 as of April 30th. Even though the future is uncertain for the varsity team, they are determined to win the conference and have a winning record to end their season.

## IMPORTANT DATES FOR SENIORS

**May 11th**

Debts are due

**May 31st**

Last day if exempt from exams

**June 1st- 6th**

Senior exams

**May 21st**

Senior Picture- 5:15 P.M.  
Senior Convocation- 6 P.M.  
Reception and Yearbook Signing following the presentations.

**May 30th -31st**

Textbook collection  
Exam review

**June 7th**

All textbooks due

**June 8th**

Graduation rehearsal- 8:00 A.M.

**May 25th**

Senior Trip to Busch Gardens.  
Permission slips due May 9th,  
\$10 to attend

**June 9th**

Graduation- 3:00 P.M.  
(Students must be there by  
2:00 P.M., doors open for guests at  
1:30 P.M.)

CONGRATULATIONS  
TO THE CLASS OF 2018

GO BEARS!

