



# Noles Notes

## FOR ALL ATHLETIC'S NEWS

### Improving on Defense

By Caden Kitchie and Tucker Hickman

The Southeast Seminoles were coming off a long four game losing streak and hoped the bye week they had would help them get on track. They continued to practice hard and got to enjoy their break on the 22<sup>nd</sup>. They used the week to get ready for their first district game against the Parish Community High School Bulls.

The Seminoles traveled to Parish to take on the Bulls on Friday the 29<sup>th</sup> in hopes of winning their first district game of the season. The Bulls came into the game 3-1 and the Seminoles 0-4, but the Noles were looking to change that. Defensively the Noles had the best performance of the season holding the Bulls to 23 points and scoring themselves a safety, but the Offense did not have as good of a day. The Noles would not score any points on Offense in a disappointing 23-2 loss.

The Noles look to keep their defensive improvements as they host the Palmetto Tigers this Friday October 6<sup>th</sup>. Then the Noles will travel to Port Charloette for their second district game against the Pirates on Friday the 13<sup>th</sup>. We can only hope the offense does not get too spooked as they go into these games looking to secure their first win of the year.

### Dedication on the Court

By William Ales

The Southeast volleyball season is now well underway. The team has experienced mixed success with 4 wins in September propelling the team to a 4-7 record. Southeast picked up divisive wins against Bayshore going 3-1 and 3-0 and against SMA going 3-0. The season has been marked by standout performances from Southeast libero Jocelyn Diaz. Jocelyn leads not just the team but the district in digs or returns of hard-hit balls. When asked how she feels about the season Jocelyn said, "this season was about dedication... it feels good to know me and my teammates are giving it our all." Southeast narrowly lost last Thursday's game against Booker. Booker took the first two sets but Southeast responded with two sets of their own. Unfortunately, Booker rallied and took the last set, winning the match. The team's next

game will be a rematch with SMA on Tuesday October 3rd. The Noles hope to repeat the win from their first matchup.

## Cutting Time in Cross Country

By Neelam Joshi

Cross Country has been training hard the past two months, all in anticipation for October- the final stretch of the Fall Sports Season. They have 2 upcoming meets, the Bayshore Invitational on October 11th, and the Tri-County Championship on October 21st, before the pinnacle, Districts on November 1st.

The Team has been training under Coaches Tran Martin and Teresa Gavin throughout the season, and have ALL seen drops in their times, which is an amazing feat for Southeast! Runner Natalie Barendse stated that “every member has made improvements and will continue to improve.” With the whole team on a consistent uphill, anticipation for Districts and the good to come will only grow larger in the next few weeks!

While the Southeast CC team is always on their game, there are members who go above and beyond. When asked who some standout members of the team are, runner Caitlyn Cooke shouted out Gabriel Triapelle and Zachary Nawrot, who have been doing an “exceptionally good job” with improving their times and shining a spotlight on Southeast Athletics.

Through all this success, what’s abundantly clear is that despite the challenges of heat cancellations through the season, rainouts, and more, the Southeast Cross Country Team has allowed themselves to excel and “climb the ladder” to new heights. As a community, we can all look forward to seeing them complete the back half of their season with flying colors!

For now, come support the Seminoles CC team at Bayshore High School on October 11th after school, they deserve it!