

# Yangmingshan cross country course

BY: MEG SILSBY

The IASAS cross-country course was a challenging event this year. Hosted in the stunning Yangmingshan mountains, the course was surrounded by lush green forest and was home to an amazing view of Taipei. "It was a beautiful day, great weather," said high school teacher Mr. Early, who helped out during the races and assisted in setting up the course. The ISM girls team agrees with Mr. Early, saying that "the view was beautiful."

The morning weather was better than expected. The runners had gotten lucky and, compared to the usual hot temperature, it was fairly cool and breezy. "It was a nice temperature," said the ISKL girls team.

Besides the great view and nice weather, the course did have its difficulties. As opposed to previous years, where the terrain was often flat, this course consisted of numerous tough hills, which was a difficult task for many. "[The course] is more cross-country like," said the TAS girl's captain Melody Lee (11). "It's really tough."

Mr. Grey, TAS athletic director

and the man in charge of setting up the course said, "[It] may be one of the toughest courses in recent years." The runners seem to agree.

"I think everyone thought it was pretty tough," said Melody Lee.

"The last hill was pretty killer," said Peter Hunt of SAS.

"[It was] the hardest course ever," and "very difficult," said the ISM boys team. They also said, "[there were] different factors, [the] air was thinner, [and it was] very hilly."

Although the location of the cross-country course was far from the campus, that did not stop many people from coming out to show

school spirit and cheer on the teams. "There were lots of supporters, so it was nice," said TAS runner, Alex Wang (11).

Even though the course was hard, the runners were persistent. "Seeing each other out there pushed us," said the captain.

Despite the grueling hills, the SAS boys managed to claim gold. Thomas Rees, who was first place amongst the boys, said, "I was thinking about the person behind me, and whether he would catch up."

In the end, the 2009 IASAS Cross-Country race turned out to be a successful event. The good weather and wonderful view of the Taipei area made a positive contribution to the overall event. Even though the course was very challenging, the cross-country runners managed to complete the races. And one can only

wonder what the cross-country course next year will be like.



*IASAS cross country boys run the course.*

# TAS parents show school spirit

BY: KIRA JACKSON

During a typical IASAS game hosted by the TAS tigers, any visitor would be overwhelmed with the school banners posted upon every wall, schools tables selling shirts and jackets with "TAS" imprinted onto them, the gym packed full of audience members, but most of all, seeing all the students pounding on the ground, full of energy, while sporting tiger tattoos on their faces and carrying "Go Tigers!" signs. This year the chanting of the crowd slowly pours in as the players on court enter. They are all focused on one thing: the volleyball. As the buzzer goes off, the heartbeat of every one on the bleachers torpedo in fast speed, excited that the game is finally about to begin.

Although many people are very excited over every spike, serve and save, and cheering on their team, there are a number of students that do not contain the same excitement. Throughout the years, TAS has housed much of the IASAS games, however, they are more known for the school spirit that almost every student seems to have. Yet as surprising as this may seem, the Volleyball tournaments in TAS seems to have lost

the enthusiasm it once had. A majority of the students in the bleachers remains seated, showing no interest in the volleyball match.

"Our parents are as spirited as ever, but our students are not. If our students were only louder, and more spirited, then I'm sure we would've won every match," said Chris Chen (9).

Sarah Wu (9) said that, "I think the school spirit could be better, but overall, it's good. Thanks to the TAS parents," said Sarah Wu (9).

During a TAS volleyball game, the parents in the very back row of the bleachers make up for the student's lack of spirit by stomping their feet, whistling and cheering, "Let's go tigers, let's go!"

On the other side of the gym, the SAS parents and students cheer for the boys with tambourines and bang on empty bottles. On the field, SAS girls stand in a circle, practicing their cheer for the guys, while ISM boys are in the upper gym, jumping up and down, celebrating the girls' victorious win.



*Students and parents watch the IASAS games in different ways.*



# Behind the scene: team bonding

BY TIFFANY CHO

With TAS hosting both volleyball and cross country IASAS this year, approximately 300 athletes came to Taipei to make their schools proud. When they put on their uniforms, the game was on. But what do these athletes do when they're not competing? Team bonding.

In order for the athletes to really get to know each other, especially those who just joined the team at the start of the season, team bonding is necessary to break the ice. "You may think team bonding is eating with your teammates and calling it the end, but no, it's so much more," said Tae-Jong Han (ISM).

Weekly bonding on Fridays or the weekends is a common practice for some teams. They go out, have dinner together, and just have fun. "We once had

varsity boys and girls team barbeque, which was pretty memorable," said Jessica Short (JIS). As for ISKL, Jeremy Getz recalled "a pool party at [his] teammate's house," which is another way team members can bond.

Other more 'interesting' ways of bonding include "having a team shower every time after volleyball practices," said Collin Fack (ISB). It seems as though this tradition is widely established as the ISM volleyball boys team also conduct this 'daily bonding.'

Going to tournaments also enables teammates to get to know each other better. "On our way back from Morrison Christian Academy of Taiwan, we shared really scary ghost stories," said Taylor Chen (TAS). While TAS girls are sharing ghost stories, SAS



ISB volleyball boys and girls team taking a break before their final championship game on Saturday 17th

prefers throwing food around. They throw popcorn in the air and let their teammates catch it with their mouths. It's their individual thing.

"Bonding with the team really makes a difference because the players will feel more comfortable with each other," said Mr. Long, TAS boys' volleyball captain.

# Athletes share experiences

BY HANNA KIM



ISM- Towaki Dojima

"From this year's IASAS, we gained more teamwork; we learned how to trust each other no matter what. Every point, every moment from this IASAS was memorable."



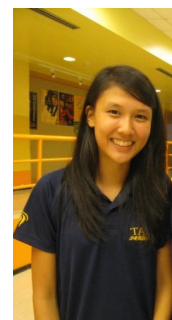
ISB- Pat Voravarn, Kat Milan

"We got a lot tougher and we learned that if we wish something, we should definitely go for it."



TAS- Sharon Su, Melody Lee, Tiffany Lay

"We realized that giving up is not an option for us. We've got a lot closer from this year's IASAS since we all have similar, outgoing personalities, endurance and speed."



SAS- Jack McCabe

"We've faced up and downs and winning and losing in each great game. Each time, we came together and worked hard."