



AMBUSH: *Gallup High School News*

Friday
October 4th, 2019



Preview: Bengals Host Red Rock Meet

By Zachary Wargo

With a season that seemed so young only a few weeks ago, the Bengal cross country team has only three meets left to go in its regular season. This week at Red Rock Gallup hosts the annual Curtis Williams Invitational with many teams from the surrounding area and from the district. Not only is this meet the most important for the Gallup high team, but it is also important since the District 1-4AAAA meet is being held at Red Rock Park this year on November 2nd.

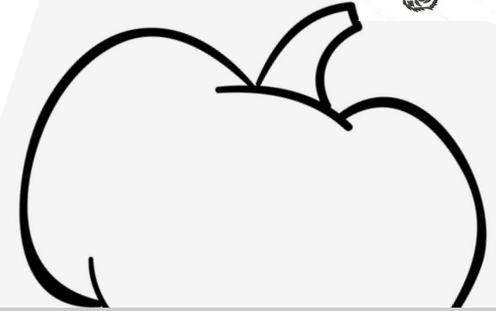
For those of you unfamiliar with cross country, the top three teams in the district qualify for state, along with top 10 individual runners in the district automatically qualify to run at State in Rio Rancho. Most of the district is running this weekend in Gallup to find out where they stand and see what work has to be done to be able to qualify on November 2nd to make it to state.

After an impressive showing at the Heartbreak Classic last weekend, with Varsity girls & Boys both placing second, they look forward to maintaining confidence and putting on a good show at Red Rock as the season is quickly coming to a close.

I had the privilege to ask Sophomore varsity runner Thomas Eriacho about what is important this week, "It's our home meet, with many schools competing with us, its exciting, we hope that we do good and I hope that we do well this weekend to represent ourselves. With our district coming out to compete with us it does not change a thing." I also asked Thomas about what he was looking forward to as we head into the season with one month remaining, "More bonding with the team, helping with activities, hoping that we get closer as a team as we try to improve for districts, overall our goal is to defeat Miyamura and try to better our times as we get closer from districts, as well as representing our school and all of our Bengal pride." As of now, the stakes are high for the Bengals as they try to do well against their rivals and improve for the postseason.

The first race starts with Mid school girls at 8:30AM, followed by Mid-school-boys at 9:00AM, then Varsity Girls at 9:30, Varsity boys at 10:00, then JV Girls at 10:30 and JV Boys at 11:00 to finish off the invitational.

With only two meets remaining on the Bengal schedule for the team, they quickly shift focus on Los Lunas on October 12th, which includes a week off before Districts and their finale at Sandia on October 19th.



Take our Halloween Student Survey!

Just type this into your phone's browser:

<http://bit.ly/ghshalloween>

Bengals Take Loss in Myamura Game

PC Celine Nez



Last Week's Game

Although our Bengal Boys Football team lost, homecoming was a packed game with lots of cheering!



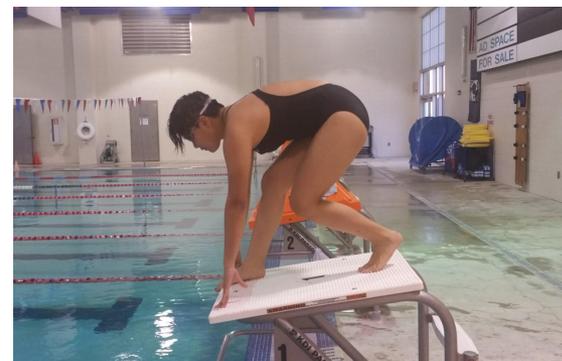
Bengal Swim

Guest Columnist Ms. Yardley

Are you looking for a sport to do between football and baseball, volleyball and softball? Did you know that Gallup High School has a swim team that competes during the winter sports season? The team is currently holding pre-season swim practices on Mondays, Tuesdays, and Wednesdays at the Gallup Aquatic Center from 4 to 6 p.m. and will begin daily practices after fall break in October. Our first meet will be held at the Gallup Aquatic Center on Friday, November 8th against Farmington and Piedre Vista. Following that meet we will travel most Saturdays to compete with other schools.

Why swim? Swim is a great all-around sport without the impact stress that other sports have. It is an activity you can participate in your whole life. It helps build endurance and muscle strength that will benefit you when softball or track season starts in the spring. Swim is not an easy sport, but our practices, travelling, and meets are such fun! Unlike other sports at Gallup High, we train and travel with the swim team from Miyamura High School; and for the athletes on both teams that makes it even more fun because it brings our community together, and the athletes truly form a family.

If you aren't in a fall sport come join us at the Aquatic Center Mondays, Tuesdays and Wednesdays at 4:00 p.m. Bring a swimsuit, towel, goggles and swim cap and jump on in with us. You will also need to get a sports physical and complete the concussion awareness online course. If you are in a fall sport, you can grab your swim gear and join us when your season is over. Even if you don't think you are a very good swimmer or aren't a swimmer at all, we can work with you to teach you the techniques and skills you need to compete. See Ms. Yardley in counseling if you have questions about joining swim.



Meme of the Week from Staff

Important Announcements: ACT Prep in C107

Wednesdays at 1st Lunch
Thursdays after school
Next ACT: October 26th
Remember to check out a
calculator from Ms. Zecca!