

# Isabella Cross & Trey Trevino, STUDENT Athletes

Imagine going to school all day full of classes, labs, tests, and homework. After school, you head to practice and spend two or three grueling hours of training. Now, imagine doing that every day for the whole school year, in addition to hours-long weekend practices, summer workouts, and numerous matches and tournaments that can last all day. On top of all that, you've got homework, projects, and studying to keep up with at home because you understand the value of your education and the importance of getting good grades.

Such is the life of our student athletes at Mesa Ridge. Isabella Cross and Trey Trevino, both part of the class of 2024, are two of the many accomplished Grizzlies who study hard *and train hard*.

Isabella competes in wrestling and soccer. Even when it's not the regular wrestling season, Bella is training year-round. When asked what lessons she has learned from her training, Bella replied "Wrestling has helped me to work and focus under pressure." Her dedication to training has no doubt paid off. As a freshman, she was the state runner-up in her weight class and hopes to continue her success in the future, both on the wrestling mat and in the classroom.

Trey competed in multiple sports as a freshman on top of tackling a full slate of honors classes. Due to the modified high school sports seasons during the 2020-21 school year, Trey was able to compete in four sports - cross country, wrestling, soccer, and track.

*"Don't be afraid to try new things," said Trey. "You might not be good at it right away but just keep practicing."*

In the rare moments he's not practicing or competing, Trey also volunteers with Landsharks Running Club, a nonprofit organization focused on developing K-6 athletes and promoting positive character building.

Being a successful student athlete takes tenacity, self-discipline, and stamina. Isabella and Trey both understand that not only does it take dedication to training and physical endurance, but also time management, personal responsibility, and mental focus. Grizzly Nation is proud to have Isabella and Trey represent our school and all our student athletes!

