



MARCH



**CHIPPY'S  
MOUNTAIN**



# Amara in the Alps

By Olivia Yang

Amara was so excited! She was in the real-live Alps! She had just heard about a fossil somewhere there. She ran over to Maria and pulled her to the trailhead. "C'mon, she pleaded, let's go!"

The girls began hiking, and after a while, Amara's foot hit something weird. It was an ichthyosaur fossil! When Amara looked down in amazement, her mouth dropped open. She casually shoved it into her backpack. It was the fossil she had heard about!

When they were about to make further investigations, two wolves jumped out and started to growl at them. Maria panicked and screamed! Amara grabbed Maria as if saying, don't run! Amara froze and watched the wolves eye them gingerly and reluctant. They looked like two demons, waiting for them to look away so they could spring out and grab them. The wolves charged forward and kept their focus, their obsidian eyes staring suspiciously at them. Amara turned around, her brain feeling as useless and sticky as mud. Maria mumbled silently, "What will we do?" Amara nervous and hopelessly looked around.



Just then, Amara had an idea. She yanked the fossil out of her backpack. "No, AMARA!", her mind scolded. "Yes!", she protested, bursting out. In an epic of fierceness and rage, she hurled the fossil at the wolves, grabbed Maria, and they bolted away, letting those lazy wolves mangily examine it all they want.

When they were safe in a lodge, Maria stated, "You wanted that fossil so much, so why did you throw it?" Amara looked fearlessly into her eyes and said, "Because my friend matters more to me than a fossil". "Aww, thanks", Maria said.





# HOW TO GET BETTER AT SOCCER

*by Jace liu*


I play a sport called soccer. I have learned to have my side foot next to the ball when shooting, how to spin 180° when doing a pullback, and lots of skill moves, for example:

- How to do a L-turn
- How to do a scissor (or double)
- How to do a enesta (kinda hard)
- How to do a tic-tok (no, really)

Soccer helps me build muscles and talent. You know, not everybody wants to play soccer. They might play Basketball, Baseball, Swimming, Football (called rugby in UK) , and Softball. Well, I will still play soccer, but I might be interested in some other sports, like Baseball . . . Okay, never mind, I will still stick to soccer!

## TIPS AND TRICKS

Sometimes you might think, "Well, I don't want to buy cleats, or turf shoes, I want my sneakers!" Okay, first of all, the shoe matters. Cleats and turf shoes all have sharp edges (that's probably why you don't like them, they are uncomfortable) , which is easier to chip and shoot better. Chipping is when you put your toe under the ball, and lift your foot up quickly. Yes, it will take time, but you will eventually get it.

A soccer ball with a pink and white pattern is positioned on a green grass field. The ball is in the foreground, slightly to the right of the center. The background shows a blurred soccer field with other players and a goal.



## SHOOTING AND PASSING

You might say, "Why? I know how to shoot and pass!" Well, not until I was 8 till I learned how to shoot properly, with my laces. Well, if you shoot with your inside, I'm sorry! You didn't pass! If you do it with your toe, BOO! You need shoot with the outside of your foot. Place your other foot next to the ball, and finally, Shoot!

## GOALIE

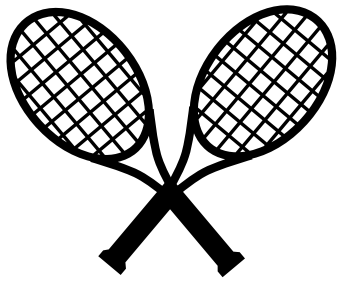
Okay, since I play defender, how am I supposed to know this? Well, do think I have EXPERIENCE? Oh, sure I do! First of all, lock eyes on the ball (basically watch the ball to see where it is going) . This will help you know which way to leap. Second of all, don't be afraid of getting hit by the ball. It doesn't really hurt if you don't think it doesn't. Third of all, Leap! Don't be afraid of smashing the ground.

## MY EXPERIENCE

One time, against Bothell, we were losing 2 - 1. I encouraged all of my friends to play hard. Really, we scored a goal right away, and tied it! Then came halftime, and after it, we were back into playing. We then got another goal, from a cross made by me, a goal made by Wilburton, and one final cross made by me to get in the net! This proves that sometimes, not giving up is the way to victory!







# Tennis

By Natalie Xu



I play tennis and I have been learning tennis for about 11 months. I like learning all the strokes & shoulder movements. It helps me learn the importance by doing these 3 things:

1. confidence
2. working ethic
3. no excuses and I can do it by trying my best.

I know that believing is hard, but if you try, you might be able to do it. Try these 3 things

1. believe you
2. try your best
3. never give up.

I want to be a tennis pro!

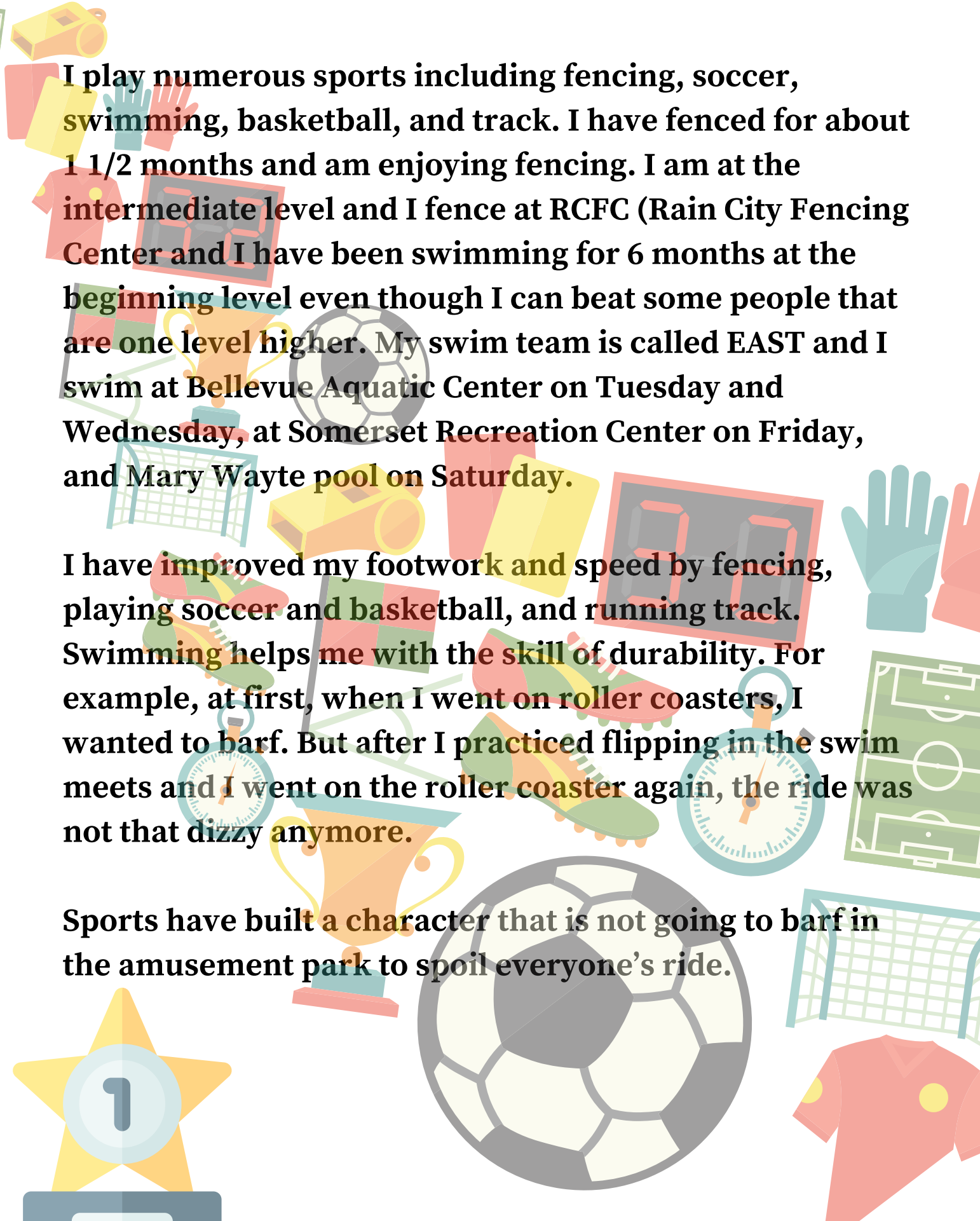


TO: Rudolf  
From: Natalie  
6/19/22



# WHAT SPORTS DO I PLAY?

By Wensen Song, 3rd grade, Mrs Shamsen's Class



I play numerous sports including fencing, soccer, swimming, basketball, and track. I have fenced for about 1 1/2 months and am enjoying fencing. I am at the intermediate level and I fence at RCFC (Rain City Fencing Center) and I have been swimming for 6 months at the beginning level even though I can beat some people that are one level higher. My swim team is called EAST and I swim at Bellevue Aquatic Center on Tuesday and Wednesday, at Somerset Recreation Center on Friday, and Mary Wayte pool on Saturday.

I have improved my footwork and speed by fencing, playing soccer and basketball, and running track. Swimming helps me with the skill of durability. For example, at first, when I went on roller coasters, I wanted to barf. But after I practiced flipping in the swim meets and I went on the roller coaster again, the ride was not that dizzy anymore.

Sports have built a character that is not going to barf in the amusement park to spoil everyone's ride.



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# nicole's sports talk

*What sports do you play?*

I play badminton, tennis, volleyball, basketball and swimming.

*What skills have you developed during sports?*

I have developed how to hit, catch, pitch, technique, fun, skills, strength and flexibility.

*What character do sports help build in you?*

The characteristics sports help build in me are teamwork, sportsmanship, persistence, and ability to not easily give up.



# olivia's sports talk

I enjoy swimming in my free time.

Skills that I have developed are being fast and strong. i have also developed flexibility and not being tense in swimming. I have also developed being agile and energetic.

Characteristics I build from swimming are that I like being in the water a lot more now and it taught me to like swimming and challenge myself. It also build my love for playing sports.

A colorful illustration of a swimmer in a pink swimsuit and goggles swimming in a pool. The background is light blue with white waves. There are several purple stars and a gold trophy with a medal around the swimmer. The text 'POOL PARTY' is written in large, bold, cyan letters at the bottom, with colorful circles behind each letter.

POOL PARTY

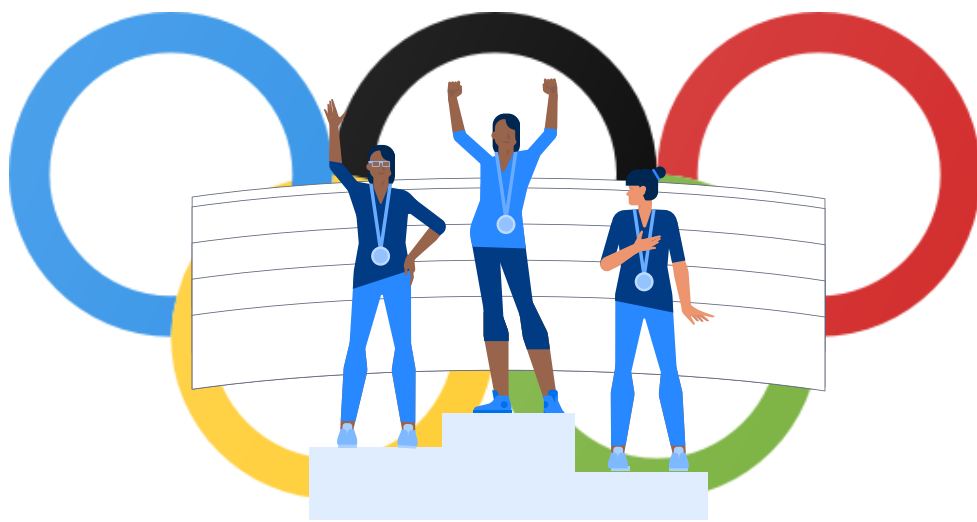


# Elena's Sport Talk

I play soccer and swim . I have been in Pacific Dragon Swim Team since I was 6 years old. I swim at Mercer Island and BAC [Bellevue Aquatic Center] and my trainings are on Monday, Saturday and Sunday. My coaches are all men, but they train us to be better and stronger at swimming. That's the best of swimming. I feel good and excited for my swim meets at Mercer island. I won two competitions, 50 butterfly and 50 breast stroke. I won two things from the prize box, a key chain and a squishy toy. I felt amazed that I won two races in 1 swim meet.

Swimming helps us build up leg and arm muscles. The trick not to get a tummy ache is not to eat a lot of food before the training.

Swimming takes patience and time. First training, second meets, third Olympics. It's a big timeline. You can't skip the steps before what you want. Or you will never make it to the end.



I play soccer at Medina Elementary's field and Robbinsdale Park. The team I play in is Titans G15 Navy with Coach Kaiser my soccer coach. Robbinsdale Park is where I do my Elite practice. Saturday and Sunday always have a soccer meet. We compete with different teams that were born on 2015 like Seattle Celtics. We won 12 soccer meets and lost 2 times. One time we were outscored 7 to 0. Soccer helps us build up speed and muscle. I love soccer even when we lose.

Soccer helps us learn to be kind to our teammates even though you want to yell at them. Soccer builds up how to not get hurt badly, swiftness and how to get through tight spaces. If you are not confident, try soccer. You have to be confident when you score a goal. Otherwise, you will never score. I build up swiftness easily in each soccer practice.

To play soccer, you have to be determined to win. You got to be not caring about yellow cards so the game will go on.





Our planet is an amazing place, but it needs our help to thrive! That's why we celebrate Earth Day every April 22!



Chippy's Mountain invites you to share your ideas!

- What are the things you have done to save our Earth?
- What are the things you think need to change in order to protect our Earth?
- What is your family's plan to celebrate Earth day this year?

