

Yearbook Layout



THE ASSIGNMENT

Your editor has asked you to create a spread for the yearbook that tells the story of the swim team's season. The writer has written a story far too long for the page here. However, you are permitted to use a fraction of the story. You are also encouraged to harvest details from the story to use in alternative coverage, such as information boxes or graphics. No content can be invented on the spread.

Entries should be computer-generated using your publisher's template (remember to remove your school name from the template before submitting the entry) and may be submitted in color, or in black & white.

- Any additional graphics used on the layout (beyond the photos provided by the KSPA) must be the original work of the student. Students may not use copyrighted or non-copyrighted art or other graphics taken from the Internet or other non-original sources.
- Headlines (main and secondary, if used) should reflect the content of the design and should be designed in exactly the size, style and location you want. Include printer's instructions, if necessary, in the instructions box at the bottom of the template.

DOWNLOAD

Largest versions:

- Please download photos [here](#). Or, if that is problematic, try [here](#).

Smaller versions:

- Please download photos [here](#). Or, if that is problematic, try [here](#).

STORY

On Sunday, Lori Rogers and the rest of the Sunflower Regional High School girls swimming team got a chance to celebrate. But what the Buffalo were excited about was anything but routine. Sunflower won its third straight state championship with a 115-55 win over Summit in the Public B final at The College of Wheatfields Saturday, April 28.

Rogers held the state championship trophy over her head and shouted, "Let's go! Threepeat!"

"In the sport of swimming, we don't (celebrate) enough," Rogers said. "I really love this team."

Sunflower dominated the meet, winning all 11 events. Rogers and sisters Destiny and Glenna Lasco each won two events. Sunflower (15-0) began the meet as the prohibitive favorite. There are few upsets in swimming because nearly all swimmers perform close to their predicted seed times.

DESCRIPTION

You are a member of Sunflower High School's journalism staff. Your editor has asked you to design a yearbook spread using photos provided to you.

SCHOOL INFO

Name: Sunflower High School

Location: Clinton, Kansas

Mascot: Mighty Buffalo

Enrollment: 800 (grades 9-12)

School colors: yellow and blue

Yearbook: The Sunflower

Newspaper: Sunflower News

Contest Info

This is a digital submission contest.

Students must not request help or advice from any person other than the KSPA staff at staff@ksponline.org.

All work must be solely that of the contestant.

Still, the Buffalo bus was quiet on the ride to the meet.

"We're a family," Destiny Lasco said. "We're more than just a team. Every time we come into one of these meets, we're humble, but we're also confident. We know nothing is given, so we have to work hard every day. We know we have to get in the zone and get ready to race."

Destiny Lasco is one of the country's top scholastic swimmers and is remarkable to watch in person. She won the 100-yard backstroke in 48.34 seconds. Lasco was so dominant she built a sizable lead from the time she first pushed off the wall until she emerged from underwater. She also won the 200 individual medley.

Rogers swept the 50 and 100 freestyle races. Glenna Lasco won the 200 free and 100 butterfly. Glenna Lasco and Rogers are headed to Cornstalk University to continue their swimming careers.

Sunflower's other two individual winners were senior Bethany Clauhs (500 free) and junior Erika Truong (100 breaststroke). Neither won a race in last year's state championship win over Scotch Plains-Fanwood.

"Each year, you have a couple of different kids," Sunflower coach Brianna Booth said. "Kids graduate, and we replace with them with other kids who fill the roles of what we need to do, and that's what makes this team so special. It's a next-up mentality."

That mentality was evident more than ever this season. Sunday's state title may have been a bit unexpected at the start of the season. Some in the state high school swimming community expected the Buffalo to take a step backwards after the graduation of standout swimmers Rachel McGroarty and Janelle Liu from last year's team.

"This feels so special," Rogers said. "To come back after the heavy (graduation) losses of last year and still put in the same work and get the same result and to know the seniors, including myself, set a good example and did a good job, it definitely feels special, and I can't really describe it."

The Buffalo posed for pictures after Sunday's win. The seniors jumped into the pool with Booth and posed for more pictures. Booth hangs those pictures on her basement wall.

"I jump in with the seniors because it's really for them," Booth said. "They're the ones who put the work in for four years. To jump in with them is always a privilege for me."

Sunflower has won 45 straight meets, a streak that began Dec. 1, 2017, with a 128-42 opening-day victory at home over Mainstreet City. Sunflower has won four state titles, the other championship in 2003. With Sunday's third consecutive state title, Sunflower has earned the right to be considered one of the best Midwest teams ever in any sport. Booth said she doesn't think about the Buffaloes' place in history.

"I focus on what's next up," Booth said. "We're going to look for who's going to step up next year. We'll think about that eventually." But first, the Buffalo will celebrate success that makes them a team to remember.

PHOTOS & CAPTIONS

All photos of this event by Mariah Knapp, staff photographer

2018KSPAstate_YearbookLayout_Swim1.jpg :: Sunflower High School students attend practice the evening before the state championship. "Is it worth it?" said Destiny Lasco, far right. "Every single day."

2018KSPAstate_YearbookLayout_Swim2.jpg :: Sunflower High School senior Bethany Clauhs laughs at friends while at practice the night before the state championship. The state championship was held Sunday, April 29 at The College of Wheatfields.

2018KSPAstate_YearbookLayout_Swim3.jpg :: Lori Rogers high-fives Erika Truong after practicing their freestyle and backstrokes down the lanes. "I look up to Rogers and her competitive drive," Truong said. "She encourages me to be better with every competition."

2018KSPAstate_YearbookLayout_Swim4.jpg :: Missy Thompson dives in front of judges at the high school divers' individual state competition April 28. Thompson received second place in her category.

2018KSPAstate_YearbookLayout_Swim5.jpg :: Lori Rogers reaches to put on her swim goggles before the competition April 29 at The College of Wheatfields. As a team, Sunflower won its third straight state championship with a 115-55 win over Summit.

2018KSPAstate_YearbookLayout_Swim6.jpg :: The Sunflower Regional High School girls swimming team takes their spot on the platform on the day of competition. "It was an incredible rush to be surrounded by fans," Lasco said. "I know we were all striving to make them proud."

2018KSPAstate_YearbookLayout_Swim7.jpg :: Bethany Clauhs dives off the platform with team members at the competition. The Sunflower girls swim team won its third straight championship and brought home a trophy.

2018KSPAstate_YearbookLayout_Swim8.jpg :: Lori Rogers swept the 50 and 100 freestyle races April 29 at the Public B final swim competition. "I couldn't have done it without Coach Booth," Rogers said. "After four years of these meets, you get tired, but Booth was the one to keep my energy and hopes high for this season."

OTHER COVERAGE:

Lori Rogers (see photo #8 above) has been swimming competitively since she was seven years old. She first swam for her family's country club: Lincoln South Country Club. She was not the fastest swimmer and often placed last. But she said that she loved it.

"The other swimmers would lap me in the longer races and I would get out of the pool, totally in last place, and smile and high five my mom," Rogers said. "She was totally competitive so she was like so confused."

Now, in her senior year, she is the captain and one of the fastest swimmers in Sunflower High School history.

Rogers1.jpg Lori Rogers, at age 7, smiles for her mother before a race at Lincoln South Country Club in 2007.

Rogers2.jpg Lori Rogers, at age 7, prepares to dive into the water for a 8

and Under relay with her fellow swimmers at Lincoln South Country Club in 2007

SUBMISSION

The 2018 State Contest will again use Better Newspaper Contests (BNC), for submission.

- **On March 28**, the system opens for students to submit work.
- Digital submission entries will be due on **Wednesday, April 25 by 11 p.m. Central Time**. (This is a change from the previously published date on the KSPA calendar.)

SPECIFICATIONS

Use whatever design, software and photography skills you have. While page designing allows – and encourages – the creative use of images, entries should avoid the use of copyrighted images not held by the contestant, except those provided here.

The design must be uploaded to the KSPA online submission according to these specifications:

- The pages should be saved as a pdf of 25 MB or less.
- Spreads should be **exported as spreads**, not as pages, to allow the judges a clear look at your design.
- Each submission should be a spread designed on your yearbook template provided by your yearbook publisher. The designer can decide to bleed images off the page or maintain an external margin. Please eliminate your school's publication information from the yearbook template.
- When you submit your design, you will provide your name and school name but this information should not be contained in the design of the design itself.
- The design may be black & white or color.
- The design must be uploaded by **Wednesday, April 25 by 11 p.m. Central Time**.

Failure to follow these requirements will result in disqualification.