

MARCH 2026 EDITION

BREAKDOWN PRESENTS

MASCOT

HIGH SCHOOL HAPPENINGS



SPRING IN FULL SWING

SPORTS, SPRING BREAK, & SPRING LUNCH TAKEOVER TOUR

Featuring:



BE YOU. BE REAL. BE VAPE-FREE.

**BREAKDOWN IS A LAS VEGAS TEEN
MOVEMENT BRINGING YOU THE TRUTH
AND DISPELLING THE MYTHS
ABOUT VAPING.**



**FOLLOW TO LEARN MORE, FOR CONTESTS,
PRIZES, AND SWAG GIVEAWAYS...**

**📷 @BreakDownRiseUp
BreakDownRiseUp.com**

BE YOU. BE REAL. BE VAPE-FREE.



IN THIS ISSUE

NOTE FROM BREAKDOWN

March has arrived - and that means BreakDown's Lunch Takeover Tour, Spring Break, and Spring Sports.

Let's get into it.

06 Spring Season So Far

Catch up on what's happening with baseball, softball, and boys volleyball.

10 7 Days of Giveaways

Spring Break(Down) 7 Days of Giveaways are in full swing! Your chance to win.

13 Lunch Takeover Tour

Spring Lunch Takeover Tour so far.

A photograph of a volleyball game in progress. A yellow and blue volleyball is suspended in the air, and several players' hands are raised in an attempt to reach it. The background is dark, suggesting an indoor gymnasium.

BOYS VOLLEYBALL

A photograph of a softball game. A player in an orange jersey with the number 4 is in the middle of a swing, hitting a ball. A catcher in a red helmet and a fielder in a grey uniform are visible in the background. The scene is viewed through a chain-link fence.

SOFTBALL

A photograph of a baseball player in a white pinstriped uniform, wearing a dark helmet and batting gloves, in a batting stance. The background is blurred, showing other players and the field.

BASEBALL

**SPRING SEASON
IS HERE.**



**VIEW ALL GAME SCHEDULES
ON INSTA @BREAKDOWNRISEUP**



SPRING SEASON SO FAR

Spring sports are heating up, with the early-season already bringing excitement.

On the baseball diamond, Basic is the reigning 5A state champion in Southern Nevada. Gorman and Green Valley are also generating buzz heading into the 2026 season.

Meanwhile, softball is in full swing. Liberty, Green Valley, and Centennial are teams to watch, with several returning players and competitive schedules setting up another strong year for Southern Nevada softball.

For boys volleyball, Coronado, Gorman, and Arbor View consistently rank among the state's top teams. With Coronado being the 2025 5A Southern Nevada state champions, we can't wait to see what this season brings for them (and for their competition).

Overall, Southern Nevada's student-athletes are kicking off the season with excitement and plenty of talent to watch!

JOIN THE MOVEMENT.

BREAKDOWN

**APPLY TO BE A PART OF THE
AMBASSADOR TEAM**

BreakDown is recruiting Southern Nevada teens to join our movement and promote vape-free lifestyles on social media.

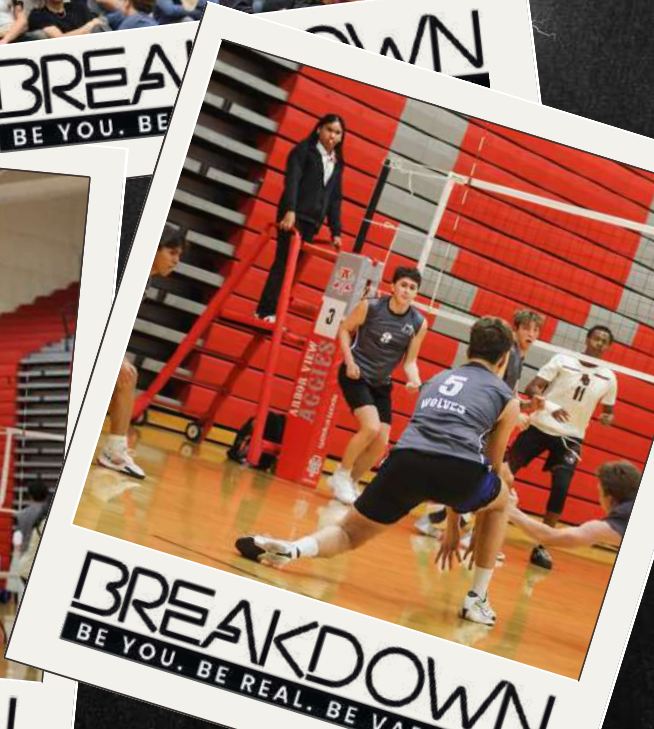
**APPLY AT
BREAKDOWNRISEUP.ORG/AMBASSADORS**



Be You. Be Real. Be Vape-free.

VOLLEYBALL INVITATIONAL SNAPSHOTS

Spring 2026



VOLLEYBALL INVITATIONAL SNAPSHOTS

Spring 2026



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BREAKDOWN


PLAYER OF THE GAME



HALL OF FAME

WINTER 2025 - 2026 SEASON

BREAKDOWN
PLAYER OF THE GAME
OF THE GAME



#0 BASKETBALL

DAKARI GILL 2026

CHAMBRON-MEMORIAL HIGH SCHOOL

BREAKDOWN
PLAYER OF THE MATCH
OF THE MATCH




WRESTLING

TYLENE TRAN 2025

CENTENNIAL HIGH SCHOOL

BREAKDOWN
PLAYER OF THE GAME
OF THE GAME




#5 BASKETBALL

ALEX WILLIAMS 2026

SHADOW RIDGE HIGH SCHOOL

BREAKDOWN
PLAYER OF THE MATCH
OF THE MATCH




WRESTLING

WALTER JONES 2025

CHEYENNE HIGH SCHOOL

BREAKDOWN
PLAYER OF THE GAME
OF THE GAME




#1 FLAG FOOTBALL

TRISHELLE TUCAY 2025

LIBERTY HIGH SCHOOL

BREAKDOWN
PLAYER OF THE MATCH
OF THE MATCH



WRESTLING

BRAUDRICK (CJ) COLEMAN 2025

VALLEY HIGH SCHOOL

BREAKDOWN



PLAYER OF THE GAME

HALL OF FAME

WINTER 2025 - 2026 SEASON

BREAKDOWN
PLAYER OF THE MATCH
CHAPARRAL HIGH SCHOOL
WRESTLING
EVANGELINE HUERTA
2026

BREAKDOWN
PLAYER OF THE GAME
PALO VERDE HIGH SCHOOL
#12
FLAG FOOTBALL
EMMA ELLER
2026

BREAKDOWN
PLAYER OF THE MATCH
SLAM! BULLS
WRESTLING
DESTIN MAESTAS
2026

BREAKDOWN
PLAYER OF THE GAME
SIERRA VISTA HIGH SCHOOL
#3
BASKETBALL
DONNAYJA GIBSON
2026

BREAKDOWN
PLAYER OF THE MATCH
SILVERADO HIGH SCHOOL
WRESTLING
JACKSON CUTLER
2026

BREAKDOWN
PLAYER OF THE GAME
SUNRISE MOUNTAIN HIGH SCHOOL
#0
BASKETBALL
AMARI CARROLL
2026

BREAKDOWN

PLAYER OF THE GAME



HALL OF FAME

WINTER 2025 - 2026 SEASON

BREAKDOWN
PLAYER
OF THE
MATCH

GREEN VALLEY
HIGH SCHOOL

WRESTLING

SOPHIA COCA

2026

BREAKDOWN
PLAYER
OF THE
GAME

ARBOR VIEW
HIGH SCHOOL

#4
FLAG FOOTBALL

ALAYNA UNTALASCO-HEATH

2026

BREAKDOWN
PLAYER
OF THE
MATCH

SHADOW RIDGE
HIGH SCHOOL

WRESTLING

JULIAN MANARANG

2026

BREAKDOWN
PLAYER
OF THE
GAME

LIBERTY
HIGH SCHOOL

#0
BASKETBALL

TYUS THOMAS

2026

BREAKDOWN
PLAYER
OF THE
MATCH

CIMARRON-MEMORIAL
HIGH SCHOOL

WRESTLING

THOMAS PAXTON

2025

BREAKDOWN
PLAYER
OF THE
GAME

PALO VERDE
HIGH SCHOOL

#20
BASKETBALL

TAVIEN PHOENIX

2025

BREAKDOWN

PLAYER OF THE GAME



HALL OF FAME

WINTER 2025 - 2026 SEASON

BREAKDOWN
PLAYER OF THE MATCH
VALLEY HIGH SCHOOL
WRESTLING

ADRIAN THOMPSON
2026

BREAKDOWN
PLAYER OF THE GAME
SHADOW RIDGE HIGH SCHOOL
#6
FLAG FOOTBALL

CHLOE COVINGTON
2026

BREAKDOWN
PLAYER OF THE MATCH
LIBERTY HIGH SCHOOL
WRESTLING

ALLAN HAYES
2026

BREAKDOWN
PLAYER OF THE MATCH
SHADOW RIDGE HIGH SCHOOL
WRESTLING

RICK HUTCHASON
2026

SPRING BREAK DOWN

GIVEAWAYS

LAST DAY TO ENTER
IS MARCH 6!



7 DAYS OF GIVEAWAYS
PRIZES VALUED OVER \$2000

28
WINNERS

BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.

FAST FACTS

to blow your brain



MARCH WAS ONCE CONSIDERED THE FIRST MONTH OF THE YEAR.

YOU CAN'T HUM IF YOU HOLD YOUR NOSE SHUT.



THE LETTER 'E' IS THE MOST USED LETTER IN THE ALPHABET. IT APPEARS IN ABOUT 11% OF ALL WORDS.



**Spell out the first letter
of each emoji**



BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.

**LIMITED
EDITION**

**BREAKDOWN
QUARTER
ZIPS**

KEEP AN EYE ON INSTA
FOR CHANCES TO WIN!

**NEW
GEAR**

**BREAK
DOWN**

BE YOU. BE REAL. BE VAPE-FREE.

ALL COST, NO REWARD

Smoking, vaping, pouches - no matter the form it comes in, it costs you.

These products can leave you with higher stress, bad breath, skin breakouts, and a constant need for nicotine. On top of that, these products can mess with your focus, sleep, and energy levels, which makes it harder to perform your best in school or in sports.

It's also a huge money drain. Buying vapes, pods, or pouches can add up to hundreds or even thousands of dollars a year. That's money that could go toward things that actually make life better.

Don't risk an addiction that might cost you your friends, your grades, your sport, or your health.

Skipping nicotine altogether is the smartest move.

BREAKDOWN

BE YOU.

BE REAL.

BE VAPE-FREE.

FOR FREE HELP TO QUIT SMOKING OR VAPING, CONTACT

MY LIFE  MY QUIT™

TEXT: START MY QUIT TO 36072



LOVE

YOURSELF

LIVE

VAPE-FREE





**CATCH BREAKDOWN
AT YOUR SCHOOL!**
STOP BY THE BREAKDOWN BOOTH FOR GEAR,
DANCING, AND A CHANCE TO WIN OUR FREE RAFFLE.



LOVE LIVE

YOURSELF

V A P E - F R E E

BREAKDOWN

SPRING 2026 LUNCH TAKEOVER TOUR

**FREE RAFFLE CARDS GIVEN AWAY AT ALL
BREAKDOWN LUNCH TAKEOVER TOUR STOPS**
(AVAILABLE AT ALL PARTICIPATING SCHOOLS)

CHANCE TO WIN

**AIRPOD MAX, IPAD,
OR AMAZON GIFT CARDS**



HOW TO PLAY:

Get A Raffle Ticket From BreakDown Booth

Follow @BreakDownRiseUp on Instagram

Scratch Off Card To Reveal Unique Code

Check Insta To See Winning Codes

*Raffle ticket winning numbers will be posted on 2/6/2026. No purchase necessary.
Open to CCSD students ages 13-18. Prizes must be claimed by 4/18/2026 or the prize is forfeited.
Physical card must be presented to claim prize.
Each person may only win once.*

BE YOU. BE REAL. BE VAPE-FREE.

GRADUATION TIME

KNOW THE DATE YOU GRADUATE!



MAY 23

MAY 27

MAY 27



MAY 27

MAY 28

MAY 28

MAY 27

MAY 26

MAY 29

MAY 27

MAY 27

MAY 28

MAY 29

MAY 26

MAY 29

MAY 22

MAY 23

MAY 27

MAY 22

MAY 23

MAY 29

MAY 23

MAY 28

MAY 26

MAY 26

MAY 28

MAY 22

MAY 22

MAY 26

MAY 29

MAY 29

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