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Beast Mode. Determination is key for Blade Durbala 17 as he strives for maximum strength. He said, "Bench press is my favorite because it helps me withstand the stronger opponets in wrestling for longer [periods of time] because bench builds my arm strength up a lot. I was very close to my max out on this lift, so I was working as hard as I could." [photo] Caitlyn Conway



Aggressive. In an attempt to not get hit by a ball, Dallas Butler 17 falls to the ground. "I like dodgeball because I can be competitive with my team," he said. [photo] Kelsey Garin



Valuable. To ensure that Connor Sindt 17 squats correctly, Bryar Petersen 16 records him on his iPad. Bryar said, "I like using the iPads because it gives a new angle on the class to help perform the lifts to our best advantage." [photo] Caitlyn Conway



Tougher. With his eyes focused, Clayton Wheeler 15 spots Calvin Shulte 15 as he prepares to push press. "Lifting pushes me to be better although it isn't my favorite," Calvin said. [photo] Miranda Hammes

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Motivation. As Amber Rohlena 17 challenges herself to work her hardest, she finishes up with a beneficial pushup. Amber said, "I kept thinking to do my best to get through the workout and onto the next task." [photo] Miranda Hammes



Timid Spirit. In a game of dodgeball, Taylor Gage 17 attempts to assist her team in a win. "It's fun to get people out and be competitive," Taylor said. "I'm not very good, though, so I usually hide behind people." [photo] Kelsey Garin



Sweat. To warm up for the workout ahead, Ben Walker 14 crawls across the mats. He said, "I was focusing on doing the stretch right so I wouldn't pull a muscle, but the crawling gave me scabs on my knees that hurt." [photo] Caitlyn Conway

High Expectations

[New technology in the classroom benefited students]

The new iPads brought a new educational twist into the P.E. and Fitness classes.

Coach Ben Thompson said, "I use my own iPad for a lot of different things such as keeping attendance, taking notes and students' assignments."

However, the iPads were not just for the teachers but also for the students. One of the ways they utilized them was they kept track of their food intake.

For Alexis Mather 14 this opened her eyes to some of the bad eating habits she had.

"Seeing what foods I entered into the food log made me want to eat healthier," Alexis said. "When I put the items in, I realized I was actually eating bad foods that I thought were good for me."

Food intake records for the students was only one of the benefits from the iPads. They also recorded the students' lifts. This helped them achieve the best form they could manage.

Sophomore Brett Benson said, "I can see exactly what I'm doing from a different point of view. Once I saw what I did [from the video], I could fix it right away."

~Cassidy Nulty

To Prepare For A Lift

3 STEPS

1



Squat

Holley Myers 15

2



Stand

3



Push

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