

HANDS UP

Students strengthen minds, bodies, spirits

Saws buzzing, grease sizzling, and students grunting. These are all the sounds you do not hear in a so-called usual classroom. All these sounds can only be heard in a hands-on shop, a kitchen, and a gym.

In the new foods room, students did more with more recipes with newer kitchen appliances and more utensils. "I liked how foods was a hands-on class because it helped to get a better understanding of the class," said senior Katie Waters.

With the powerful tools in the industrial area rooms, students learned skills they wouldn't learn in a regular class. "I liked how we got to use different tools other than a pencil and a piece of paper," said sophomore Thad Bell.

When one walked into the weight room, the sound of bar bells and weights hitting the floor captured attention instantly because students were getting bigger, faster, and stronger.

"I liked BFS; you could get up and be active. It's better than hearing a teacher talk for an hour," said senior Krystal Pollard.

All these students agreed that hands-on classes were the way to go while strengthening their minds, their bodies, and their spirits!

~ Caitlin Davis



IN THE BODY SHOP 1) Backs solid to the wall, thighs burning, and arms reaching high, MCJROTC cadets strain as they build strength during PT. 2) Heads, arms and legs hold the up position to the torturous counts as MCJROTC cadets tone core muscles during physical training sessions. 3) In the process of doing a front squat, sophomore Keeyana Hickman concentrates on achieving the lift. 4) As an excellent example of defining muscular structure, senior Marcus Hausman braces to perform his deadlift. 5) During BFS, senior Cameron Wood takes a firm grip on the bar in the process of going into a hang clean lift. With the inclusion of a strength training program, students participated more as the numbers went up for participation in building healthier bodies, minds, and spirits while being pushed by trainers, coaches, classmates and themselves.

Customer is allowed to have objects outside of the margin.

TRIM LINE

TRIM LINE