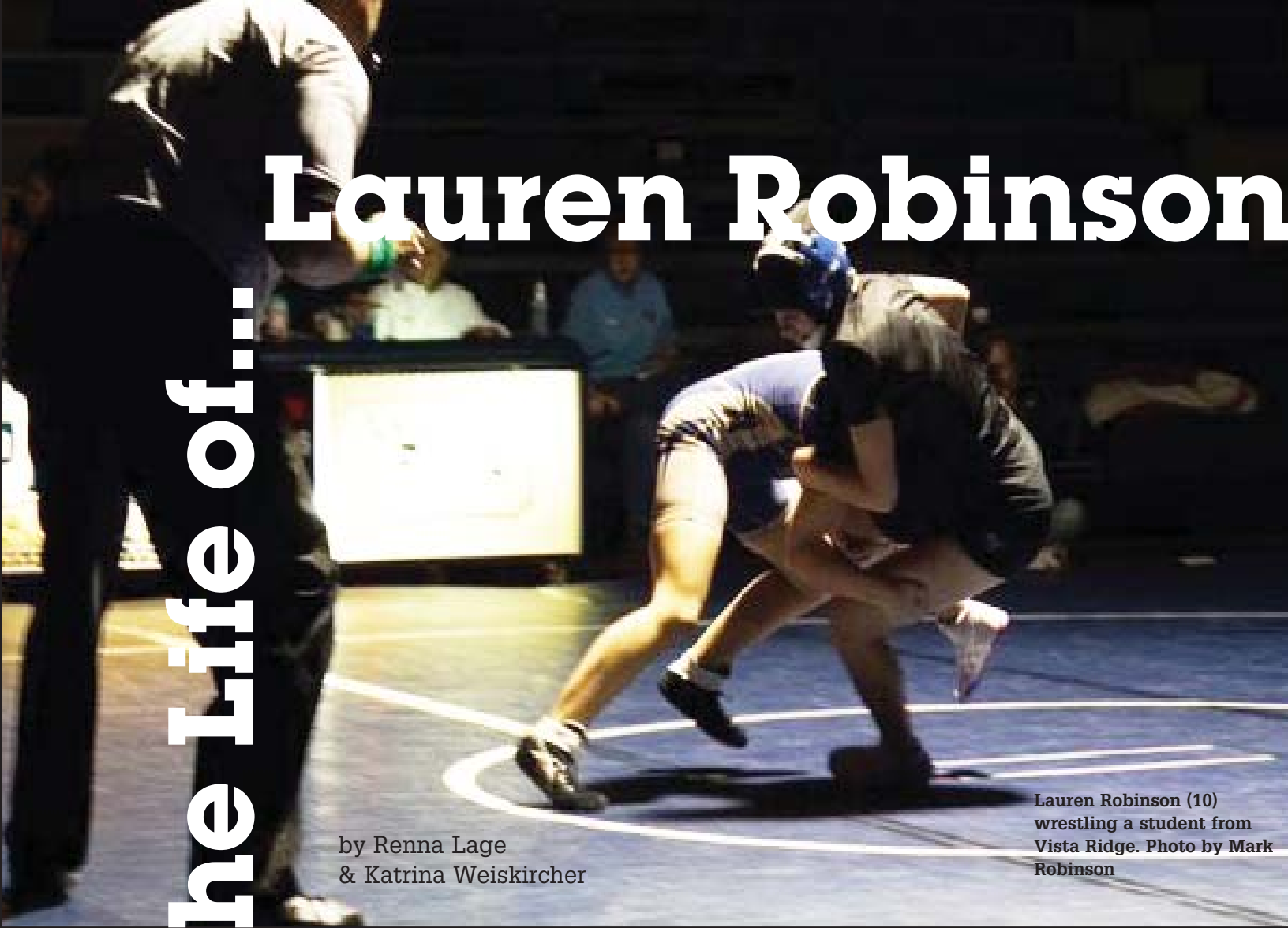


A Day in the Life of...

Lauren Robinson



by Renna Lage
& Katrina Weiskircher

Lauren Robinson (10)
wrestling a student from
Vista Ridge. Photo by Mark
Robinson

Lauren Robinson (10) is on the PR and LP female wrestling team, which was just introduced this year. Robinson has been wrestling for three years. The previous two years she was on an otherwise all boys team. “[Wrestling] de-stresses me because I’m really passionate about it” said Robinson. “and plus when you’re stressed you can take it out on some freshman.” Robinson’s typical practice last from 3:05 pm to around 5:15 pm after every school day. At the beginning of practice Robinson’s team jogs around the room and stretches to get warmed up. The team then practices head inside shots and head outside shots which are basic wrestling techniques used to take down opponents. Next Robinson’s team goes into learning new techniques from the coaches. The team then does conditioning which consists of stagger sprints, monkey rolls and other exercises along the lines of.

The new female wrestling team has been a great new addition to the Lewis Palmer School District. Robinson is the only girl on the team that wrestles both boys and girls. Wrestling has had a great impact on Robinson’s character both mentally and physically. “[Wrestling] teaches you when you metaphorically fall down you have to get back up, because in wrestling if you physically fall

down you have to get back up.” said Robinson. As a female wrestler Robinson has not experienced any negative stigma, only positive support towards her wrestling career. The sport is all to blame for Robinson’s character. “[Wrestling] really humbles you down when you win and others lose, or vice versa” said Robinson.

Although the coaches are strict about dropping or maintaining weight classes, Robinson prefers to maintain hers. “When I wake up before a tournament, I don’t drink or eat anything until I get to the tournament . . .” said Robinson, “after you weigh in is when you can eat.” Robinson stays fit by working out often and weighing her calories. Although Robinson is only a sophomore, she already completed her physical education credits required to graduate. She plans to keep taking strength classes to better herself, even though she doesn’t need it for wrestling. Out of season, Robinson does theatre; she was on the cast of “Catch Me If You Can.” Robinson also keeps fit out of season, with running, working out, or simply eating healthy.

Robinson plans to continue wrestling for her entire high school career.