



# Sports



As time has passed and society changes, a new debate in sports has developed. Where do transgender athletes compete? Some believe that athletes should compete as the sex they identify as, while others believe they should compete with the sex they were born as. I understand that the world is changing

and so are people, but people should compete as the sex they were born. Men and women are not built in the same way. They are born with different physical abilities which could cause one's sex to have an advantage over the other in athletics. Specifically, men have a higher testosterone level than women. Testosterone is not only a hormone; it is an anabolic steroid that helps promote muscle and bone growth. Boys are naturally born with a higher amount of testosterone. According to Jason Koop, the Director of Coaching for Carmichael Training Systems, men also have bigger lungs, which can give them an advantage in sports because male athletes have a higher ability to carry oxygen. With this natural ability, it allows men to produce oxygen easier and to breathe better. Being able to breathe better could allow men to have a better performance when they compete. Research by NCBI (National Center for Biotechnology Information) shows that men have larger bones and have a higher lean mass than women do. Having larger bones allows men to have a larger base to build their muscles upon. It also is easier for men to build up muscle be-

only a few weeks prior to this race, Andraya competed with male athletes. Because of these facts, even transgender women felt that Yearwood had an unfair advantage.

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## Payton's Point:

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cause they have less body fat. This gives transgender women an advantage when competing against women because it allows more muscle to be built up. If you were to race against someone who is stronger than you, they are more likely to win.

For example, Andraya Yearwood, a transgender female high school sophomore from Connecticut, who raced with girls last year received first place in the 100-meter race and another transgender female came in second. Parents were upset by this and believed that Yearwood had an unfair biological advantage. They argued that the transgender athletes could have had a higher testosterone level over the other females competing. As previously stated, testosterone helps build muscle along with bone mass; therefore, this could give transgender females an advantage to females. Not to mention the fact that

have advantages over biological women and I think for adult competitive sports it's important to separate these two groups," said Joanna Harper, a transgender female.

In the end, I believe transgender athletes should compete as the sex they were from birth. In most sports, men and women do not compete with each other because of the fact that they are built differently. Even though there are exceptions to his (like football and wrestling, where there are typically no all-female teams), ultimately, transgender athletes should compete as the sex they were from birth.

Story By: Payton Gagon

## Staying in Shape Over Summer Break

Summer is the time of the year to just sit back and forget about school. We just want to go to the pool, hang out with friends, eat some food, or go on vacation. Most athletes like to have a very active summer, but some athletes aren't as active as they'd like or need to be. For all sports, athletes are expected to be fit in order to play.

**Keeping in shape isn't something you need a gym for. Preparing for next season is something you can do from your house.**

Summer is a great time to forget about school but if you plan to play a sport then the couple weeks before tryouts can be a pain if you just wasted your summer. Here are some ways athletes can stay in shape.

The summer is a great time to get back in shape! You have a lot of time to work out and prepare yourself for next season. Regardless of your sport, there are many ways to get in shape for your sport. Gyms are a great way to get in shape. There are many gyms in Colorado and these are the closest ones here in Brighton: Anytime fitness is a gym on 225 pavilions pl., CrossFit Salvo is on 975 Platte River Blvd., and Snap Fitness is on 35 N 42nd Ave. There is also the Brighton Recreation Center which is a great place specifically for teens. CrossFit Salvo does offer one on one training with athletic trainers while Anytime fitness, Snap Fitness and the Rec are more like open gyms to just get in some personal workouts. These are the closest gyms in Brighton that actually have some pretty good

ratings. These gyms offer everything from working on upper body strength, core building and legs, to cardio and endurance. If you need to get stronger for football then you can go and bench press, arm curl, etc. These gyms also have treadmills for those who need to work on their conditioning. Now not everyone has the time or money to go and join a gym. You also don't need to go to a five-star gym to stay in shape. Keeping in shape is actually something

you can do at home. If you need to work on your core then there are many workouts you can do in your bedroom like sit-ups, planks, and 6 inches which you can watch YouTube videos on to learn how and get more simplistic workouts. You can also do push-ups to work on your chest, shoulders, and triceps. If you need to work on your endurance, then going on a jog every morning or evening is very impactful and will help a lot. Now if you have work out equipment like weights, treadmills, pull up bars, arm bands, and medicine balls then you can do more of the complex workouts.

Keeping in shape isn't something you need a gym for. Pre-

paring for next season is something you can do from your house. Gyms are there for those who want the more advanced and formal workout sessions but they are not necessary. Aside from that, it is very important to stay in shape no matter the process. More often than not, lots of athletes just take a break over summer to relax. This causes lots of issues and makes the season so much harder. If you exercise and keep active, then you won't have to overdue yourself the couple weeks before tryouts.

Story By: Shawn Fleisch



Chris Smith, Kevin Martinez, and Yishay Pantoja working out in the school weight room.

Photo By: Shawn Fleisch