

## CLIMBING TO THE TOP

### DON'T LOOK DOWN

Close to the top, Casey Knoll (8) tries to keep it easy for his belayer as he climbs the rock wall. Knoll has climbed his whole life, so he is familiar with the terms, and how to climb in general. "It wasn't scary to rock climb for me at all. I've rock climbed since I was little, so it was just second nature to me. I made sure I went slow for my belayer to make sure he was comfortable," Knoll said. Photo by Katherine McKenna



#### 1. ON BELAY, BELAY ON

With a lot of responsibility on the ground, Brady Kuklenski (8) belays his partner, who is on the rock wall. "I felt a lot of responsibility, but it was cool to see the progress of the climber from the ground. Sometimes belaying got difficult for me at times, trying to keep the rope tight, but I got the hang of it," Kuklenski said. Photo by Katherine McKenna

the workouts even though we have to run a lot, and sometimes I get really tired. The pacer usually falls on a day when I don't want to run," Lish said. Photo by Anne Malouf

#### 2. WORK 'TILL YOU HURT

Ready to run the pacer test, Davis Lish (7) gets down into position and waits for the signal to begin, Feb. 8. Though Lish may enjoy some workouts, the pacer isn't on his top ten. "The pacer is OK. I like

#### 3. WORK IT OUT

Ready to work hard and fast, Sadie McKim (8) works through the ladders in Conditioning and Wellness. McKim ended up slipping on the ladder, but made a quick recovery. "I just love everything about this class, and I have fun doing everything in it all the time," McKim said. Photo by Kiersten Dudley

#### 4. TRUST IN ME

Ready to start the climb, Samantha Hughes (8) tells her best friend, Kaylee Haight (8), a quick joke before they start. The pair have known each other for a long time, so when it came time for Hughes to belay, there were no problems. "I trusted her to keep me on the wall and not drop me. Kaylee, and I go way back, so it was easy to trust her, and have fun with her," Hughes said. Photo by Katherine McKenna

## CAN'T WEIGH TO WORK OUT

### A NEW WORK OUT CLASS FOR STUDENTS

Designed and written by student Anne Malouf and Kiersten Dudley

Have you ever wanted more than just a P.E. class? Well, a new class has been added to the list of elective choices called Conditioning and Wellness, where you workout, and play games that get your heart rate up. "I chose Conditioning and

Wellness because I wanted to get into shape, and have fun while doing it, and the teachers for the class make it fun," Davis Lish (7) said. Even with this new class, some students still prefer P.E. "I prefer P.E. because I loved the rock climbing, and I climbed all the rock walls," Stella Morrissy (8) said. Other students prefer P.E.'s counterpart, Health. "My favorite part of health was making the posters. One of the reasons I disliked P.E was because I did not like the workouts," Audrey Howell (8) said. Regardless of what you like, all three classes teach you more about your body either in a classroom or in a gym.

"I practiced a lot in math, and math comes very easily to me, so learning new things in math is my favorite part," Brady Young (7)

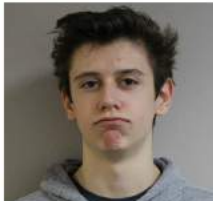
## TO RUN OR NOT TO RUN HEALTH OR P.E



"I like gym better because you know your being active during the day, and being healthy," Robert Ricker (8) said. Photo by Anne Malouf



"I like P.E because we get to move around more, while in health we have to stay and sit still," Sarah Raffaelli (7) said. Photo by Anne Malouf



"I like P.E more because it's more physically active, and a lot more enjoyable," Joel Smallwood (8) said. Photo by Anne Malouf



"I like P.E because you get to work out, and Mr. Pilone is really fun, too," Jessica McMullen (8) said. Photo by Anne Malouf



"I like Health because it teaches you about your body, and it teaches you about bad influences," Audrey Gerdes (8) said. Photo by Anne Malouf