

re-LAX, it's just a game

Lacrosse team shows strong face-off and grounding skills



#5 Sophomore Grant Webster tries to win the face off in the game against George Washington.

Junior James Sharp had an exciting season and was thrilled with the energy the young team had every game, "We had a young team, but they had experience in the youth league. That is really important because it means they knew the ins and outs of offense and defensive play."

He and the other players worked through the season with a few goals. At least one senior Kerolos Abdelsaied, hoped to take his skills to college play. Sharp hopes to do the same, but will have to chose between wrestling and lacrosse, "I liked the experience. I'd like to advance my chances of playing in college."



(l-r) #18 James Sharp grounds the ball to gain control. #5 Destin Bick fends off a defensive line. #23 Kiko Abdelsaied blocks an opponent. #25 Grant Webster has the ball and looks to move it downfield. Englewood versus George Washington, March 2019. Photos by Arian Parsamehr.



Students in Athletic training use a spine board to safely move an injured person. This scenario helps students prepare for the weight and the mobility of the victim. Photos by Ariana Wilborn

Hurt, healing and health



Students learn proper technique for taping a sore or injured ankle.

Several years ago, Englewood students interested in a career in Athletic Training would take high school courses in algebra, geometry, biology, chemistry, physics, first aid, english, computer skills, physical education and health.

Now, there is a focused program at EHS taught by Randall Neal, "I love teaching them what I know. My favorite unit is the lower body because it's the most commonly injured part. (ankle, knee) Students relate to these injuries because they are more common in high school sports." In the class, students cover injuries, how they happen, and how to tape and temperature treat a patient. Neal has been at Englewood for eight years, but has taught for two.



When students learn to tape a wrist, the thumb is used to stabilize the joint.



"My favorite part of the class is being able to learn about the body," said Juliana Diaz (11) who has taken the class for a full year.

"My favorite part is learning about the injuries and how they happen," Jessica Albert (11) said. Albert will be using this class to help compete with HOSA. HOSA is the Future Health Professionals Organization, formally known as Health Occupation Students Organization. There is a thriving chapter at EHS.

