

And WE take this CLASS, 100

Sports Strength & Conditioning classes train athletes

"I AM TRYING TO BUILD MY STRENGTH AND ENDURANCE SO I CAN BE PREPARED FOR VARSITY FOOTBALL NEXT YEAR. I LIKE THE ATMOSPHERE IN THE GYM WITH THE GUYS AND HELPING EACH OTHER GET STRONGER."

DEVON BOWEN '26

"SOMETIMES WHEN WE DO SQUATS, WE HOLD THE BAR IN FRONT OF US, WHICH CAN BE UNCOMFORTABLE. WE WORK ON GETTING LOW SO WE HAVE MEDICINE BALLS UNDERNEATH TO TOUCH THEM."

DANIEL ROMERO HERNANDEZ '23



it's time to BREAK Records

Students earn shirts after setting new lifting record

photos by e.rawlings

WHO: Isabelle Mundujano '26
THE RECORD: Mundujano set new bench press and power clean records at 115 lbs. each in her weight class of 122 lbs.

MAKING IT HAPPEN: "I just got into lifting in the summer and now I just want to keep going and hitting them all until I graduate," Mundujano said. "My mom set a lot of records in high school, so I'm just following in her footsteps. She got a full ride scholarship for softball in Missouri so I also want to take on that role."



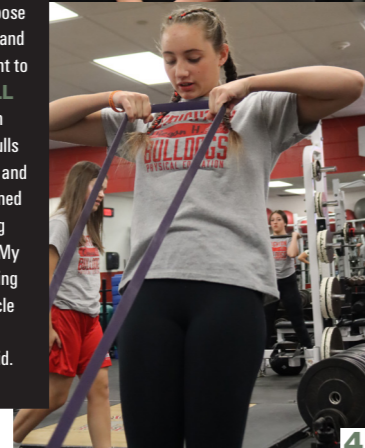
WHO: Kaishi Heu '23

THE RECORD: Heu set new bench press records at a 195 lbs. and a power clean record at 150 lbs. each in his 114 lbs. weight class.

MAKING IT HAPPEN: "I worked really hard all semester in the weightroom to meet these goals. When you set a new record, you get a shirt from [Casey] Coulter. It was awesome to see my name up on the board with the others students who have set records for themselves."



RISE AND GRIND. With her classmates surrounding her, Katherine Egarton '24 lifts the set of weights during fifth hour class. "I really enjoyed this class and learning about the different ways to lift," Egarton said. *photo by e.rawlings*



IT'S TIME WE HAVE A GIRLS WEIGHTLIFTING CLASS SO WE ARE SURROUNDED BY OTHER GIRLS TO LEARN FROM ONE ANOTHER AND LIFT EACH OTHER UP."

katelyn cuevas '26

WHO RUNS this class?

Girls

Physical Education Department adds Strength & Conditioning Girls classes to offerings

story by a. fritz, c. newton, n. nevarez, & e. rawlings design by g. pollard

IN PREVIOUS YEARS, STRENGTH AND CONDITIONING CLASS WAS A CO-ED LIFTING CLASS FOR ALL GRADE LEVELS. Once a girls only class was added to the schedule, over 120 girls enrolled. Taught by Corinne Franz, the curriculum was the same as other co-ed classes taught by Casey Coulter.

"We knew there was a need for this class. We wanted a class where girls could feel comfortable learning how to lift," Franz said. "My goal is to help them achieve their goals by teaching them the proper lifting techniques."

Each day the class began with warm-ups and then girls would begin lifting with their partners. Franz would move around the gym offering advice and tips on how to complete the lift.

"Ms. Franz is a really good teacher and makes me more comfortable to be in the class," Sophia Barrigas '23 said. "She teaches me how to do the workouts properly and motivates me to do them."

According to Mariah Runnels '24, lifting not only has improved her physical health but mental health, too.

"Physically and mentally I have gotten stronger and it just helps me see myself in a different way. I'm a lot happier because it's something I look forward to in the morning and I'm able to do what I want and get my energy out," Runnels said.

The class was offered both first and second semester, with girls opting to take the class more than once.

"I took this class so I could get stronger and after a while I got to let out my anger and it's a big relief," Lexine Whalen '25 said. "I get to push myself harder and see how much I grow. It's definitely more comfortable because there's not a guy in there."

RISE AND GRIND. Staring into the mirror to watch her form, Katelyn Cuevas '26 lifts her weights as teacher Corinne Franz gives her tips while in the middle of Girls Strength and Conditioning class during first period in October. *photo by e.rawlings*

1. NO PAIN NO GAIN. Standing in front of the projector screen that displays workout routines, Mariah Runnels '26 holds up the weights with her shoulders in Strength and Conditioning class. "I've learned proper ways to undo certain types of lifts and things like that," Runnels said. "I went from starting to squat 95 to now squatting 225." **3. LET THEM KNOW.** Corinne Franz, Strength and Conditioning teacher, sits on the bench to talk to a group of girls as they warm up for class in period one in November. "The

great thing about weightlifting is you can all be doing the same thing but you push yourself. You choose the weights you decide to lift, and you decide how much you want to improve," Franz said. **4. PULL THE BAND.** Regan Hansen '26 completes a set of band pulls while working out in Strength and Conditioning class. Hansen joined girls Strength and Conditioning to build more body strength. "My brother's super into weightlifting and I wanted to build my muscle strength in order to help me succeed in sports," Hansen said. *photos by e.rawlings*