



get them GAINS

A weights student shares what she believes to be the most challenging exercise.

"Probably Pull-ups even if they are assisted with the band."

-Gabriela Chiriboga '23

Hang on tight. Balancing on the A-frame, **Owen Doucet '24** holds on with support from his peers. Doucet chose to take Rocky this year because he wanted to experiment with the content. "It's a very unique class, it's different. In the class, you're not really an individual per say, you are more part of a team and I like that aspect of it," said Doucet. *photo by: olivia alaska*

Let's rock. Making his way up the climbing wall, **Alex Roderick '23** enjoys exploring new skills with friends. Roderick has gained many skills from the class. "It's a supportive competitive sport. So, you can go climbing with guys that are better and they'll be like, 'Hey, why don't you try this?', and you can just get better," said Roderick. *photo donated by: ms. alexis bailey*

It's the climb. **Samantha Vass '23** ascends the wall in Rocky II. Their favorite activity in Rocky is high ropes with a dropout and the skills that come along with the class. "I enjoy the fact that we get to learn skills in climbing and then we also get to goof around, like a lot of us will climb up to the safety line and then tie in a safety knot and then just sit up there," said Vass. *photo donated by: ms. alexis bailey*



In a pickle. Hitting the ball across the net, **Avery Pratt '24** aims to score. Pratt chose to take Racket Sports in her junior year and has enjoyed learning about various sports. "Right now we're doing pickleball. We get on teams and play each other and have a whole bracket." said Pratt. *photo by: elizabeth schechner*



watch the WATER

Three lifeguard students share how they plan to use their new skills.



"I'm thinking about getting a summer job at the [YMCA], so this will help with that and help with people skills."
-Anthony Stevens '24



"[I'm looking forward to] when I get a job as a lifeguard and I have to save little kids who are drowning."
-Alexander Sabo '25



"I'm getting a free lifeguard certificate out of this, so I might use it to get some type of job for the summer!"
-Bryn Schneider '25



Lift me up. Working on his squat form, **Adarrion Smith-Harvey '24** remains focused. Smith-Harvey chose to take weights class in his junior year because he enjoys lifting weights in his free time. "I deadlift 415 [pounds], I bench 315 [pounds], and I squat 315 [pounds]," he said. *photo by: kacie cummings*



Balling. Serving the ball, **Ella Ulmer '25** plays to win. Ulmer has enjoyed watching her class improve in volleyball through the various practices each class period. "We practice at the beginning of class and go in a little circle and pass [the ball] around. Then we go into our teams. We break up and pass and practice serving more," said Ulmer. *photo by: zoe stanke*



He shoots he scores. Aiming for the basket, **Jarren Mikell '23** practices his shot. Though Mikell took both Lifelong Team Sports and Sports Training his senior year, he liked Sports Training best. "We mostly did mobility stuff, so we had this stretching thing and we never really lifted anything too heavy. It was more athletic, like powerlifting and putting power into sports," Mikell said. *photo by: zoe stahnke*

Spread by:
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Students explore various activities and gain new athletic skills through the Physical and Health Education program.

PHYSICAL

let's get