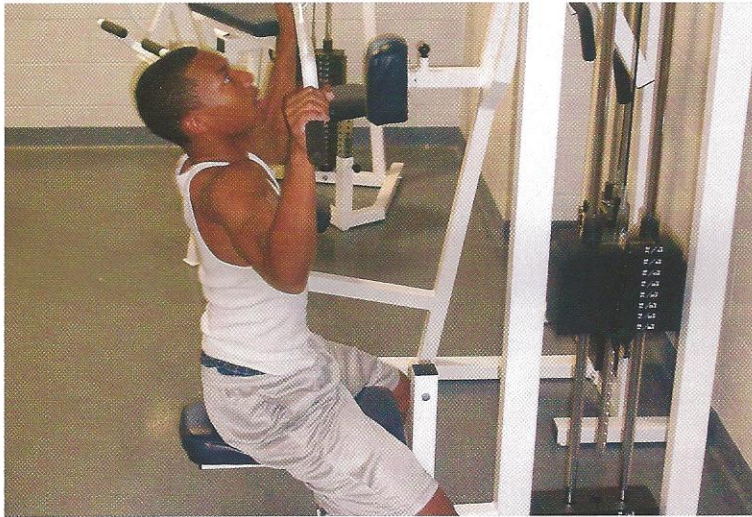


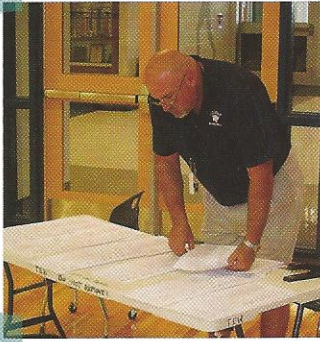
# robust- [roh-buhst]

- strong and healthy; hardy; vigorous



## Weightlifting

1...2...3...ugh! That was the sound of a weightlifter at Colleton County High School. Weightlifting was an intense activity, and a class that emphasizes the development of cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition. In addition, the weightlifting class was a very skillful activity where you needed to combine excellent physicality, and superb mentality in order to complete this course with a successful goal. Weightlifting was about having inner strength, and outer endurance. In all weightlifting classes, you could feel the amazing, and special bond among the students. From females to males, friends lending a major help to others as they increased their strength in weightlifting really made the class easier. It also created a great relationship, not just as classmates, but as friends who worked towards similar goals. Weightlifting did not only define strength within a student, but it also created a bond among athletic friends.



TOP Sophomore David Monroe does his daily arm exercises during his 3rd period class. His workouts gave him great preparation for his upcoming basketball season. He stated, "A true weightlifter has to have a strong mind, and a strong heart."

BOTTOM LEFT Coach Tew always gets prepared for his class, and also for the basketball season. Coach Tew said, "It is a great privilege to teach such unique students." Being a coach allowed him to become closer to the students and athletes he taught this year.

BOTTOM RIGHT Coach Washington always presented herself with a positive attitude, and great mindset as she taught each of her classes. "I'm amazed with the amount of strength, talent, and potential that these students possess within themselves," said Coach Washington.