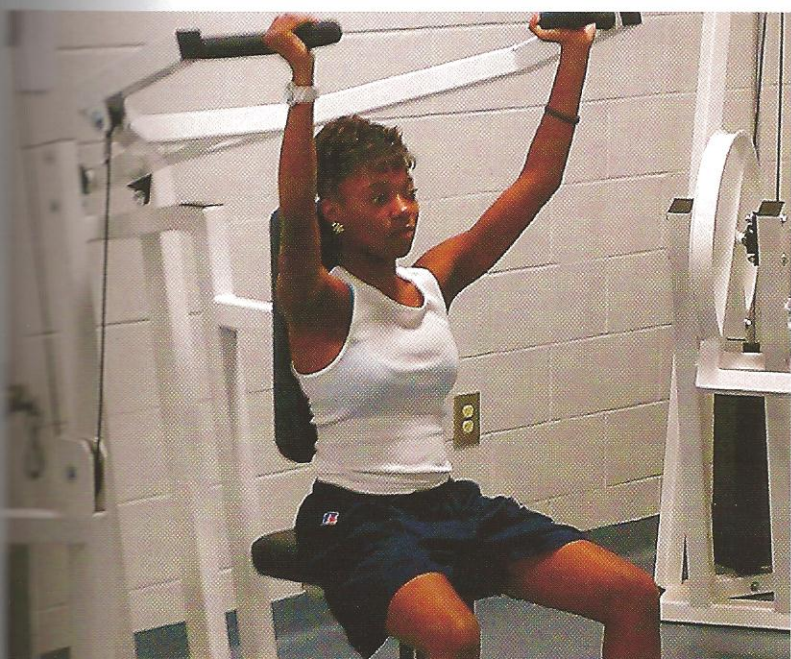


**Top Left** Junior Rashee Hodges always committed himself to be in the best shape as possible as he continues to work on his abdominal strength. "You must have motivation, and confidence" he said.

**Top Right** Sophomore Tristan Pontoon thought of Coach Tew very highly. He always came into the weight room with great expectations on doing the best that he can. He said, "Coach Tew was very serious about us succeeding in our sports, and in weightlifting itself."

**Mid-Right** Junior Terranda Green defined a true weightlifter as "being a person who pushes themselves the extra mile, and to the next level physically, and mentally." Terranda stayed focused by building her lower body strength.



**Mid-Left** Senior Oshiana Davis remained concentrated, as well as confident throughout her daily workout in the weightlifting room. Oshiana stated, "I look up to Coach Washington because she was a strong woman and even at her age, she can lift more than an average athletic student."

**Senior Shyheim Chisolm** was known as a very athletic student around Colleton County High School. Even for his size, he was considered to be one of the best weightlifters. He stated, "Leadership is the key goal into being a successful weightlifter."

**Senior Dahquan Pearse** said "The funniest part about weightlifting was watching all the new kids trying to lift heavy weights." Dahquan is considered to be an excellent weightlifter when it comes to muscular endurance.

**Sophomore Tyler Williams** said "I look up to David Monroe, because he was an excellent athlete, and in weightlifting he helps me to be the best person I can be." Tyler sets high goals for himself when it comes to muscular strength.

