

WHAT YOU SEE IS WHAT YOU GET

"I define sportsmanship as having respect for the other team and being a good character on the field."

- sophomore T.J.

Hamilton

Bulldogs celebrate an undefeated season

After three hours of moaning, loud yells, grunts of pain, and feeling the sweat pour off their steamy bodies in the hot afternoon sun, the whistle blew to finally end practice. The JV football players realized that it finally paid off by the result of their undefeated season.

"I've played for four years. Football relieves stress, and it is fun," said sophomore Dustin Douglas.

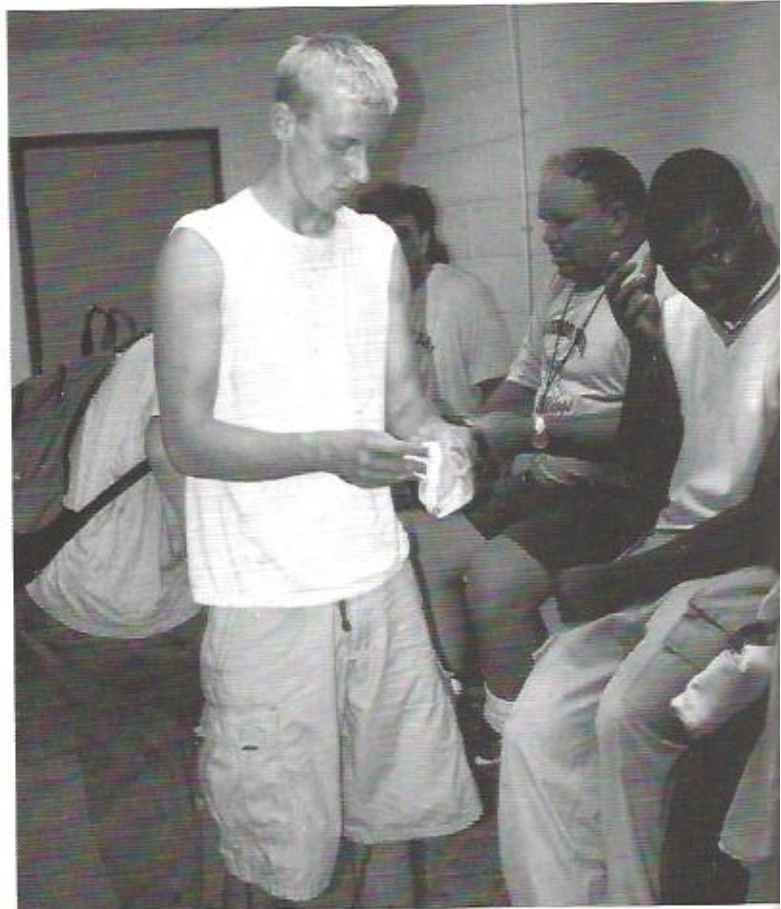
The football team recorded the final scores on an actual femur bone from Mr. Herndon's prize cow. By the end of the season a long list of victories ran down the side of the bone written in blue. The bone was used as a motivational tool. "It inspired the players to give it all they had and not allow other teams to come into their doghouse and take their bone," said Coach Polk. In one winning game the players even carried the bone out on the field in celebration of their victory, but like every team, bulldogs worked for their victory.

"Gasteroles and plyometrics are the hardest drills to me. They create stress," said freshman Lucius Culpepper. Dedication and willingness were two key factors of being on the JV football team. Players put forth hours of strenuous activities to show their excellent abilities.

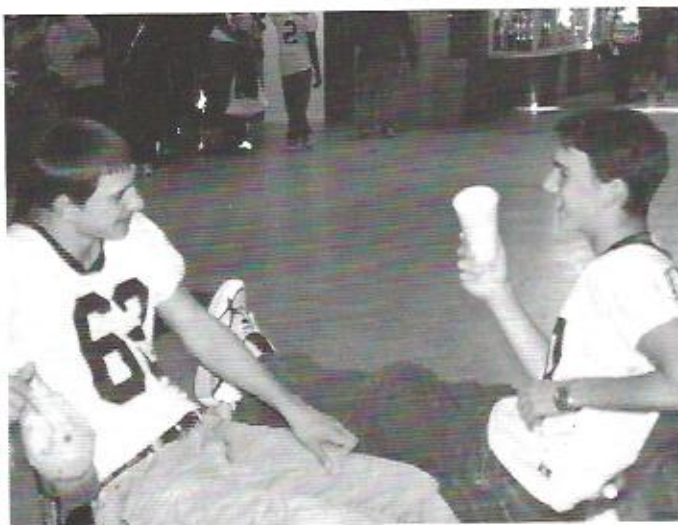
"No one compared to our Junior Varsity team this past year," said sophomore Drew Martin.

The Dogs dominated Walterboro High and their entire conference.

-Lindsay Ackerman



Stratford	20	12	W
Berkeley	20	6	W
James Is.	35	14	W
Ft. Dorch.	20	13	W
Beaufort	28	6	W
H.Head	28	20	W
S'ville	20	10	W



1. Wrap It Up. As sophomore football player Drew Martin unwraps his ankle, he wipes the sweat off his face after a hard day of practice in the burning heat. Before practice games, players wrap their injuries to ensure a safe day of football. Sophomore Drew Martin prepared for a game by making a trip to the "wrap-up room."

2. Food Before the Fight. While discussing plays for the night with another player, sophomore Will Germroth eagerly chows down before the game. The players ate pre-game meals to get them pumped up every Thursday. Some of their favorite dishes were green beans, fried chicken, mashed potatoes, and rolls. A balanced diet and proper nutrition helped to make the players safe and healthy.