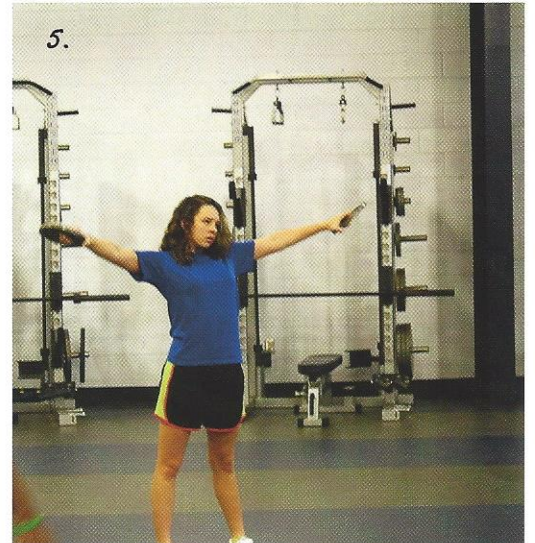
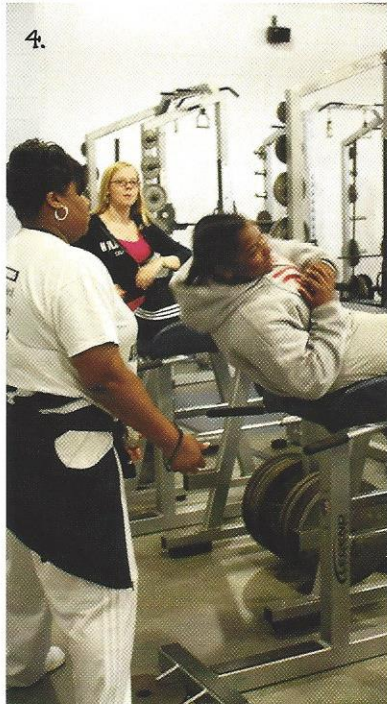
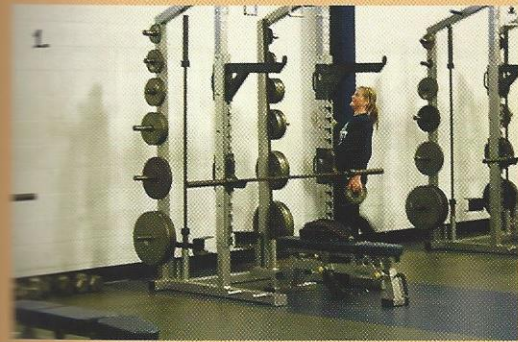


Embrace the Strength



A great way to start the day is exercising. Many of the weightlifting students this year loved having it first period to kick off their mornings. "What I like most (about weightlifting) is it being first period; it gets my day started," replied senior Heather Varn.

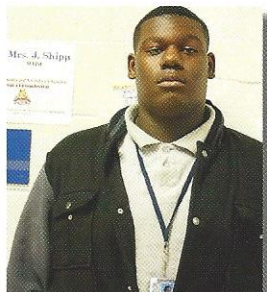
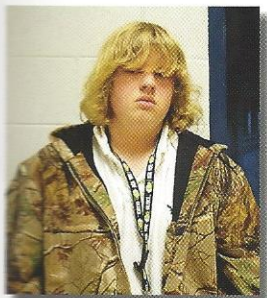
Weightlifting has kept the students fit and ready for sports. It takes a good amount of mental and physical determination to keep their minds clear and focused. Weightlifting was about staying in shape and working on physical strength. The students have built more than muscles. They have built friendships and special bonds among one another. Another reason students enjoyed being in this class is because they get to relax and clear their mind while working on their physical strength.



1. Senior Heather Varn evaluates the weight rack and tries to decide on which weight to pick.
2. Senior Terranda Green wastes no time on her workout and starts off with twist crunches.
3. Basketball players, senior Rashee Hodges and junior Jami Saunders chat while they enjoy the calmness of their weightlifting class.

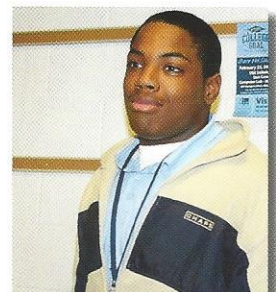
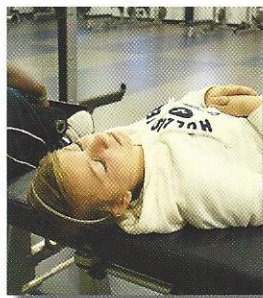
4. Freshman Tabitha Monroe works hard with the help of Coach Washington. Coach Washington was constantly encouraging her weightlifting class and pushing them to be even better.
5. Senior Megan Ballew works to build upper body muscles by doing free weight arm lifts.

Knowing that he has to work hard to earn his spot next year, freshman John Hutson says, "I joined weightlifting for football."



With a new season fast approaching, sophomore Kenyon Richardson says, "weightlifting helps me a lot with building muscle."

After a strenuous workout, sophomore Teagan Crosby relaxes before moving on to her next set of reps.



"I joined weightlifting so I could get stronger for football season," sophomore Jacob Cox explains.