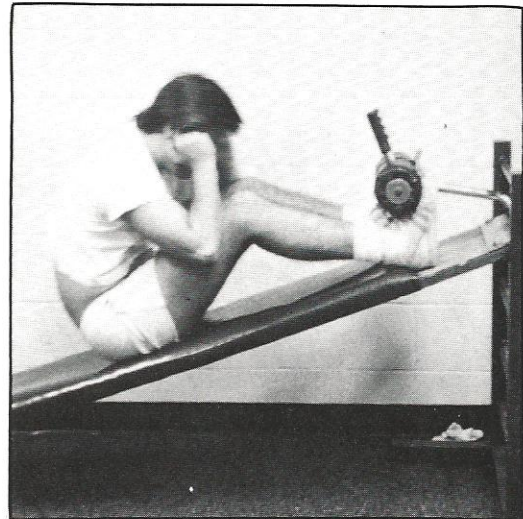




THE 1985 VOLLEYBALL team (from L. to R.) Yolanda Pinckney, Yvette Smalls, Chris Hudson, Consonya Holmes, Janet Campbell, Monica Holmes, Yvonne Smalls, and Shanese Jones.

SITUPS ARE A VERY important part of training when preparing for any kind of activity. Here, Jaymie Strickland performs the basic situp position. Situps tone stomach muscles making them the best way to lose weight. In weight training it is essential for all muscles to be worked and exercised.



Weight, There's More

With more and more determination to win sporting games, weight lifting has become an invaluable part of the training of athletes. Weight-training Coach Robert Driggers commented that "the main purpose of weight-lifting is to cut down on the number of injuries (to players) and to try to get the athlete as physically strong as possible."

Weight-lifting is a fairly new addition to the conditioning of athletes. Although weight training is associated primarily with football, other sports have begun pumping iron as well. Sports such as baseball, softball, basketball, and track

have intertwined weight lifting with other muscular and cardiovascular exercises necessary for complete physical fitness.

Since the introduction of weight lifting to the athletic program in 1979, its importance has become evident in the decreasing number of injuries in almost all sports. Coach Driggers believes that being physically fit can not prevent all injuries, but if an athlete involved in weight training was injured, his body strength and fitness could quicken recuperation. Weight lifting has proven itself to be an efficient and reliable method of conditioning for all sports.