

W

ORK OUT

Train, Don't Strain

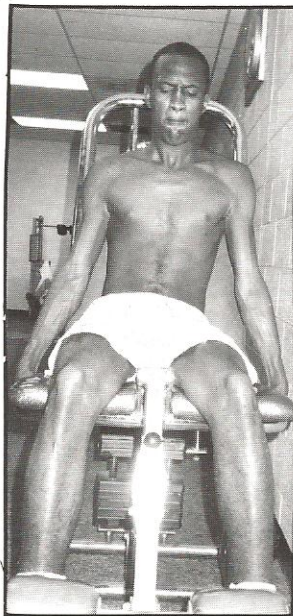
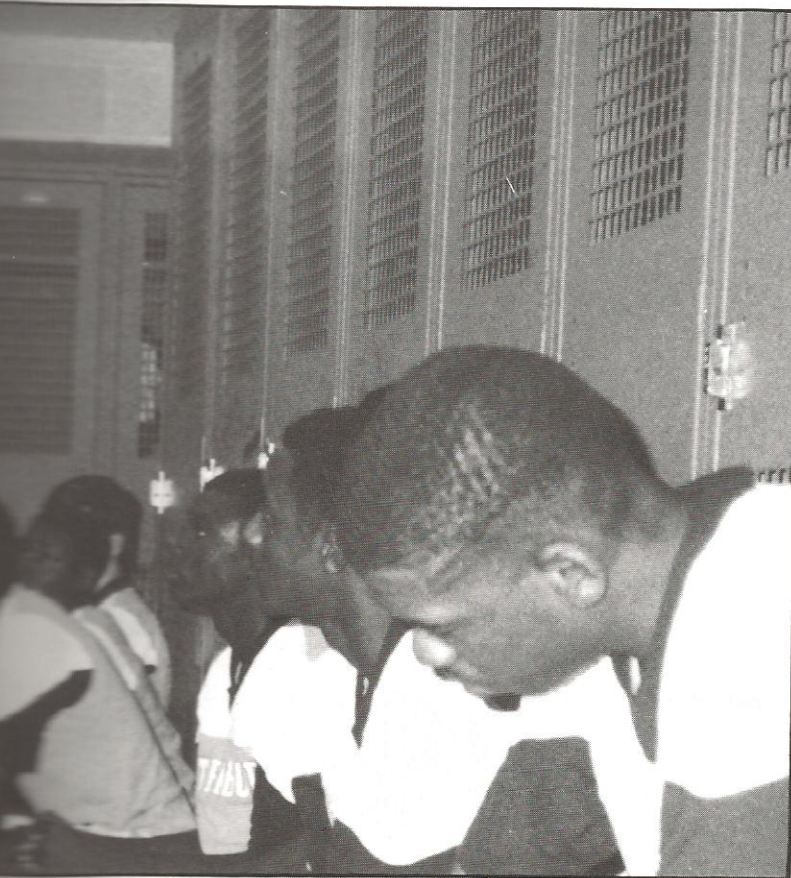
Even though it took dedicated players to make any team successful, the training program promoted by the team played a determining role in its success. Each sport required different training to prepare players for various positions.

One of the most recently emphasized areas of training was weight lifting. Football, softball, baseball, softball, basketball, track, and volleyball all had specific routines for the members of the team. These usually included workouts about three times a week. Thus the weight room was reserved for teams on specific days throughout the week.

Because football was a mandatory off-season program, it was the sport generally most involved in the weightlifting program. It was a demanding part of playing the sport, but one which received rewards at the end of the year. At the athletic banquet, awards for perfect attendance

and most improved were given to deserving players. Billy Ray Herndon, who received the Most Improve Weightlifter award last year, commented, "The weight program at WHS is a great thing for the team. It not only builds endurance but helps a team develop a comfortable atmosphere when playing."

Another important aspect of the training of a team was the coach-player involvement. Coaches served the teams in various ways. They provided leadership to help guide the team and constructive criticism when needed. Whenever the members needed support, the coaches readily gave it. Most coaches served as nurses of sports. Injuries were abundant. Even though injuries were all part of the tribulations that coaches had to endure, they overcame to capitalize on the positives to develop a successful team.

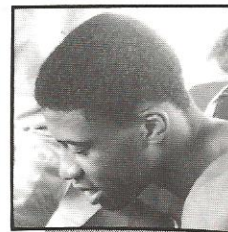


Marc Malone understands that hard work and diligence is the necessary key to a successful workout.

Leg weights are an important part of James Middleton's workout. This is James' first year on the varsity basketball team.



"Endurance is the most important element of weight training." — Mike Hiott, senior



"It takes dedication to build firm muscles for lasting endurance." — LaVoy Phoenix, senior