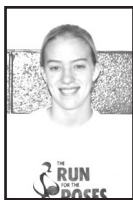


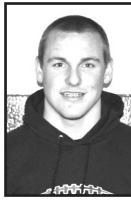
## RAMS COVERAGE



Sears



Kingston



Andry

# Time Out

Athletes use off-seasons to improve skills on the court and mat

During the off-season, many athletes choose to relax or play another sport. It allows the athlete to just relax, and be a kid. Others, choose to get a head start for next season by participating on off-season sports' teams.

A few students at PHS have decided to do this to get a head start for next season. Junior Sophia Sears and freshman Morgan Kingston are preparing for basketball, while junior CJ Andry prepares for wrestling.

Sears and Kingston both play on traveling basketball teams in Indiana. Neither of them play for the same team, but still play for similar teams.

"I play for a team out of Evansville, called the Indiana Elite," said Sears.

While Kingston plays for a team with a similar name.

"I play for a team called the Indiana Flight," said Kingston.

Both Sears and Kingston have similar practice schedules for team work-outs. Both practice every Sunday. Sears and Kingston both enjoy what they do, and are excited for how it can help them with their athletic careers. Sears uses the opportunity to help with her future collegiate career.

"It gives me an opportunity to play in front of college coaches and hopefully be recruited somewhere," said Sears.

While Kingston uses the experience to get better for next season.

"Playing on the team is a great learning experience. It will definitely help me get better, and better prepare me for regular season school basketball," said Kingston.

While off-season sports help with athletics, it has also shown Sears and Kingston other helpful things involved with life.

"It helps you learn how to make new friends," said Sears.

Kingston uses the experience to be more prepared and responsible for the road ahead.

"It helps me become more responsible with school work and everyday things in life. It also helps me stay in shape," said Kingston.

Junior CJ Andry is in his first year of off-season wrestling, and practices as much as he can.

"I practice every day after school from 3:30 to 6 (p.m.)," said Andry.

Most of Andry's wrestling events take place on the weekends; sometimes as an individual and with a team.

"I wrestle all day, every Saturday," said Andry. "I wrestle as an individual most of the time, but at Folk-Style Nationals I wrestled with team Indiana."

Like regular season wrestling, Andry maintains the same balanced diet that he has for the off-season.

"I try to keep my body fat around 7%, and then I can normally eat whatever I want after that," said Andry.

As for his accomplishments this off-season, Andry has had some struggles.

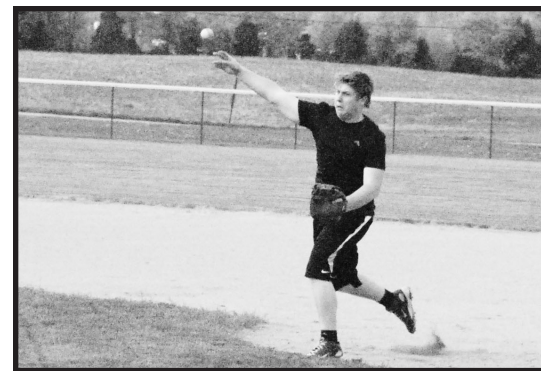
"At my first off-season meet I lost first round to the champ, won my second round match, and was disqualified in the third round for injuring my opponent," said Andry. "At Nationals, I lost my first match, won my second, and was put out in the third round."

Andry's plans for the rest of the off-season are to keep wrestling and continue to get better.

"I will wrestle every time I get the chance during the spring and summer," said Andry.

When it comes to the off-season, there are many opinions of how it should be spent. To these few athletes that try to get better in the off-season, it is a time to make a bigger stride for the next year.

## FEATURED Senior Garrett Sanders



What is your favorite thing about baseball?

**Hanging with the guys.**

What are your strengths this year?

**As a team we have a lot of people to compete for positions which will make us better.**

Who will your toughest opponent be this year?

**Ourselves**

What positions do you play?

**First base**

**Info by Cohen Bostock**

How many years have you played baseball?

**This is my third.**

What are your season goals?

**Sectional & Conference**

What is your biggest weakness?

**As a team, we like to have fun, so we slack off a lot.**

How often do you practice?

**Every day after school, Saturday, and twice in the morning before school.**

**Photos by Breanna Daugherty**

# THE SHOT

Spring is in the air...

## SPORTS RECAP

### Track:

The Girls and Boys Varsity track team are both 1-1, winning against Borden and falling to Northeast Dubois.

### Softball:

The Girls Varsity softball team has started out the season 2-4, with their latest loss coming from Corydon.

### Baseball:

The Boys Varsity baseball team has started off the season with a record of 3-1 with a wins to Salem and Orleans and a loss to North East Dubois.

### Tennis:

The Girls tennis team is 4-0 to start the season. Winning the Paoli Invitational against teams that included, Southwestern, Corydon Central, and Washington.

Info by Ian Bostock

1.



Photo by Breanna Daugherty

2.

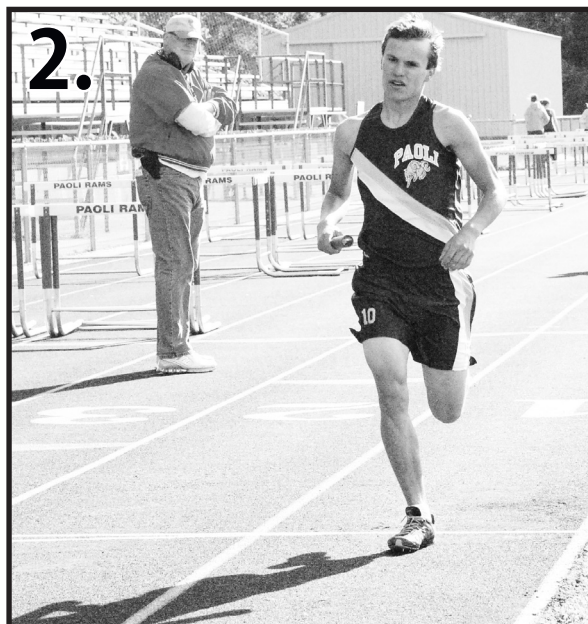


Photo by Breanna Daugherty

3.



Photo by Breanna Daugherty

4.



Photo by Breanna Daugherty

1. Freshman Alexis Fugate pitches in a Varsity softball game. 2. Senior Tyler Love runs in a track meet. 3. Senior Trevor Axsom hits for the Varsity baseball team during a recent game. 4. Sophomore Garrett Strange vaults into the sand for a long-jump event.

Info by Cohen Bostock

# Good Luck Spring Sports!

Stay updated on upcoming sporting events & records at our site:

[www.thepaolite.wordpress.com](http://www.thepaolite.wordpress.com)