

# Off-season Training

Athletes and their offseason conditioning and training

As school winds down, many athletic teams begin thinking about summer work-outs.

These teams plan intense schedules and vigorous activities to get players ready for the regular season.

In some cases though, some schools have started to limit the amount of practices a team is allowed to have during the summer work-out season. Springs Valley High school is one school that has been mentioned in the limited practice schedule for the summer.

Principal Casey Brewster, who has been supervising coaches for off-season workout, has heard many thoughts on subject. He also has a lot of knowledge on how coaches are informed, and what kind of rules the school must follow.

"We adhere to all IHSAA rules," said Brewster, "All conditioning and practices are coordinating and scheduled by myself and the athletic director (Darrell Newkirk)."

Brewster and Newkirk both are informed by the IHSAA about the rules, and the coaches are then informed by them.

"All coaches are made to attend all-coach meetings as well as individual meetings with

administration," said Brewster.

Not only are coaches made to meet with administration, but they have to meet with the state as well.

"Coaches must attend yearly IHSAA meetings required of all head coaches," said Brewster.

As for limited practices, Brewster has heard of them, but is not sure if they are real.

As for the long term effects, on the limited practice schedules, Brewster has a strong opinion.

"Depending upon activities with which students are engaged when not involved in school activities; students have more time to devote to other interests, which could be positive or negative," said Brewster.

With the IHSAA changing rules every year, many schools will also have rule changes that will affect the schedule of many athletes. Each year brings new rules, and new challenges to overcome for coaches of every sport. No matter what they challenge though, coaches will always find a way to make athletes better, and prepare them for the road ahead.

Story by Ian Bostock



Art by Kennedy Nelson

## FEATURED

Senior Jennifer Lundergan



What is your favorite thing about tennis?

**It is fun and challenging.**

How long have you played tennis?

**Four years.**

What do you play (Doubles, singles, etc.)?

**Two singles**

Have you learned more from your wins or your losses?

**I've learned a lot from both.**

What inspired you to play tennis?

**I started playing because one of my friends played. When she quit I kept playing because I enjoyed it.**

What is your record this year?

**10-3**

Are you going to play after high school?

**Yes**

What are your strengths this year?

**Ball movement and placement over power.**

Info by Cohen Bostock Photos by Breanna Daugherty

# THE SHOT

Spring is in the air...

## SPORTS RECAP



Photo by Breanna Daugherty



Photo by Breanna Daugherty



Photo by Breanna Daugherty

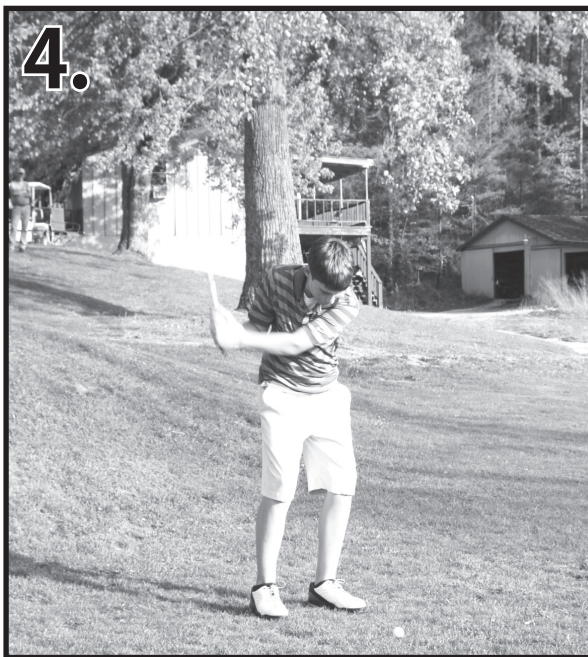


Photo by Breanna Daugherty

### Track:

The Girls Varsity track is 3-2, and Boys Varsity team is 3-3. Both teams run tonight in PLAC.

### Softball:

The Girls Varsity softball team is 12-8, while the JV team is 7-2. With their most recent win coming against West Washington.

### Baseball:

The Boys Varsity baseball team has a record of 6-9, while the JV has yet to record a win. The boys will be in action tomorrow at home against North Harrison.

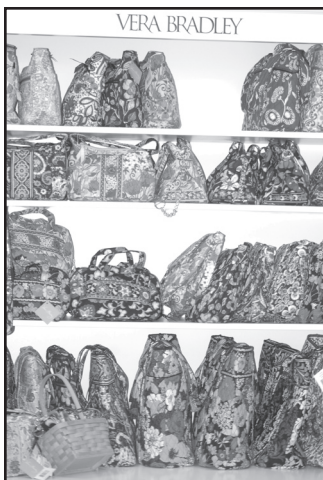
### Tennis:

The Girls tennis team is 11-2. The girls finished 8th at the Jasper Invitational, and won the Southridge Tourney. The girls are in action tomorrow at Forest Park.

Info by Ian Bostock

**1. Junior Jessica Buchanan** prepares to field a ball during a recent game. The team strengths this year are "becoming close bonded and always picking each other up which allows us to be a team and play together," said Buchanan. **2. Sophomore Luci Waynick** returns a ball at a meet. Her greatest match was Borden which they lost 5-0. **3. Sophomore Devin Durbin** throws the ball to first. "We are a lot better, we work hard as a team, and we've grown as a team," said Durbin. **4. Sophomore Logan Clark** gets ready to chip a ball on to the green. His favorite thing about golf is being able to play in meets.

Info by Cohen Bostock



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