

RENE NAVARRETE'S ADDICTION TO WEIGHTLIFTING



Sophomore Rene Navarrete takes a break from lifting. He also enjoys other sports, including wrestling and playing football for Loy Norrix. **Photo Credit / Scott May**

Scott May

We all have addictions. They can be anything from a television show to some kind of food. For Rene Navarrete, his addiction is working out. This addiction formed from Navarrete's hard work, which has turned into his success from his accomplishments.

"Every time I make an accomplishment, the more I want to work harder. It turned to my addiction basically," said sophomore athlete Rene Navarrete.

Navarrete's hard work has earned him a chance to join the Olympic weightlifting circuit.

The Olympic weightlifting circuit is a circuit of competitions where an athlete performs a select style of lifts called the Olympic style. There are two different lifts that are in the Olympic style, a power clean and a clean and jerk, both similar movements.

The power clean movement is when you crouch down with a straight back then lift up while driving your hips up and out, transitioning into a shrug. From the shrug you then drop underneath the bar and catch the weight as you're standing up.

A clean and jerk is the same movement, but after you catch the bar while standing up, you then extend your arms putting the weight above your head.

"The Olympic style of weightlifting is one of the most difficult movements technique-

wise to master," said strength and conditioning Coach Tyler Depuydt.

To compete at this level, Navarrete has to constantly work on his form and his strength. Since Navarrete is in the middle of wrestling season, he can only condition three times a week at most. When Navarrete is not in wrestling season, he conditions for wrestling every day.

"For me the weight room is like my second house. It helps me release stress from school and home," Navarrete said.

There are many reasons for which Navarrete has been chosen to work with a USA Weightlifting Senior coach. Some of the obvious reasons are his strength, hard work and dedication to accomplish his goal of going to the state finals and winning first place for his weight class.

Jeff Swenarton heard about Navarrete and decided to help him out. The two met through Navarrete's biggest influence, Coach Depuydt. Swenarton went out and bought a pair of Nike Romaleos 2 weightlifting shoes, then donated the shoes to Navarrete to help him out.

Depuydt has helped Navarrete, from picking him up when Navarrete is down, to helping with injuries and even with his diet to make sure he is receiving all the nutrients he needs to push on with his journey to hopeful success.

STEP BY STEP OF A POWER CLEAN



THE SET UP

Line your feet up with your shoulders, then squat down.



THE PULL, PART 1

Lean back so you're on your heels, then drive upward.



THE PULL, PART 2

Extend your ankles, knees and hips. This is called the triple extension.



THE CATCH

Pull yourself under the bar into a full squat onto your delts.



THE JERK

Extend your arms straight up, catching the bar with your arms fully extended.

TOWER FROM FRONT PAGE

to the hustle and bustle of the Norrix atmosphere.

"We have put rugs down, and Steve the custodian tries to mop to make the floor so it's not as wet but there's only so much you can do. We also put a blower at the bottom to dry the floor," said Hampton.

Efforts to decrease moisture in the tower with rugs and a blower have made a positive impact on the ability to enter LN. The rugs absorb wetness and gives grip and the blower pushes air on to the floor to make the surface of the floor more dry. An abrasive strip of tread is featured on every stair to help provide grip.

Potential danger within the tower is overshadowed when positive characteristics of this structure are taken into consideration. Windows that make up the walls of the enclosure offer sunshine to show through and the tower allows a view of above the entrance for security.

In regards to a quality of the tower which benefits all of us at LN, the distinct main entryway for Norrix provides security benefits to look over the parking lot and action in front of the building.

"The tower gives safety because I can see everyone who comes in and out and I can monitor cars," said Officer Hampton. "I can also recognize peoples' parents as they come up."

An open staircase is featured in the tower which splits left or right half way up. Moisture from the outdoors comes inside, slides off the open slots in between each stair, and pools on the floor of the entry's structure.

A study done at the Prince of Wales Medical Research Institute explains that climbing stairs requires visual processing as well as the ability to feel safe while moving. The open risers on the stairs gives a view of the floor below and may cause an individual to feel a stronger sense of danger from a visual alteration along with the wet conditions.

"Last winter a parent slipped right by me and I helped her up, but the tower is so dangerous," said Hampton.

Steve May
Owner

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