LN Swim Team: "Traditions" or Cult-Like Tendencies?

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JOE CARTER / GUEST PHOTOGRAPHER

T.J. Carter swims the 200 Individual Medley at the Loy Norrix Invitational.

Walking down the hall you may see many strange things, such as a kid with a nose ring or someone's underwear showing. But nothing is more abnormal than seeing a bunch of boys walking around with bleached hair styled into strange hairstyles. You may think they have fallen off their rocker, but bleaching their hair is just a routine for the Loy Norrix swim team. Captain TJ Carter loves bleaching his hair and seeing all of the students' reactions.

"It's a bonding experience. All the guys get together, go out and buy hair bleach and laugh as we scratch our heads. It's also fun to see the reactions and hear people say 'what's up with that guy's hair," said Carter.

Carter has been on the LN swim team for four years now and honors all of the traditions. Especially the most secret of them all, "Knight-rous." When questioned about the supposed event Carter was very vague.

Knowing that this was an highly valued tradition Carter very simply stated that "Knight-rous" is an event that happens the night before the big conference (which is the end of the season). The swim team uses this event as a time to mentally prepare themselves and to make sure that their mind set is on the right path.

"It helps us relax and focus on the meet," said Carter.

The first time Carter ever experienced "Knight-rous" was his freshman year. Even though some may have been frightened because the event was so secretive, he was excited and knew it would be very helpful.

"It was really cool for everyone on the team to experience. It helped out because being a freshman, I was nervous about the important conference, and I felt that it gave us an edge over all the other teams," said Carter.

Another seemingly odd tradition the swim team partakes in is swimming with resistance, or drag. Swimmers dress up in tights, tank tops and sometimes shoes when they swim. Carter explained that swimming with extra clothes is similiar to cross country runners wearing a parachute while running to condition.

"It conditions the muscles. Having that extra weight on while swimming makes it feel like you're cutting through butter with a hot knife when the clothes are off. It's especially easy when you're completely hairless," said Carter.

One of the team's more normal traditions is having pasta parties. The swim team gets together at someone's house before a meet and enjoy a somewhat healthy Italian meal.

Carter honors and values the traditions and is greatful that he is able to experience them.

"I'm really proud of the traditions and of Coach Mahar. I'm proud to say that I am part of the renaissance of LN swimming. I will miss it greatly when I go off to college," said Carter.

To all those that are truly intrigued with what "Knight-rous" is to its fullest, apparently the only way to find out is to join the swim team.

Derek Jeter Returns to Kalamazoo

Despite Celebrity Status, Jeter Sticks to his Roots

Christina Pillsbury
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ANGELO MURRAY/ KNIGHT LIFE

Derek Jeter takes a moment to pose with the editor of Excelsior, the KPS achievement bulletin, Jane Lloyd. Jeter often takes time to return to his hometown of Kalamazoo.

Everyone wants a superpower. Everyone wants to be able to fly, walk through walls, or have the ability to read minds. Although many regard Derek Jeter as a superhero, even this baseball great wishes for powers. What superpower does he wish to have? Superstrength? Superspeed? The ability to entice any female with a single glance?

Some may say he already has these abilities, but his real wish is to be invisible at his own will.

Quite an ironic wish coming from such a popular athlete; anywhere Jeter goes, he most certainly is not invisible.

The second most popular athlete, according to the 2007 Harris Poll, Derek Jeter returned to Kalamazoo, his hometown, on Saturday, December 15th, for the ceremony in which he, along with five other students and coaches were inducted into the Kalamazoo Central Hall of Fame.

What an honor some may say, to be initiated into your high school hall of fame at the same time as such a great man as Derek Jeter. Although it was obvious that Jeter was the most famous in the room, he never made it an issue. He answered questions with as much brevity and humility, if not more than anyone else in the room. Despite the harsh weather conditions, Jeter was happy to be home.

"I always enjoy- apart from the weather- to get back to Kalamazoo," Jeter said, and was greeted by laughter from the crowd.

While he was back in his hometown, he spent time with the volunteer group he started called Jeters Leaders. This group is comprised of about 40 high school students who intend to make a good use out of their high school years. The students are nominated by their eighth grade teachers to join the next year. At the start of their high school career, the members must sign a contract vowing not to smoke or drink while in high school. If they graduate while holding up this ideal, they receive a $5,000 check to use as they wish. Senior Anilash Panikulangara speaks to Jeter's involvement with the group.

"Even though he was really busy, he still made it around and shook every person's [in Jeter's Leaders] hand," said Panikulangara.

As for the legacy he wishes to leave, Jeter would rather be remembered as a good person, a kind and moral person than a great baseball player. It's nice to know that in a world of conceited, overly publicized athletes, some still stick to their roots.

"To be a good person, that's the best compliment anyone can give you," said Derek Jeter.

Sports Updates

Basketball

The SMAC Central Division has named their all-division basketball team:

On the womens basketball team Ondrea Hughes was named as the co-player of the year.

Nelly Smith, Talisha Bridges, and Barbara Johnson were named to the all-division team.

On the mens basketball team Coach Damian Smith was named as the coach of the year.

Quinntrai Lampkins, Leo Gray, and Ray Hall were named to the all-division team.

Coach Matt Covault was named as the coach of the year.

Bowling

So far this year the men's bowling team has played eight matches; they have won five and lost three. The women's team has played nine matches; so far they have won one, lost seven, and tied one game. The next game will be on February 16 at the Harpo's Bowling Alley on Stadium Drive.

Team Ranking for the first division is:
Men's (5-3)
Women's (1-7-1)

Hockey

Loy Norrix Hockey team is currently 0-16. In their game against the Kalamazoo Eagles on January 26, Kalamazoo United lost to the Kalamazoo Eagles with a score of 1-6. On February 16 the Hockey Team will be playing in a League Tournament, the location is to be announced.

Kalamazoo United rank in division one is
Kalamazoo United (0-16)

Competitive Cheer

At the invitational at Battle Creek Central on January 26, the Loy Norrix Competitive Cheer team cheered their way to a score of 421 points. The upcoming match is the SMAC League at Stevensville Lakeshore.

The Loy Norrix Competitive Cheer Team in Division Two is currently ranked 4 out of 9.

Peak Performers in Sports

Tonal Simmons
Xi'ange Shannon
Marleigh Hill
Staff Writers

Name: Marla Bowser
Grade: Senior
Sport: Competitive Cheer

Senior Marla Bowser has been cheering for four years and has been on the varsity cheerleading team for all four years. Bowser does both sideline cheer and competitive cheer.

"A lot of people think it [cheerleading] is easy but it's not, it's a lot of hard work," said Bowser. "That's why our team is so small. It starts big then the girls don't want to do the hard work so they quit."

Cheerleading is Bowser's favorite sport. Even though people talk down about cheerleading she still holds her head high.

"I really like it, I like competitive because it's different from sideline," said Bowser. "I like to compete, I am competitive."

Receiving two All Star awards at cheerleading camp, two MVP plaques, Bowser made the all SMAC conference twice. Bowser is also a good student and gets good grades.

"My personal season goal is to get my handsprings down good and change the people's opinions about us [cheerleaders]," said Bowser.

As for Bowser's team goal she said, "For us to have 600 points in our grand total competitive cheer and bring back spirit to the school."

Name: Erin Campbell
Grade: Senior
Sport: Diving

Senior Erin Campbell has been diving for five years now and is the only diver on the girls team here at Loy Norrix. Campbell dove on the varsity swim team for all four years. Campbell started off competing in gymnastics at the age of eight. Seeing her potential, Campbells coach suggested that she try diving because of the similarities between the two sports.

Campbell then started diving in middle school and has been diving ever since. Campbell's main goal for this season was to make the top twelve in the state and she placed sixth in the state.

Even though Campbell was the only diver, she still enjoyed the experience.

"I was the only diver, I was really close to my coach so I liked that," said Campbell.

Campbell plans on diving at Kalamazoo College. She enjoys diving and thinks that is something everyone should try.

"It's scary but you feel really proud of yourself when you conquer that fear," said Campbell.

Campbells favorite memory was getting to compete in the state meet. She enjoyed staying in a hotel with the rest of her teammates and being able to travel for diving. Last year the Loy Norrix girls swimming and diving team had the highest G.P.A. in the state.

Name: Tony Noyes
Grade: Junior
Sport: Hockey

Junior Anthony Noyes has been playing hockey for the past ten years, two of which he has spent playing for Loy Norrix on the Kalamazoo United team. Noyes says that despite this combination of local rivals, LN and Kalamazoo Central, the majority the team shares a pretty close bond.

Noyes feels that although hockey takes up a large portion of his time doing well in school should be his top priority.

"Grades are important. School should come before hockey," said Noyes.

So far this year the team has not won a game, but Noyes hopes that they will win at least one match before the season is over.

One of his favorite memories is when Kalamazoo United won against Portage Northern last year.

"We beat Portage Northern two to one. It was our first win in six years," said Noyes.

Hockey's reputation as a rough sport does not fall short here. Conditioning for the team includes extensive running consisting of a lot of sprints. Noye's previous injuries include a fractured ankle and a sprained fibula, one of the majors bones in the leg.

Noyes's hopes to play division one hockey for either Ferris State University or Michigan State University.