Norrix Athletes Get Out to Beat the Heat

Loy Norrix Student Athletes Share What they do to Prepare for their Season Ahead

Addie Drillock
Staff Writer

As the school year draws to a close students get ready to finish off their spring sports season and prepare for the summer quickly approaching. With such a hopeful summer ahead it is hard to look past anything besides the comfy cushions of your couch and the ice cold cans of coke just chilling in the fridge waiting to be cracked open.

Although MTV's twenty-four hour long marathons and a bag of Fritos may be all some need to complete their ideal summer, there are those that add one more vital factor into their hectic summer schedule: exercise.

Making time for exercise is something some teens see as a ritual in their every day lives, while others merely think about leaving their comfy Lazy Boy to go out for a stroll. Exercise is something that all teens in general should be aware of and should be actively participating in, unfortunately this is not the case.

Dedication is just part of what it takes to exercise, and with playing a sport comes that responsibility and dedication in which the young athletes at Norrix strive to meet. Despite the fact the spring season is coming to an end, a whole new summer workout plan is ready to begin for the up and coming fall athletes. As they strive to meet their goals for the fall junior Martha Alves, sophomore Joe Billian, and freshman Craig Russo share what it takes to be a trained and seasoned athlete.

GUEST PHOTOGRAPHER

MARTHA ALVES
SPORT: SWIMMING

Martha Alves has been swimming competitively for three years and this fall she will be entering her fourth season as a varsity swimmer on the Loy Norrix Women's Swim team. Alves likes to continue swimming in the summer not only to stay in shape but to be prepared for the season that quickly approaches in the fall.

"I'm definitely in good shape if I swim during the summer, it's just really nice to start off the season on the right foot," said Alves.

Alves tends to start her off-season on the right stroke as well, between swimming for the GLA [Great Lakes Aquatics] swim club and competing in triathlons Alves proves to be a fierce competitor once fall rolls around. Although being part of a swimming club shows her dedication to the sport, Alves also shows a lot of self motivation by getting into the pool and swimming on her own time as well.

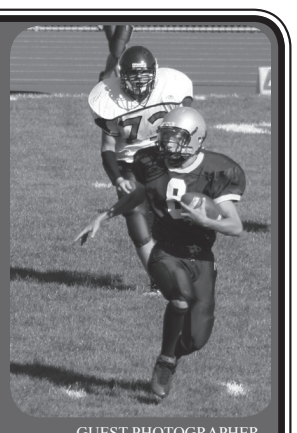
"I have to do it [swim / exercise] if I don't I just don't feel good. I like being in shape," said Alves.

As the summer begins to dwindle down the swim team begins organizing practices twice a day which can be rather vigorous, especially for those who took the summer off. Alves acknowledges that exercising in the summer is very crucial to be successful in any sport and very much so in swimming.

While Alves has a competitive season to look forward too, she agrees that anyone can get out there and exercise during summer vacation whether they have a sport to play or not.

"Just getting out there and being busy is going to help, even if it's not vigorous you will still stay in shape," said Alves.

Alves recently joined the womens track and field team over the spring in hopes to stay conditioned for her upcoming swim season.



GUEST PHOTOGRAPHER

CRAIG RUSSO
SPORT: FOOTBALL

As a freshman Craig Russo started off his high school career strong as the leading running back for the men's freshman football team here at Loy Norrix. Russo has made a lasting impression in hopes that it will secure him a position on the varsity football team this fall.

Having played football since fourth grade, it is safe to say that Russo has had his fair share of experience on the field and he stresses the importance of getting prepared for an upcoming football season.

"It is very important to train over the summer, there's definitely a difference between the people who train over the summer and the people who don't," said Russo.

Running and lifting weights are just a few of the basic exercises Russo makes sure to accomodate into his summer schedule and is aware of how his hard work benefits him later on in the season.

> "It is very important to train over the summer, there's definitely a difference between the people who train over the summer and the people who don't."
> -Craig Russo

"I know I am a lot faster in the fall than I would be if I didnt exercise," said Russo.

During the summer Russo can be seen as a regular at the Norrix weight room. Although it is not hard for Russo to get motivated to exercise he is aware that there are kids out there that do not share the same mentality.

"Kids need to get outside, stop playing video games and start eating healthy."

These are Russos suggestions for avoiding being lazy over the summer.

ADDIE DRILLOCK / KNIGHT LIFE

JOE BILLIAN
SPORT: CROSS-COUNTRY

This will be Joe Billian's third summer training for cross-country in the fall, and it will be a challenging one at that. With summer temperatures scorching it is always hard to find the perfect time to gather the team for practice. Despite the heat Billian enjoys practicing with his team during the weekdays of the summer.

"It's always easier [and more fun] to work with people rather than alone," said Billian.

Billian admits that at times it's hard to want to go out for a run on a summer evening, but he tries to keep a positive outlook on the practices.

"Sometimes it can feel like you would rather do almost anything than go for a run in the heat, but then you can remember that your competitors are feeling the same way," said Billian.

During the summer it is not uncommon to see the back roads lined with high school runners, all preparing for the fall season. It is obvious to Billian that there is no time to rest in the summer because for every day taken off running, the less prepared he will be for racing in the fall.

"Summer training makes all the difference in the world for cross country. You can tell which runners ran over the summer in races because those who didn't will be a great deal behind," said Billian.

According to Billian, cross country is one of the most reliant sports when it comes to summer training, but it does not necessarily require a summer of intense miles. Just running regularly is enough to keep you in decent shape for the season.

Though Billian has a vigorous season ahead, he notes that just staying in shape during the summer is a good idea.

"To avoid being lazy, meet up with your teammates for practice. Set up a time every day. You don't need to work yourself to death, just have fun and get in shape for the fall. And if you don't have a sport in the fall to practice for, run cross country," said Billian.

Sports Updates

Alex Foti, Barrett Kelpin
Copy Editors

TENNIS

Varsity (4-3-2)
JV (1-10)

Women's Varsity competed in the Regional meet at Jenison on Thursday, May 15th.

BASEBALL

Varsity (10-14)
JV (12-15)

Next game will be against Centreville.
Wenesday May 21st.
Varsity - Away
JV - Home

TRACK

Men's (3-3)
Women's (3-3)

The track team competed in Regional meet at Jenison on Friday, May 16th.

GOLF

Varsity (1-0)
JV (2-1)

The Men's Varsity golf team will compete in Districts on Thursday, May 22nd.

SOCCER

Varsity (9-6-2)
JV (0-11-1)

The Lady Knights will be home playing against Delton-Kellogg on Thursday, May 22nd.

SOFTBALL

Varsity (11-14)
JV (5-18)

Next game will be against Centreville, Wenesday May 21st.
Varsity - Away
JV - Home

LACROSSE

Men's (6-7)
Women's (2-8)

The varsity lacrosse teams will compete in the regional tournament starting Thursday, May 22nd.

Peak Performers in Sports

Maggie Sikkema
Sports Editor

Name: Alex Schmidt
Grade: Senior
Sport: Varsity Baseball

Senior Alex Schmidt has been on the Loy Norrix Varsity Baseball team for two years. Schmidt has been playing baseball for a total of 12 years. He played big league at Milwood Elementary School. Schmidt plays baseball because it is one of America's pastimes. He also has a love for baseball.

Schmidt plays wherever his coach needs him to play on the field, but he enjoys pitching the most because he has control of the game. Schmidt has a feeling that LN will have a good varsity team this year.

"I think if we work hard and take things seriously, winning will take care of itself," said Schmidt.

In the off-season Schmidt can be seen working out, lifting, running and throwing. He does this to get ready for the upcoming season.

Name: Shelby Curwen-Garber
Grade: Senior
Sport: Varsity Tennis

Senior Shelby Curwen-Garber is one of three four year varsity members on the Loy Norrix Varsity Tennis Team. Curwen-Garber is also a captain this season. She plays three singles and has only been playing tennis for four years.

Curwen-Garber has only suffered a few tennis injuries. She hit her foot with her racket and broke a toe. She also had a foot injury her sophomore year.

Curwen-Garber's favorite thing about tennis is serving an ace.

"Serving aces is a great feeling," said Curwen-Garber.

Curwen-Garber ended the season last year with a record of 21-3. She is currently 16-2 for this season. The tennis team faces many challenging teams throughout the season but Curwen-Garber dislikes playing Mattawan the most.

"They're hard and frustrating to beat," said Curwen-Garber about Mattawan's tennis team.

Curwen-Garber hopes to continue playing tennis throughout college on a club team. Curwen-Garber plans to attend the University of Michigan in the fall.

Name: Katie Miller
Grade: Junior
Sport: Varsity Soccer

Junior Katie Miller has been playing soccer for 11 years. She has been a contributing player on Loy Norrix's varsity team since her freshmen year. To stay in shape during the off-season Miller plays for the TKO soccer club. She has played for TKO for the last three years.

Miller runs in the off-season for conditioning because she plays center-mid for LN. She has a lot of faith in her team.

"I think if everyone works hard we will do well," said Miller. Miller thinks they will have a good season this year.

Miller has continued to play soccer because she enjoys it and thinks it is fun. The thing that Miller most enjoys about soccer is winning. When Miller's team wins she feels that she has accomplished what she set out to do.