

# Students tone up for spring break

By Jermichael Tanner  
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Treadmills, crunches, curls, squats. Students everywhere are exercising overtime to prepare their bodies for Spring break. BC students are no different.

As Spring break approaches, the number of bodies in the fitness room of Boshamer gym, and the free weight room increases. Just to reap the sweet benefits of being able to survive Spring break with as few shirts as possible.

Most men have similar workouts, and most females have similar workouts in order to tone or bulk up different body parts. Males focus more on upper body bulking and core toning, while females focus more on lower body and core toning.

When asked about the contents of his Spring break workout, Sophomore WLE major, Willie Jones said it consisted of "Crunches, bench press, and dumbbell curls." All upper body exercises. He also mentioned squats as part of his regime, but the fact remains that the majority of his workouts are indeed for upper body.

Some people use sports to tone their bodies for the upcoming vacation. Junior safety Michael Gist talked of his football workouts that would



Curtis Washington bench pressing in the free weight room.

assist him in his quest to impress members of the opposite sex. "Bench press, curls, crunches, squats, and pull ups," Gist said, are all part of his workouts.

Female athletes are taking advantage of their crafts in order to achieve physical fitness. Sophomore volleyball player, Ashlie Morrison, and Freshman volleyball player Sawyer Gray, both talked about their weekly workouts that consist of "Sprints, squats, dead lifts, and

planks." They also mentioned doing some bench pressing, but for the most part their workouts are designed for core and legs.

Both men and women are attempting to mold their temples into sculptures for the oncoming Spring festivities. Regardless of the region an individual attempts to tone or bulk up, the fact of the matter is that individuals of both sexes will be looking at more than the clear blue waters while on Spring break.

## February Sports Spot Student-Athletes of the Month

Sarah Carlos of the Brevard College Softball team and Josh Jordan of the Men's Basketball team have been named the Sports Spot Student-Athletes of the Month for the month of February, as recognized on WSQL 1240 AM on Wednesday afternoon. The award is presented by Sports Spot, in conjunction with the Brevard College Athletic Department.

Carlos was voted the Female Student-Athlete of the Month by the BC Head Coaching staff over fellow nominees Anna Schlobohm of the Women's Basketball team and Elise Labus of the Women's Tennis team.

Carlos led the Tornados softball team to their best start in the Britne Stubbs era at Brevard College as Brevard opened up the season with an 11-5 record overall. For the month, Carlos led the team with a .356 batting average, driving in 14 runs with 16 hits, while playing nearly flawless defense at first base. Carlos also has shown power early in the season, with a Grand Slam to her credit on the year, clearing the bases in Brevard's 12-0 victory over Columbia College.

Jordan was voted the Men's Student-Athlete of the Month by the BC Head Coaching staff over fellow nominees Ron Patterson of the Baseball team and Sam MacNeil of the Men's

Tennis team.

Jordan averaged 12.4 points and 9.4 rebounds per game in the month of February, shooting 56.9 percent from the floor in receiving this award. Jordan achieved double figures in scoring seven times in the month, including 18 against Catawba on Feb. 9 in Brevard's 90-75 victory.

These two athletes will be presented with

action shots recognizing their award, which will be displayed in the lobby of Boshamer Gymnasium for the entire school year. A total of nine female and male Sports Spot Athletes of the Month will be selected in the 2010-2011 academic year. The award is selected from qualified candidates each month by the athletic department staff.



## TORNADO SCOREBOARD

### BASEBALL

Newberry 7, BC 6	L Feb. 25
Newberry 4, BC 9	W Feb. 26
Newberry 3, BC 1	L Feb. 26
Winston-Salem State 3, BC 4	W Mar. 1
Winston-Salem State 6, BC 1	L Mar. 1

### MEN'S TENNIS

BC 1, Lander 8	L Feb. 25
BC 3, Limestone 6	L Mar. 1

### WOMEN'S TENNIS

BC 1, Lander 8	L Feb. 25
BC 9, Limestone 0	W Mar. 1

### SOFTBALL

BC 3, Virginia Intermont 1	W Feb. 26
BC 1, Virginia Intermont 4	L Feb. 26
Pfeiffer 3, BC 2	L Feb. 27
Pfeiffer 4, BC 5	W Feb. 27
Young Harris 4, BC 5	W Mar. 1
Young Harris 3, BC 4	W Mar. 1

### MEN'S BASKETBALL

Wingate 87, BC 77	L Feb. 28
BC 64, Wingate 84	L Mar. 2

### WOMEN'S BASKETBALL

Wingate 72, BC 69	L Feb. 26
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