

# Summer sweat

## Athletes utilize time off to prep for upcoming seasons

By AMY BRYSON

While summer may be the perfect opportunity for many to relax and do nothing but lounge on a beach or hang out with friends, many athletes see these two months off as vital training time for the upcoming varsity sports' seasons. By utilizing summer camps, hometown team practices and local gyms, many student athletes stayed in shape and showed their passion for the game.

"[Training over the summer and constantly practicing] is the only way you get better," senior Emanuel Bryant said. "My brother has always told me that there is someone out there who is constantly working and training so he can beat you. The only way to prevent that from happening is by training as much as you can."

Senior Giffin Daughtridge participated in Cornell and Davidson baseball camps and a Marvin Moore basketball camp. Each camp gave him the opportunity to do drills and games, plus the chance to meet the coaches and see the campuses of Davidson and Cornell. While this may seem like a lot of camps, Daughtridge says this is normal and exactly the way he would want his summer to be.

"I do those three [camps] every summer," he said. "I love basketball and baseball and [summer] would be boring without them."

While Daughtridge trains through camps, others prepare for upcoming seasons independently. After tearing the ACL in his right knee last basketball season, Bryant was not able to train through summer leagues or programs. Instead, he spent the summer training and conditioning for the upcoming baseball and basketball season with his own workout plan, targeting specific muscles each workout session.

"I have been doing conditioning to improve my overall strength," he said. "I work out everyday in the afternoon. Each day consists of alternating body parts to work on such as chest and triceps on one

day and back and biceps on the next. This lasts for roughly two hours. Then later on in the day, I would work on my leg strength by doing various exercises including squats, monster walks, calf raises, and of course jogging. I incorporate my skills work out with my leg work out by dribbling a basketball while running, throwing a tennis ball on a wall to work on grounders for baseball or working on a seven step drop for football, which is for college prep."

Senior Kate Icard, who played volleyball and soccer last year but plans to participate in volleyball and basketball this coming year, has spent the summer training by utilizing both camps and independent workouts.

"I wanted to improve my game, [so I participated in] a volleyball camp at my old school for two weeks and have been running and frequently working out at the gym," she said.

With NCSSM athletes spread across the state many opt to work out with their old high school teams. Senior Mark Owolabi, who is active in both soccer and track, found playing with his old team the perfect way to prep for the upcoming soccer season.

"I went back to my old high school for their pre-season soccer camp," he said. "It took place on the school soccer field at 7 a.m. Tuesday through Friday.

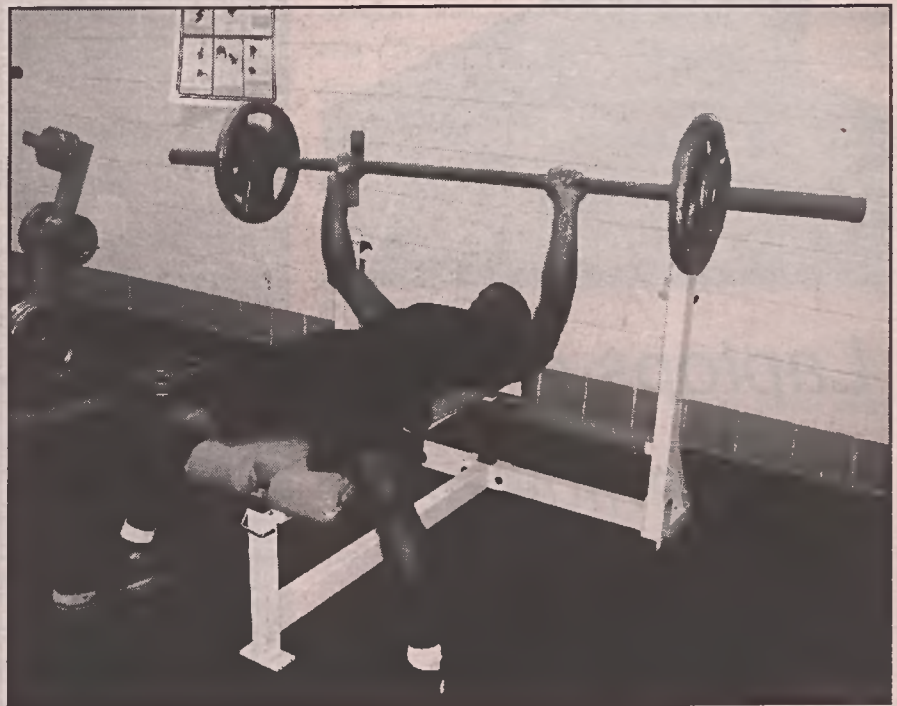


Photo by Amy Bryson

*Emanuel Bryant bench presses in the PEC workout room during a break from RLA training to prep for this year's sports seasons. Bryant plans on playing basketball, baseball and participating in Track & Field events.*

For about two and a half hours we conditioned and played small-sided games before it got too hot in the day. I had to work on my fitness at some point or another and this setting seemed like the perfect opportunity to do so."

Due to the unique setting at NCSSM, athletes face many more challenges when trying to prepare for the upcoming season. With teammates located across a six hundred mile state, it is very difficult to coordinate summer training together. Another challenge is that fall sports teams have less than two weeks to hold tryouts and prep for their first conference games.

"It's definitely put a tough challenge on us considering the fact that other high school volleyball teams will begin to practice at the beginning of August and we have to start in late August," Icard said. "Also, most of the other high school teams that we will face have most likely played with their teammates their whole volleyball careers, whereas we don't have much of a history together."

Senior Bryan Creviston, a soccer player and golfer, views this problem optimistically and feels it creates a stronger bond between team members based on reliance and faith.

"I think [the distance] has helped out some, because I think that everyone trusts the others to stay in shape because it takes the team to win soccer games," he said. "This has caused me to work out more to ensure that I am in as good of shape I can be in for our first games."

In order to not let his teammates down, Creviston trained throughout the summer by attending a UNC soccer camp for a week and continued to play with the Triangle Futbol Club U18 Classic Navy team.

The thought of the fall varsity sport seasons just around the corner and the higher level of competition in the new conference awaiting them provides these athletes with an even greater drive to push themselves to the max this summer.

"[All of] this has made my training more focused," Bryant said. "It made my drive to win stronger. When my body is tired and I can't lift anymore, it also serves as motivation and makes me lift a little more than before."



Photo courtesy of Mark Owolabi

*Mark Owolabi freestyles with a soccer ball during a practice session with his brothers over the summer.*