

# Athletics upgrade facilities this summer

Pam Richter  
Editor-in-Chief

As soon as the students of Western Alamance High School threw their hats up in the air and completed their high school graduation June 10, the renovations on Elon University's Alumni Gymnasium began. Elon University Director of Athletics Dave Blank said renovations on the gymnasium began on June 11, immediately following the high school's graduation.

The renovations to Alumni Gym are just one of three major construction projects taking place to the athletic facilities on Elon's campus this summer.

"We want the facility competitive with those we are competing with but also impressive to our student athletes when they see it," Blank said.

The renovations to the gym will take place in two phases. Phase one this summer will include everything inside the gym. Predicated on fundraising, phase two will take place next summer.

Overall, the process includes, Blank said, installing new seating, more efficient lighting, sound and video boards, updated coaches and staff offices, locker facilities and a south entrance.

"The first steps for the gym will be work on the floor," Blank said. "It will (then) progress to all facets of the facility."

Blank said that the renovations may continue until mid-September, hindering on construction schedules.

"It will impact anything that is going on in there in August and September," he said. "What we're looking at now is trying to minimize the impact ... However as the project continues to take shape, we are hoping to gain some of that time back."

The volleyball team is scheduled to have its first home game Aug. 31 against High Point University.

"For volleyball for example, it might work out that we can play volleyball, just everyone who is going to watch volleyball is going to sit upstairs," Blank said. "We just don't know all that yet."

Even though the renovations to Alumni Gym are not supposed to be completed until at least September, the

renovations to Latham Park are expected to be completed in early August.

A new drainage system will be added help remove water from the area of play. The entire surface will be replaced, and FieldTurf will be installed to the infield.

In addition, the entire fence, left to the scoreboard in left field will be raised to a 12-foot fence and it will also be moved back.

Blank said the change to the fence is taking place, "to make it less of a hitters' park and more of a pitchers' park."

Even though Blank said the goal is to be ready for fall practices, rain could be a factor as the project develops during the next month.

"Right now we're on target," he said. "(We're) hoping in the last week of June to begin work with the artificial surface in the infield. So the idea is for the month of June is to prep everything and get it ready to go."

The final construction project the athletic department is working on is the construction of Alumni Field House. The building is scheduled to be completed in mid-December.

"Soon you'll see bricks on the outside and it will start to take shape from that standpoint," Blank said. "I will say accurately that that building is on schedule they are not really ahead or behind, things are just going smoothly."

The facility will include a large team meeting room and locker room for football, a conference room, an advanced athletic training facility, a large strength and conditioning room, study rooms for student-athletes, athletic offices and offices for coaches for the football, baseball, soccer, cross country and track and field teams.

Blank said with all projects most of the time work is being done during the week days and sometimes on the weekends depending on the contractors. He said that work can be done on Alumni Gym and Alumni Field House that is not weather sensitive, where as the renovations to Alumni Gym are weather sensitive.

"The projects go in different stages, it just depends on what stage you are in to what can hold up your work," Blank said.



Updates to Latham Park began immediately after the final home baseball game. One part of the renovations include moving back the left field fence and raising it to a 12-foot fence.



Phase one of the Alumni Gym renovations began June 11. The first steps of the renovation include replacing the flooring of the gym. The renovations are expected to be finished in mid-September.

## Athletes preparation continues in offseason

### Many players stay on campus during the summer to train for season

Jo Beth Stoddard  
Reporter

It takes dedication to spend the summers preparing for the fall season. Getting a head of the game three months in advance may seem daunting, but for some varsity athletes they don't give it a second thought.

Some athletes have chosen to stay at Elon University for the summer to participate in training that is similar to what they do during the year. The goal is to not be behind when the season starts.

Others athletes unable to stay at Elon are given a strict work out plan they are encouraged to follow. Experienced players know that they will be suffering during pre-season if they do not work out during the summer.

Junior and volleyball captain Traci Stewart said working out in the summer gives her the extra drive she

needs to work hard.

"You have to be willing to push yourself to the limit in order to prepare yourself for the season ahead," she said.

Stewart said lifting on Monday, Wednesday and Friday includes everything from bench press to squatting and "endless abs."

Some players on the football team also stay at Elon during the summer to get ahead and to make sure they do not fall off track.

While relaxing on the

couch watching the World Cup is a great way to spend a day the players have a tight work out schedule. The football team runs and lifts weights five days a week. Their workouts consist of a variety of drills including speed and agility to increase foot speed.

Junior Kyle Herbert is staying at Elon this summer to train with some of the other players and take the extra



Senior soccer player Brittany Hallberg (right) works during the summer to prepare for the upcoming fall season.

steps.

"Even though the workouts are a little hard, you get pushed a lot more by your coaches and your teammates than you would probably push yourself at home," he said. "It pays off ten fold when pre-season camp rolls around."

Brittney Hallberg, a senior soccer player, said she is excited about the potential the team has for this fall

season. But, she said what the players do this summer has a direct impact to what happens in the fall.

"We are expected to follow a schedule and come prepared for pre-season in August," she said. "This entails being physically fit and mentally ready to undergo the season. It is our responsibility to put in the extra effort every day."

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-TRACI STEWART  
JUNIOR  
CAPTAIN, VOLLEYBALL