

Whirlie athletes learn to handle stress

By Kelly Cirincione
Reporter

When the bell rings at the end of school, a herd of Grimsley students flock toward the buses and the parking lot to make plans with their friends about what to do that afternoon. However, there are many other students who remain on the premises after the sound of the bell, and they don't have the option of making after school plans. These students have chosen to be athletes at Grimsley, and their activities have already been established. They go to practice.

Our school athletes admit that participating in sports limits their free time and creates an often stressful schedule. Many athletes make sacrifices so they can participate in school sports: for example, Fred Blakeney, a junior, is a defensive and offensive lineman on the football team and wrestles in the 215 weight class. Most of the time Blakeney doesn't get to sleep until twelve or one o'clock by the time he finishes homework after practice. Likewise, sophomore Cheickna Baber feels that he often doesn't get enough sleep during the sports seasons. Baber, a fullback on the soccer team and runner on the track

team, said, "I sacrifice a lot of time to participate in Grimsley sports, especially time that I would use to sleep."

In addition to sacrificing sleep, athletes often immolate their personal free time. Avery Lutz, a junior on the women's basketball team and a cross-country runner said, "Sometimes I can't do things with my friends after school. Other times my homework has to be sacrificed on game days because I try to be with the basketball team before games." One of Lutz's cross-country teammates is Miles Brown, a freshman who said, "Since I started running, T.V. doesn't exist in my life anymore."

Julie Fry, a junior on the tennis team, sacrificed going to the Homecoming dance because the Individuals Tennis Regionals were on the same evening. "Also," Fry said, "I could not make it to the soccer games; many of our matches were on the same day as their games."

Cheerleaders often feel the added pressures of sports because they participate in an activity that fills two seasons. Margaret Jeffreys, a junior and co-captain of the cheerleading squad, notes that cheerleading limits her time from other school activities. "If I weren't

cheering, I'd be able to be much more involved in club activities," said Jeffreys.

The average daily schedule for a Whirlie athlete includes going to school, practice in the afternoon, heading home to eat dinner, and completing homework. Brian Williams is a running back and a corner back on the football team, runs track, and wrestles. Williams, a junior, said, "Normally I go to school for six periods, go to practice for two and a half hours, go home, eat, and do homework for the rest of the night."

Even though participating in sports creates tight schedules, it helps many athletes manage their time wisely. Kristin Moody, a junior on the women's soccer team, said, "Playing a sport helps me manage my time because you have to go to practice and then do your homework when you get home. It gets you in a routine." Williams said, "Athletics help me manage my time because if you go straight home after school, you have too much time on your hands. On the other hand, if you play sports, you come straight home from practice and hit the books."

In addition to helping athletes manage their time, sports have other advantages. Williams enjoys the competition that sports

offer, while Moody participates in sports for fun and to make good friendships. Blakeney plays football in order to help him get a college scholarship. His favorite part of the sport is the thrill of the game. He also gets satisfaction from wrestling. "My favorite part of wrestling is when the entire tournament is on the line and it all depends on me to pin my opponent...and I do! That's my favorite part of being an athlete."

Fry's favorite part of being an athlete at Grimsley is representing the school, while Jeffreys uses cheerleading as a form of stress release. Pablo Torrente is a senior who is a trainer at Grimsley. He simply loves sports and said, "Except for homework, GHS athletics are my first priority."

Even though athletes often feel pressured between academics and athletics, they manage to deal with their busy schedules. Patty Yu, a senior, dives for the Whirlies and experiences the most stress in the winter between her diving and midterms. Yu said, "It's difficult to deal with the extra pressures, but by bashing yourself in the head a couple of times and becoming completely hooked on caffeine, you can survive."

Guzzio pins competition

By Scott Fischer
Reporter

At first glance 5'4, 130 pound Joe Guzzio does not appear to be very intimidating. However, in his three years at Grimsley, Guzzio has proven to be one of the finest wrestlers in Whirlie history.

Guzzio became involved in wrestling nearly a decade ago, after his brother introduced him to the sport. Since then Guzzio has had only one loss in his high school career, which came during his freshman year in the state finals. "Joe is as good as he is because of the time he puts into wrestling. He's a very determined person. I really enjoy coaching someone who has that desire to wrestle James." He is a crisp person at any match. To have any of the additional major moments in two state as well as the country in national wrestling tournament. "Some of my personal strengths are that I'm strong, I have a lot of experience, and I never give up until the match is over," said Guzzio.

Having the endurance to withstand as match as Guzzio does, is not something that comes easily to wrestlers. Wrestlers are constantly having to run as well as perform strengthening drills to stay in prime condition for competition. "We do a lot of drilling. We are constantly running and strength training. We also do a lot of pull-ups, push-ups, and step running. We start practice every day with a two mile run. I work them very hard."

For the coming season Guzzio has some impressive goals. "I'd like to have at least three take downs before the pin in each match this year. For the team I'd like to win the conference, as well as a match in the state team duals," said Guzzio. "We should have the best team in the four years I've been here. There are a lot of seniors on the team, and we have a good work ethic."

As far as next season, Guzzio is narrowing his options. "Right now, my choices are down to West Virginia, Maryland, and N.C. State. During college I'd like to be a history major, and later become a teacher," said Guzzio. So regardless of where Guzzio is pinning people next year, we are sure to hear of him as he pursues his collegiate career.



Whirlie's photo

Indoor track team kicks off new season

By Sarah Blackwood
Reporter

Runners are often asked, "Why would anyone in their right mind want to run around a little dirty circle twenty times?" Well, for some reason or another, apparently several people intend to do that very thing. Beginning in November the Whirlies will kick off their indoor track running season for 1996.

Katie Gildea, a junior and middle distance runner, says that she runs indoor track to get in shape, which is part of the reason for most people. Some, such as Kate Worthington, a senior, have other reasons: "I love to run," she says. Several people, such as Miles E. Brown, a freshman, got there start this year in cross country and are simply continuing their running career with indoor track. It is also an excellent way to prepare for spring track.

This year, Coach Brent Norfleet says that one of his goals is to take one or more individuals to the state meet in March. So far three meets have been scheduled for this year, which is more than the total number of meets last year. However, these are prone to change due to weather conditions, especially if the snow and sleet hits as hard as it did last year when the Whirlies were forced not to attend a meet in Chapel Hill. Coach Norfleet says that the number of people who have shown a definite interest in running indoor track is encouraging, especially the number of women.

Well, one may ask, what is the difference between indoor and outdoor track (besides the obvious)? One difference is the length of the track: the indoor track is less than half the size of the outdoor track, resulting

in some events that involve twenty laps. The events also differ slightly. For example, the half-mile race does not exist in indoor track. Instead runners participate in the 1000 meter, which is 200 meters more.

"Since fewer people run you can really get personal help from the coaches," said Worthington. Another difference is that "Indoor track is a lot less strenuous than cross country, but still a good opportunity to improve your running," says Ali Suher, a junior.



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