

Cold weather heats up weight room

As the winter season approaches, teenagers keep in shape by working out at local gyms.

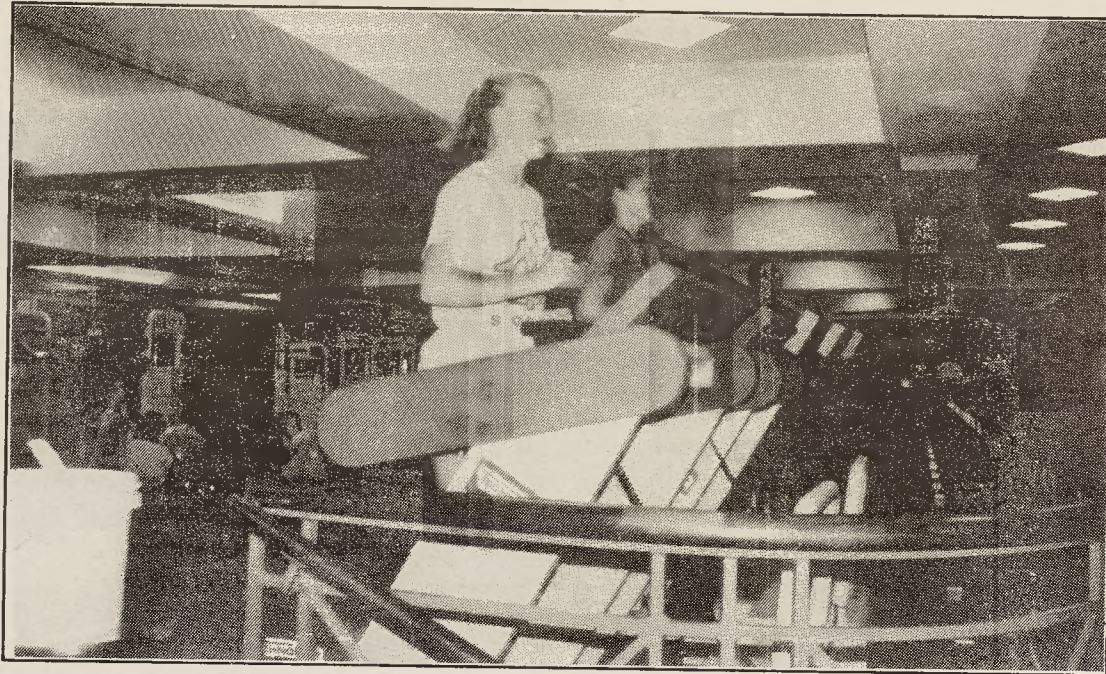
By Melissa Ellisen
Reporter

Sweat is pouring down her face. A shaky hand grabs another 25-pound dumbbell and starts a third set of one-arm snatches. The feelings of nausea and dizziness are unbearable, but to become a stronger athlete, she must keep lifting.

For at least 2 months, teenagers all over Greensboro have been traveling to Pyramids Health and Fitness Center to build, strengthen, and condition their muscles. People as young as 10 and as old as 18 participate in these exercise groups.

The many types of classes a teenager can take at Pyramids are coached and taught by Coach Jerry Frushon, the teen director. Coach Frushon said, "We started out with 3 classes; now we have 22."

A few of the classes are Girl Scout fitness badge classes, elementary fitness, strength training, health and fitness, high school



Freshman Camelyn Dillon works up a sweat on the treadmill at Pyramids Health and Fitness Center. She is one of many teenagers working out during winter months. *Ellisen photo*

conditioning groups, and team training groups. Coach Frushon said, "I like being able to watch the groups do what they do. I like when they reach their potential."

The classes are physically draining, and the athletes are forced to work hard. An "easy" workout may consist of 30 minutes of lifting and then another half-hour of

the ladder. The ladder is a tool that helps the athletes with conditioning. Freshman Camelyn Dillon said, "We come and first we warm-up, then we lift weights, do the ladder and cones, and occasionally scrimmage."

"I work out lower-body one day a week, and upper-body one day. I use the different machines about

half the class using different muscles, then I use free weights to work my arms. Then I do abs last. I have improved a lot because when I started I hadn't even worked out before [lifting weights]. I am a lot stronger," said sophomore Bryce Richardson.

Being a strong athlete helps in a wide range of sports. People who

work out at Pyramids may play soccer, basketball, tennis, swimming, rock climb, or just go to get a good workout and stay in shape. Junior Chris Zirker said, "It is a structured way to work out."

The rewards of participating and strengthening yourself are also great. "I like how people who are outside the group watch and are amazed," said Coach Frushon.

Although the groups help these teenagers get physically stronger, they also help out with the mental aspects of physical activity. The determination to become stronger needs to come from within. This is based on the mental aspects of weight training. Being strong mentally, makes a person stronger physically. "Although strength is needed, mental determination is crucial to squeeze that last bit of effort out," said freshman Nathan Durham.

Whether lifting or running, these teenagers are preparing themselves for the future with this weight training class. They are learning self-discipline and gaining positive self images.

Swimmers possess mental, physical edge

Grimsley's Dewey Pool crowds once again as swimmers prepare for another successful season.

By Emily Durham
Staff Writer

The air is electric. Enthusiastic parents and students fill the stands as swimmers warm up in the pool. Suddenly a deafening cheer emanates from the water. "Hey you! You know the story. You tell the whole wide world this is Whirlie Territory!" A mass of navy blue caps in the corner of the pool erupts in wild splashing as another swim season begins.

The Dewey Pool is Whirlie Territory. Last year at the state meet, the men's team finished an impressive fifth overall and the women ninth. This will be a rebuilding year for the men's team after losing key senior swimmers. The women's team looks strong and hopes to improve this year to the top five in the state.

Helping the swim team to achieve their goals is Coach Durrante Griffin, who is currently coaching his twenty-second Grimsley swim team. Coach Griffin said, "I enjoy working with the swimmers and seeing them develop from dog paddle to butterfly."

Daily practicing allows the swimmers to build up endurance and improve stroke technique. The end results pay off when the swimmers see their times improve. "Swimming is a challenging sport, so the end results can feel very rewarding," said sophomore Katie

Maggio.

Swimming is an unforgiving sport. A sluggish start, slow turn, or half-hearted finish can all add up to tenths of a second in a race. Although this is not much time, it can mean the difference between a first and second place, the consolation heat or finals. "Swimming is not just strength and speed. You have to pay attention to the details and technique. The little things make the difference between

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-Andy Coughlin,
junior

a win or a loss," said sophomore Olivia Chasse.

The mental edge, however, can also mean the difference between winning and losing. "Not only does one have to have endurance and muscular strength, but also psyche and the desire to improve," said junior Andy Coughlin.

Dedication sets swimmers apart from other athletes. "They have to love the sport and be willing to practice every day," said Coach Griffin.

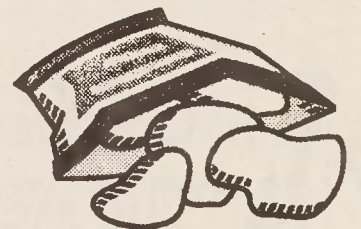
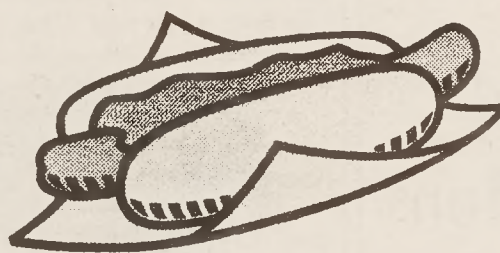
This commitment and dedication carries over to excellence in academics. For the second year, the men's team received the 2000

Academic Award for having the highest GPA in the state of North Carolina.

Saturdays find the swimmers squeezing in an extra practice and playing a friendly game of water polo. Sophomore Ross Martin said, "This exciting sport [water polo] gives us a chance to have both fun and to compete with friends at the same time."

The Grimsley team's camaraderie extends beyond the high school season. Many swimmers coach and compete against one another on summer league teams such as Green Valley, Hamilton Lakes, and Friendly. Freshman Suzanna Ritz said, "It's cool seeing people from all different teams swimming together."

Stroking to success, the swim-



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