

TAKING ONE FOR THE TEAM

BY KALEY FLENTYE, CORINNE DAVIS & TESS TRYFONOPOULOS

LAST SEASON

VARSAITY BOYS GYMNASTICS

"I was very very sad and very heartbroken because I put so much time and effort into getting ready for the season just to have it postponed. **IT WAS JUST VERY HEARTBREAKING**. Senior night, I wanted to give my mom a flower and take a picture and do everything on senior night. It was March 31, but we don't know if that's going to get rescheduled."

ETHAN CHARVET (12)

VARSAITY SOFTBALL

"I was disappointed because this is my senior year, so it's my final opportunity to play with my teammates. It's upsetting knowing that the opportunities are lessened especially because this is my final time to play. I'm going to play in college, so I still have to be in shape and **WORK REALLY HARD** to keep my skills up. I'm just hoping that we'll have at least some opportunities to play, because even if it's not a full season I still want to be able to do as much as I can and have fun with my teammates—just make those last memories."

SOPHIA ALBRECHT (12)

VARSAITY BOYS LACROSSE

"Once I heard the news, it was pretty negative for me, for all the seniors and everyone on the team. It was devastating. Coach rallied us up after school in the gym and told us to **STAY POSITIVE**. My brother's back who's in college and plays lacrosse, so I've been lifting with him every day. I'm also playing college lacrosse, so I need to stay in shape anyway. I've been training with him, eating right and trying to stay occupied during this tough time. I still have hope. I'm not sure if it will be a shorter season or what's really gonna happen. I'll be grateful just to play a couple games."

JOSEPH SPEERS (12)



FIRST SEASON

FRESHMAN GIRLS SOCCER

"I feel like I was lucky because I'm a freshman. I still have 3 years ahead of me, but I understand how the virus is sad for a lot of people. **IT WAS DISAPPOINTING** because just from the two practices I could tell our team was going to be super fun. I hope we get a few weeks of the season at the end because I've been working with FC1 all year for this, so I didn't really want that to just go down the drain."

KATHERINE WINTER (09)

JV BOYS WATER POLO

"Everyone was very emotional. We were all very upset about it. I mean the season just started and we were all really excited. Everyone was just upset and disappointed that we couldn't play for the season, but we all keep in touch which is good. I was very excited to meet new people and get to know my teammates because with the sport, **WE'D GET TO BUILD THIS BOND**. It was pretty disappointing to hear that the season would be delayed or even canceled."

STAVROULA KONSTANTOPOULOS (09)

FRESHMAN BOYS VOLLEYBALL

"At first, I was kind of disappointed. I really wanted to do it with my friends, but then I realized it was for the best. For our team, I don't think there is anything we were going to do, but I've been working out a bit. I've done some drills with my sister. **I'M HOPEFUL** of having a season. That's what's motivating me. If there is a season, I want to do well in it."

NATHANIEL BETTS (09)

STAYING CONNECTED & IN SHAPE

VARSAITY GIRLS TRACK & FIELD

- Going on long runs
- Workouts & Circuits

"I was just really sad because I made a lot of friends on the team last year and I just really love the sport and wanted to compete. It just really made me **TAKE A STEP BACK AND REFLECT** on the small things that I need to appreciate more. I've been going on long runs about every day and I've done other small workouts and circuits. Also, as a team we've all downloaded a running app and we all stay connected and post our running times on the app to try and stay in touch."

SAMANTHA MAGUIRE (11)



8+ Pushups
10/10 Alternating Lunges in place
15 Leglifts
12 Face Down T-Raises
:20/:10, Skater Jumps/Squat Jumps

VARSAITY GIRLS LACROSSE

- Snapchat to keep in touch
- Instagram videos of them practicing on their own
- 6 days a week
- 1 hour per day

"My team and I have all stayed in touch over snapchat. **WE ALL CHECK IN WITH EACH OTHER** to make sure we're all staying in shape and staying active to be prepared for any possible upcoming games. I love lacrosse with a passion, so that definitely motivates me to stay active. But I also want to get out as much as possible during the quarantine. Taking runs makes me feel healthy, but also makes me stay sane during these times. My coach has contacted us in our GroupMe to motivate us and have positivity for possible games we still could have this season."

MEGHAN BIRELEY (11)

JV GIRLS WATER POLO

- Running
- GroupMe to keep in touch
- 30 minutes every day

"I've been running outside as much as possible. The coaches also post a bunch of workouts in our GroupMe to try and keep us motivated and fit for the possible season. Our team still keeps in touch in the GroupMe, and I talk to a lot of the friends I made from playing last year separately on Snapchat. Having water polo being taken away from me for most of this season has really set a perspective for me on the outlook I should have on things. I definitely will now **APPRECIATE THE LITTLE THINGS** more like warm ups before a hard practice."

HALLE SANDERS (11)

VARSAITY BADMINTON

- In-home workouts
- 5-6 days a week
- 30-60 minutes every day

"We were going to try and get together, but it didn't really work out. I've been doing workouts by myself, mostly just in-home stuff not a lot of cardio. Just the hope that we'll actually get back to being in the gym and being **AS A TEAM**, not competing, but just seeing all the girls together would be motivating me most."

MEGAN LEE (12)

VARSAITY BASEBALL

- Google Classroom workouts
- Batting Cages
- 2 hours a day either exercise/drills

"Thanks to [Coach Stephen Stanicek] and the rest of the coaches from GBS baseball, they've created a google classroom and that's been really nice to keep in touch with us. They want to make sure that **WE ARE ALL HERE FOR EACH OTHER** and have built in some workouts for us. Through my teammates, we text and we see what we're doing. I've been trying to get to the batting cage as much as possible. I got to make the best use of my resources. A lot of it is just keeping my body in shape for when the season gets ready to come around."

GEORGE KOROMPILAS (11)

Here is your workout for 3/19/20:

- ➡ Push Up(3 X 15)
- ➡ Inverted Row (Inverted Pull Up)(3 X 15)
- ➡ Supine Push Up(3 X 15)
- ➡ Dive Bomb Push Ups(3 X 15)
- ➡ Chin Up(3 X 15)
Use Band if Needed to Complete Reps
- ➡ Noels(3 X 15)
- ➡ Side Planks(3 X 30)
- ➡ Push Up Plank(3 X 30)
- ➡ Supine Y Raise Hold(3 X 30)

Liked by hunterweisensel and 20 others

gbs_baseball Here's today's workout. Push yourself out of your comfort zone. Also join Coach Mietus peak performance Google classroom. Keep your mind as sharp as your body.

March 19 Photo courtesy of GBS Baseball

JV BOYS TENNIS

- Running
- Biking
- Weights

"I was pretty angry it was getting canceled, but I got to play with some friends after, independent of school. It wasn't too bad, but it wasn't the best. Before they closed the tennis courts, we'd play sometimes. I know some of us are **FINDING WAYS TO GET FITNESS** into the day either at home if they have weights or either running or biking. I like to stay in shape as a personal goal, but also hopefully we'll be able to play over the summer."

JEREMY BERNSTEIN (11)