

**WORKING ON HER THIRD SET.** senior Kelsey Hoekstra does tricep pulldowns in Weight Training class. "My arms were burning at this point so my mouth is tense because I am doing my best to push through," Hoekstra said. "It felt good to be done with it though and the accomplishment you get when knowing you pushed through the hard part and got it done." *photo by taylor duckworth*



**IN A SQUAT,** senior Patrick Gasser pushes himself to complete his set of hang cleans in Weights Training class on Sept. 29. "I felt like I was getting a pretty good pump going," Gasser said. "I really like having weights the last hour of the day because it feels good to workout then go home and get ready for work. And it's a fun class because I have plenty of friends in that class." *photo by mirian castro villalobos*

**GROUND INTO AIR,** sophomore Cody Guzman hurdles during Weights Training class on Sept. 29. Cody said he was working on hurdle jumps to improve his vertical. "It is a good workout to do since I am the goalie of the soccer team." *photo by anahi silva*



# THE BAR WAS RAISED

Weights class utilizes app TeamBuildr to assign and track workouts

**A DARK ORANGE SUNRISE** peered through the recently wiped down windows fully surrounding the weight room. Equipment and water bottles littered the floor as student athletes trained for the upcoming seasons.

"We really put in a lot of work," junior Eve Frame said. "I was there almost every single day each week [during summer conditioning]. Coach Hance was very honest and was impactful every workout. I feel like, since he was a college athlete, coming from that he knew what we needed to work on and how our bodies need to be used to be able to get better in sports. Just a very good summer"

New weights teacher, Devon Hance, started working with students for summer conditioning. Coming from other teaching experiences, he moved not just to be closer to family, but also for what he could do for the students themselves.

"I've worked in a high school setting before," Hance said. "In the college setting, you have a bunch of great kids already. They're college athletes, in high school, you get to impact more kids. And so you'll have kids that come from really rough backgrounds that don't have people to influence them in a positive way."

Hance came to the weights room with a new idea, an app. An app to track workouts, attendance, all the above. Fellow weights teacher and football coach Julian Parks would find Hance's new advance at education helpful.

"I think it shows the kids exactly what they need to be," Parks said. "It allows us to split the workouts amongst the different groups and then allows me and Coach Hance to just go in and coach rather than being at each station and telling them what they need to do. We can catch up on technique."

The app would walk the students forward in technique and convenience. Hance used a unique teaching style to show that weights class and working out wasn't just for students involved in sports but everyone.

"We have a mixed population of general population kids," Hance said. "Really what you're trying to do is teach them how building habits and effort can correlate to the rest of their life and wherever they do. So what if they don't play sports? Everybody's gonna be different. So you have to figure out what those needs are for each individual person." *story by adriano, caleb & jacob*

