



LIFTED TO PERSONAL BESTS

Junior Katherine Mote added 5 pounds to the weight bar and as she slowly lifted the weight above her head, she was shocked at the strength she had gained since the beginning of the year.

"One of my favorite things about lifting is to see the amount of progress I have made since last year," Mote said. "It's so fun to see the improvement and milestones my friends and I have accomplished."

Mote was in the running along with nine other students, for the weight-room award.

"Weight room winners are not necessarily the people who can bench the most weight room coach Phil Mosley said. "The qualities of the winner are really about consistency and drive."

But when the athletes achieve new accomplishments, there are still some times of frustration.

"I think if you're not a little frustrated at times, when you're doing what you think you can't do, it's hard to build up the passion to accomplish more," Mosley said. "But it's all about how you handle adversity and how you respond to that frustration."

When Mote walked into the weight room her freshman year, she was not nearly as strong as she was during her junior year.

"I had times of frustration especially when I first started lifting," Mote said. "I learned to use that frustration to push myself to do better."

Photos by Mackenzie Brooks

"My favorite workout is definitely back squats," junior Katherine Mote said. "Coach Mosley is always motivating us and pushes us to do our best."

Katherine Mote, junior

"My favorite thing about lifting is gaining strength and getting in the zone," junior Jack Massey said. "I feel that I have gotten much stronger, consistency is key."

Jack Massey, junior

"Coach Mosley always motivates me to get in the weight room," junior Patrick Burk said. "The more I go the stronger I get, there's no excuse for laziness."

Patrick Burk, junior

"Coach Mosley is always pushing me to do my best," junior Teddy Sparrow said. "There's nothing like getting gains after a stressful day."

Teddy Sparrow, junior

My favorite workout is definitely bench press," junior Mia Harrington said. "I used to hate it, but as I've gotten stronger I have liked it more."

Mia Harrington, junior

"My favorite workout would have to be bench press," junior Garrison Elliott said. "I feel good about myself when I move up a weight."

Garrison Elliott, junior

"It's important that I keep up my strength," senior Ryan Ainsworth said. "I like consistency and I need to be consistent with lifting to keep my strength up for college football."

Ryan Ainsworth, senior

"Keeping up my strength for football is super important to me," junior Jackson Bloomfield said. "It also keeps my motivation up for next season."

Jackson Bloomfield, junior

"Seeing progress in my endurance and strength is my main reason for lifting," senior Cash Bowling said. "When you can see the improvement it makes it all worth it."

Cash Bowling, senior

"Working out is necessary for me to stay grounded," senior Davis Baker said. "I have stayed consistent with it which has made me better and stronger all around."

Davis Baker, senior