

# STUDENTS, ATHLETES' LIVES

## Main part of game



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Photo by Cole Fiala

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y the Portland door soccer) t exercise, shape, gets you use, is fun and et new people," her, technology "You also get awesome you your skills your ability as

average leave time for injured players. Baseball and softball rounded out the bottom of the injury chart, averaging only two player injuries over a period of two weeks or more.

The Lions have had their fare share of sports-related injuries, including accidents that have sidelined competitors for significant periods of time. Zach Sramek, sophomore, was entering his first year on the Varsity Football Team when he injured himself during practice. He was leg-whipped which resulted in a broken femur. Sramek was sidelined for three months and supported his teammates from the bench for the rest of the season.

"It sucks because you are working hard and nothing feels like it's getting better," said Sramek of his injury. Sramek is now healing well and continuing rehabilitation. Despite his disappointment with this football season, Sramek looks forward to competing next season. He is also a member of the Varsity Wrestling Team and plans to compete in track later this spring.

The studies conducted at Ohio State University show that although some athletes will sustain competition-related injuries due to the nature of competitive sports, many sports injuries can be prevented. Athletes can make a conscious effort to warm up prior to practice or a game, and they can suit up with the appropriate equipment.

## Off-season training pays off for athletes

■ IKE MCGINNIS

Staff Reporter

Camps, weight lifting, leagues and open field time fill an athlete's off-season. All sports have a longer off-season than a regular season which means more time to work on skills and to get bigger, faster and stronger, especially during the summer when school work can't get in the way.

Reed Nicholson, junior, plays basketball and baseball. Both sports include important summer training and include participation in summer ball leagues. Summer ball for both sports have no practices and only games.

"When there is overlap between baseball and basketball, I alternate. The coaches know because they have a lot of kids who do both," Nicholson said.

Nicholson believes summer is the most important time for off-season training for the sports he plays and that summer ball is more relaxed and laid back.

"It helps you work out problems in your game. People get equal playing time, so more play," Nicholson said.

"I believe the off season is the most important time for players to improve their individual skills," David Ely, freshman boys basketball coach, said.

The basketball team has open gym time to shoot around during the year and also goes to an overnight camp at Gonzaga University every summer.

"Players are made during the off-season. Teams are made during the season," Ely said.

The girls' team has a similar schedule. A swim team member

There are more ways to train for a sport in the off-season than playing it. When it comes to weight training, football and lacrosse are the teams which have the most



Solveig Lee and Erika Busch, juniors, practice lacrosse at open field held after school on Wednesdays on the football field. Last year, the lacrosse team had a great 7-1 preseason but lost in its first game of the playoffs.

Photo by Sarah Chicoine

who wishes to remain anonymous disagrees. They said they swam for a club in Lake Oswego over the summer. The swimmer said it the improvement gained was not worth the amount of work and intrusion into free time.

off-season workouts. Lacrosse has had scheduled weight training workouts after school since the end of September. Lacrosse starts in February and like basketball's open gym time, it has open field time for lacrosse. During the summer, there are lo-

cal camps for players from West Linn and other schools.

Football players usually work out in the weight room year round whether in class, during early bird or during free time after school. There are many camps during the off-season for lineman and skill position players and two weeks of spring practice before school gets out. The team also travels together to Vernonia for a weekend camp. During the summer, there are lineman skills dates, daily weight training and running workouts and camps scheduled weekly. For the skill position players, there are weekly passing league games scheduled, where another school will play against the team in a pass only and no linemen game.

"I would say summer is the most important because (football) starts right after it. The work really helps," Erik Koczian, junior, said.

Cross country and track runners participate in winter track. It gives them an opportunity to run with others and follow a program to keep them in shape. During the summer, people who want to run get together at Mary S. Young State Park, the Cross Country team's home course.

Soccer leagues go on throughout the year, indoor and outdoor. They also have open field during the summer each week as well as a camp held the week before team tryouts.

## Demanding sports commitments put pressure on athletes' lives

■ HILLARY KRIPPAEHNE & HILLI CIAVARELLO

Staff Reporters

Sports plays a big role in some student's lives, as they find themselves running from practice to practice and staying up late to finish assignments. Students are feeling the pressure.

Callan Gray, freshman, plays both basketball and volleyball. The two seasons overlap and are played year round except for two months during the summer. Her typical afternoon includes school, one practice, another practice and then homework until late into the night. Gray enjoys her busy schedule and uses it to her advantage.

"Yeah, I love playing sports and it keeps me busy," Gray said. Although Gray likes the busy aspect of sports, she doesn't like the time consuming part.

"Sometimes (sports) interfere with my social and homework time," Gray said.

Sports can be a great social outlet too. Athletes can make friends and bond over common interests. Being a part of a team

gives students a place to go and stay out of trouble, too.

"It (sports) keeps me from doing other things that I shouldn't," Gray said.

During team practices and competitions, athletes work together and push each other to perform. Whitney Harmon, senior, cites her trip to State with the Cross Country Team when teammates helped her succeed by offering support and providing motivation.

"My favorite thing about sports is working together with my teammates," Harmon said.

Injuries also add pressure for athletes. Sprained ankles, torn muscles and broken bones can have a major impact. Playing more than one sport may become impossible, and physical therapy and rest become a major obstacle for the habitually busy students. Harmon, who played two sports in the same season, cross country and soccer, for most of her high school career, recently had to cut back because of an injury.



At a game against arch rival Lake Oswego High School, the pressure is intense. Student athletes undergo tremendous pressure at games where the competition is high.

Photo by Cole Fiala

"The deal was when I got injured I could only play one sport per season," Harmon said.

Tommy Patrick, junior, plays football and basketball, and feels that sports help him manage his time better.

"It also helps make me be more responsible for my

actions," Patrick said. He doesn't really feel pressure from his peers and coaches. "I play for the team. The coaches just want you to do well," Patrick said.

He believes that there is healthy competition between teammates. "The players push each other at practices to do

better," Patrick said.

Playing sports along with balancing school and a personal life, can take its toll during the season, but for many athletes it is worthwhile.

"I love being out there and playing with my friends. It is just fun," Patrick said.