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Siuslaw
News

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NED HICKSON/SIUSLAW NEWS

Assistant coach and defensive coordinator Jerry Fleming familiarizes players with one of the new lifting stations on Thursday.

Weights from 1B

the vision into focus. Last Thursday morning, five of the six lifting stations were put into place, along with new weights, bars and adjustable benches.

In the past, individual pieces of equipment for different types of lifting — from squats to bench presses — were spread out throughout the weightroom. Now, all lifting can take place at each station, eliminating the need for athletes to move from station to station.

The result is more space and less time waiting to use equipment.

“Not only does it make our workouts move faster, allowing us to get more lifting in, it also makes it easier to supervise everyone and make sure they are lifting safely and correctly,” said Pool, who began researching equipment in June, before eventually settling on Gopher Sports Equipment. “They really worked with us and was the only company willing to offer a bundle that would help us save money.

“Anywhere else, and this would’ve cost us upwards of \$30,000.”

The reason for the makeover was more than just cosmetic, however.

“We moved the football stuff to the office because we want the weightroom to be inclusive to all of our sports programs,” said Pool. “Everyone can benefit from this equipment. As the strength training teacher, I want to incorporate more girls into lifting, and at some point middle schoolers.

“If they can become confident and familiar with the weightroom before they transition here, they’ll be more likely to use it.”

Trent Reavis, a junior three-sport athlete, explained how several middle schoolers who helped assemble the new equipment this week recently joined him and other Vikings for Waffle Wednesday at one player’s home.

“They had been working hard too, so we invited them to come along,” Reavis said. “Plus, they’re the next generation of Vikings.”

Future plans include adding the names of all-state athletes to the border that surrounds the weightroom, as well as purchasing more free-weights to allow athletes more lifting options.

“It’s going to take about another \$4,000, but we’ll just take it a step at a time,” said Pool.

Thanks to the new equipment, those steps will likely be stronger than ever.

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Camp from 1B

three days of intensive hands-on instruction from legendary Beavers wrestlers and coaches like Mike and Connor Noonan, Ron Bresser and others from OSU.

The camp begins Friday, Aug. 12, at 3 p.m., with a dinner break at 5:30 p.m. The camp continues on Saturday and again Sunday, ending with lunch.

The cost for early registration before Monday is \$75 for all three days, which includes

snacks and meals. After Monday, the cost is \$85.

The camp is for wrestlers in elementary school through high school.

“We’re very excited to offer this opportunity to our community and to our high school wrestlers,” said Wartnik. “The combination of knowledge and hands-on experience campers will get is a pretty rare combination.”

To register, call Wartnik at 541-997-6197 or email him at nwartnik@siuslaw.k12.or.us.

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