



Lifting more than two times his weight, senior Chris Bloyd focuses in on the ceiling of the Ore City Rebel gym to drive his heels down as he finds parallel in his squat. With three judges at each side of a lifter they have to be sure to have their butt level with their hips before coming back up. "When it comes to lifting, you can't get under the bar and be calm. You have to be in the right state of mind, knowing that you are going to lift this weight."



Splashing through the course, sophomore Shaynee Tyl leads the pack of runners up the hill. She finished in the top 25% of the runners and plans to go back next year. "The weather conditions made the race tougher," Tyl said. "The turns were hard to get a grip on because the hills were steep and slippery."



Making a valiant effort for the goalline, junior Brandon Cook eyes paydirt as his defender tackles him into the endzone. It was the first home touchdown of the 2015 season and Cook's first score as a Roughneck. "I still didn't know all of the plays," Cook said. "The pass wasn't supposed to go to me. Heath [Hood] just scrambled out of the pocket and found me undefended near the endzone."



During the Ladynecks' rival game against Spring Hill, senior Kayla McCoy serves the ball to the Panthers. The Ladynecks couldn't match the Panthers' intensity and lost the game in two sets. "My goal for serving is to first get over the net and in bounds," McCoy said. "Then it's to hit the spot coach gives me and to make it aggressive so we can run points and get the other team out of system."

*photo by Shae Orms*



Protecting the ball with sure hands, freshman wide receiver Cade Wheat makes a catch and tries to run for a first down against a Panther defensive back. score of 6-34. "It's pretty fun being one of the main receivers because I get passed to a lot and make plays for the team," Wheat said. "It's not always about that though, it's about how the team does as a whole."