

IRON MAN. While he makes the trip down, junior **Tyler Vasut** tries to control his breathing as he makes the trip back up. Vasut acquired the max of 1,190 at the Rice meet. "When I lifted, I didn't really think about how heavy it was," Vasut said. "I normally thought of how much I had left." (Photo by Ishmael Blackwood)

SQUAT IT LIKE IT'S HOT. After a successful lift, senior **Francesco Giannetti** tries being mentally strong to conquer another lift with added weight. Giannetti's total max at the Rice meet was 1,040 and as a team he placed seventh overall. "It was pretty sad knowing that it was my last year at Regionals," Giannetti said. "But I did my best, and that was all that mattered." (Photo by Ishmael Blackwood)



SQUAT

WE KNOW

I N G A I N Z T H E Y T R U S T

Without anyone's help, second year coach, **Donovan King** coached a team of 6 all the way to regionals and one placed alternate to state.

"My strongests event would have to be squat and trying to reach the goal of winning state, gets me motivated so much" junior **Ty Jalowy** said. "I just really strive to be a big bear like Tyler Vasut and the other lifters that are way stronger than me."

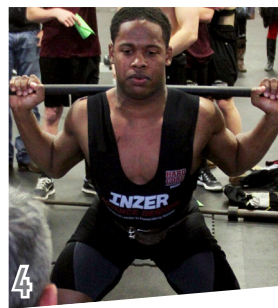
Practices were held during the period and after school.

"I knew that the more reps we got in, the better we'd be," Coach Donovan King said. "Our practices weren't necessarily hardcore, we just got stuff done and had fun at the same time. I didn't give the boys hints or tricks, I just knew that if they knew what they were doing, they would get it done."

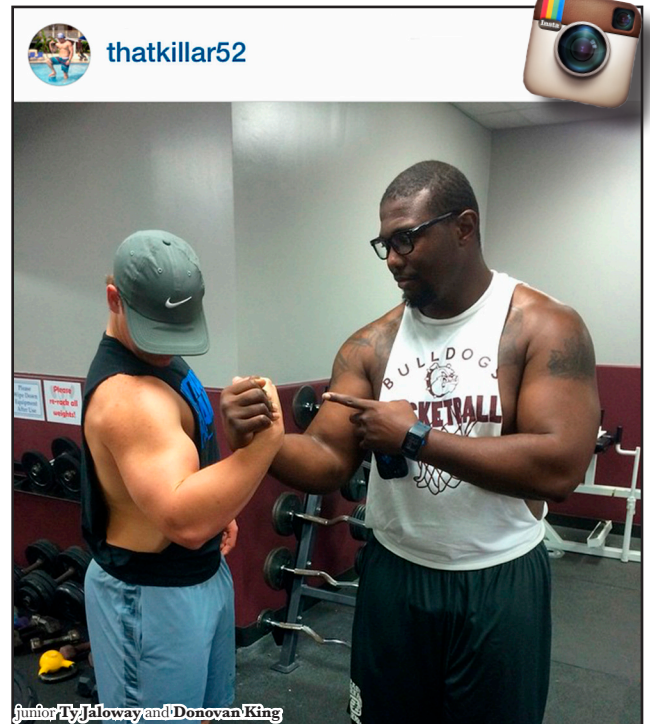
In the end, Jaloway placed third at regionals which put him in the position as alternate for state.



GAINZ ON GAINZ. With a strained face, junior **Rafael Belman** pushes upward trying to reach a new high. Belman placed seventh at Regionals with a total max of 1,130. "It was always nerve-racking at first but once you started lifting, it all went away," Belman said. (Photo by Maggie Cheatham)



1. While watching his teammates, junior **Travis Hlavinka** places his weights back on the rack. At the Rice meet, Hlavinka and his team placed seventh as a team. 2. Beginning the athletic routine, junior **Matthew Tovar** keeps a straight face to conceal the pain. "I didn't think the year would be too great because it was my first time," Tovar said. "But it turned out good and I'll probably do it next year." 3. As he pushes the bar up, junior **Brandon Higginbotham** focuses on trying to win the battle against gravity. Higginbotham placed 8th in his weight class and maxed out with a weight of 1,105. 4. Taking the weights off the rack, junior **Charles Chapman** begins to compete. "My mom was so loud," Chapman said. "She cheered even when she wasn't supposed to." (Photos by Maggie Cheatham)



I'M MAXIN' OUT



-freshman
Tyler Bagby
275 SQUAT MAX
MY FAVORITE IS BENCH



-sophomore
Avery Srebalus
315 SQUAT MAX
LEAST FAVORITE IS SQUAT



-freshman
Trevor Bagby
285 SQUAT MAX
MY FAVORITE IS DEADLIFT