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Keep your eye on the prize

Maltos stays on track even during downtime

While many teenagers are hanging out by the pool or watching 3 seasons of *One Tree Hill* on Netflix all summer long, sophomore Jordy Maltos takes that time to stand out, working out to stay in shape for athletics.

“Jordy is an outstanding athlete,” freshman Hector Dominguez said. “He is willing to put in the work while others don’t. He refuses to give up even in the face of opposition.”

Maltos is involved in many school activities. From playing football, baseball, and running track to debating at speech meets, school takes an important role in his life. He also takes pre-ap classes to show he is more than just an athlete.

“I always had the ideology that bad grades won’t cut it for college,” Maltos said. “Believe it or not but school takes a lot of preparation, especially if you want to go further in life.”

Setting up new goals is one thing Maltos enjoys doing. He has a strict workout routine; every day of the week he goes to the weight room to lift weights

and run from 6pm to 8pm, unless he is at practice or a game. Each day the workouts become more difficult; however, Jordy says overcoming the obstacles is a pleasure to him.

“I’m the motivation guy in my groups,” Maltos said. “I don’t see failure in my future; even if there is, I make it turn good.”

After high school, Maltos is aiming to play college football and become a real estate agent. Working out every day, setting up a diet, and being involved in school are ways that he believes will guide him to his goals.

“I will admit it’s hard to work for something you always dreamed about,” Maltos said. “However, you never know – if you keep trying you might accomplish things you never even imagined.”

– by *Nadia Garcia*

