

# KD Winter Sport teams look for improvements

Bryand Stansbury  
Reporter

Winter sports have arrived at Kennard Dale and the coaches are already preparing the teams for the long winter season.

Coaches have been putting in a lot of time and effort to make sure their teams are ready for the season, which means that the coaches also have new strategies for training the players.

Winter sports include boys basketball, girls basketball, wrestling, and cheerleading. "The athletes have been putting in a lot of work to make sure they are ready for the season this year," said, basketball player Adam Coomes.

The boys' varsity basketball team stand with a record of 4-10 so far this season. Also, the boys basketball team has changed their approach when coming on the court. Despite the Record the team continues to improve.

"This year, we have been much more competitive on the court and much more energetic and positive as a group. It's been fun to be part of it," said coach Grant Leonard.

The team has been running new drills to prepare themselves for the teams they are going to play this season. The new drills are maintaining the shape of the players.

"We do a lot of basketball-specific conditioning during practice. Most of our players are involved in exercise programs outside of just basketball, which is a huge advantage," said Leonard.

The coaches and the players to change a lot of things this year.

"We have a better attitude this year and some more experienced players coming back," said Leonard.

They hope that the changes they are making will result in a successful season.

The girls' basketball team, on the other hand, plans to make sure the girls are in shape a different way.

"We will lift 2 times per week, as well as doing on-court conditioning," said Coach Joshua Clark.

So far the girls' basketball team record stands at 3-11. Although the scoreboard doesn't show the team has still improved. The team is experiencing challenges different from last year.



Photo by: Byrand Stansbury

Kennard-Dale Boys Varsity team huddling after the first quarter

"We have fewer kids and some issues with depth at the guard position," said Clark.

The team plans to work on the issues they are having and want to approach the court in a new way.

"We are going to try to use a variety of different zone defenses as well as a motion offense," said Clark.

The boys wrestling team is taking a new approach on everything they have been doing.

To keep the players in good shape the coach has new ideas:

"More drilling basic moves and condition harder," said coach Mike Balestrini.

Also, season has dramatically changed this year. "They changed our league to three divisions; we have a chance to win our division" said Balestrini.

The practices for the wrestlers are going to be more extreme. "We plan to pick up the pace of our workouts and condition more," said Balestrini. The wrestling team has been successful with a record of 1-0 this year with a season.



Photo by: Renee Gering

Trainer Patrick Rawle at work.

## New Trainer

Renee Gering  
Reporter

This year, as many know, the school has a new member of our athletic program: strength and conditioning coordinator Patrick Rawle.

Rawle previously worked with the women's volleyball team at Pennsylvania State University.

As a kid, Rawle loved sports and played soccer, baseball, and even a little football.

He got involved in weight training as a power lifter his sophomore year of high school.

He switched to Olympic weightlifting his senior year of high school and still competes in the sport today.

As the strength and conditioning coach, Rawle gets to work with almost all the sports teams in the school.

"I didn't like the workouts at first, but now we are really close and I like his programs. I trust he [Rawle] is going to get me places," said sophomore Morgan Garey.

He is currently working with girl's lacrosse, softball, baseball, and some girls' volleyball for off-season workouts.

"It is good to see that the teams that train are the teams that succeed and continue to succeed," said Rawle.

Along with the off-season workouts, Rawle works with a lot of students who just like to train and lift but aren't necessarily training for a particular sport. Which is ok, but he would rather deal with kids that actually have a sport to go to every week make improvements in that sport.

Rawle's workout philosophy is to create a well-balanced program that incorporates all muscle groups to one point or another.

"My job is to prevent athletes from getting injured as well as making them stronger, so targeting a weakness of a team and developing a program to fix them are all things I look for in a program," said Rawle.

His philosophy approach includes a lot of his workouts in supersets. A superset is a set of one exercise, then another set of a different exercise and switch back and forth.

Often, in a girl's lacrosse workout, a superset will consist of a lift of some sort and some type of stretch or breathing exercise.

An example of that superset would be a set of cleans then hamstring curls.

Hamstring curls are when a person is on their knees then another person holds their feet down and you try to slowly move your body down and feel the stretch in your hamstrings.

His philosophy of supersets changes when there is a lift then another exercise but does not involve weights.

Squats with the bar and weights then use the ab roller, or medicine ball slams.

Rawle says that he doesn't have a favorite workout. However, he does love the snatch, clean and jerk.

A snatch is a lift in which the barbell is brought in a single motion from the floor to arms-extended position overhead.

The clean and jerk is when the barbell is lifted from the floor to a racked position across the chest at shoulder level.

The jerk involves the weight being lifted above the head until arms are straight.

Rawle also says that to do those exercises you have to do them right and fast for them to be affective.

Because of all the Olympic lifts require, Rawle believes these are the most beneficial for athletes.

Rawle believes that explosiveness is the most important skill to an athlete, although the most important skill depends upon the sport.

"Work hard and good things will happen, whether in your sport, weight training, or life in general," said Rawle. "Be disciplined, train hard, and be a champion."

## 2014 NFL Wild card weekend

Jack Whitt  
Reporter

Wild Card Weekend in football was a success for some teams, but a disappointment for many. With lots of good teams getting in the playoffs fans are in store for great playoffs in 2015.

Wild Card weekend will start Saturday, January 3 and end Sunday the 4.

The American Football Conference (AFC) had a tight finish for the last playoff spot. The Texans, Chiefs, Ravens and Chargers all had an opportunity to get the last spot in week 17.

The Baltimore Ravens were the team that secured the final playoff spot after they beat the Cleveland Browns and the San Diego Chargers lost to the Kansas City Chiefs.

With that said, the

playoff teams were set. They are split into two conferences: the AFC and the National Football Conference (NFC).

The NFC teams are the Seattle Seahawks, Green Bay Packers, Dallas Cowboys, Carolina Panthers, Detroit Lions and Arizona Cardinals.

The AFC teams are the New England Patriots, Denver Broncos, Indianapolis Colts, Pittsburgh Steelers, Cincinnati Bengals and Baltimore Ravens.

The Wild Card playoff games are the first in the three game playoff series.

The AFC and NFC will play each other in a bracket. The top two teams of their conference will get a bye week which are the Patriots and Broncos for the AFC and the Packers and Seahawks for the NFC.

With that said, the AFC Wild Card round will look like this: third seeded Steelers play sixth seeded Ravens. The other game will be fourth

seeded Colts going against fifth seeded Bengals.

The winner of those games will go on to play either the Patriots or Broncos in the Divisional Round. The first seeded Patriots will play either the Ravens or Bengals, and the second seed Broncos will play the Colts or Steelers.

The NFC has the same scenario, but different teams. The third seeded Cowboys play the sixth seed Lions, while the fourth seeded Panthers will play the fifth seeded Arizona Cardinals.

Only the best of the best make it to the playoffs, but many teams had to battle through adversity.

The Arizona Cardinals lost their starting quarterback Carson Palmer after winning all six games he participated in.

The Cardinals also lost their backup quarterback Drew Stanton.

The Carolina Panthers started the season with three wins, eight losses and a tie. They were the only team to make it to the post season with more losses than wins with a 7-8-1 record.

But those teams have battled through those deficits and did what it took to play in January.

The post season is full of winning quarterbacks. Including former Super Bowl winning quarterbacks Aaron Rodgers, Peyton Manning, Russell Wilson, Joe Flacco, Ben Roethlisberger and Tom Brady.

Among those quarterbacks, Peyton Manning has had re-

This year in February or March we are going to host a cheerleading clinic for all ages.

This will be an all-day event with lunch included. (Small registration fee) There will be tumbling, cheer, jumps, stunting and dance stations that each girl will get try.

When Coach Dorn was asked if she likes her team she responded with the following "YES. YES. YES! They have never given me any problems,"

"I love working with the kids and improving their skills" said Clark

"I like watching the wrestlers succeed" Said Coach Balestrini.

Leonard says "Coaching offers an opportunity to work with students in a completely different context than the classroom. Working with so many personalities in such a personal setting is a unique experience. I also love competitive spirit, and coaching provides that atmosphere each and every day."

The coaches all love the experience and want to watch the kids continue to succeed and keep watching them grow as a team.



Photo by: Rob Carr

Patriots beat the Ravens in this years playoffs in New England

## Playoff's for college football

Renee Gering  
Reporter

For the first time in college football history, there will be playoffs leading up to a National Championship game.

At the end of the regular season games and after the main bowl games, the top four teams will enter the playoffs.

Committee that will determine what four teams will go onto the playoffs and play for the National

Championship.

"I think the committee is very biased towards Nick Saban," said sophomore Jack Whitt.

The committee determines who goes on based on the team's record, the comparison of the results to common opponents, championships won, and other common factors.

The committee is also responsible for selecting the top four teams, ranking them, and assigning them to playoff sites.

The semifinal games will be

played as bowl games and the championship game will be played in a different city on a Monday night, every year.

Only four teams are picked, so it does not run too long into the academic calendar and it limits the number of games played by a collegiate athlete.

Now that there are playoffs, every game of the regular season counts.

Before, games just in the conference, such as the Southeastern Conference (SEC), Atlantic Coast Conference (ACC), and the Big Ten, real-

ly counted.

The first-ranked team plays the fourth-ranked team and the second-ranked team plays the third-ranked team.

The semifinal games will be rotated between bowl games: Cotton, Fiesta, Rose, Orange, Peach and Sugar.

The semifinal games will be played during the New Year's holiday.

"I think having college playoffs will give teams that have had a rough start to the year, prove themselves," said sophomore Elizabeth Graham.