



photo by Mindy Bullock

Members of the boys' basketball team practice after school Monday.

When the season ends, RCHS athletes don't quit

BY JOSH ROWLAND

When the last whistle is blown some think the season is over but it is really just beginning.

For athletes that compete in Rockcastle County High School the season never ends.

For example the football team has very little time for the rest after their last game.

"We start extensive weightlifting and quickness drills two weeks after the season ends," football coach Tom Larkey said.

The constant workouts have other benefits.

Senior linebacker Travis Ingram said, "Following through with all these activities prepared me [not only] physically but also mentally for the upcoming season."

Coach Larkey is not the only coach that puts his team through strenuous activities to prepare them

for their upcoming season.

Boy's basketball coach Clayton Cash puts his teams through a conditioning program which consists of combo drills, running the bus loop, and the dreaded hill in front of the school, and going up the ladder.

The ladder simply means running up and down the gym floor as quickly as possible about twenty times.

Shooting guard Jeremy Neeley of the Rocket basketball team stated, "I ran in open gym, lifted weights, went to basketball camp, and went through conditioning."

Many of the people I talked to take pride in their sport and said that they work hard in the off season.

Athletes participate in many workouts like cross country, swim-

ming camps, basketball camps and their very own workouts at Excel fitness center.

Senior track member Mindy Bullock participates in the high jump and some her workouts consists of leg presses, lunges and squats.

"I go to the fitness center and do my own workout on my legs," she said.

Sophomore Ashley Mink of the girls basketball team said she went to camp, ran about a mile a day and she feels that it has prepared her for the current season.

Everyone is wondering how Rockcastle is able to keep on performing well. The athletes do not have an off season to just slack around. When the season ends, RCHS athletes don't quit.

Popular fad pierces Rockcastle students

BY CATIE MIDKIFF

Shirts are raising up all over the school as a piercing fad sends students running for the needle.

Belly-buttons, ears, lips and numerous other parts of the body cannot escape the pain and risks of a teenagers crave for border-line rebellion.

One wonders, with all the recent piercings around school, if students are aware of the dangers they are facing. Most of those say they were made aware of the risks by the person who pierced them.

One wonders if students are aware of the dangers involved in body piercing.

dians, African-Americans, and Native Americans have used piercings for ceremonial, religious, and decorative purposes.

The reasons for piercing in modern day varies from person to person.

"I got mine in celebration of my 18th birthday," said Morris.

"I thought it was cute," said junior Jessica Jones about her belly-button piercing.

While body piercing increases in popularity here at the Rock, there are still

those who believe there is serious wrong in the so-called fad.

"I believe a person should exit the world with as many holes as they were born with," said assistant principal Mr. Barry Noble.

"I think they're kind of gross depending on where they are," said junior Amber Thacker.

Whether a person is for, against, indifferent, or particular according to location of the decoration, everyone should know the risks involved before making the decision to experience the needle.

So if you are contemplating a trip to the piercing parlor, be sure you are truly up to the risks, and remember, like my dad always says, "If you're thinking about getting a tattoo or piercing, just imagine your mom with the same one."

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