

January 8-14, 1997

# If it happens, it's news to us

Who says nothing ever happens at school?

## Musical auditions

### Tension builds as students work for parts

A row of girls stand on the Opstad Auditorium stage. Their facial expressions range from looks of relaxation to looks of terror. One by one they sing out a few lines from the song *I Feel Pretty* to the almost vacant rows below.

Once off stage the girls look less nervous, and many comment on how relieved they are to be done. The girls become more talkative, discussing who did well and who should get what part.

This was the scene at the Jan. 9 tryouts for *West Side Story*. It was the second and final day of auditions for the musical. On the first day everyone had showed their dancing skills, but the second day had been reserved for singing. This was much more nerve wracking for many auditioning. Sam Stapleton '99, said, "The dancing was no problem. But I have never sung before in my entire life." Katy Dane '99, was also nervous about singing. "I did a really good job at the dancing, but for the singing I didn't really know the words, and

I was afraid I would do something dumb like start too early or be in the wrong key."

Now comes the hardest part for those auditioning: the waiting. Some people will have call backs on Jan. 10, but the cast list will not be posted until Saturday, Jan. 11. "I wish I knew right now whether I made it or not," said Dane.

Jenica Steele '99, who auditioned for Maria agreed, saying, "I am going to be a little bit nervous the next few days." Dane and Steele were both pleased with their performances at the auditions, but were still a little unsure about whether or not they would be cast.

"There are over 50 girls competing for about 15 parts," said Steele. "I'm not sure if I was one of the 15 best."

Dane had similar feelings, saying "Everyone who auditioned did a really good job. I really want to get in but if I don't it won't be the end of the world."

*Anne Huyck*

### ... and then the cast is announced

The cast and crew of the Spring's musical, *West Side Story*, were announced this Saturday. As students streamed in and out all day checking to see if their names were listed, many were disappointed while others were overjoyed.

Out of over 100 people auditioning, only 41 made the final cuts. Ria Freyberg '99, said, "I wasn't really disappointed that I didn't get a part because there were so many talented girls trying out, and so few actually made it." Out of all the people trying out, about 70 of them were females, and there were less than 20 female roles.

There are alternatives for those who didn't land roles. Luis Sierra, director of the musical, said, "We need a lot of people

to help work on the crew, and if nothing else, they [the people who auditioned but didn't get parts] can always support us by being a member of the audience." Among others, Freyberg is following his advice. She is the co-publications manager. "Even though I didn't get a part, I still wanted to be involved with the play," she said.

The performances will be March 13-15 with the possibility of an additional Sunday, March 16, performance. Those who did get parts are already thinking about the big performances. Nellie Viner '97, who will be playing Anita, said, "I don't really want to die my hair black, maybe a wig would work. Hmmm..."

*Britta Schnoor*

Here are highlights from a week-long exercise for introductory journalism students in which they turned in a news story for five straight days. No specific assignments were made.

## Dancing anyway

### Impromptu party soothes disappointed dancers

Once again the '80s dance at City High has been delayed. The second delay of the dance scheduled for Jan. 11, was caused by a lack of publicity. When this happened Matt Browning '99, decided to take some action.

"It was a huge let down," Browning said of the second delay. But he wasn't going to let this ruin his or anyone else's Saturday evening either.

Browning decided to have his own dance party. "I got the idea for a rap party 'cause I'd never been to one. I just thought it'd be a great experience," Browning said.

The black lights glowed and the bass shook the walls of Browning's house. More and more people arrived, most clad in baggy pants and backward hats. "I think there were around sixty to seventy people," Browning estimated.

Partygoer junior Lydia Viner's evening was highlighted when "Bootie call" was yelled. "All the guys jumped in a circle and started wiggling their butts around," Viner said, "It was the funniest thing I've ever seen."

As the evening wined down around twelve o'clock Viner commented, "It was awesome. I just hope next time it can be in a bigger room, like maybe the City High gym."

*Gretchen Visser*

It's tough to top opening night of the musical for drama, but it's possible to come close by covering events that most audience members wouldn't even think of—getting chosen as part of the cast.

Sometimes the best news occurs when there is no event, or when something is cancelled. Lack of activity can often be news, if we dig a little. The news peg here is the '80s Dance, but it quickly evolves into something more generally classified as "student life."

## Stunning Science lesson brings back memory

When Assistant Principal Bryce Hansen walked into Mr. Muilenberg's physical science class, he didn't know what hit him.

Muilenberg was running a Van de Graaff generator, a device that generates a large electric charge. It has a low voltage, but anyone who gets close will receive a little shock. The generator uses a grounding wire to prevent too much charge from building up.

On that day the grounding wire wasn't working, and there was a good charge

built up. When Hansen entered, a large bolt of electricity shot from the generator and hit him in the side of the head. Because of the low voltage Hansen was not hurt, just a little stunned.

"I've never seen it jump so far in my life," said Muilenberg, who also saw the positive side. "After that Mr. Hansen didn't bother my class again."

This occurred several years ago, and Muilenberg was telling the story while setting up the generator for this year's class.

While experimenting with the generator Kirk McNabb '00, got a surprise. A little bolt came out and zapped the zipper of his jeans.

"The rest of the class thought it was funny," said McNabb. "But it wouldn't be so funny if it happened to them."

*Zak Hingst*

## Class promotes love . . .

According to the Sophomore Class Council, compatibility between two people is now a statistic.

On Monday Jan. 13, a "computer fun" worksheet was passed out in home room. Students answer the thirty-four questions on the sheet and can buy the results. These will be the ten City High students and five students in the nation most compatible to that particular student.

"I think it was kind of neat," said Travis Lovetinsky '99. "It gives you something to do." He did think there might be a down side though. "Some people might get seriously depressed," He commented. "It might cause a rapid decrease in population if too many people went suicidal."

Tim Evans '99, views this as a good idea but with room for improvement. "The questions were too broad and there wasn't enough [of them]," said Evans. He

also thinks that some of the questions were worthless and could've been left out. "Who cares if you sneak pop into a movie?" he said. "I do it all the time." In his opinion, some of the questions were legitimate but misguided. "You can't describe attitudes," said Evans.

He also thinks that the reasons for the whole computer fun thing are wrong. "It's a lame excuse to try and raise money," said Evans. Lovetinsky agrees with this and thinks that an actual dating service would be a better idea.

The option to purchase results will be two days before valentines day. Lovetinsky hasn't even turned his worksheet in but Evans already plans to get his results. "Of course I'll buy them," Evans said. "I want to see [who is most compatible to me.]"

*Philip Wood*

## . . . and skiing, and has fun doing both

While in the past many class council's have tried to plan a ski trip for their grades, none so far as anyone can remember have become organized enough to go through with their plans. "I guess I always wondered why there were never any ski trips at City High when everyone always had so much fun at South East [ski trips]," Sam Stapleton '99, said. "When we were looking for ideas to raise money, this came up as a possibility, and everyone seemed to like it."

The road to a ski trip was a long one though, which made many on the ski trip committee realize why there had never been a trip carried through with. First, Principal Trudy Day had to be contacted to get permission and decide on a non-school day to plan the trip for.

When that had been determined, South East PE teacher Mrs. Lund was called to find out how to go about organizing the trip. After that, Sundown was

called to gather information about prices, how rentals would be arranged, and the best days for a large group to come up. Finally, buses were scheduled for Feb. 14, the day that the trip will take place. "It really wasn't all that hard to organize once we got down to business and started making the necessary calls," Stapleton, a homeroom representative as well as the ski trip committee chairperson, said.

Sophomore class council president Britta Schnoor '99, credits the 10<sup>th</sup> grade class' feat to the hard work of the student council. "Nothing could have been accomplished without the support of the council, and the hard work of the committee."

Information on the trip will be given in homeroom on Tuesday, January 21<sup>st</sup>, and registration will begin soon after with bus sign ups in the guidance office. Only full buses will be taken, and placement is on a first come first serve basis.

*Kerry Nolan*

Student government tends to get a yawn from reporters and editors, possibly because we are not paying enough attention to the actual nuts and bolts of how students government actually gets things done. In the coverage of the sophomore class council, two reporters find two completely different news pegs in the same meeting.

Many news stories are installments on a longer running story that may last all year. By reporting on decisions as they are being made, we can bring a sense of immediacy to a yearbook as well as a newspaper.

## Class discusses 'ringing' gift to school

The Senior Class Council met last Wednesday to continue its search for a gift to give the school upon graduating. The gift the council is looking for is a bell to go in the now vacant bell tower. Progress has been slow according to Alison Putney '97, due to the lack of bell manufacturers locally. "It's been really hard because no one I ask has any idea who makes bells."

Putney, the chair of the Senior Class Gift Committee had called many local churches and in hopes of learning where they got their bells. This, however had not produced any leads as to where the council might purchase their gift. "The bells at all of the churches I called have been there for years and no one remembers where they came from."

Luckily another council member had an idea. Joe Younker '97, remembered the new Coralville fireman's memorial that he had driven by and thought to call the Coralville Fire Department. "The memorial has a bell and so, since it was built recently I thought someone might know where it came from." The call gave the council its first clue of where to look for the bell.

As it turns out Des Moines has a couple of foundries, places where bells are commonly made. Although none of the companies have been contacted yet, Younker is hopeful that their bell will be found. "All of the bells around have to come from somewhere, we just have to find out where?"

Funding for the bell will be covered by the \$500 remaining in the council's treasury. If it is impossible to find a decent bell at that price, the council hopes to raise money.

"We've been thinking a lot about a Senior Auction if we need more money for our gift," Senior Class President Lindsay MacIndoe said. "We think an auction would be a new and fun way to raise money. We've talked to some other people who've done at their schools and it's been very successful." Whatever way the council decides to raise money, however, is not very important presently. "

Right now we're just working hard to find a bell," says Younker. "Once we do that, then maybe we'll start to think about how to pay for it."

*Lindsay MacIndoe*

## Beyond traditional text

There are times, of course, when only prose will do—especially when you have a good anecdote to tell, or when you have all the elements of a good story: setting, characters, conflict and resolution.

But there are many times when the news is essentially information—important, but not really worthy of prose. Luckily there are a variety of means of delivering that information, with each method useful for particular pieces of news. The complete list is on the next page.

For the sophomore class council stories, how about a quote collection from students who participated in computer dating? Or how about a fact box with sample questions from the form?

Could we put together a diagram of Sundown ski resort? Or a checklist of what to take when you go skiing?

How about a historical sidebar on past senior class gifts?

Or a step-by-step on how the class officers tracked down a bell company?

## Beyond traditional text

Instead of always thinking of items in the paper or yearbook as “stories,” it might be more useful to just call them “coverage.” Instead of assigning the pizza party “story,” you might assign the pizza party coverage, and then discuss the best way to deliver information to the readers.

Would a series of photos and captions be best here? How about a list of winners and amounts? What could we do beyond prose on the amazing singer?

### Orchestra

## Fruit + cheese = pizza party for some

As the aroma of pizza drifted through the hallway down to the music rooms, music students were in the orchestra room enjoying a free pizza party.

The pizza party was given to music students who sold more than twenty-four items during the fruit and cheese sales. Free pizza, pop and pie was provided for students in both first and second lunch. According to music secretary, Anne Robinson, this year was one of the first years where there was pizza left over.

The annual draw for money was a hit, again. A paper bag was filled with one fifty, one twenty, one ten, one five and many one dollar bills. For every twelve items sold you had the chance to draw from the bag once. Rachael Dolezal '98, had the lucky draw on Tuesday, Jan. 14, as she pulled out the fifty dollar bill. Alissa Wilson '98 pulled out the twenty, the ten was picked out by Andrew Paige '00,

and Geoff McAlister '97, pulled out the five. The people in second lunch didn't get much variety in pulling out money, because everything except the fifty was drawn in first lunch. “Yeah, it kinda sucked this year, because when I went to draw, there were only ones left,” Katy Dane '99, said.

A new highlight this year was the chance to jump, yes jump, for money. To be eligible to jump you had to be one of the top two sellers in your music group. Dollar bills were lined up along the floor and a piece of masking tape was placed in front of them. Wherever you landed you got the money next to your feet and behind you.

Jumping for band were Jamie Trams '00, and Tina Fisher '98, for orchestra Tyler Hix '99 and Jennifer Baek '98 jumped, and for chorus J.P. Marshall '97 and Mica Anders '00.

Katie Bossen

Photos could never do justice to singer David Schuler, so we have to make do with reactions from those in attendance. Look for apt comparisons and metaphors as ways to make such information accessible to readers.

### Concert Choir

## Guest wows group with highs

While the voice in the front of the room rose higher and higher, the members of the Concert Choir dropped their jaws and widened their eyes. The notes of the professional singer weren't what amazed the students but instead the fact that it was a man who was singing them. David Schuler, who classifies his voice range as a counter tenor, had no problem singing notes that only some sopranos can hit.

Schuler's rare range landed him a part in the San Francisco based group Chanticleer five years ago. Chanticleer is known as the being the only professional male choir in the U.S. Their music style is a cappella and their recordings include samples of gospel, jazz and chant. When Schuler belonged to the group he rehearsed four to six hours a day and made 150 to 200 appearances worldwide each year.

It was through Dr. Grove that Schuler came to know of Iowa City and City High music. Dr. Grove researched and discussed the group Chanticleer as the topic of his doctoral dissertation. When Dr. Grove met the group of men in San Francisco this past summer he spoke in particular with Schuler about the University of Iowa. Schuler was impressed enough with the university that he quit the singing group and came to Iowa to earn his doctorate in directing as Dr. Grove had. Schuler plans to complete his degree in 2002.

“It's kind of funny how Mr. Schuler is envious of Dr. Grove (his doctoral degree) and Grove is envious of Mr. Schuler (talent),” Paul Tucker '98, commented. “It's pretty ironic.”

Schuler spent the afternoon Friday talking to the two choruses and observing Dr. Grove. John Troughton '00, said, “He has an awesome voice and he plays the trumpet really well, too.”

Schuler's visit was real treat for the students and an inspiration to those considering professional music as a career.

Megan Ziegłowski

## Quick Read Menu

### Quote Collection

A series of comments on a topic by newsmakers or students.

### Opinion Poll

A sampling of opinion gathered scientifically.

### Fast-Fact Box

Bits of information that give readers a quick look at the 5 Ws.

### Bio Box

Brief profiles of people or organizations in the news, often in list form and itemized by key characteristics.

### List

A series of names, facts, etc., that add context to the story.

### Quiz

A list of questions that provide a chance for readers to interact with the story.

### Glossary

A list of specialized words and defini-

tions that helps readers understand topic better.

### Checklist

A list of guidelines or questions that allows readers to assess needs or itemize key points.

### Q&A

Recreates a verbatim dialogue between the reporter and the newsmaker.

### Map

A visual way to give geographical information to readers.

### Diagram

A plan or drawing that shows how something works or explains key parts.

### Step-By-Step Guide

Breaks down a complex process by taking readers through it one step at a time.

### Timeline

A chronology of events highlighting key moments in the history of a person,

place or issue.

### Ratings

A list of items that lets critics make predictions or evaluations.

### Fever or Line Chart

Measures change over time by plotting points on a graph.

### Bar Chart

Compares two or more items visually through side by side columns.

### Pie Chart

Compares parts that make up a whole, usually in percentages.

*We would like to acknowledge Buck Ryan for pioneering the maestro strategy, and Tim Harrower, for developing package planning forms, from which this one is derived.*



# SPORTS SPECIAL

## Swimming

### Team drops first dual after captain is suspended

Nate Kron '98, former captain of the No. 17 ranked Iowa City Swim Team (4-1), looked on helplessly as Michael Cheng '97, crashed into the water. Cheng was disqualified by a false start in the second to last event in last night's swim meet against Muscatine—the 100 breaststroke.

"Michael [Cheng] was a favorite in the race, he probably would have finished first or second," said Phil Luebke, coach of the Iowa City Octopi. The disqualification lead to Iowa City's eventual downfall. "It wasn't Mike's [Cheng] fault, I mean, Tony [Pirnat, West High freshman] DQed too," said Kron, who along with Andrew Talmann '99, sat out the meet on disciplinary suspension. Pirnat disqualified in the final event, the 400 yard freestyle relay.

The meet started unexpectedly well for the Octopi, who came into the meet captain-less and without two of the fastest swimmers in the conference. The meet gave many JV swimmers a chance to swim varsity events for the first time and gave varsity swimmers who weren't big point earners a chance to show their stuff. Chris Andino '98, and John Pirnat, West High junior, were acting captains for the meet, and their leadership helped to inspire the team and give them the chance to have a piece of the limelight.

"It was pretty cool swimming under these guys [the acting captains], it felt like they're more like me and their excitement helped pump me up," commented Adam Yack '00. "I was really impressed with Tyler [Luebke, West High freshman] and Yack, they both really stepped it up," said Coach Luebke.

Although the team lead until the 100 breaststroke, and the remaining participants in the final two events finished well, the disqualifications were enough to seal the 87-83 loss.

"It felt terrible [to sit out]. I felt that I made us lose," said Kron. The suspended swimmers will return to action this Saturday for Iowa City's meet at the Burlington Invitational. "Burlington will be our first chance to show our stuff with everyone healthy and swimming. I'm really looking forward to beating the [Jefferson] J-Hawks," said Coach Luebke.

*Chris Andino*

Consequence is a superior element of news, and here the combination of a suspension and a disqualification are highlighted as explaining a team loss. Note also that once the most consequential facts were presented in the story, it settled into basically a chronological narrative.

Underclass athletes deserve coverage as much as their varsity counterparts, though we often find ourselves leaving them out in the interest of conserving space. But some of the best stories can come from those frosh and soph ranks. All it takes is a reporter to be there to capture the key moments.

## Sophomore Basketball

### Boys ignite fans, burn Lions in 4th

It seems to be an unwritten law that a varsity basketball game is more exciting than the sophomore game that precedes it. However, the Little Hawk fans who showed up early for the boy's varsity game against Linn-Mar were in for a riveting final quarter in the sophomore game.

At halftime, the sophomore Little Hawks were receiving a whipping by the Linn-Mar Lions as they trailed 30-17. "I was thinking 'God, I don't want to go one and five,'" said player Ryan Chiles '99, about the dismal outlook the sophomores had. It was also apparent to most fans that the game was already wrapped up. "I thought it was going to be another blow-out," said spectator Richard Landon '99.

"The coaches were yelling at us," recalled player Jamie Rowat '99. "Chairs were being thrown, heads were being ripped off." Despite the low morale, the Little Hawks played on, and in the third quarter, things began to change dramatically. "The turning point was when we scored eight to ten points in a row and they had to call a time out," said Chiles.

By the fourth quarter, the game was tied. There were no large scoring runs by either team in the fourth quarter, but it appeared that the Lions would barely edge out the

Little Hawks on the scoreboard. With about a minute left in the last period, though, Josh Hobart '99, would hit a three pointer to give the Little Hawks a one point lead, 47-46.

Fans were jumping excitedly out of their seats and feet were pounding on the bleachers as the Little Hawks and the Lions battled to make a winning basket. The clock was stopped at 4.3 seconds as both teams used their time-outs. Linn-Mar had possession of the ball at their basket.

The mere 4.3 seconds seemed like an eternity as the Lions threw the ball in, frantically trying to set up the winning shot. Two Little Hawks double-teamed the Linn-Mar player with the ball.

Suddenly, like a bolt out of the blue, the ball was stolen by Nick Linder '99, and he dashed past the awestruck Linn-Mar Lions with the ball in his hands. The crowd erupted in a thundering cheer as the final second ticked away, City taking the victory, 47-46. The sophomore boys barely scraped past, but emotions in the locker room were high as the players celebrated.

"Well, you know, we gotta play the second half no matter what," said Linder about the unexpected comeback. "You can't just show up for one half."

*Dan Nguyen*

## Sophomore Basketball

### Girls overcome conference leaders

The sophomore girls basketball team knocked off the leading team in the Mississippi Valley Conference, Cedar Rapids Regis, at City last Friday

City had the lead despite a close run in the 4th quarter and pulled the game off with a 39-35 win over the Royals.

"Beating the number one team in the conference was big and meant a lot to our team," said post player Stacy Moss '99. "We've had so many close games that we just couldn't hang on to, but this game taught us that we are capable of winning tough games in the upcoming season."

Although beating Regis was the biggest win for the Little Hawks, they're plan-

ning ahead and looking into the season.

"We have some tough competition ahead of us that we need to be focusing on," said Coach Jamie Skay. "Our team is beginning to play together now that the girls are recovered and healthy. If we continue to work together and play hard, we're capable of beating some high ranked teams."

The Little Hawks are now 7-3. Now that the teams confidence has boosted and built through the season, they're looking forward to winning several more victories.

*Sherry Youssef*

## Beyond traditional text

Sports readers are often quite interested in stats, but they still want them separated from prose. Sports is a great place for stat boxes, standings lists, and schedules. These include information readers want quickly, but that would otherwise get lost in paragraph form.

## Varsity Basketball

# Girls break 3-game skid with home win

After losing three games in a row the girls varsity basketball team won Friday night against CR Regis. "We were all really pumped up to win since we hadn't won for so long," said Tanya Hammes '99, the starting post player for the Little Hawks.

Kami Berry '99, led the team with a game high 21 points. The Little Hawks had a good lead most of the game. In the fourth quarter Regis came within five points of the Hawks but couldn't get any closer than that.

The final score of the game was 54-45. "Regis is a very strong, powerful team and this was a very good win for us," said Coach Brent Brown.

The Little Hawks are now 7-3 overall. They take on Linn-Mar Tuesday at Linn-Mar. "Linn-Mar is one of the top teams and will be very tough. But we are very capable of beating them and if we stay focused I think we will," said Hammes. Tip off is at 7:45 p.m.

*Kate Cilek*

## Varsity Basketball

# Boys lose cool and game to Linn-Mar

A fight nearly broke out after the boys basketball game Tuesday night. After the buzzer sounded to end the game, Kevin Suchomel '97, charged Linn Mar's senior point guard Nate Hansen. Suchomel was restrained by the City High coaching staff before he could get to Hansen.

Linn Mar's game plan was clear: use Hansen to get into Suchomel's head and take him out of the game mentally. The plan worked as Hansen was able to draw foul after foul with a sly smile on his face that seemed to irritate Suchomel even more. Two early fouls limited Suchomel's playing time for the night and he fouled out in the fourth quarter with only 4 points. Linn-Mar won the game 60-48.

As the game wore on, the CHS fans took notice of Linn-Mar's game plan and were not very appreciative. "I think he's (Hansen) a dirty player," Tim Herzog '97, said. Others were more outspoken. "Hansen's a cock," Shawn Kindhart '97, said. "I'm gonna kick his ass."

That was the general feeling of the crowd after the game. Many fans waited for the teams to come out of the locker room, anticipating another altercation. Nothing materialized, bringing more hype to the second matchup between the two teams, Feb. 7 at Linn-Mar.

"I can't wait to play at their place," Suchomel said.

*Mike Gavin*

Contrast the two coverage stories about basketball (both solid, with a focus on what was significant in each game result).

The wrestling story that will never appear in the professional press, but that tells readers much more about the wrestling team and the program than any match story would.

If your coverage is going to be ongoing, don't forget that many sports today are played or practiced year-round. Covering activities before the major events is part of being a proactive – rather than exclusively reactive – journalist. Coverage of spring and summer sports preparation is particularly effective for a spring delivery yearbook, which will not be able to give the actual game results any coverage due to deadlines.

## Wrestling

# Weather problems bring high school and elementary wrestlers together

The wrestling tournament in Ankeny scheduled for Saturday was cancelled due to weather. But the wrestlers didn't get the day off.

There was a Matpac tournament here at City High. It hosted kids from kindergarten to grade eight. The kindergartners through fourth graders wrestled from 9 a.m. until noon on twelve mats in four person round-robin competitions, according to their weights. The fifth through eighth graders wrestled from noon until about 4:30 p.m.

City High wrestlers kept scores, time, and recorded the matches. They also

handed out medals and wall charts.

About 350 kids participated in the tournament, and about 200 had to be turned away. "It was kind of sad because they couldn't wrestle, but we just didn't have the room," Goodner said.

"We also had to keep the peace," Adam Borgstahl '99, said. They had to keep kids off the mat who weren't wrestling and had to keep those who were waiting settled down.

The wrestling tournament in Ankeny has not been rescheduled, and City High wrestles crosstown rival West High on Thursday.

*Kris Drager*

## Plyometrics

# Off-season conditioning at full speed

The freezing cold weather doesn't keep City High students from sweating. If not on the court or field, Little Hawk athletes are certainly not hibernating this winter.

With flashbacks of Health PE with Mr. Sabers freshman year, students will file into the gym this Tuesday for the kickoff of City High sponsored winter training. Workouts are scheduled for every Tuesday and Thursday through the end of February until indoor track meets start or the beginning of Spring sport practices.

"There are a lot of us that aren't out for basketball or swimming," says Zach Butler, '98, "working out keeps you in shape and you can get a lot stronger for next year."

Off-season activities include weightlifting, running, or plyometric workouts. Some athletes choose to join a club team or an indoor league for the winter. This option is especially popular for volleyball and soccer players. "There are so many volleyball club teams," says Amber Dykstra, '98. "I like to play with a club because

you get to travel to tournaments with a fun team and meanwhile it's a great opportunity to get your hands on the ball."

Martha Kelch, '98, agrees with Dykstra, although she practices soccer instead. "Indoor [soccer] is good for maintaining soccer fundamentals, but it doesn't really get me into shape," says Kelch.

For this reason, Diane Hurley, former Varsity girls soccer coach encourages additional workouts that get you into shape. "You can really lose a lot slacking off in the winter," says Hurley. "I really recommend weight-lifting to build strength, but if someone is just going to lift whenever, they're not going to see the benefits—you need to get a program and be pretty consistent."

The results are obvious at City High. Butler says, "We'll keep working hard, and pick up another state championship next year."

*Bridget Donahue*

## Baseball

# Rule change brings earlier workouts

The sound of bats cracking and gloves popping could be heard Thursday night at CHS. This was the baseball team getting ready for the upcoming season.

Jeff Lynch '97, was one of the players who got some hitting in last night. Lynch said that this was the first chance for players to take advantage of optional workouts at CHS. The school will be opened up for players to hit on Thursdays from 5-7 p.m. and on Sunday mornings from 10-12. There will be additional throwing for pitchers and catchers on Sundays, according to Lynch.

The baseball team uses a storage shed attached to the old gym for a makeshift

batting cage. The shed contains some netting that is normally hung up, but during hitting practice the netting is dropped to form the batting cage, Lynch said.

Due to a rule change by the Iowa High School Sports Association, baseball players can now workout with coaches during the off-season. "Normally the season doesn't start until April, so this is the first year that we [baseball team] have started in January," Lynch said.

Mike Gavin '97, who also attended the workout, said, "This is a great opportunity for City High baseball players."

*Jamie Rowat*