

## Students pumping iron after hours

Written by Holyoke Enterprise

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Numerous students fill the weight room for nearly an hour after classes are let out each day at HHS. Coaches of Dragon sports organized the lifting period to encourage students to get in the gym to stay fit and prepare for upcoming sports seasons. Participation is completely voluntary and anyone interested may join in.

Students utilizing the program are pictured from left, front row, Natali Rodriguez, Brenda

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**Hernandez-Ramirez, Eric Rojo, Jesus Loya Rodriguez, Oscar Hernandez, Dennis Amaya and Bradley Cumming; middle row, Shobi Burris, Ashley Humphreys, Alex Yanez and Xander Nelson; and back row, Norman Mendoza, Javy Rojo, Dylan Kotch, Jesus Martinez, Tito Fierro, Issac Brandt, Andrew Kent, Fernando Lopez, Jesus Martinez, Alan Madrid, Seth Baker, Edgar Cruz, Fernando Rojo, Joel Rodriguez, Andres Samaniego-Nieto and Kris Loya. —Enterprise photo**

Loud upbeat music, the clanging of iron and the occasional grunt can be heard every day after classes are let out in Holyoke.

Numerous students can be found in the weight room at HHS after school. They are lifting weights and keeping in shape.

With health and fitness on the minds of many and especially the health of youth in America, it only seems smart for kids to get into the gym.

What began with only three or four students at the beginning of the school year has grown to over 35.

Coaches of Dragon sports have encouraged students as young as fifth grade to hang out in the weight room after school to get their bodies in shape for an upcoming sport of their interest. Even parents are encouraged to join in on the workout with their kids.

Coaches will help those interested learn the techniques and fundamentals of weight lifting.

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Coaches are working to obtain resources for the Bigger, Faster, Stronger program. Each student would receive his or her own book to keep a record of lifting as well as to lay out a lifting plan.

Lifting begins right after school and usually lasts until 4:45 p.m. Each session is supervised by at least one of the HHS coaches. Attendance is not required for anyone as participation is voluntary.

Another form of exercise available at the school is an aerobics class held every Monday, Wednesday and Friday morning at 6 a.m. Classes are held in the wrestling room.