

# HARD, AGGRESSIVE, AND INTENSE

## Bandages, Ice, and Therapy

### Go Figure

78

Gregory Center  
workout machines

7

running and  
elliptical machines

2

full time trainers

1

ice  
machine

By: Sarah Jarnicki and Kelsey Kiley

**S**prained ankles, torn achilles, fractured arms? These were some of the reasons that students often had to visit the trainers office. **Mr. Perry Denehy** and **Ms. Dana Dunn** are trained ATC's. They both agreed that the most common visit to the trainers office, was to get ice or to get their ankle wrapped

"I hurt my wrist at volleyball practice one day and Perry saved the day with the ice," said **Steve Kramer, 12.**

But don't forget the hard working trainers who were often in the Gregory Center at all times to assist the students.

"We believe in hard, aggressive, intense training. Our theory is based on progressive resistance coupled with 'phase' training. The bottom line is we incorporate basic strength exercises challenging the athlete to work hard at maximum intensity throughout the years, promoting an excellent training environment, and to close the gap between strength potential and actual strength in the shortest time possible," said **Mr. Brian Conatser.**

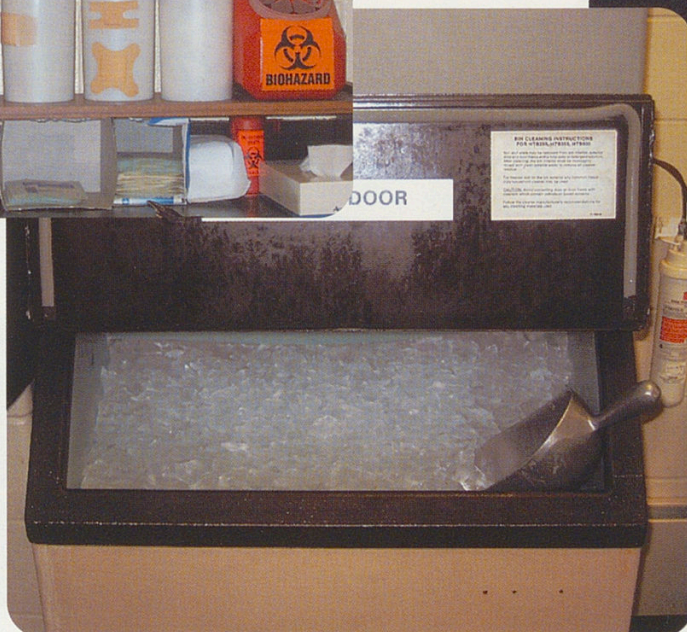
**Conatser** is a trainer at school along with **Mr. David Broxterman.**

"He is intense and it's hard during the workout, but he really pushes you to become stronger. The end result is awesome!" said **Kyle Spicer, 11.**

Spending time and effort at the Gregory Center was well worth it. The athletic trainers spent lots of time with the strength coaches preventing injury.



What would athletes do without the ice machine and the band-aids? They were good for easing the pain of aching muscles and joints. Some students even poked a hole in the ice plastic bag, and it became a nifty waterbottle. The bandages were equally helpful in preventing infection and cleaning up blood.



The Gregory Center was a generous gift to the high school, and was open everyday. Students and alumni frequently used the machines, it was a great opportunity to work out right after school. Every team made use of the facilities, especially on days that it rained.