

Athletes keep up competition with off-season training

JOSH ROIG

General Assignment Writer

Bloomington High School has a sports tradition that young athletes have upheld for years; in and out of season.

"I run every single day and work hard, even if it's cold out. I want to be good this year in track so I have to train in the winter," said sophomore track athlete Luc Dinkins.

"I'd rather run in the gym," said senior track member Rakholiya Manthankumar. "It's warmer, I'll sweat more and lose more and build more muscle."

Many varsity athletes at BHS train year round, and in the winter a majority of athletes are able to cross train or relocate to overcome the outdoor temperatures but still stay in shape.

"I play tennis in the spring, which is an outdoor sport, but I'm able to take private lessons and continue playing during the winter at Evergreen Racquet Club," said senior tennis player Neeraj Joshi. "We also do a lot of coordination drills that condition us better for the outdoor season."

BHS athletes go to a variety of fitness clubs, such as Golds Gym, the Shirk Center and Four Seasons to enhance their off-season training.

"From the weight room to the pool I get a total body workout," said senior Greg Patton, who attends Four Seasons when the track and football seasons are not in session.

The Raider football team meets several times during the week to lift after school and condition their players. The hard work paid off this year, helping bring the Raiders to the post season.

"Without the lifting we do in the winter, our team wouldn't be as conditioned or ready for camp in the summer. It's a year round process," said junior football player Tyler Dehart.

Girls bowling team hits the lanes

SADIE DELASHMIT

Sports Writer

The girls bowling season is the shortest season at Bloomington High School, starting in December and ending between January and February.

Since the season is only a month and half long, BHS does not consider it a sport.

"It does not count as a sport because it's not a full season. The IHSA considers it a sport but the school does not pay the coach enough for a long enough season," said senior Mary McCubbins.

With two returning bowlers, McCubbins and senior Sabrina Bradford, they are going to have to teach the underclassmen the tips and tricks.

Some bowlers curve the ball, others throw it straight down the lane.

McCubbins said when bowling the ball straight down the lane, make sure not to hit the front pin head on, it causes the pins to split.

"Look at the spot on the floor and make sure your arm is straight when you release the ball, don't bend it," said Bradford.

The team practices for free every day after school, unless they have a meet, at Twin City Lanes. There they practice techniques and just bowl games.

Bradford said they switch lanes after each turn like they would if they were bowling a real game.

There are no intercity teams but on weekends there are tournaments and after school they play one team.

"The hotshots are Taylorville, said McCubbins. "Like our football team, bowling is the thing to do. On Friday nights everyone goes out and watches bowling."

Raider Radio may not continue this season

ANDY SZABO

General Assignment Writer

A few years ago, Bloomington High School graduate John Twork created something quite out of the ordinary for a high school student and this something is Raider Radio, which is a broadcast of BHS basketball and football games online, ran completely by BHS students.

Twork put his love of sports and broadcasting to work, making an activity in high school a great start for a possible future occupation. Through his work experience with Raider Radio, he earned a small job announcing game highlights for WJBC, and is currently attending Eastern Illinois University, where he is working for a radio station there.

"Basically without John there would be no Raider Radio," said Ben Nathan, a BHS graduate who took over after John's departure. "Without his help it would have been nearly impossible for Josh and me to have done what we did."

Nathan was speaking of his and Josh Schlagel's time as Raider Radio broadcasters. They were mentored by Twork and learned the process quickly.

"It was a good experience," said Nathan. "I definitely learned a lot about things I previously knew nothing about. It was fun."

Schlagel, now a junior, was the student to take charge following Nathan's graduation. He was accompanied by junior Reid Golowski.

"It was a lot of fun," said Golowski of last season. "You got to see the game for free and it was cool to broadcast them online for anyone to hear."

The system of Raider Radio is still in tact; however, nobody has filled the vacancies for the broadcasting positions. If any individual is interested, there will be an interview process and a quick lesson of the basics for all the technology. Right now, the job is wide open for a BHS student to take advantage of.

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