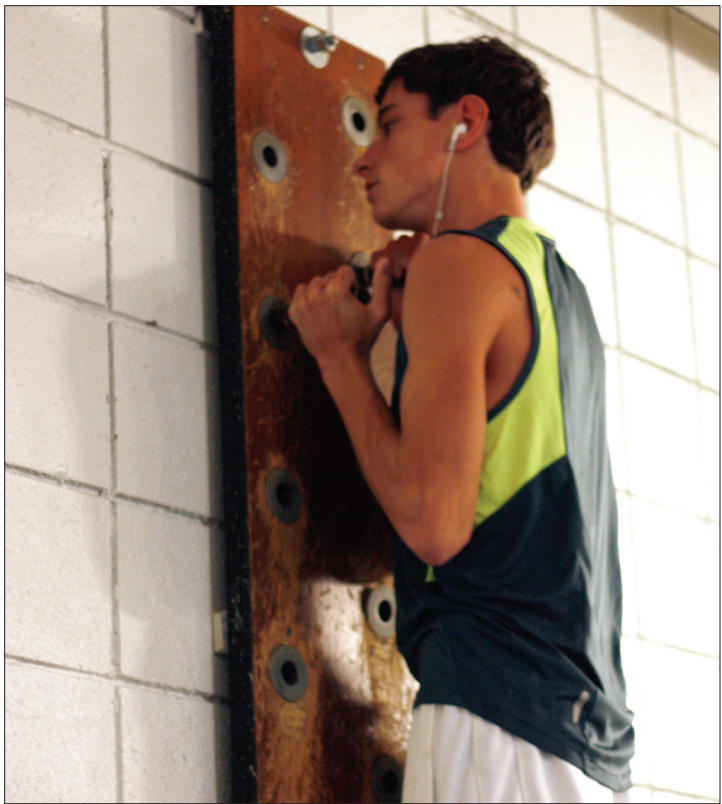


Students utilize upper gym after school

By Kristen Kaled & Colleen Reveley
DESIGN EDITOR & SPORTS EDITOR

RIGHT: Senior Michael Bylski spots senior Greg Lazar during some after-school weight lifting. The boys switch off spotting each other between sets. LOWER RIGHT: Senior Justin Clayton works out three days a week after school to keep in shape. Clayton enjoys coming to North’s weight room instead of purchasing a membership somewhere else. “Free is always better, all your friends are here too,” he said. Clayton’s favorite workout is the wall climb. LOWER LEFT: Freshman Justin Jackson comes up to the weight room every Monday and Friday; he works out for an hour and a half. He can’t come every day because often after school he feels dizzy. Jackson’s favorite exercises are lifting weights and doing crunches, his least favorite is benching. Jackson has been mentored by upper-classmen at times to improve his techniques, and plans to continue with his workouts throughout the school year.



Q & A with teacher aid Chris Vernier

Question: What is your job?
Answer: I make sure everyone is safe. I make sure everyone is lifting correctly, make sure their technique is where it should be. I set up programs if needed. I have a basketball workout, a football workout. If coaches get in contact with me through email or phone, I can put something together for their team.

Q: How did you get familiar with the equipment?
A: Experience-lifting myself throughout high school and college.

Q: Do you ever get new material?
A: We actually just got some new dumbbells. I just put in a grant application for the Booster Club, and they granted us some more money for the weight room to get some new stuff. We are going to get some bumper plates. You could drop them to the ground without them making a big sound because it’s rubber instead of steel. We are getting some new racks for the weights. We are getting decals throughout the room, like Norsemen heads, ‘Go North,’ ‘Go Norsemen.’

Q: On average, how many people come a day?
A: Honestly, it depends ... between 20-40. Friday’s going to be the lowest number because the kids wanna get out of here. The winter is busiest season of the year.

Q: What is the ratio of guys to girls?
A: Ten to one. I think (girls) can get intimidated. When they walk in, they see a bunch of guys, and they are usually lifting heavier weights, and they might grunt or make a noise when they lift. That might turn off girls from coming. It’s definitely male-dominant.

Q: What would you say to someone who has never been to the weight room?
A: The weight room is open to all students Monday through Friday right after school until six. Feel free to come on up. It’s free. Not a lot of schools have opportunities like that.

By Colleen Reveley



Meet sophomore Georgina Goralczyk

By Katelyn Carney
ASSISTANT EDITOR

In the upstairs gym, sophomore Georgina Goralczyk runs on the treadmill for 10 minutes, maxes out (or becomes fatigued) after a few reps of chin-ups and then moves on to the rest of her routine. This is Goralczyk’s daily after-school workout regimen. Starting at the age of 12, Goralczyk discovered her love for lifting and has pursued her passion through repetitive workouts in the upstairs gym. “It’s a great way to release anger if I have any,” Goralczyk said. “It makes me feel good about myself because I’m getting exercise. And I find it fun.” When she began training in the gym, Goralczyk learned by following the example set by upperclassmen. Entering the upstairs gym for the first time as a freshman, she was inexperienced and uncertain, but she watched attentively to learn proper exercise techniques. “I mainly watched the juniors and seniors use the machines and learned that way,” Goralczyk said. Not afraid to stand out amongst the guys in the gym, Goralczyk knows that she has one purpose there: to work out. At 17 years old, Goralczyk can regularly bench press 130 pounds and can bench a maximum of 190. “I love lifting weights because I’m a girl that has a lot of energy, and working out burns a lot of my energy. I love just working out and

having an awesome body,” Goralczyk said. The gym is not a place where Goralczyk finds it acceptable to waste time, socialize or just go through the motions of her workout. “I have my music that I listen to, and I’m too busy working out. I don’t really want to be get distracted by talking,” Goralczyk said. As she works toward being in shape and staying healthy, Goralczyk always tries to ensure that she will reach her goals of gaining muscle, even if that means chocking down protein products. “I always have either a protein drink or a protein bar to eat because I want to gain muscles, even though the drinks taste really bad, it’s worth the results in the end,” Goralczyk said. Goralczyk enjoys her time spent at the gym. Walking through the door and knowing that she is going to work out excites her. Working all muscles in her body almost everyday of the week is not something she forces herself to do, but something that makes her feel the most comfortable. “I really love the working out at the gym because the gym is something I enjoy doing, the weight room to me is my second home. It always makes me happy when I walk through the doors and I can work out,” Goralczyk said. “I have to admit I’m a gym junkie.”



Meet senior Greg Lazar

By Kristina Kowalski
INTERN

Senior Greg Lazar goes to the upper weight room for about an hour, four to five times a week. He first started lifting free weights the summer before his senior year. Power cleans, bench press and squats are some of the components Lazar includes in his daily weight room routine. Over the past year, Lazar has noticed many changes as a result of his daily workout routine. “You have a lot more energy, you’re sore a lot and you’re obviously stronger,” Lazar said. He sees the weight room and working out as a way to relax. By working out daily, Lazar also prepares for his seasonal sports. “It’s relaxing, and it gets me ready for my sport, lacrosse. And then there’s the whole aesthetic part to it,” Lazar said. To train for his specific sports, Lazar works on different parts of his body different days to avoid straining one area and to spread the benefit of his workout. “I basically split it up. It’s like a five-day split, where you do pretty much a different body part, every single different muscle group, every single day so that you can rest enough because if you don’t rest, you can’t do anything,” Lazar said. “And then, depending on what day it is, you try to mix it up and just do certain exercises that involve that.”

During his workouts, Lazar also socializes with other students in the weight room. “Most of the people I already know, but I have made a couple new friends,” he said. Lazar finds the most support from fellow student-athletes and also enjoys talking with trainer Chris Vernier. “Chris hasn’t helped me that much. Maybe with a few things, but it’s usually kids helping each other with things. Chris trains a few girls that are there for basketball or something. But he motivates me, and he’s a nice guy, like if you go up there, he’s a good guy to talk to,” Lazar said. Lazar prefers using free weights instead of machines. He is dedicated to this activity, although he admits it’s hard to explain why he enjoys it. It’s just a process for him. “Yeah I love it. There’s no really goal that I’m trying to go for, it’s just a process, and it’s enjoyable for me.”