

## Summer weight lifting program helping W-P athletes become faster, stronger

Written by Wauneta Breeze

Thursday, 27 June 2013 16:35 -

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**Lesley Stehno gets ready for her next set. (Christi Christner | The Wauneta Breeze)**

**By Christi Christner**

**The Wauneta Breeze**

Summer may be here but that doesn't mean sports' workouts will be ending.

During the summer there are many different camps and opportunities for Wauneta-Palisade athletes to better themselves.

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One of those opportunities is offered through the high school.

W-P coaches and staff have started a weight program with a goal of improving athletes' agility and strength.

It was introduced to the students last summer with very good results.

"Although it was tough to get up in the morning it was definitely worth it," Logan Bischoff says. The program has helped his jumping, agility and strength abilities.

With such a small school many of the same people are involved in multiple sports. Many of the volleyball girls believe that, for the people who come regularly, it has helped them bond.

Team bonding can happen while sweating over the workout that particular day. Team members can push their teammates with encouragement and pushing each other to do the best of their ability.

The weights program will keep athletes in shape and fit during the summer which will benefit them when sports start up again during the school year.

All coaches believe this program is a good thing for the athletes and different teams.

Michelle Harchelroad, head volleyball coach, believes it will continue in the coming years.

"Overall the program has helped the girls with jumping and has made them stronger." Harchelroad said after being asked how it has helped the volleyball team.

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The program is every Monday-Thursday at 7 a.m. MT/ 8 a.m. CT at the Wauneta Attendance Center.

Athletes are encouraged to come at least three times during the week.