

# A New Kind of Dye-nasty

## Coach Waters anticipates upcoming season

**In His Element.** Coach Waters instructs his private lesson at Hanscom Tennis Center on Thursday, Feb. 24. Tryouts for the Marian tennis team are scheduled on March 14. Photo by AbbeyFurlow



AbbeyFurlow

The varsity tennis team's three months of hard work and dedication had finally paid off. A frenzy of excitement electrified Granite City restaurant as the team celebrated its third consecutive state title.

As dinner was winding down, varsity coach Mrs. Beth Dye called the team's attention to make an announcement: this year was going to be her last season coaching.

"It was a very hard decision to make because I loved coaching the girls. It was a good change of pace from basketball season, but it took up too much time. I needed to be fair to myself, the team and my family."

Dye informed Assistant Principal and Athletic Director, Mr. Jim Miller, of her decision earlier in the season, to allow him ample time to find a replacement. Although it came as a complete shock to the varsity team members, they were confident that they would be left in good hands.

Mr. John Waters was notified about the open coaching position by Miller. Waters, a long time acquaintance of Miller, immediately expressed interest in applying for the job of head coach. After meeting with Mrs. Susan Toohey, Waters was given the position.

"I got the contract, so I guess I have the job for now," Waters laughed. "It's a very nice job, and I am very thankful that I have it."

Toward the end of the school year, the varsity team members were introduced to

their new coach. "He seemed like a very nice person, someone who is going to focus our team, make us strong and keep us motivated," junior Jessie Koraleski said.

It would not be until Tuesday, Jan. 18 that Waters would meet the rest of Marian's prospective tennis players at the informational meeting after school. At 3:15, girls crowded into the cafeteria, anxiously waiting to meet the new coach.

The room became more restless with each passing minute. Eyes scanned the room, hoping to spot the first glimpse of the coach. The unfamiliar layout of the building caused some delays, but Waters strolled in only a few minutes late.

"There were more students than I expected, and they were very well-behaved. I have a good feeling about the quality of kids I will coach. You can't see the whole picture because you're inside the frame, but Marian is a really awesome place. I feel very comfortable here."

Before receiving the coaching position at Marian, Waters taught health, physical education and driver's education at Fremont High School. He had just started teaching in August of 1973 when the school started a girls' tennis team. The school's administration told the 22 year old that he would have to coach the team.

"I played football in college, so I didn't

have much experience before coming to Fremont. I learned the sport from there and did it for 10 years," Waters said.

His hard work as coach paid off in 1978 when he led a group of girl who hadn't received any outside professional lessons to a second place finish in the state tournament. Waters' coaching position sparked a new love for the game of tennis and marked the beginning of his long career in the sport.

From Fremont, Waters became an administrator at Papillion-LaVista High School. Although he didn't hold a coaching position in Papillion, Waters continued to stay involved with the game of tennis. After retiring as an administrator at Papillion LaVista, Waters volunteered at Papillion LaVista South High School for a year and also worked at Brownell-Talbot.

Waters' love of tennis and dedication to the sport earned him the varsity head coach position. "I tell my students that I believe in the four 'F's': fair, firm, friendly and forgiving. The last one's the hardest. There are no shortcuts in coaching. If you have the desire to improve everyday and are willing to fight and face disappointment, good things will happen."

As far as Marian's tennis program goes, Waters said he isn't planning on making any drastic changes. "I don't really have a bag of tricks. It's hard to change something that

is so successful. I love the game, and I like practicing a lot. I think the girls like it too, and hopefully we will be a good mesh," Waters said.

Varsity team members agree. "I think it will take a little while to adapt to his coaching style, but I think we are ready to work hard," sophomore Katherine Nelsen said.

Working hard is exactly what Waters expects from the varsity team. "You have to remember something about athletics. Everyone is trying to be good, and no one stays the same. You are either going to get better or get worse. And hopefully we will get better. These kids are good kids. I have a good feeling about their ability to compete," Waters said.

Over spring break Coach Waters will have courts available if girls would like to play. Starting Monday, March 7, girls can meet at 10 a.m. at Marian if they are interested in additional tennis conditioning. The first day of tryouts will be held at Marian's tennis courts at 3:30 p.m. on March 14.

Waters wants to encourage any girl who likes the game to give it a shot.

"If you're young, you have time to develop. We want to try to develop some of the younger players. We want to be good two years, three years from now, not just this year."

**State Cheerleading**  
**5th Place**  
sideline cheer  
**6th Place**  
non-building/non-tumbling  
(only 8 points behind the winning team)  
**AND won the Class A spirit trophy!**  
**All Hail to Marian's Crusaders.** The Marian Cheerleaders perform during the pep rally on Feb. 23. The team had just come off an impressive state performance in Grand Island, Nebraska. Photo by Annie McClure

## State Swimming Results

### Top Finals Finishes:

200 medley relay- Kyra Lindholm, Anna Rosenlof, Lauren Gornall, Kate Nichting (3rd)

200 freestyle- Kristy Kunkel (1st)

200 IM- Kyra Lindholm (1st)

500 freestyle- Kristy Kunkel (1st)

200 freestyle relay- Kate Nichting, Kyra Lindholm, Alexa Gross, Kristy Kunkel (4th)

100 backstroke- Kyra Lindholm (2nd)

400 freestyle relay- Kate Nichting, Lauren Gornall, Alexa Gross, Kristy Kunkel (2nd)

### Top Consolation Finishes:

200 freestyle- Alexa Gross (7th)

500 freestyle- Alexa Gross (10th)

100 breaststroke- Anna Rosenlof (11th)

The 2nd place finish was accomplished with only 6 girls. Kristy Kunkel was also voted the outstanding female swimmer of the State Meet.

Graphic by KyraLindholm

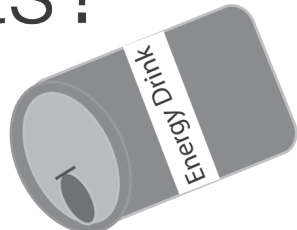
**Team Overall Finish: 2nd place with 145 points**



# What Should You Drink During Exercise or Sporting Events?



## Fact



## Myth

Or

### Water

Water hydrates your body better than any other liquid. Your body needs to drink about four to six ounces of water for every 15-20 minutes of exercise. It is easily accessible and less expensive than other drinks, and functions as the best source of rehydration.

### Milk

Low-fat and fat-free milks are emerging to be an equivalent or better choice compared to other beverages when rehydrating your body after endurance exercise. Milk helps to rebuild muscles after each exercise.

### Gatorade

Rigorous exercise drains the body's carbohydrates, which is used as energy for physical exertion. Gatorade also increases the retention of fluids within the body. Especially over a longer workout, you can average 75 percent fluid retention as opposed to just over 50 percent with water.

### Soda

Despite its many negative effects, the caffeine in pop in small doses makes it an ideal drink as a performance booster. According to the Virtual Spectrometry Lab in Carnegie Mellon University, caffeine in doses of 100-200 milligrams (a few gulps) results in increased awareness and focus as well as better body coordination.

### Red Bull/ Energy Drinks

Although you've probably seen energy drinks such as Red Bull being promoted at athletic events, high-caffeine energy drinks don't go well with exercise. Drinking an energy drink during exercise is not the same as consuming a sports drink, such as Gatorade or Propel.

### Juice

Juice may be a healthy option for breakfast, but you should avoid consuming it for any exercise activities. The fructose reduces the rate of water absorption, and cells don't get hydrated quickly. It is a food in its own right and should not be consumed during any athletic events.

Source: MedicineNet.com

Graphic by BrookeUrzendowski

# Diving Duo:

## Sophomore Divers Join Team Together

LizBerigan

Sophomore Kellyjo Steier takes a step to the end of the board, curls her toes over the edge and takes a deep breath as she contemplates the difficult dive ahead of her. Looking at the clear blue water below her, Steier reminds herself not to over-rotate on her inward dive. She turns her back to the water, jumps one, two, three times and finally leaves the board. She touches her toes and straightens her body, going head first into the water.

Steier has been diving for six years and has loved every moment of it. She decided to join the diving team her freshman year because she thought it would be a great way to meet people, but she wasn't joining alone. Steier convinced her friend and fellow sophomore, Katie Lang, to join the team with her.

"I consider Katie one of my really close friends. It's actually a funny story; I sort of 'begged' her to join diving with me last year because I didn't want to go to the first

meeting and practice alone," Steier said. "She was a gymnast; I knew she would be good."

Although Lang had six years of gymnastics training behind her, previous to her freshman year, Lang had no experience with diving. "I had never dove before Kellyjo convinced me. I was able to do a canon ball at the pool, but I had never even jumped off the board without plugging my nose. I learned right away though."

Although the diving team only has five members, Lang likes the intimacy of the team.

"I like being part of a small team because you get more personal and individual time with your teammates and coaches."

However, this year the Marian and Creighton Prep dive team combined. Instead of only five members, there are now ten divers on the team. It took some time to get used to being a part of a team with Prep, but both girls enjoyed having the boys on their team.

"We would play this game called 'skills that kill' that the boys made up. There was

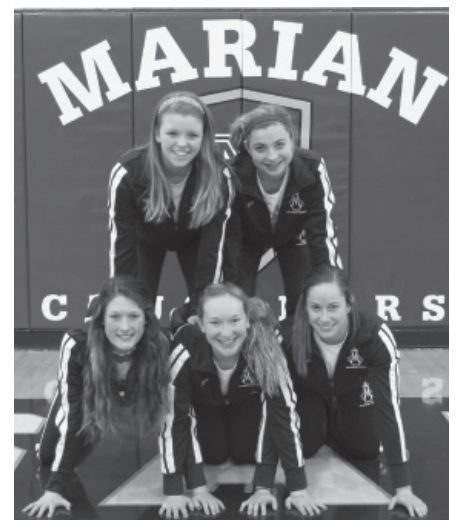
a ball that we would use that we found at Brownell, where we practice, and in between dives we would try to keep the ball in the air while doing weird tricks," Steier said.

Steier also likes having a small team because it makes them more unified, and they also have time to go through more dives during practice. However, she would like to see the team expand in the coming years.

"Having a small team is nice because we are all very unified, and I love that. I don't like it because having a larger team would get us noticed," she said.

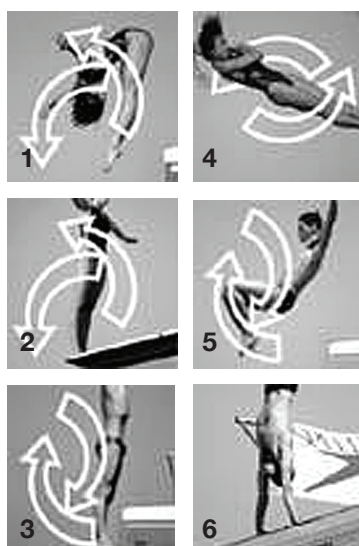
Both girls are planning on continuing diving throughout high school. "The most rewarding part of diving for me is when you finally get a dive perfected that you have been working on for a long time; it's such a great feeling," Steier said.

No matter how small or large the diving team is, to Steier and Lang, the sense of family and the love of the sport is all that matters.



**Small, but Mighty.** Members of the Crusader Dive Team include (top row) junior Muireann Greeley, freshman Elena Lisko, (bottom row) sophomores Kellyjo Steier and Katie Lang, and junior Claire Troia.

# Types of Dives



**1 Forward-** The diver faces the front of the board and rotates toward the water.

**2 Backward-** The diver starts facing away from the water and rotates away from the board.

**3 Inward-** The diver faces away from the water and rotates toward the board.

**4 Twisting-** Any dive that uses a twist is included in this type.

**5 Reverse-** The diver begins facing the water and rotating toward the board.

**6 Handstand-** The diver starts in a handstand on a platform before diving.

Graphic by CarlaGibbs  
Source: usadiving.org