

Swimmers hope to make splash in post season

By: **Miranda Rester**
Staff Reporter

The Oak Grove High School swim team has done well at a number of their past competitions, and they don't expect this year to be any less successful than the others. The team has only had two meets so far this year, and their discipline and talent have shown in both competitions.

Their first meet this year was in Vicksburg. The girls placed fifth in this meet while the boys placed seventh. "The boys have lost some swimmers, but they're rebuilding," Coach Nora Rapetti said. "Even with the boys' part of the team dwindling, they show no sign of letting it stop them from succeeding. They have been placing very well so far this year." During the team's meet at the West Jones Invitational on September 25, both the boys and the girls earned second place. "I think the girls are going to win the South State competition this year, and the boys are going to place well," Rapetti said.

The team's extreme talent and ability to win are the products of many hours of training and practice. Since swimming requires a lot of energy and physical strength, it's hard to believe that the team can handle three practices a week, but they do. They work on improving their times with many different strokes such as the butterfly stroke, freestyle, backstroke, and breast stroke. The goal is to have the fastest time. To achieve the fastest time, a swimmer must reach the end of the pool before any other swimmers. The oldest stroke, the breast stroke, usually produces

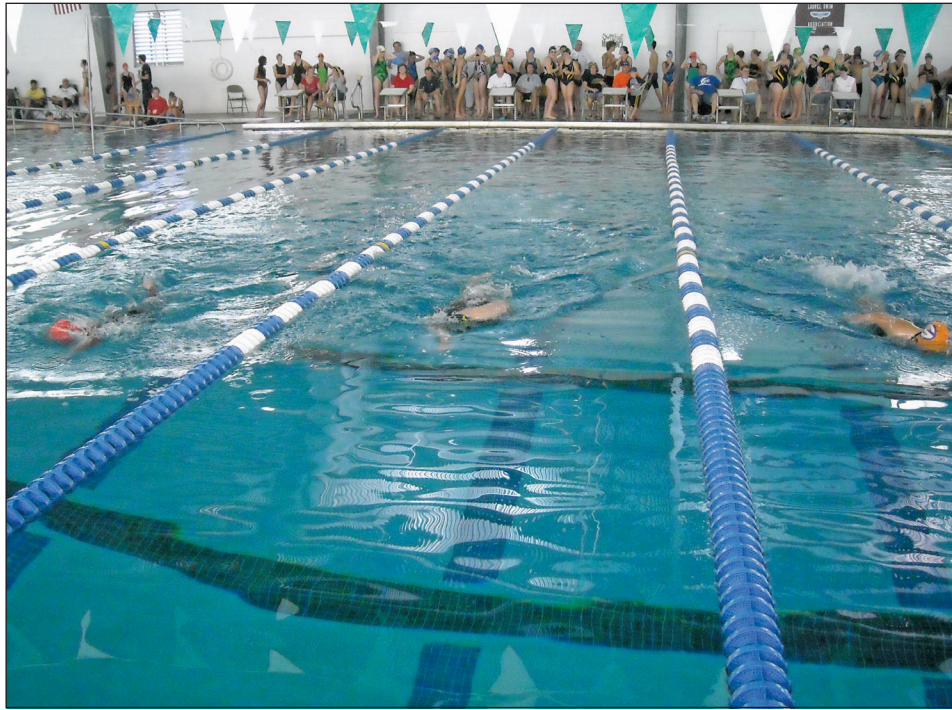
the slowest times while the crawl, a freestyle stroke, tends to produce the fastest times. Also, when swimming the butterfly and breaststroke, swimmers must touch the pool with both hands simultaneously when they finish. Although the practices are long and hard, they seem to be paying off quite well for the swimmers. "We're expecting this to be a really good year," Rapetti said.

In high school swimming, the boys and girls are split into two separate teams, and are given separate scores. Each swimmer is given a specific number of points depending on where they placed in a race. All of these points are added together to determine

the team's score. In order to win a competition, a team must have the most points out of all the other teams.

Swimming is one of the least dangerous sports because it is considered to be low impact and easy on bones and joints. Therefore, the team doesn't have to worry about losing athletes due to injury as much as other sports teams do. Although at least 50% of swimmers suffer from shoulder pain, they can swim through the pain. This means they can spend more time practicing and less time trying to replace injured members.

Everyone is looking forward to seeing the swim team continue with their victories this year.



The OGHS Relay Team competed at the West Jones Invitational held Saturday, September 25, in Laurel.

OG Cross Country team sprints to victory

By: **Victoria Chen**
Staff Reporter

With temperatures spiking to all time highs, everyone wants to be in an air-conditioned room watching TV and eating ice cream, but not everyone gets these luxuries. With the State meet coming up in November, Coach Robin Ryder and the cross country team are preparing hard in the heat for future successes.

The top 14 athletes on the Oak Grove Cross Country team are Melinda Solomon, Kayla Stricker, Christie Stricker, Chloe Sanders, Dana Dillistone, Sarah Rublelowsky, Victoria Chen, Chad Moore, Garret Head, Anthony Stricker, Jackson Shahady, Will Murphy, Artem Jordan, and Nick Stevenson. These students will be representing Oak Grove at State. According to Coach Ryder, Chad Moore, Melinda Solomon, Christie

Stricker, and Kayla Stricker are big threats to surrounding schools and even other states across the country.

To prepare for the upcoming meets, the team spends their afternoons running a variety of workouts designed by Coach Ryder. Many practices consist of what seem like never-ending miles around the school grounds and Temple Baptist Church, to even sprinting countless laps around the track, all in the heat of the day.

"So far we have improved every week," head coach Robin Ryder said. "We have finished first in two meets for the girls and second in two for the boys." The girls recently placed first at the Golden Eagles Invitational on Friday, September 24, with Christie Stricker, Melinda Solomon, Kayla Stricker, Chloe Sanders, Dana Dillistone, and Sarah Rublelowsky in

the top ten, which is even more proof that all the sweat, cramps, and shin splints have all indeed paid off.

The team has currently been practicing hard for the Jesse Owens Classic, scheduled for today and Saturday, a highly anticipated meet, where they will race against teams from Mississippi, Tennessee, Kentucky, North Carolina, South Carolina, and Georgia. "This meet will help us prepare for the pressure of the State meet in November," Ryder said.

"Coach Ryder is a great coach and has become an even better coach over the years," senior and fifth year runner, Melinda Solomon said. "He is doing a real good job of getting our team recognition." Whether it is from college scouts or opposing teams, the intimidating black on black uniforms of the team are sure to turn some heads.

Contrary to popular beliefs, cross country and track are NOT the same things. While they do both involve running, cross country focuses more on endurance, whereas track is centered on speed and agility. Like many, this sport takes hard work, skill, and determination to train and keep up Oak Grove's competitive name.

When school lets out, these students aren't racing to their cars like everyone else - nope, it's straight to the field house to get ready for a much harder sprint.

Wish a team member good luck today as they head to the Jesse Owens Classic meet in Alabama.



The Oak Grove Cross Country girls team placed in the top ten at the Golden Eagle Invitational.

WARRIOR SPORTS NOTES

FOOTBALL

Record

2-2

Scores

OG 37, Bassfield 6

Petal 26, OG 21

Laurel 29, OG 8

OG 54, Wingfield 0

Upcoming Schedule

10/15 OG vs. Terry (Home)

10/22 OG vs. Hattiesburg (Home)

10/29 OG vs. Brandon (Away)

11/05 OG vs. Jim Hill (Home)

VOLLEYBALL

Record

12-7

Scores

OG 3, Clinton 2

OG 3, Petal 1

OG 0, Hattiesburg 3

OG 3, Sacred Heart 0

OG 3, Petal 1

Upcoming Schedule

9/30 OG vs. Hattiesburg

CROSS COUNTRY

Upcoming Schedule

10/2-3 Jesse Owens Classic

10/16 George County Invitational

10/21 Poplarville Invitational

10/28 District

SWIMMING

Upcoming Schedule

10/16 South State @ Laurel

10/23 State Meet @ Biloxi