

I-Sports

Helpful stretches to keep
you healthy!

News about Jaeley
Valentine's shocking
death.

Updates on the
homemade sports drink
epidemic.

New Horoscope quiz inside!

ISBN 0-918894-28-X



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Cocoa's
Nutritious
Chocolate milk



By: Megan Bonikowski

- *Excellent for athletes
- *Delicious taste
- *100% vitamins

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LETTER FROM

Dear Readers,

I hope you have enjoyed the past issues of *I-Sports*. The main purpose of this magazine is to inform you readers about the current topics in sports and to keep you updated on your favorite teams. And the most important reason I decided to publish this magazine was to help athletes around the world keep healthy and prevent injuries.

I have two personal goals for upcoming issues. One is to add more topics, as I receive reader feedback you guys mention in the letters to me. Another goal of mine is to get more sports topics into the articles. We are currently only mentioning top sports but in the future I would like to add sports like, hockey, tennis, and maybe even soccer. I hope by adding these new sports to our criteria that it appeals to more readers and sparks your more interest.

I hope that we can reach these goals in the near future. I have had many fun experiences while developing this magazine. I have worked with many excellent writers and creative people. They have showed me many exciting ways to jazz up my writing. But I also had many troubles. Some people were very unreliable and I shouldn't have trusted them. They did not give me my money on time and I didn't receive the edits until the day before the deadline. These types of people made me very frustrated. During this magazine, I was always on time, but during some deadlines, I had to make quick deals and got paid very little because the buyer was short on money.

While writing this magazine I have encountered exceptional writers. One in particular, was Sara Cooper the editor of *Animals Unlimited*. She makes the best ads. I sadly did not get the chance to buy one from her, but the ones I have seen were amazing. They all were perfectly hand drawn and were very colorful and eye catching. She explained to me that she was making over fifteen ads for other people.

And not only did Sara make extraordinary ads, but she also have written many well written articles. Another creative editor I met was Olivia Greisbach of the magazine *Game On*. She is a unique article writer. She is more of a factual writer, but her articles are always interesting and you learn new things that you would never expect! Another thing that makes Olivia such a great writer is that she is always on time with her work. She even gets them to you early nine times out of ten! If you ever want a reliable editor she is the person to go to.

For every good editor in chief, they are going to have struggles. Some editors have more than others. And I have encountered my fair share of struggles. An example of one my struggles was I felt bad saying no to people. So at one point I was writing three two plus column articles and two short stories, and I only had three days to write them and give the buyers there edits. That experience was my most stressful part of this issue. But I have had many successes as well. Some of my successes were always having the corrected amount of cash with me and that I made every deadline on time. Also I was able to exceed my curriculum and purchase and sell more material than necessary. That made me very happy so I had more options to put in this issue of *I-Sports*.

I would now like to take the time to highlight some of the more interesting and enjoyable entries in this June issue. One of my personal favorites is one article that I bought from Emma Van Alstine. She wrote about Jaeley Valentine, the MVP of the softball. Emma writes about the tragic death with her husband on their honeymoon. Even though this is a depressing topic, Emma somehow manages to make you laugh and have good memories about Jaeley Valentine. I really think you readers with enjoy this article. Another impressive item in our magazine is our new horoscope page! Yes,

this issue and from now on, we will be having monthly horoscopes for athletes! So now you can know what to expect in your athletic career! Hopefully you like the horoscope, but if you don't just let me know by writing to me. I will usually write you back if you write to me! I appreciate you choosing to read my magazine and hope that it helps you out.

Sincerely,

Whitney Baumann

Editor in Chief, *I-Sports*





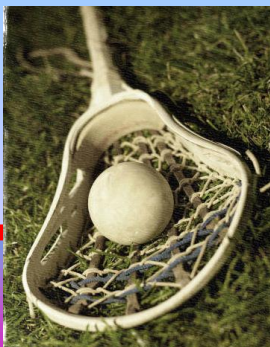
LETTERS TO THE EDITOR



Dear Editor:

Your last season's edition of I-Sports magazine was such a success. The magazine gave me a better understanding of unique sports and the developments of various sports as well. I'm glad that you listen to people's opinions and critiques of your magazine, especially my dear colleges that give pointers on magazines as well. My favorite part of the previous edition of I-Sports was the two plus column article by Tubby Hubbs that explains and walks you through a game of Lacrosse. I absolutely liked the article since I've never played it in my life. I now have a better understanding of the sport of Lacrosse and how to play it as well! I hope you keep up the good editing, and I look forward to reading your next season's edition of I-Sports! Sincerely,

Mitchell Mocadlo



Dear Editor:

I have recently purchased a copy of I-Sports. Your magazine is the best sports magazine around. I have even subscribed to you so I can get every magazine that your company produces! There are so many sports magazines that I didn't know which one to choose, but as soon as I saw your eye-catching cover I knew that yours was the one! I read so many incredible and well-written stories, as well as many pictures that are fabulous. The ads are also very useful. I have gone out and bought all of the products that your magazine offered. All of the products are incredibly useful and work very well! I do not have one complaint. Keep up the excellent work, and I look forward to reading your next issue.

**Sincerely,
McKenzie Rasmussen
Honolulu, Hawaii**



Dear Editor,

This magazine has been especially helpful with my sporting skill. Your magazine is spectacular. I used to hear that I throw like a girl all the time. Now when I hear that I throw a football at the one who said it and they never make fun of me again! Once again I will say, your magazine is spectacular. I had a child on the way and I was afraid that I wouldn't be able to teach him sports and everyone would make fun of him. Now he is the leader of our fantasy football league. He's only 3 and he guesses most of the time, but I'm proud of him. It's all thanks to you!

Without you I would just be good looking, not good looking and athletic. Being both good looking and athletic has many advantages! I would just like to thank you for what you've done.

Sincerely,

Dean Kuettel

Detroit, Michigan.



Dear McKenzie,

Thank you for your support of this magazine! I'm glad you enjoyed our articles. We work very hard to please our readers and it's good to know that people are enjoying them! In the future we hope to add more articles about different sports so that there is more of a variety to read about. Also thanks for the compliment on the cover! It took the creators of *I-Sports* over two months to create the cover! They wanted the cover to be perfect so that people like you would be drawn to the catchy design.

I'm glad to read that the ads are helping you find great and useful things to use and not malfunctioning in anyway. We only choose the most reliable ads to put in our magazine to help athletes out.

Thank you so much for subscribing to our magazine! It means a lot that you enjoy this magazine and we hope to keep improving our magazine so that our next issue is even better!

Sincerely,

Editor in chief, *I-Sports*

Team

By: Bailey Schernick

Team is what sports are all about and based on. Without a team you wouldn't be able to do half the things you are able to do with a team. Take volleyball for example; You wouldn't be able to bump, set, and spike all by yourself, so that's what your team is for, so you guys can work together and be successful.

Nearly every sports foundation is a team. Football, Volleyball, Basketball, Softball, Baseball, Hockey, Soccer, and so many more sports have teams and need each other to play the sport.

It is so important to have a team that can work together, support each other, and push one another to reach their full potential. If you have a team that doesn't get along well there is no way they will be able to communicate and play well together.

If you are on a basketball team it is so important to be able to communicate with your team mates. If you are unable to communicate with one another how do you expect to be able to call plays and get into position? It would be nearly impossible without some sort of communication throughout the team.

Another important aspect to a team is unity. You want to make sure you are all on the same page in order to be successful. That's why team bonding is so important. You can't have a team that doesn't get along or that are total strangers. If you have a team like that there is no way they can be successful.

One of the other many important parts of a team is being able to understand one another. You should know your teammates when you are on a team with them because you don't want to be playing with total strangers. Knowing your teammates can make you way more successful because you will be much more

comfortable around them if you know them vs. never having met them before.



Save 25% On Baumann Basketballs



By: Tia Jones

Good for 25% off one Baumann Basketball until
August 31st, 2013. Only one Coupon per purchase.



Pre-Game Energy

By: Olivia Griesbach

People are always asking me how I stay so energetic and fast during the midst of our basketball games. I tell them the same thing I am about to tell you! Before a basketball game, I always energize my body with a healthy, but energetic snack, which helps hype my body up.

My secret snack that I discovered and love is called “Fuel Up.” Fuel Up is about the size of a regular sized Crunch Bar. It has lots of proteins and vitamins inside of it. It is also a very healthy and nutritious energy bar.

Fuel Up is made with peanuts or almonds, but it can also come plain. I prefer the peanut flavored Fuel Up bar! The ingredient that gives the Fuel Up bar its yummy flavor is the wonderfully delicious milk chocolate. This milk chocolate is not any ordinary chocolate; it contains electrolytes which help recharge and fuel my body to its full potential! The milk chocolate has a heavenly flavor that lasts forever in my mouth!

Inside of the Fuel Up bar is a mixture of chocolate, creamy peanut butter, and a spoon full of cookie dough. This snack may not seem healthy or energizing, but I must assure you that it is! Lastly, the most secret ingredient inside of the Fuel Up bar is a very small proportion of diced bananas. Yes, I did just say bananas! They add good amounts of potassium to my body, which is another reason why I have everlasting energy during basketball games.

The combinations of all of these delicious ingredients are what make the Fuel Up bar so tasty and lovable!

I hope you get a chance to try out this delightful and energizing bar! Next time you have a basketball game remember the Fuel Up bar, and I can guarantee you will have unstoppable energy while on the court! Now that I have shared my secret pre-game snack, go out and show that basketball court what you are made of!



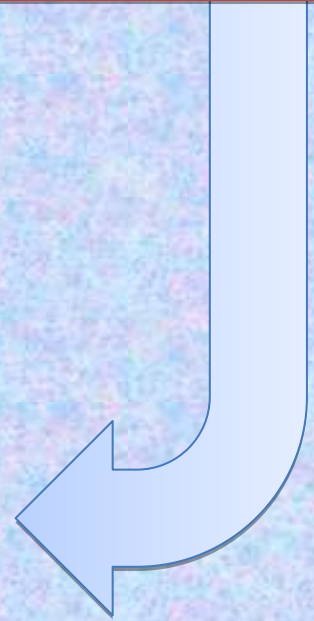
Miller Sports Aid

By: Whitney Baumann

To help you perform at your best.

Miller Sports Aid is filled with many electrolytes that help you excel at whatever you do. Plus it comes in five delicious flavors!

Professional athletes can't get enough of this amazing drink!



Miller Sports Aid

Available in the following flavors: watermelon, strawberry banana, grape, orange, fruit punch!



The Stretches of Football

By: Blake Heimmermann

Stretching before and after any sport is very good for the body. Just like every other sport, football requires the players to stretch not only before the game or practice, but during and after practices and games as well. Stretching loosens muscles for the athlete. When muscles are tight, they have a greater chance to get pulled or even torn off the bone. Once something like this occurs, the athlete's sports career is over right then and there. Continue to read this article to find out about great stretches to use before, during, and after playing football.

To start off, an easy stretch that every athlete should know is called: hamstrings. Obviously, this stretch stretches the hamstrings. Hamstrings are located on the back of the thigh. To do this stretch correctly, an athlete needs to pull their knee up to their chest. To get both hamstrings stretched, it would be easier to walk and at each stride switch legs.

The next stretch is simply called quads. It's easy to guess, this stretch stretches the quads in the leg. It is very similar to the hamstring stretch, but instead of pulling the knee up to the chest, the athlete would pull their foot behind them towards their butt. This will stretch the quad well enough to be successful on the field. Both the quad stretch and the hamstring stretch help athletes that run and do any other physical activities.

A stretch that stretches both the quads and hamstrings is called a lunge. Lunges are done when you walk. As you walk, you act like you are about to kneel on the ground. Instead of putting the knee one the ground, you let it float there slightly. When you complete a lunge, make sure that the knee that is floating is at a good 90 degree angle and also make sure that your hands do not touch or rest onto your knees.

If you do this stretch correctly, you will for sure feel both the quads and hamstrings stretching a healthy amount.

Although doing jumping jacks is an exercise, it can be a good warm up for many athletes. A jumping jack is when you jump up and down, but while jumping, your arms are supposed to flap in and out as well as your legs. Jumping jacks heat up the muscles all over your body. Doing so creates the muscles to become stronger and less injury prone.

A stretch similar to the jumping jacks is called Johnny jump-ups. To start a Johnny jump-up, you start in the squatting position. To complete the stretch/workout correctly and healthily, you must use full power and jump as high as you can. When jumping, your arms should reach for the sky and be stretched out as high as possible. How long to complete this you ask? The most common time to complete this is thirty to sixty seconds. This length of time will provide the right and healthy amount of stretching.

Another warm up or stretch commonly used by many athletes is called karaoke. Karaoke is very similar to the grapevine, where your legs get sort of tangled up as you're walking or running sideways. The way to do it correctly is to put one foot literally in front of and almost on top of the other foot. Repeat doing this as you make your way to the left or right. This will also loosen up those muscles and make them less injury prone. Getting injuries during a season of the sport you play is the worst possible thing to happen, besides breaking a bone.

The final stretch or workout or warm up, your choice to name it, is just a light jog. The best distance to go would be a mile. You may do differently if you're trained to do otherwise by a personal trainer or coach. Just like the Johnny jump-ups and the jumping jacks, a light jog loosens muscles

and gets you ready for a prime performance on the field, court, or diamonds. The best way to complete these stretches would be in the order they are written. After completing all these stretches/warm-ups listed above, you will be ready to perform at your best possible way. Unless you are sick, then unfortunately for you that is not the case. Good luck to all those athletes and soon to be athletes.



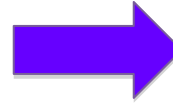
Here's a 25% off coupon
for a new and improved
football!

SPORTS QUIZ

What Fun Sport Are You

By: Michaela Holewinski

Start



Do You
Prefer
Outside Or
inside
Sports?

Outside

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Are sports
your life or
Hobby

Beach

Beach
sport Or
Gym Sport?

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Hobby

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Baseball or
soccer

Soccer

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or
noncompeti
tive?

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2 or 3-4
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day?

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tive

You are a
basketball
player!

You're a beach
volleyball player!

Tennis is your
sport!

Homemade Sports Drinks

By: Sara Cooper

Recently, in the world of sports, a new trend has sparked. Athletes old and young, big and small have started to make homemade sports drinks. "Making my own sports drinks has been very easy and cost effective; everyone should try it," says Hayley Redwing, an Olympic-determined hurdler.

But how safe is it, really? Soon after this trend caught fire, hospital visits relating to homemade drinks increased by 79%. So far three people have died. Researchers have been trying to find the connection between simple homemade sports drinks and recent deaths. Two different theories have been formed throughout endless research; first, the main ingredient in this drink is exposed to the air for too long while mixing the other ingredients, and in turn causing a chemical reaction within the drink. The other is that too much of each ingredient is being used in the drink. Consuming a large amount of these ingredients in a short amount of time is very harmful to your body. The latter has shined light on the ingredients of sports drinks. What ingredients are actually in there? And how much are we actually getting?

Recently, the company SportAid, has been sued for watering down its sports drinks. The average consumer may have thought there was a greater amount of a certain ingredient in the drink, and in turn, added too much to their homemade version. Although neither theory has yet to be proven, they are the closest thing that we have for answers at this time.

Jeremy York, a high school basketball player, was drinking his homemade sport drink during halftime of their state championship game. When he and four of his team mates walked on the court, he starting feeling dizzy; just minutes into

the second half, while running down the court, he passed out and slammed his head on the court's hard surface. He got taken out of the game was checked out by a doctor soon after. He suffered from a concussion and was not allowed to partake in any sporting event for the next few weeks. How was it that after consuming a very small amount of a homemade sport drink, he passed out? We weren't the only ones looking for answers; weeks after the incident Jeremy agreed to an interview. "What I don't understand is how something as simple as a homemade sport drink can go so terribly wrong," he stated, obviously frustrated. "Everyone was talking about it, and how it tasted almost the same as the store-bought stuff. I didn't care about the flavor; I just wanted it to work. I found a simple recipe online the night before the game, and made it."

All the recipes found online are very similar to one another, with the only differences being between the amounts of sugar, which were all within five grams of each other. The first theory doesn't fit this situation; the chemical reaction would have been well over with when he drank it. Unless the new substance that was formed was harmful to the body, this doesn't make any sense. This cannot prove the second theory either. Out of the one hundred and twenty-three people that used that recipe that week, Jeremy was the only person whose body had a negative reaction. Also, the older or larger the person, the more of the ingredients they would need for it to have effect versus a younger or smaller person.

After weeks of questions but no answers, there was finally a light at the end of the tunnel. Researcher Hayley Davis at the University of Dalevard found the answer that everyone was looking for. She did a number of experiments using recipes she had found online, without any luck. Then instead of looking at the drink itself, she

started to look at how our stomach reacts to sports drinks; that's when she found the answer. When the drink is being made in factories, the ingredients are tightly compressed to let as little air in the drink as possible. Whereas when it's homemade, air gets into the drink during the whole process. The long exposure to the air causes a chemical reaction in the drink called airization. If our stomach tries to digest anything that has went through a chemical reaction such as that, the consequences can be dire. It is safer to purchase store-bought sports drink than to experiment, even if it's pricey.



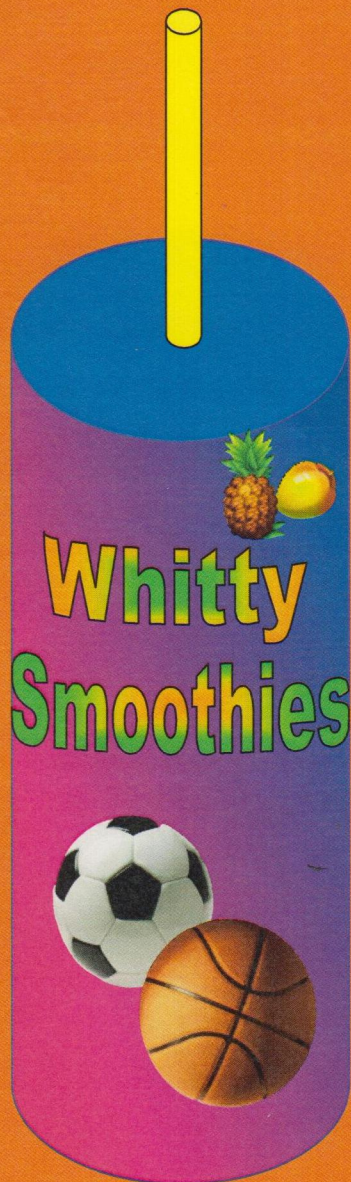
Whitty Smoothies

Whitty smoothies are the best tasting smoothies around. These smoothies are meant to revitalize muscles after playing an enduring sport. Plus they are an amazing source of hydration when and after playing a tiring sport.

Only \$3.29 each!

Found in the freezer section at any grocery store.

available in these flavors!



Green apple Grape



Watermelon Kiwi



Lemon Lime



Pineapple Mango



Strawberry Banana



Raspberry Blackberry



Orange Blueberry

The Game Winning Shot

By Taylor Kalwitz

Purple High School girls' varsity team was coming into the championship game, their rival, Ethers High School, was waiting for them on the court. The game went on at an agonizingly slow pace.

Finally, the fourth quarter. The teams were both tied at fifty-five points with only five minutes left to play. Purple's coach, George Dowan, took an unforgettable risk and put in freshman, Cathy Sowt, to play the final minutes.

Sowt hadn't stepped a foot on the court all season, she was shocked, nervous, and scared. She did not want to lose this game and she definitely did not want to be the person to miss the game winning shot and cost their team the game.

It came down to the last ten seconds and the ball was in Sowt's hands. Nine, eight, seven. The crowd was going crazy shouting at her to pass the ball. Six, five, four. Sowt can't get rid of the ball and she realizes that she has to shoot. Three, two...the ball left her hands and was headed toward the basket just as the final buzzer went off.

Sowt never got to see her game winning shot go in. As she came down from the shot, she had lost her footing and fell down hard. The fall gave her a concussion and she was out cold.

She was immediately rushed to the hospital. Once she was awake, Sowt saw all her teammates around her in an unfamiliar room. She didn't remember any of the game.

Her teammates informed her of the game and the fact that she made the game winning basket. She didn't believe it. They did everything they could to convince her of this but she kept denying it.

"I thought they were trying to trick me into thinking I had actually played,"

states Sowt. Sowt had to stay in the hospital for four days to make sure she was healthy enough to go home.

She was told that she couldn't play basketball for the rest of the season. Her teammates knew that this made her sad, so they came to cheer her up every day after practices and told her all about it. Every day they would try to convince her that she had played and had made the winning basket, but every day she did not believe them.

Sowt's teammates tried very hard to help her. They tried all they could to help her remember it. They repeated it over and over; they reenacted it, and even brought in their coaches to convince her. None of it worked.

A couple of weeks into their efforts everyone was beginning to get restless and hopeless that she would never believe them and remember the game. They had tried everything and were about to give up when the school newspaper stepped forward with some very fortunate news.

The newspaper remembered that they had sent a reporter to the game to record, re-watch, and write an article about the game. They had a recording of the entire game, even the winning shot. At first the team didn't believe them; they watched the video over and over again making sure that the shot was easily seen.

The following day, the newspaper staff, the entire team, and the coaches all came over to Sowt's house after practice. They again tried to explain to her that she had made the shot, she still didn't believe them. They then took the video and played it for her. Her eyes immediately lit up. But, she was still skeptical about it. Her team found the date that the video was taken and showed it to her as evidence. She finally and completely believed them.

After about the fifth time she had watched it, Sowt began to remember more and more from that game. She remembered

five minutes left. Everyone was sitting on the edge of their chair. She also remembered her coach telling her that she had to go in to play. She was nervous not only for herself but for her team as well. This was the most important game of the season and she, a freshman, was being put in with five minutes left. She also remembered that she had the ball in her hands at the final seconds of the game. Her hands were sweating and shaky. She shot the ball. And she saw it go in. Nobody thought that she had seen it go in but she had. She saw her game winning shot go in.



**Get into one free Ethers Basketball
Game!**

YAGA is Sued!

By: Emily Nickel

Kid Gets Injured

The new sports center, YAGA opened late fall 2012. YAGA got a ton of compliments saying how well organized the place was. However, last week Danny Jenkins, a nine year old boy, injured himself on the playground. He was following the rules until he felt the need to rebel. He was going to run up the slide, which clearly written in the rules says "No climbing, running up, or hanging out on the slides." Unfortunately when he began running up he started to slip. His feet couldn't hold him up so he went crashing down, smashing his face on the edge of the slide and landing awkwardly on his wrist. Danny later discovered that he had broken his wrists and fractured his nose.

Parents Blame YAGA

Danny's parents were not happy whatsoever. Danny's mom, Mrs. Jenkins argued, "They should've had a safer play area. I shouldn't have to be watching my kid 24/7, that should be the staff member's jobs." Mr. and Mrs. Jenkins didn't like that the staff members didn't supervise the kids enough and that's why Danny got hurt. They decided to sue YAGA for their poor safety.

YAGA Fights Back

We talked with Susan, manager of YAGA, who states, "They blame us for not being safe when their child obviously didn't follow our rules." Susan was not the happiest camper when she found out the Jenkins were planning on suing her company. She decided YAGA is going to court.

The Talk Before Court

Later we found out that Susan set up a talk time to have with Danny. She had

asked him what had happened, how it happened, why it happened, and what was the problem with doing what he did. The best answer he got was him saying he hurt himself by breaking the rules. Susan believed this could be something she could win in court.

Court

When in court, tension was very high. We had a reporter attend the case and take notes. Danny said in court "I agree with my mom. They may have had rules, but what kid is actually going to read them at my age. That being said I believe if they would have had good working members this wouldn't have happened. For they would have stopped me before I got hurt." Susan couldn't fight back to what Danny said. The judge had claimed YAGA guilty for not having good safety equipment and good, caring workers. YAGA was charged \$1,499.99 and are currently banned until further notice.

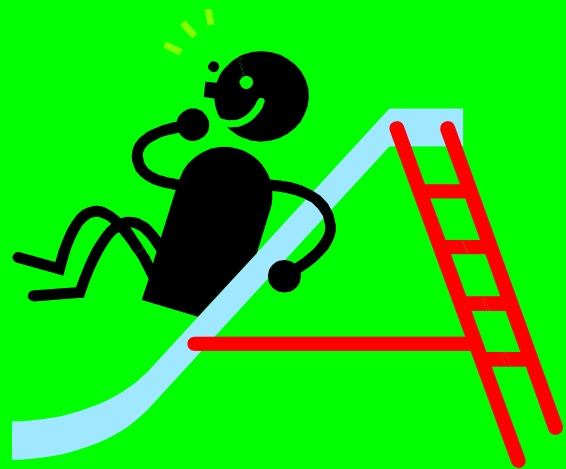
Complaints from the Outsiders

Many people who thought YAGA being banned was absolutely ridiculous protested. Families loved YAGA and hated it being closed. They marched all through town chanting for YAGA to reopen. Security had to be placed outside the Jenkins home because people were going to hurt them for banning YAGA.

Fresh Start

On May 14 YAGA was reopened and ready for business. They now have plenty of staff members around the building and security cameras in every room with a guard watching making sure nobody breaks the rules. As soon as someone attempts to break a rule the guard sends a message to the staff to stop the kid before he gets hurt. Though Susan wasn't happy with the judge's decision she is glad to be reopened

and having happy, healthy, customers that she loves to see have fun at her facility. Hopefully this new safety system will work properly so no children get injured.



By: Jaeley Nickash

Spencer's Spandex!!!



Spencer's Spandex is
made especially for
volleyball players that
love to play in style!



*We make our spandex
in Hortonville,
Wisconsin, and make
it with compassion
and dedication. We
have teen volleyball
players help design
our spandex, so we
know exactly what
you want!*



**Get yours now starting at
only \$15.99 at
spencersspandex.com**



Image 1



Image 2

Spot the eleven differences!

By: Jacob Ubl

2. The Frisbee changed from red to orange.
4. The bat changed from yellow and orange to red.
6. The bouncy ball on the left side was removed.
8. The fishing pole went from a fish to no fish.
10. The ball pump went from gold to red.

1. The number of rackets changed.
3. The baseball glove disappeared.
5. The tennis ball changed from yellow to orange.
7. The lawn darts went from two to one.
9. The volleyball was added.
11. The batting glove on the tennis racket handle changed.

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11

Changes
Keep
Score

Famous Dubs Apparel

Professional Athletic Shop

**Any professional player's jersey will
be in this store!!!**



**Buy 3 Jersey's at regular
price, get 2 FREE!!!**

Just bring this coupon to the store to receive your
free jerseys.

By: Nick Fassbender

Stretch to Success

By: Brittany Sager

Stretching is a must before performance. Some people may just do wimpy stretches and think that is just all fine and dandy. However, many athletes who have not stretched well enough before performances ruin their careers along with their dreams. If performers do not stretch before competition, they are putting themselves at a much higher risk of pulling muscles that could, depending on how bad it is, take months or even years to fully heal.

Usually sports team's coaches are smart enough to make their players stretch out their bodies before they play. However, most players just go through the motions not thinking about really stretching. This is a problem that is trying to be brought up more because of recent events. At the UAP's, or the Underdog Athletes Performance basketball tournament, young 17 year old competitor Avery Cafeltafish was a part of the most well-known basketball team, the Rockin' Raccoons and was being recruited by the number one college in the United States. Her coaches were the best and knew the most about basketball and how to prepare before a game. They always told their players they needed to stretch well before their games. In spite of this, Avery thought she was invincible and didn't really put much effort into it. During Rockin' Raccoons first game of their first tournament, she was running a fast break within the first five minutes of the game. While she went up for the lay-up, she extended her back too far. She fell to the ground in agony. She couldn't feel anything from her neck down and couldn't move her legs. This ruined her hopes and dreams at ever making it to college basketball, all because she didn't take the extra couple of minutes to stretch.

Here is a helpful stretch recommended for players and athletes who do not want their careers ruined before they even start. First, sit on the floor and pull one of your legs in towards you with one leg extended out. Then, reach your hands towards your extended foot as far as you possibly can for ten or more seconds. Repeat this with your other foot. For more stretches visit www.stretchtosuccess.com.



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stretch!

A Life Changing Drop

By: Claire Van Beek

As you already may know, the 127th Summer Olympics took place this past week in Toronto, Canada. Millions of people from all around the world traveled to Toronto to watch and participate in the Olympics. This special sports event only occurs every four years in the summer was a success for many athletes. But unfortunately that was not the case for some athletes. Here is a story about an unlucky participant in the 2018 summer Olympics that had a mishap while running on the grandest stage of all.

On July 10, 2017 Samantha Dunfee was stunned by a phone call from her agent, Bob Reader with some great news, but Samantha did not make way to the telephone on time. Her agent left a voice mail message that stated: "Samantha! We have great news! You were just selected to participate in the Summer Olympics next year! The time you just ran in your mile run was out of this world, fantastic. It was even better than any current Olympic star. I need to talk to you ASAP. Please call soon. Thanks!" As soon as Samantha got the message, she raced to call him. Her fingers drifted across the numbers one by one. First the seven, then the eight, next the zero, and finally she finished the last four digits of Bob's number. She called. Waiting impatiently, she paced around waiting for the answer. A few rings passed. Ring. Ring. Bob did not pick up his phone.

Three minutes passed by. This seemed as if three years passed by to Samantha. Bob made the phone call again to Samantha she answered faster than she ran her mile. "I got your message! When's training? How long until the Olympics? What are some times I have to beat?" Samantha overloaded Bob with questions. "Haha calm down, Sammy. We will talk tomorrow. The plane leaves for Toronto at

five o'clock tomorrow night for training. Pack everything you need right now and meet me at the airport at four. Talk soon." Bob hung up the phone. When Samantha found out she had to leave the next day she jumped in the car and drove home.

The day passed. Samantha and Bob found themselves sitting side by side on the plane from a small town in Kentucky to Toronto, Canada. The two of them talked the whole way to their destination of training for the next year. When they arrived at the airport around 12:00 A.M., they hopped in the cab and drove to their hotel, which would be their home for the next year.

The morning came along. They showered, ate breakfast, and went for a light walk to talk more about her future training. They talked about what stretches to do before and after running and how to be a success on the track. The next day already rolled along, and she had spent the day training. Lunges, sprints, jumping jacks, and push-ups are what she ended and started the day with. The next day came along and continued to do the new routine. Days and days passed by in the blink of an eye. Soon it was months. Before either of them knew it, a whole year had passed by and it was already six days before her huge day.

The night before the 127th summer Olympics, Samantha found her self not being able to fall asleep early. She lied in bed for hours with her eyes closed getting nothing accomplished. She opened her eyes after a few hours. The clock read 4:37 A.M. She almost started to cry. She quickly got a hold of some sleeping pills and washed them down with a giant gulp of water. She woke up almost an hour and a half later. She got up being very exhausted. She did her daily routine she has been completing for the past year. Stretching and running. She ran a mile greatly, after that, her last 29 miles she almost fell down due to a lack of sleep.

The time of her life came up very quickly. Bob raced around to get her ready. Her event was called off the loud speaker so everybody could hear. "The runners for the two mile race report to the starting line now." Samantha made her way to the starting line with the seven other racers beside her. The refs went through their rules on the track. Each women participant listened very carefully. Samantha stood on the line ready for the gun to go off. The whistle blew. The whistle blew once again. Finally, the moment she dreamed of happened. The gun shot and the racers ran. Three runners pulled ahead right away, and Samantha being one of them.

She found herself drifting back towards the last place runner. Before she knew it she was seeing seven runners in front of her. After that she saw them starting their second lap. Samantha tried to be with the pack of women, but she fell asleep while running and got groggy. She soon tipped over and went out like a light. Luckily she stayed in her lane.

Nobody knew what was happening. No one has ever seen an Olympic participant sleep in the middle of a race.

The next thing she knew she found her self lying in her hotel room bed. She opened her eyes. Tears filled them. Her life goal was crushed in a matter of minutes, even seconds.

Both Bob and Samantha made their way back to Kentucky. Neither spoke of what had happened earlier that week. She made headlines everywhere in America. Even headlines in other countries. Soon everybody knew her as Snoozing Sammy.

A lesson to be learned from this story is to get your sleep before a big event. Actually, get your sleep every night. And in less than a second, your dreams can be crushed.



Jaeley's Jelly Donut Confession

By: Emma Van Alstine

Jelly-Love

We all love the delicious taste of a jelly-filled donut, but not as much as Jaeley Valentine. Jaeley Valentine, a pitcher for the Pink Sox, had a very strange confession at her 2013 ceremony for being named MVP of the year. It may have put Jaeley in a very sticky situation.

The Night Before

The day before Jaeley announced her news, she was interviewed by *All-Stars* sports magazine. Jaeley told them how she was honored to have beaten the all-time home-run record of seventy-six runs in one season. Jaeley had gotten eighty-nine runs this season! Incredible! She told them how extremely excited she was to accept the MVP award she was given at the 2013 FMLB award ceremony. Jaeley's coach, Emma Schemma, exclaimed, "Jaeley has such an outstanding attitude and I couldn't be more proud of her. All of the girls on the team love her. She pushes everyone to do their best and to work towards success. She will go nowhere but up."

Ball Gowns and Baked Goods?

On April 2nd the WMLB award ceremony was held at the Mischa Center in Heverley Bills, California. Jaeley showed up in an original red Wera Vang dress. All the girls on the Pink Sox team sat together. They cheered on Jaeley as she went up to accept her MVP award. When Jaeley accepted her award, she walked to the microphone to give her speech. "I am unimaginably honored to receive this award. I honestly couldn't have done it without the support of my wonderful teammates, my best friend Dub, my inspiring coach, and the love of my life Jelly," everyone stood there silently, "I am very recently married to Jelly,

a strawberry jelly donut. He has always been there to support me. I couldn't imagine life without him. He is my other half." Jaeley boasted.

The Reaction

Jaeley fled Heverly Bills and went to her pent house in Dacramento. Everyone who was in the audience of the Mischa Center and those who were watching it on television, sat there with questions on their faces. There was a long pause before anybody said anything. Her coach was the first to speak. "What can I say; the girl surprises me every day. I just hope this won't affect her negatively." said Emma Schemma. Her best friend Dub Baumlet told many questioning reporters "Jaeley always loved jelly donuts, but nobody ever expected this... nobody. Hopefully this is just a phase in her life. I don't even know what to say." Dub, Emma, and all of the Pink Sox girls left the ceremony shortly after.

After the Shock

The day after the huge reveal, Jaeley left to Mancun, Texico for a romantic get-away with her new husband, Jelly. Jaeley's close sources told us that Jaeley has never been happier. "He is my strawberry miracle." Jaeley remarks that she will not be returning to the next season softball season and doesn't plan on playing in the Olympics because she wants to spend more time with Jelly.

Trouble in Paradise

Two days after they arrived in Tancun, Jaeley had a horrific experience snorkeling. As she and Jelly took a boat out to the nearest coral reef, the driver took a sharp turn and they hit a large wave. Jelly was lying on the seat buckled down, when he flew into the air and out of the boat. Sources say that Jaeley panicked and jumped in after him while the boat was still

moving. When the boat driver found her she was floating in the water motionless. He immediately rushed her to the hospital.

All for Jelly

At the Tancun Hospital, they discovered that Jaeley had suffered a massive skull fracture caused by hitting her head on coral and was pronounced dead at 6:02 on April 4th. Jelly was never found. She will always be known for her kindness and dedication for baseball. She will be missed dearly. You will never be forgotten Jaeley Valentine.



HOROSCOPES

Aries

March 21- April 19

On the 14th you will be surprised by a once in a lifetime opportunity that will help you continue your athletic dreams...

Taurus

April 20- May 20 Sports that have never interested you will soon be your new obsession.

Gemini

May 21- June 20 Health concerns are coming your way... Remember taking a break in between sports is a smart choice. In mid-July your health will start to get better.

CANCER

June 21- July 22

This will be your year to shine. You have been working hard and it has finally paid off. People will be surprised, but in a good way!

LEO

July 23- August 22 This season will be the most memorable. You will be astonished and proud of yourself for the way you have been performing! Congratulations!

Virgo

August 23- September 22 You may suffer from an injury. It might be a bad one or a serious injury. Either way you need to start seeing a chiropractor.

Libra

September 23- October 22 This season you will get noticed by someone big, this will lead to a lifetime commitment to sports!

Scorpio

October 23- November 21 RED ALERT! This season will be full of up and downs. There will be plenty of drama with your team!

Sagittarius

November 22-

December 21 WOAHH!

This upcoming season is going to be tough. You need to stop eating junk food and start conditioning!

Capricorn

December 22- January 19 Finally the season has come, but just your luck you're getting a brand new coach!

AQUARIUS

January 20-February 18

In the months of June and July, you will start up a sport you have never played before. You never know, you might end up enjoying it more than the others you have been playing.

Pisces

February 19-March 20

This season is the going to be the best season for your team. You will finally come together and start bonding. Bonding with your team will make a huge difference in how your team is playing! Good luck!

By: Halle Kalwitz

Keep Healthy

By: Whitney Baumann

Every good athlete gets hurt. Many athletes don't know how to keep themselves from getting injured. They know they should stretch but that is about it. This article will tell you how to keep yourself from getting injured in a more professional way.

One way to make sure that you keep yourself from getting injured is to make sure you have well fitted shoes. Many athletes roll their ankles, sprain ankles, or damage their legs because of shoes. One way to make sure you have good shoes is that there not too big. Make sure that your shoe is only about a half an inch from your big toe to the end of the shoe. This will keep your foot from sliding around and will prevent you from rolling your ankle. Another thing you can do is make sure your shoes are laced up super tight! This will also help you from spraining your ankle. Furthermore to make sure you don't injure your knees or anything in your calf muscles a smart athlete can go out and buy sole inserts that Dr. Shoe can recommend for you. This way you can walk and run properly and can know you will be less likely to get injured.

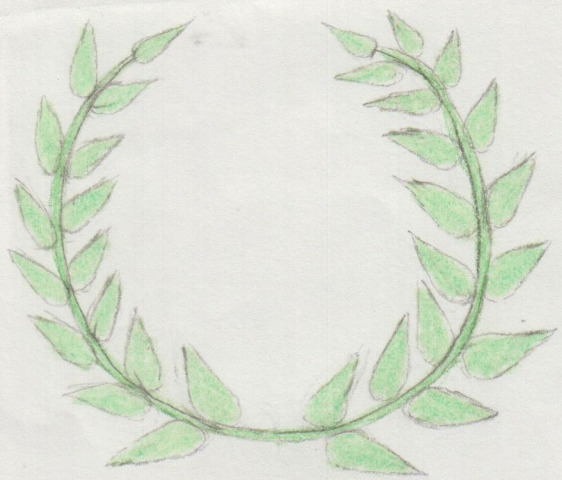
Now that you have one way to keep yourself from getting injured here's another way to keep you safe, food. Yes, food, if you eat poorly your body will not be as likely to perform as well. Athletes who eat more foods with protein in them are less likely to become injured? How do you ask? Well your body needs the protein to help your muscles stay lean and powerful. So if you eat more sugary foods it will not help your muscles and your body will soon crash after all the energy you used to play whatever sport you were participating in. Some examples of some good protein snacks you can eat are the following: nuts, boiled eggs, any type of meat like chicken, or hamburger. Foods that I would not

recommend to eat that are high in sugar are the following: candy, cereal, fruit snacks, and even plant crackers. I know this means that as an athlete you cannot eat a lot of your favorite foods, but trust me, in the end you will be thankful because your muscles will still be lean and you will not cash as bad.

I hope these tips help you in your career and that they help you stay safe from injuries. Just remember to have good shoe, eat right, exercise, and stretch. If you do this you will hopefully never have an injury! One thing to remember is if you over work yourself these tips cannot help you.



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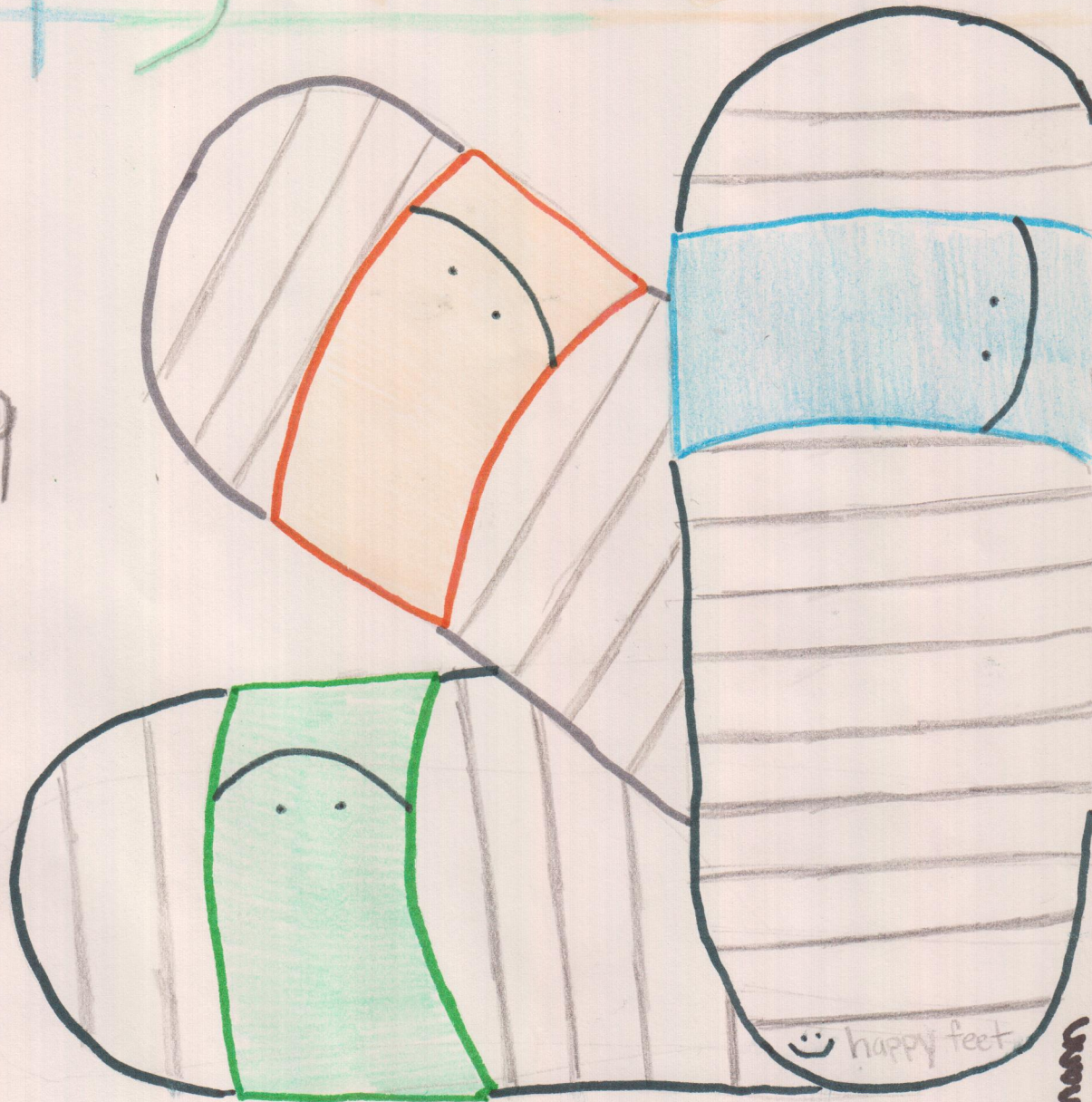


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