



5. **Don't procrastinate.** Along with keeping track of your work, you really shouldn't leave all of your work to the last possible minute. This adds unnecessary stress that can easily be avoided. Don't leave a huge project to do the night before it's due. If you're rushing to get it finished, it probably won't be your best work, and you won't get as high of a grade.

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# SPORTS SHORTS

Sweet Home Panther's Varsity Girls Swimming

Mary Hejna

The Sweet Home Panther's Varsity Girls Swim Team has high hopes in finishing their swim season off with a bang. At the current moment, the Panther's stand 2 and 5, including a couple of very close loses. The coaches, Dan McCarthy, Vince McCarthy, and Jen Victor, along with captains Paige Gutowski and Jessica Andriatch have extremely high hopes in the Panther's winning their last two swim meets. The coaches are also very proud of the nine athletes who have already made ECIC's. Those athletes are Paige Gutowski, Mackenzie Mann, Jennifer Strom, Kalie McHenry, Emma Weber, Julia Wilson, Sarah Athans, Alex Denwieler, and Emily Keem. To make ECIC's you need to be at or below a specified time for the event that you swim. Making those times is not easy and if you see these girls in the hallway, you should definitely congratulate them on their hard work. All in all, I would like to congratulate all the member's on the Panther's Swim Team for their accomplishments and also wish them the best of luck in their upcoming swim competitions.

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## Unrecognized Heroes!

By Kaylah Warda & Kelsey Hinterberger

The athletic department here at Sweet Home has always been great. However, some people are not really recognized the way they deserve to be. Two of those people are Marcy Gerlach and Mike Maisano. Mike and Marcy are our athletic trainers. Marcy has been an athletic trainer for 23 years and Mike for 7. Both love what they do! The Panther Paws News had decided to highlight these two fabulous people by interviewing them.

1) Kelsey: "What made you want to become an athletic trainer?"

Marcy: "To be honest, I did not even know what an athletic trainer was until my second year of college. I was in Exercise Science program at UB and we were required to complete an internship. I chose athletic training at Sweet Home because it was close to UB and home. Obviously, I loved the experience."

Mike: "When I was in high school I had a couple of significant injuries and had to rehab with my athletic trainer and thought what he did was really interesting. I liked the idea of helping athletes to keep playing or get them back to playing sooner."

2) Kaylah: "What sports did you play in high school?"

Marcy: "I played basketball and softball. "

Mike: "I wrestled and played lacrosse ."

3) What is your favorite sport to watch here at Sweet Home?

Marcy: " That's a tough one to answer but if I had to pick one it would be soccer."

Mike: "Boys lacrosse"

4) Kelsey: " How many injuries do you see on average per week? "

Marcy: " We evaluate probably 60-70 injuries a week but usually 10-15 are significant enough to require medical attention or cause them to miss practices or games"

Mike: " 50-75 injuries a week I guess"

5) Kaylah: " Have you ever inspired someone to become an athletic trainer?"

Marcy: " Yes! I am very proud to say that several Sweet Home students have gone to school for athletic training and are currently working in the field.

Mike: " I don't know."

6) Kelsey: " What's the best part of being an athletic trainer?"

Marcy: " The best part is seeing an athlete return to play after a significant injury and knowing that I was part if their recovery from the initial diagnosis right up until their first day back on the field or court. It is very gratifying to see all of their hard work pay off."

Mike: " After doing a long rehab with an athlete to see them able to comeback and succeed at their sport(s)."

As you can see both Mike and Marcy love to work with the students to help them get back to where they need to be physically and get back to playing as soon as possible. Both have are excellent at what they do. Keep an eye out for Mike and Marcy and be sure to say hello.

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### **Behind the scenes**

#### **With Alex Watts**

Alex Watts is the captain of the Sweet Home Gymnastics team.

1. What are your plans for your team this year?

A: To try our best and work as a team and that is our key to win.