

Summer is almost upon us...

And it's time to swim!

When people hear the words swim team, the idea of expert swimmers racing through the water at unreal speeds comes to mind.

Most people think, "I'm not good enough to swim on a swim team," they're too fast for me," or "I just swim for fun I could never be fast enough to compete."

What most people think is wrong! Let me dispel a few myths and tell you about the benefits of swimming.

Swimming is the universal sport, anyone can do it. It is also one of the best exercises you can do. Any one can swim. You don't have to be a professional to swim on a swim team. Summer swim teams are created to get more people interested in swimming and to teach beginning swimmers the techniques to be able to swim like the professionals. So if you are a beginner, don't let the idea that you are slow or not very good scare you away.

If an athletic injury is your problem, then swimming can be the cure. Swimming is used by many physical therapists to rehabilitate injuries such as torn ligaments and other joint and bone injuries. This is because swimming is so low impact that you can regain strength without damaging the injury again.

Now that I have dispelled the

myths I will tell you the benefits.

Swimming is a life sport, meaning you can do it your entire life. No matter how old you get you can still swim for exercise.

Swimming is also great training for other sports. The combination of aerobic and low resistance exercise will improve endurance and tone almost every muscle in your body.

So, if you swim for a summer, while every one else is huffing, puffing and passing out in the heat of football and volleyball practice, you will be running circles around them.

Swimming can also improve overall physical and mental health by increasing your energy level throughout the day. These are just a few benefits of swimming.

The Eagle Lake Swim Team was founded to teach good swimming technique, foster good sportsmanship, promote fitness and good health, and provide a fun and entertaining summer activity for all.

The program is open to all who are between the ages of 6 and 18 that can demonstrate a basic swimming ability.

After our success at the region swim meet last year we hope to have another great season, hopefully ending with the state swim meet in Waco.

This year's coaches will be Hub Weller, head coach; Stephanie Sommerlatte, assistant coach (8 and under); Cathy Fearing, assistant coach (8 and under); and Joe Imery, visiting professional.

Registration will be this Saturday, April 20, at 2 p.m. under the pavilion at the Eagle Lake City Pool.

You need to be accompanied by a parent and bring \$25 for registration fee and \$20 to \$40 for a team swim suit.

We hope to see you there!



This year's Gator Swim Team coaches will be, from left, assistants Christy Johnson, Matt Hentzel, Stephanie Sommerlatte and Cathy Fearing and head coach Hub Weller.

Headlight Photo

Register at St. Anthony

St. Anthony School (SAS) at 635 Bonham is holding registration for students in all classes, pre-k through eighth grade, for the 2002-03 academic year until April 30 in the school office.

Parents must provide the child's Social Security card, birth certificate, baptismal certificate (if Catholic), proof of updated shot records and report cards, if the student is transferring.

Applications for free-reduced lunches are available at the same time. The 2002-03 tuition schedule will have only two categories: (1) St. Anthony parishioners and (2) non-parishioners (includes non-Catholics).

SAS accepts children of any race, national origin, political belief, religious creed and/or sex.

SAS is fully accredited by TEA and Texas Catholic Conference Education Department. All teachers are Texas certified.

Registration will continue until April 30.

Call the school office at 979-732-5505 for any other information.



Happy 1st Birthday

April 18, 2002

Destiny

Love,
Grandma & Jennifer

RAIDER REVIEW

The Raider Review is published by the Journalism Department of Rice High School. The opinions reflected are those of the students and not the administration nor The Eagle Lake Headlight unless otherwise stated.

Students find a new hobby

By Jessica Thomas

During the last few weeks, several of the Art I students found a new hobby... basketry.

Basketry is a hand made craft

Raiders, Good Luck at the Regional Qualifiers Meet!

Girls track

The girls track team this year may be small but there are a few girls that have placed in every competition this year.

The team consists of Sundriah Evans, Tiffany Varley, Kristi Johnson, Rachel Peterson, Laci Raybon, Jenna Cook, Jenny Munoz, Kaylyn Boenisch, Theresa Henry and Ashley Parker.

The head coach is Wendy Dietrich. She is assisted by Susan Sharp.

Evans and Varley are the only girls

passed down throughout different cultures over the last 1000 years.

From this project, the students learned about the Native American culture, and also how to make a three-dimensional figure.

To hold these baskets together, the students used Hong Kong Sea Grass or yarn of all different colors.

This project was a huge success that the Art I classes enjoyed working on during the fifth six weeks.

Teens, sex and choices

By Kinsey Hoffman

Wednesday, April 3, teens at the high school were given the opportunity to hear a powerful, live presentation by Aim Success, Inc., encouraging sexual abstinence until marriage.

The nurse at the high school organized the program. The presentation was given in a fun, interactive and informative manner.

Thousands of teenagers have been challenged through this program to

fulfill their dreams and goals by building self-control, self-respect and self-discipline.

Parents had the opportunity to attend a review session Tuesday, April 7, to ask questions and discuss subjects with the program presenter.

Aim for Success is a non-profit, educational organization which has received local, state and national recognition for the work they do in public schools.

By Amanda Burrow

competing in varsity competition.

At the Bellville meet, Varley placed third in the 100 hurdles. At the Sealy meet, she placed second in the 100 hurdles, sixth in the 300 hurdles and fourth in the triple jump.

Evans placed second in the 400 and sixth in the 200.

At the El Campo meet, Varley once again placed. She earned sixth in the 100 hurdles and second in the 300 hurdles.

Coach Dietrich said Varley and

Evans are Rice's hopefuls for regional qualifiers. She thinks they have a good chance if, and only if, they work hard.

Their next competition will be in Columbus.

Dream jobs

By Erin Gold

All of us have a dream career that seems to fit just perfectly with our lifestyle. The following results are the answers to the question, "If you could have any job in the world, what would it be?"

Kimberly Waligura, veterinarian; Patrick Milentz, professional golfer; Jennifer Saucedo, child psychologist; Lauren Spanihel, famous athlete; Heidi Hamermiller, astronaut; Michael Sosa, professional baseball player; Matthew Lloyd, rule the world and have unlimited money; Reggie Ford, electrical engineer or musician; and, Ricki Cunningham, lawyer.

These are some interesting careers. Good luck in reaching your goals.

RHS Cheerleaders

By Meagan Staff

On April 11, cheerleader tryouts were held at 1:30 p.m.

Mrs. Grigar is the returning sponsor and will have an all new group of varsity cheerleaders.

The varsity squad will consist of former JV cheerleaders Kaylyn Boenisch, Jenna Cook and Camille Staff, and two new upperclassmen Morgan Perry and Jennifer Hassin.

The five upcoming freshmen on the squad are Amber Cunningham, Kristin Danklefs, Jessica Engstrom, Katie Hoffman and Sasha Sharp. This is the first time freshmen have been allowed to make the varsity squad.

The new Raider Mascot is Tiffany Varley.

The JV squad will have only four cheerleaders, but these girls will help out the varsity squad a lot. They are Ashley Labay, Rachel Peterson, Lindsey Thomas and Brittnea Williams.

Congratulations to all the girls and good luck with the season next year.

ACHIEVEMENT

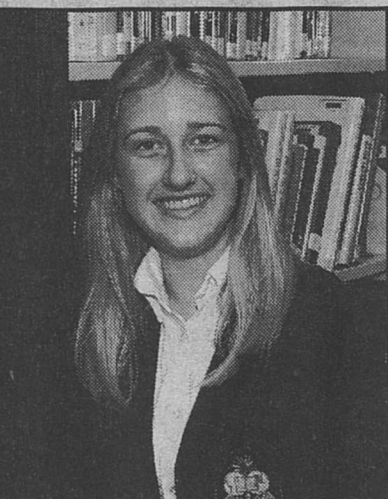
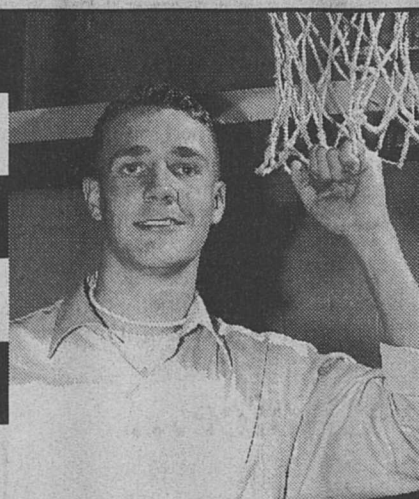
DISCIPLINE

RESPONSIBILITY

LEADERSHIP

SELF-ESTEEM

MOTIVATION



San Marcos Baptist Academy is a private boarding school for boys in grades 6-12 and girls in grades 8-12. Day school is available for boys and girls in grades 6-12.



There will be an information session at the J.W. Marriott (5150 Westheimer, Houston) Wednesday, April 24th at 7:30PM. Come and learn about curriculum, campus life and admissions for the upcoming Fall 2002-2003 enrollment. **PUBLIC INVITED**

2801 Ranch Road 12 · San Marcos, TX 78666 · 1-800-428-5120 · e-mail: admissions@smba.org · www.smba.org
San Marcos Baptist Academy does not discriminate on the basis of race, color, national or ethnic origins.

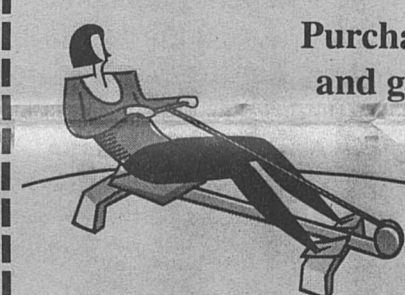


Happy 18th Birthday

Sonia Marie Vasquez

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