



INSIDE THE NEST

Fall 22' Edition One
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Winning the Race in the Mind

What it's Like to Try and Win a Cross Country Race Behind The Scenes From a High School Runners Standpoint

Expenses

Winning a Cross Country race is about more than the time you finish with. Winning is about how you prepared yourself to get there and the mentality you had through it all. In order to win you must have the drive to want it.

Erika Freyhof Interview

Everyone has goals in life but Erika Freyhof's goals were bigger than most. She decided that she didn't want to end her running career at Hamilton. Erika is a former track runner at the University of Nebraska. Erika has worked extremely hard to be able to say who she is today. Balancing college life and college track for her came naturally. Although she was an amazing runner, she wouldn't have been so good if it wasn't for her habits outside of running.

"Instead of letting frustration drive me, I used it to train smarter and better for the future", Erika said. Not only did she have a great mindset working up to the race but she had big dreams starting from a young age.

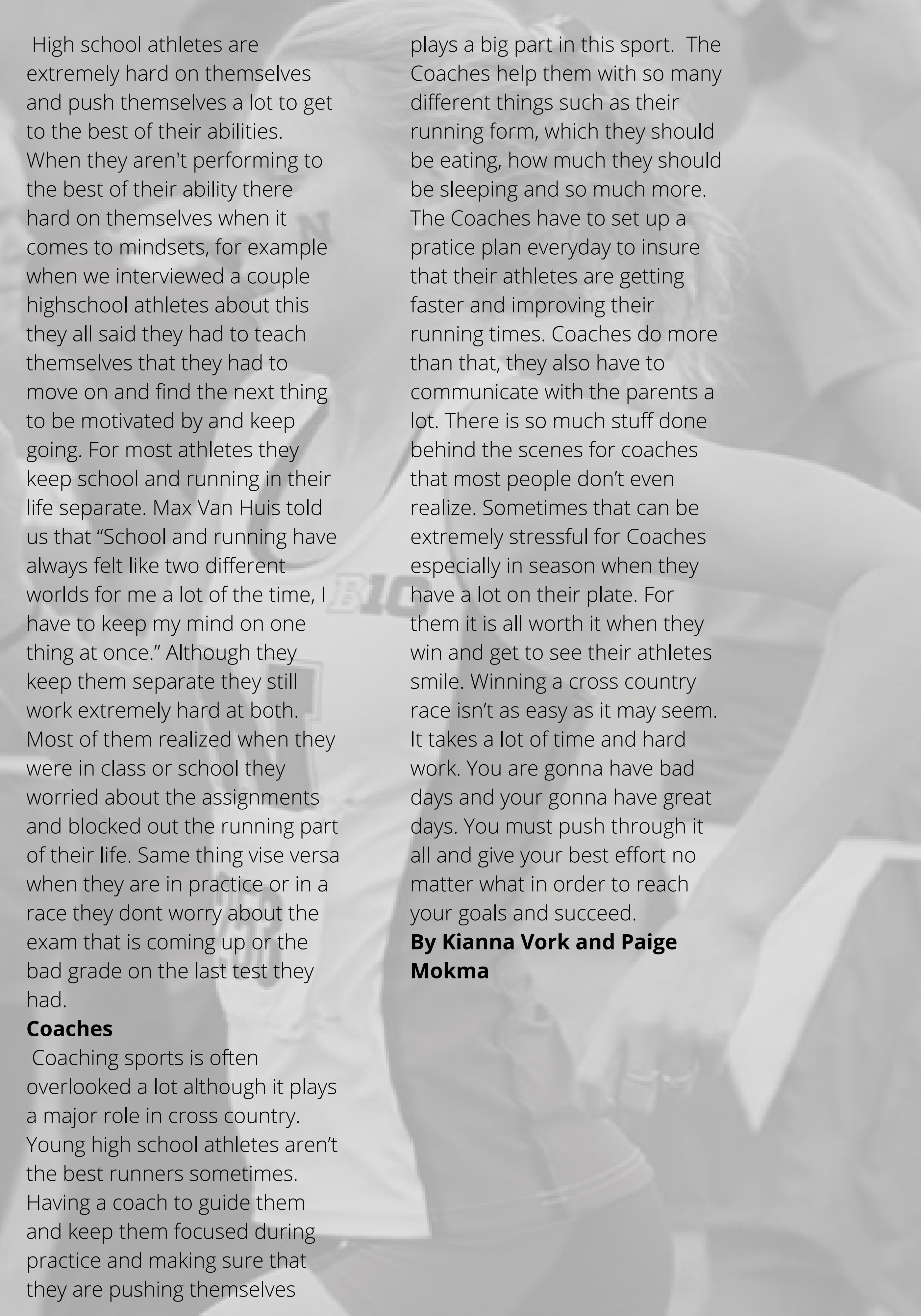
She wanted to compete in cross country at a national level and she achieved that goal. Even though Erika was a great athlete she also had times where she struggled. One of the hardest things for her was learning how to fit extra things outside school and athletics because she wanted to be involved in more. Being a collegiate athlete is a very hard task overall and it takes a lot of time and dedication.

High School Runners

Being a runner in high school is a lot different than Erika's last few years were. Although being a college athlete takes more skill and you have a ton of pressure, a high school athlete has the pressure of determining what their future is gonna look like and potentially their future college.

Cross country is often overlooked as an individual sport. During your season you spend your time running with your teammates which means you get to learn more about them and build friendships with them. Being a good teammate in this sport is especially important because you are winning the race as a team and they are the ones pushing you during practice and encouraging you constantly.





High school athletes are extremely hard on themselves and push themselves a lot to get to the best of their abilities. When they aren't performing to the best of their ability there hard on themselves when it comes to mindsets, for example when we interviewed a couple highschool athletes about this they all said they had to teach themselves that they had to move on and find the next thing to be motivated by and keep going. For most athletes they keep school and running in their life separate. Max Van Huis told us that "School and running have always felt like two different worlds for me a lot of the time, I have to keep my mind on one thing at once." Although they keep them separate they still work extremely hard at both. Most of them realized when they were in class or school they worried about the assignments and blocked out the running part of their life. Same thing vise versa when they are in practice or in a race they dont worry about the exam that is coming up or the bad grade on the last test they had.

Coaches

Coaching sports is often overlooked a lot although it plays a major role in cross country. Young high school athletes aren't the best runners sometimes. Having a coach to guide them and keep them focused during practice and making sure that they are pushing themselves

plays a big part in this sport. The Coaches help them with so many different things such as their running form, which they should be eating, how much they should be sleeping and so much more. The Coaches have to set up a prattice plan everyday to insure that their athletes are getting faster and improving their running times. Coaches do more than that, they also have to communicate with the parents a lot. There is so much stuff done behind the scenes for coaches that most people don't even realize. Sometimes that can be extremely stressful for Coaches especially in season when they have a lot on their plate. For them it is all worth it when they win and get to see their athletes smile. Winning a cross country race isn't as easy as it may seem. It takes a lot of time and hard work. You are gonna have bad days and your gonna have great days. You must push through it all and give your best effort no matter what in order to reach your goals and succeed.

By Kianna Vork and Paige Mokma

Never Too Late

Senior Jaylen Wagoner looks to contribute during his first year of playing high school football

Many experts believe that it takes a minimum of 10 years and at least 10,000 hours of training for an athlete to reach elite levels. The majority of high school athletes start their sport when they are toddlers and grow skills for the sport throughout developmental years. unless your name's Jaylen Wagoner... Wagoner is a senior this year at hamilton high school he moved to hamilton halfway through his 7th grade year he did not participate in any athletics that year however he joined the basketball team the following year and played through his sophomore year of high school. He had played football at his old school but had never picked it up again until this year. He knew it wouldn't be easy sense everyone on his team has more experience than him but his coaches and teammates have helped on this journey and have been so supportive.

His junior year, he did not play anything, however he got very into lifting weights and getting into shape and he and Coach Koops have talked about playing football but after 3 years finally went to koops with a big decision about him playing football. " Coach Koops had reached out to me several times since I was a freshman, asking me to play football. I had always told him that I would think about it, and that it was going to be a hard decision to make. I had started taking lifting seriously, and I had been putting on a lot of size and strength. I had gotten faster and gained a little more athleticism than I used to have. One day we were upstairs in the weight room during strength and movement class and Coach Koops had asked Ben Boehm and Keaton Haverdink, "When are we gonna get Jaylen to come play DB for us." It had just kind of clicked in my head that

not only did Coach want me to play, but my peers on the football team wanted me to as well. Once I had let everyone know that I was fully committed, they let me know that it was long overdue, and that they were excited for me to play" Teammates and coaches both have strongly expressed that Jaylen has been learning things very fast and although he was starting behind it hasn't seemed to be a huge factor. He is instantly contributing and been a big part of the team thus far and everyone on the team seems to be very supportive and very positive about him on the team. "he keeps getting better everyday and has really taken all the details in and is really starting to learn all the techniques that he needs to play his position" says teammate Brant Goodpaster. Jaylen has said that he has so far has loved being on the field and that being on

the team has showed him that it does create a lot of life skills that is going to help him as he does grows up and also being on the team has had him developed friendships with the guys on the team, and being on this team was the best decision for him “We feel strongly that football (and other sports) can set kids up with life skills and friendships that will help them as they grow u” -Coach KoopsJaylen has zero regrets and is loving every moment of this year. He has always hung around many of the football players which make it a little easier to come out to play however the nerves were still very high. But he ignored any doubts and didn't let the nerves overcome him. Not many high school kids would have the guts to do that but Jaylen dove in head first. But Jaylen was not alone on this journey he had the support of his teammates and his coaches, and threw time he keeps getting better and better on the field and just has great motivation. “It’s never too late. You only have 4 years to play a high school sport. Trust yourself, trust your potential and your capabilities, and never, ever be afraid to fail. Failure is where the most growth occurs. Chase after the things that you love and stick with them. You can make so many meaningful memories playing a sport in high school, and you may find out that you were a lot better than you thought you were. You can learn lessons that you may take with you later on in life, I know for sure that I have already’. - Jaylen Wagoner.

Article By: Nathaniel Klett, Paige Mares



So You Think You're Tough?

Sports require toughness but swimming takes it to a whole new level

We set out not only to dive into a weekly swim practice but also the mindset it takes to be a good swimmer as well as how Coach Oonk sets up the practices so that the swimmers maximize their potential.

Diving Into A Weekly Swim Practice

A lot like other sports there are no “normal” swim practices; they are all different in some way. After interviewing Coach Oonk, he explained how he would describe a typical practice “The swimmers will swim anywhere from 1,000-1,500 yards during that time,” Grace Langland a senior on the swim team said “For a normal practice, we start by warming up which usually takes about 20 minutes.”

From our research we found that swimming is such an intense sport that a nice long warm up is important to reduce injuries.

Drill Set

“After our warm-up period, we will usually

go through a drill set that will last anywhere from 10-20 minutes,” Said Coach Oonk. That drill set will consist of the swimmers doing their specific strokes and will be anywhere from 800-1,500 yards. A drill set can conclude free stylers go and do fast underwater sets and blast off out of the water and long distance like 200 or 500 will do sets of 500’s.

Main Set

Next, the swimmers will go into the main set which is the hardest part of the practice. The main set varies day by day but is anywhere from 45 mins to an hour and a half long of will be intense aerobic conditioning on other days it will be top-end sprinting speed which is “where the swimmers will swim repeats at maximum effort with a little more rest,” said Coach Oonk. With the main set it could be around 3-5 thousands yards and it will be the hardest part of practices and its going to be the hardest when it comes to

actually doing it, its very hard on a person to just keep going when things are tuff and thats the thing with swimming you have to just keep going.

Post Set

Depending on the time after that the swimmers will do a post set. At this time they work on lots of different things underwater like kick work where the swimmers will kick the entire length of the pool underwater, or work on starts and relay exchange. With 15 minutes left in practice, they will have a dryland period in which they will work on core strength. Finally, they will swim in the pool for a bit to flush out lactic acid. The swimmers go home and they must eat enough so they can replenish all the calories they burned.

Preparation

The day before the meet still looks pretty normal except for working on good starts and relay starts. It is safe to say these swimmers work extremely hard all days of



the day after the meet is not taken lightly at all. They are able to do that because it is a cyclical sport, Coach Oonk said “meaning that there are certain points throughout the season where we HAVE to do specific things if we want to perform well.” They have a brief talk about what they could do better but after that, it's back to working extremely hard. Meets are normally on Tuesdays but can also be on Saturdays as well.

Taper

What is taper? Well, swimmers work extremely hard during the season and it is the time of year before conference or state. It is when the practices are shorter so they can recover before the big meet. As senior Grace Langland Said “ It helps us recover and be ready to go fast,” Taper is normally 2 to 2.5 weeks before the conference. These practices normally look like a warm-up and also some drill sets then they go to break. “ A break is when a swimmer will simulate one of their races and break it down into chunks,” explained Coach Oonk.

Looking Into A Player's Mind

Mindset is a big part of sports, especially swimming. To be able to be the best you can be. As a member of the swim team, junior swimmer Addison Grabinski said “During practice, I always try to be positive and think about what I can work on to make myself faster.” Everything they do is to make the team better and make themselves the best they can be. As Grace Langland said “ I focus a lot on thinking about my technique and how I can improve through any given workout,” It is safe to say they do everything to make the team better.

Home Stretch

What it takes to be a good swimmer. There is so much more than the physical aspect to it. To be a successful swimmer you have to have the mindset. You also have to be able to keep going even when the practices get hard and you feel like giving up. Also, the way the practice goes and how much thought and precision it takes as the coach how they set practice up to how they use taper as a way to increase times.

By Carter Basinski and Landon Vanderzwaag

Inside The Life of a Dual-Sport Athlete

Hamilton's Joe Johnson is no "ordinary Joe"

Being a two-sport athlete is not an easy thing to do. Bo Jackson played in the MLB and NFL and playing both does not allow you to focus on your main sport. Jackson dislocated his hip in the game of football, so playing contact and non-contact sports like football and baseball is challenging for even a world class athlete and legend like Bo Jackson. This is where Hamilton's Joe Johnson is reaching for rarified air. Joe is a student-athlete on and off the field. He only has three classes at Hamilton High School and he contributes to a different type of learning outside of the high school. He is dual participating in soccer and football, He is a kicker in Football and Johnson's main sport is soccer. Johnson plays wing as a soccer player and that's a tough position to take on.

Johnson claims that playing both sports in the same season doesn't cut into his time of soccer. He's only at the games and 30 minutes twice a week for practice. Most of Johnson's teammates are fine with him playing both sports as long as he is at games and put's in the same work as they do. When Johnson has free time, he enjoys lifting and hanging with friends when he is not in school or contributing to sports. Joe's teammates all seem to get along. A few of Johnson's teammates think he has great abilities on the field and he brings a lot of positive things to the team. "Joe is a leader and influences them to always try their best and work hard on and off the field," said freshmen Drew Borg.

A Deeper Look

The Hamilton Soccer team Head Coach, who is

it? The head coach is Tyler Robinson. Robinson started coaching because he loved the experience that his college and varsity career gave him and wanted to do the same for other kids. Coach Robinson has a good experience with his players being Kickers for the Hamilton Football Program as long as they communicate. Coach Robinson doesn't have a problem with Joe Johnson doing both sports during the same season and is all for it!

Who are Joe's Teammates? Well, their starting Goalie is Griffen Bolhuis. Griffen is a Freshman and even though he's only in 9th grade he is grateful to coach Robinson and says "he's the main reason I got pulled up." Another one of their star players is Drew Borg. Also being Freshmen, Borg is a Midfielder and likes the

position because he can “help defense and go up.” Last, there is Seth Vigil, Vigil is a central mid and is also a junior. He is thankful to the coach for pushing him no matter what he does. These 3 players from Hamilton High think Joe Johnson playing both sports isn't a problem as long as he's at their games and practice and many other of their teammates would agree. What do Johnson's teammates think of Joe? Seth and Joe are good teammates. Seth claims that Joe is a “great soccer player as well as a teammate.” Seth believes that Joe could have a future in both sports honestly with the skills he brings on both sides of the sports. Joe Johnson's connection with some of the younger players, how is it? Drew Borg says they are good teammates. Griffin Bolhuis thinks Joe is a leader and a good person and is always keeping their team in good shape. Johnson's connection with the younger players is great and their teams chemistry also seems to be good. Overall Johnson is an outstanding athlete and proceeds to get better mentally and physically. Every day he grows connections with his teachers, teammates, and his coach. Joe is someone we remember at Hamilton High school for years. Johnson is a role model in some eyes but in others, he is just an ordinary Joe.

By Kuno Chico and Adan Sanchez



Seeking the Right Fit

Inside the decision to schedule football's season opener at Lakeville

Every fall, only one team per division gets the joy of hoisting up the MHSAA State Championship trophy on Ford Field and while Hamilton has never made the state championship, they strive to accomplish that goal. With the exception of 2020, when all teams made the playoffs due to Covid-19, the Hawkeyes have not qualified for the playoffs since 2016 when they went 6-3 before losing to Edwardsburg in the first round of districts. After a long summer of football activity, the Hawkeyes were ready to put an end to the playoff drought and turn the Hamilton Football program around in the winning direction. Hamilton opened up their season across the state against Lakeville, in which they hoped to start off strong and in the right direction. On August 25, the varsity football team traveled to Otisville to play the Lakeville Falcons. Hamilton started off hot as they went into halftime with a 56-0 lead, The dominance continued from there as the final score was 62-0. This lopsided result left many people curious, why did the Hawkeyes go across the state to play Lakeville?

The Chaos of Scheduling

The task we tackled was to figure out how this game actually became a reality. In order to do so, we spent time with Athletic Director Eric Talsma and Varsity Football Head Coach Phil Koops.

“We try to have this balance where we find teams that we can be competitive with and give us playoff points,” Talsma said. Football scheduling is very difficult and strategic as you want to find the best fit for your team as Hamilton has been a very average team the past few years that it's difficult to schedule games.

“We're still trying to get over that hump a little bit so we're trying to find games that give us the best fit for where we are at,” Talsma said. Hamilton's request for a non-conference game was sent out to the athletic director network for a couple weeks until Lakeville's Athletic Director called and wanted to play Hamilton.

The Phone Did Ring

Other schools that were calling Hamilton were either much larger schools or are traditional state tournament stalwarts like Edwardsburg (12-2), Whitehall (8-3), Mona Shores (8-3). “We tried finding a game where our kids could compete well at and be put in situations where they can be successful,” Koops said. Hamilton had to make the decision to play Lakeville and Koops was confident in his team but he wasn't sure that the team wouldn't be focused after the 2 1/2 hour bus ride to their opponent. Despite the travel, the Hawkeyes had more speed and were very focused en route to scoring a touchdown on every possession in the first half.



“Having kids who have been on a long bus ride and being rushed to get onto the field benefits us well later on in the season,” Koops said. Sometimes it's tough for high school students to be able to ride a bus for that long and stay motivated for the game. Hamilton is well prepared in that regard as they look to continue their great start to the season.

MHSAA Tournament

With Hamilton being an up and down football team the past few years in the OK-Conference, opponents try to schedule games that they think they can win or be competitive with to make their case to be in the MHSAA playoffs. Hamilton has always been one of those teams that “teams were leary playing because we are an OK-Conference team,” Talsma said. The football playoffs are interesting because the better teams you play, the more playoff points you get so teams want to schedule better teams to get more point instead of scheduling worst teams and getting less points. Hamilton plays in one of the toughest football conferences in the state, so therefore teams are very skeptical about scheduling Hamilton because they don't know how many wins Hamilton will get in the OK-Conference. “In other sports, you don't really have to worry much about your record to make the state tournament, but in football you do,” Talsma said. What makes football scheduling more unique than other sports is your record depends if you make the state tournament or not, in other sports you make it no matter what but football is a whole different process.

The Hawkeyes spent a lot of time perfecting their craft and had a very committed summer. Hamilton put up the 5th highest scoring game in Hamilton Football history as they look to continue off that as the season continues. The journey to Ford Field still lives in the minds of communities across this state and while some think Hamilton is a long way from it, decisions are sometimes made with that dream in mind. The scheduling of the Lakeville game only had one criteria that really mattered...what was best for Hamilton Football. That's the way it should be.

By Brayden Geurink and Alex VanDyke

TOP 5 HIGHEST SCORING GAMES OF ALL-TIME				
				
1	October 26, 1990	Hopkins	W	68-22
2	September 24, 1989	Godwin Heights	L	65-64
3	October 21, 1994	Middleville	W	63-14
4	August 26, 2022	Lakeville	W	62-0
5	November 1, 1996	South Haven	W	62-32

The Start Of A New Future

If you've come to Hamilton you've seen different things happening like new fields, new athletic equipment, etc. But what you don't see is behind the scenes of how our sports players use a piece of equipment that revolutionizes Hamilton Athletics. How do we get this equipment? Jamie Schippa, the Hamilton Boosters President answered that question for us. "The athletic director Eric Talsma brought forth the request of Hudl to the booster committee and we reviewed the request. He explained how the team uses it, how many teams use it, how often we use it, and the function it has. As a committee we decide how much we want to put toward these types of things, we have an annual budget as boosters so we decide how much of the budget we want to put toward the Hudl program. It is usually our biggest expense because we know it is spread across several teams"

Expenses

Hamilton Athletic Boosters ended up

putting \$5,000 toward the platform subscription to help support the large and valuable purchase. Though this large donation was a huge contribution to the program, it was only a dent in the \$13,000 a year for a three-year contract with Hudl. That's a whopping \$39,000 for three years that Hamilton pays to make this platform available to our sports teams. This contract includes two Hudl cameras, the platform for all teams, automatic uploads from Hudl cameras, and Hudl assist. The package the school purchased is called the "AD package." This package allows all sports teams in the school to use the platform. Though this is expensive, Hudl helps out a ton within the sports programs. "If we have issues with cameras, they send us new ones. Like last year, around Christmas time, our gym camera went down and Hudl sent us a new one. Once we got it our maintenance guys set it up and we were good to go" said Mr. Talsma.

Behind the scenes

Whether you're a coach, player, student, parent, teacher, or someone else, you may not know everything let alone anything about Hudl. Hudl is an online platform used by sports teams around the world. This platform is a video platform that allows players and coaches to watch a video of different moments in sports for players to coach themselves or coaches to coach their team up. That's exactly the issue though, coaches are using their time to coach their players and make plays and don't have enough time to set up the film, stats, etc. Hudl allows this to be done at the click of a button.. "Previously, we had a coach dedicated to stats, now we don't need that because we can send it directly to Hudl and get our stats back from them." Hamilton's Athletic Director stated. This allows coaches more free time and flexibility and takes one more thing off of their plate.

How valuable HUDL is to coaches at Hamilton

Coaches throughout



HAMILTON HAWKEYES

HAMILTON HAWKEYES

HAMILTON HAWKEYES

every sport value the ability to use Hudl. Whether you are preparing for a game or watching to see what happened during your game you use Hudl. Phil Koops, the head coach of the Varsity Football team said, “We look at how we would attack schematically the structure of what they do.” Coach Koops expressed how he uses the Hudl platform to watch his opponents and expose their greatest flaws. Hudl is used in sports that do not have stop-and-go ‘plays’ but instead are constantly going. For example, soccer is a sport that is constantly going on. Though they do not have a Hudl camera, they still use the platform for all of their film needs. All coaches that were interviewed expressed their love and gratitude towards the Hudl assist, saying that it was a huge lifesaver. “Me as a coach, I use it a ton for scouting,” Jacquelyn Malloch, the girl's varsity coach said. Scouting is a huge part of sports, practices depend on how you are going to prepare yourself for the upcoming game. “We improve a ton from the film, I’ve seen many individual players make big changes, also as a team when we are in the game getting pressed, we can’t figure out in the game at the moment how to break the press without turning it over but being able to watch a game from up high, on film, on camera, we can look at it and figure out where the holes were, so the next time we play them wow, way less turnovers” Coach Malloch also said. Nick Kronemeyer, Hamilton’s Boys Basketball head coach said: “Without film, there is no preparation. In the modern world of sports and technology, everybody has advantages based on what you have. In today’s world, everyone has film and statistics with film and without that we would be at a disadvantage.” A good thing for Hamilton is that Hudl will not be leaving any time soon. Considering that they just purchased a 3-year \$39,000 contract with, it will be interesting to see how they use Hudl to better their sports programs and continue to thrive. Hudl isn’t just a lifesaver, but a revolution in Hamilton athletics.

By Elsa Hemmes and Ally Kragt

A New Look, An Old Face, And A Return To Our Roots

Covering Hawkeye Sports debuts for the 2022-23 school year with a focus on the mission, the target audience, and raising the bar.

When you think of CHS what do you think of? Maybe you follow CHS on your favorite social media or you could maybe think of the awards that CHS has won in many categories over the years. Or maybe you have done some work for CHS when you went to Hamilton or have a kid who's taken CHS or is taking it currently. Anyway you know what CHS is, a class that Covers Hawkeye Sports using many different methods including but not limited to; Pictures, articles (like this one), Infographics, and much more. Now, what if I asked this; What do you think of CHS going back to its roots? You might ask us, "what do you mean by back to our roots? In this article, we will be telling you what this question means to us and others in the Hamilton community. We Interviewed many people in the community including staff members, past students, and even our high school principal Mr. Bosch. Through a lot of work that included many interviews, we have figured out what CHS means to us, key figures, and our community. Here's what we found.

What is/makes/made CHS?

Covering Hawkeye Sports in a Nutshell

CHS is a class for overachievers and people who are interested in journalism. Over the years the class has had its ups and downs, but I am going to show you where this class started. And how it got up and running.

This class was started by Mark Behnke. When he started this class he didn't know

where it would go or what it would look like. He created this class as a way to get information out to the public in an efficient, and easy-to-understand manner. He wanted to do this in a way that gave the students the bulk of the responsibility, and control of the class.

This is prevalent in the class because all of the work and everything that is sent out to the public is student produced. These 60 minutes that we have every day are made to produce and get information to the public. When this class started there wasn't a single end goal in sight. Behnke told us his goal when he started was "probably making it through the day without getting a headache." While he may have been kidding, back when the class started they had no idea what it was supposed to look like or what it would end up looking like. This class started without a curriculum. What really got this class running was student interest. This class was majorly shaped by the student influence in the class. This class would not be close to where it is today without the student's influence. When the class was young the first place they started to build "graphics" was PowerPoint. Since then this class has taken off and really taken shape. We are out on a multitude of platforms. We just posted our first video on TikTok and had an immediate response from the public

getting 3,500 views within 24 hours. Charlie and I interviewed Mark Behnke and he still doesn't have a final goal. He wants this class to keep evolving and finding new ways to spread information to the public. We as students are excited about this class because we get to be a part of whatever happens in the future of this class. Whatever happens with this class we all can tell that it will be going places.

How does CHS help the community?
Helping through the years and the community by giving sports coverage in many different ways

CHS helps students, teachers, parents, and everyone in the community of Hamilton. Have you ever heard someone you know talk about not knowing a game score or asking where the game is tonight? Honestly, you probably have but not as often as you might. That's thanks to CHS. CHS does a lot including giving daily scores on sports events from days past, magazines that expand on the sports you know and love, taking photos and videos of the athletes and others closely tied to the sport in question, and making graphics with new ideas that haven't been explored while still improving the old ones. Now that you know what CHS is we can now talk about how CHS is going back to its roots. Originally CHS was a class that mainly used a combination of photos and videos that were captured during the game but couldn't be published until after the game. *Through the combination of better technology and more people joining CHS we have been able to put a heavier focus on infographics, social media coverage, and putting out photos and videos in real-time while also keeping focus on new ways to get information to the community of Hamilton.*

We also asked some figures in the Hamilton community what they thought of CHS as well as some other questions. While talking to Mr. Bosch (the current principal of HHS) we asked him if this class has been successful and a good way to get information to the community? He confirmed our suspicions by remarking that "It's a way for people to stay engaged in our community..." He continued by saying that when CHS is done well it can connect to the whole community, not just a generation. By using newer apps like Instagram and now TikTok while still keeping with the people resistant to change by also being on Facebook, there are many ways we are reaching out to the community and many people in our community have noticed. Overall CHS is a great class and is vital to our community for sports coverage and still keeps to our roots by keeping with the old ways of CHS while expanding on the new ones.

The detrimental value of information
We as people can not live without information. We wake up in the morning and look at our phones to get information. Whether that be, news, weather, or anything else we have access to. We need information.

By Charlie Dozeman and Jackson Miller















