

Inside athletic training

Jaimee Rindy
Staff Writer

Coe's weight room is a busy place year round, with athletes, student body, and faculty circulating through. This time of year means intense off-season training for all fall sports and even some spring sports that can't get outside due to the freezing temperatures. During this time, athletes are in the weight room making major improvements and getting stronger by the minute. Matthew Walter manages all these athletes and uses his opportunity as Head Strength & Conditioning coach to produce the exceptional athletes and programs we have at Coe.

Coach Walter values the personal connection he makes with over 200 he trains. The training regimens are designed and tailored to each sport by Walter himself, with influences from the top division programs he's worked with.

"Certainly the most rewarding part is seeing the progress our athletes make [in the weight room]. It translates to the success they see in their sports," said Walter. Walter says that strength work put in, especially during the off-season, is one of the most important parts of being a competitive athlete.

"Off season [weight] training is much more important than in season, and athletes put a lot more emphasis on it. In-season training is used to repair you and maintain that baseline level performance, but the off season is where you're going

to make all of your progress." He says. And this emphasis on off-season training becomes a driving force for Coach Walter's efforts.

"If I think we have a great off season [in the weight room] and things go really well, but then it doesn't translate to the football field, it's definitely upsetting for me. The way the football season went weighed heavily on my mind because there were many people who worked really hard over the course of the season to make the program better, and I feel like when we don't do as well a lot of that really falls on my shoulders," Walter explained. Of course, with the large number of teams he works with, it can be challenging to give every athlete the attention they deserve.

"The most difficult part for me is finding the time to train all the different athletes and all their different abilities the best that I can. I definitely enjoy the variety in my job, but there are times where I wish I could train a team a little more specifically or spend a little more time with that team. I can't train every team exactly the way I want because of time and facility constraints," he says. But despite these difficulties, Walter manages to dedicate an impressive amount of time to all the teams. The athletes have come to know and respect Walter for the hard work he puts in to better Coe's programs. Lucky for him, he also has a handful of dedicated student interns who help him handle the training responsibilities.

With the Eby renovations ap-

proaching, Coe athletics is excited to see the programs compete and succeed at high levels. For Coach Walter, the renovation means more facilities for training, but also for members of the Coe community to utilize.

"One thing that we've really lacked is recreational space for athletes. It's going to take a lot of communication to make sure that all the facilities are used efficiently and fairly, but by far it's going to be a huge improvement. We're going to have four courts we can potentially use now. I think Coe will do a good job of balancing it out and designating times for the student body to get in there and use those facilities," said Walter.

The renovation will bring Eby three new gyms and another fitness center. While these facilities will definitely be used by the athletes at Coe, Coach Walter wants the community to know that everyone can gain from the new additions. The second fitness center may be sometimes designated to athletes only, but at other times will be open to public use. The renovation will bring exciting new facilities that promote healthy lifestyles and successful athletes in the Coe community.

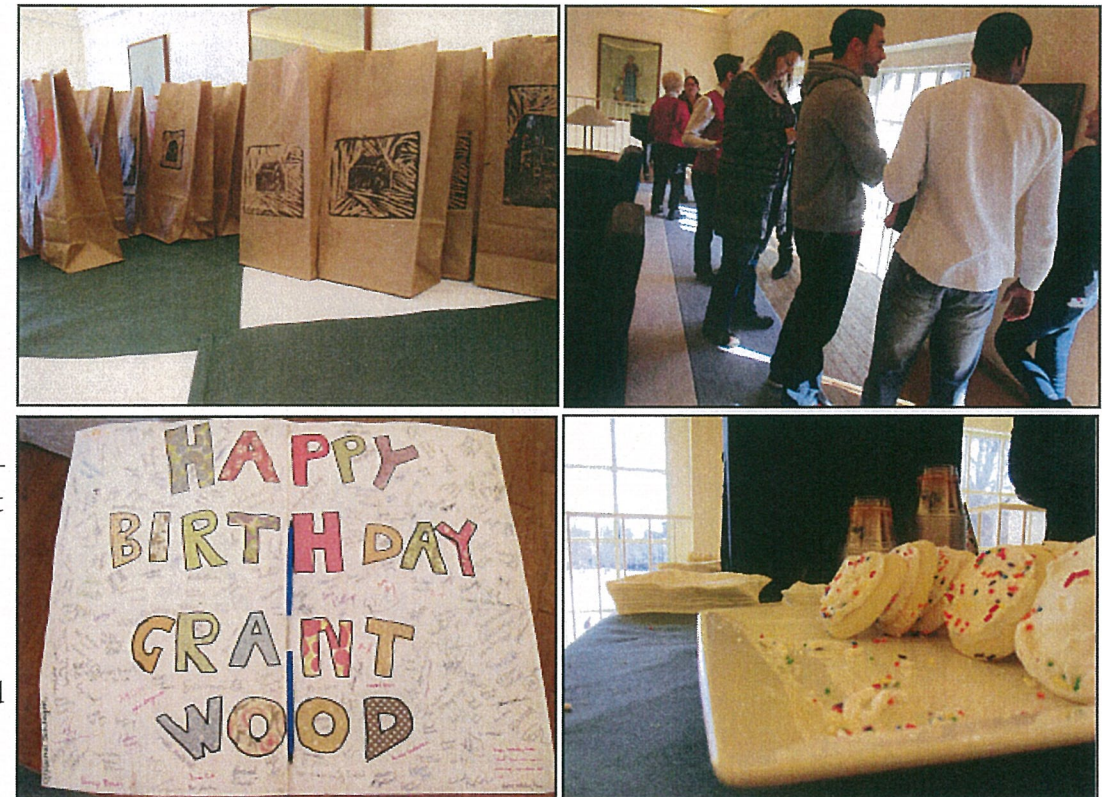
"It's going to be a larger total square footage of fitness area and I think there's going to be a greater wellness opportunity that the college will be able to provide."

Coe celebrates Grant Wood's birthday

Lisa McDonald
News Editor

On Friday, February 12, the Museum Studies class hosted a party to celebrate what would have been Grant Wood's 125th birthday. Grant Wood was an Iowa artist best known for his painting "American Gothic," and Coe College hosts several of Wood's artworks in its Permanent Art Collection.

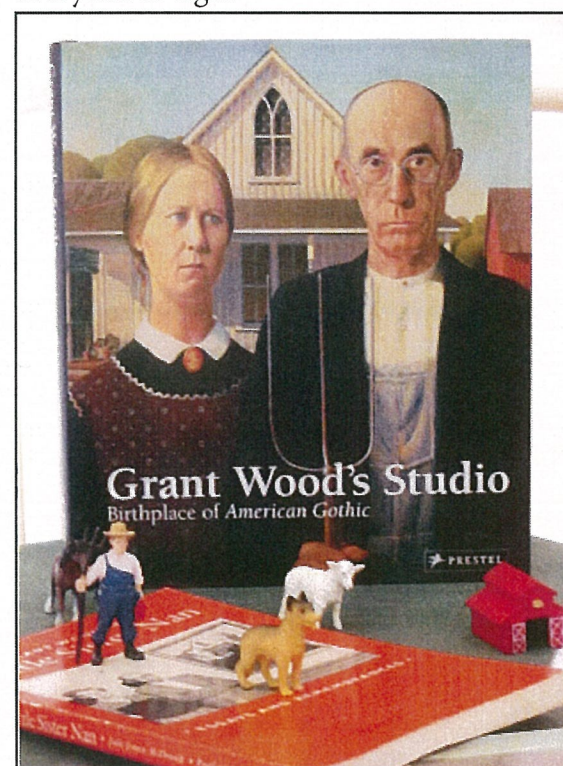
The party was held in the Perrine Gallery from noon to 1:00 p.m., where there were goodie bags and refreshments available as well as a birthday card for everyone to sign.



Clockwise from top left: Goodie bags featuring Grant Wood artwork; students and faculty discuss the exhibit; refreshments consisting of sugar cookies and fruit punch; the birthday card for Grant Wood.

Below: students and faculty celebrate Grant Wood's birthday in Perrine Gallery.

Photos by Lisa McDonald.



Above: Grant Wood's painting "American Gothic."

