

## New Coaches: Good or Bad?

by: The Staff

This year the athletic department has hired a lot of new coaches. While some people don't like it, it is a great way for coaches to try new methods without having favorites and building relationships between the coaches and their players.

Hiring new coaches has brought a lot of new coaching methods that may not have been introduced yet which is great way to help each sport team win. The school has hired 4 new coaches this year including, Jeffrey Herr who used to be a professional tennis player and now helps coach football, basketball, baseball, and tennis. His wife, Kelley Herr is also a new coach; she coaches girls tennis, cross country, and is the softball assistant coach. Elizabeth Adams is a new coach who coaches middle school basketball, and Cayla Williams is the head softball coach. Both Adams and Williams also coach high school volleyball. Having new coaches can be a positive thing because favoritism hasn't had time to develop yet. With old coaches, they know athletes' personalities and abilities which leads them to show favoritism to certain athletes. This is an issue frequently identified by students. In a recent survey, 38% who do not participate in athletics identified coach favoritism as a cause.

New coaches can have a bond with the athletes on the team. When coaches are working with the team, they create a relationship and care for one another because of the amount of time spent together.

Having new coaches who have a relationship with each and every athlete while also practice, discipline and hard work ethic, make winning victories a lot more fun.

## Powerlifting Preview

by: Graci Hazelwood

Powerlifting coach Cody Day, participated in powerlifting in high school because he "enjoyed getting stronger." Being involved and pushing by his high school coaches is what influenced Day to pursue his coaching career.

"Powerlifting is important because the stronger someone is, the less likely they are to be injured. The stronger you are the more successful you're going to be. I've never seen strong programs, not be good programs overall athletically. Typically, the bigger, stronger, and faster team in whatever sport, usually wins." Day said.

Day has a very specific workout to prepare athletes for powerlifting. He has them do a pyramid workout up to 90% with a small

## You Told Us Student Survey Responses

by: Madison Brown

This year a group of 32 high school students participated in a student survey on their participation in sports. The students were also asked general questions about their opinions on athletics.

The survey shows that 47% of respondents have never played any sports in high school. 12.5% of the students used to be in athletics. About 59% of students are not currently in athletics. Only 3% of students play every sport.

There are quite a few reasons that students say they don't participate in sports. 38% of students do not like sports because they believe that some coaches show favoritism to other athletes. 32% of students don't play sports because they wouldn't have time to participate in other extra-curricular activities like FFA, theatre, UIL academics and speech. 6% of students lack the means of transportation.

There are also quite a few new coaches in the Athletic Department. There are mixed thoughts among students about having new coaches. 78% of students like having new coaches. However, 22% do not like having new coaches this year.

amount of reps, then eventually he drops down to light weight with a high amount of reps. Day says that this workout never fails to have a positive outcome and athletes show lots of progress.

Day explains how great it is to see and help athletes achieve their goal.

"It's awesome to see people achieve their goal and even go beyond that goal." Day said.

## Softball Preview

By: Hannah Jackson

Cayla Williams has coached softball for 5 years. This year is her first as head coach.

The thing she is looking forward to most about the season is "seeing where the athletes are at the beginning and where they are when we get done".

Williams, who is expecting a baby, said it is "not going to affect" her in the softball season.

Williams is confident that her team will do well this year.

"I think we'll do pretty good. I think they'll compete," Williams said.

## New Coaches: Good or Bad?

by: The Staff

This year, the athletic department has taken on multiple new coaches. This revolving door of new coaches can cause a number of problems for both athletes and the community.

Constantly having new coaches can completely eliminate the necessary bond between coaches and athletes.

"New coaches that haven't been here long, don't know our players best qualities," some athletes say.

Most of the new coaches are also younger, and they aren't as experienced as more seasoned coaches. Some athletes say that training is not as intensive as it has been in past years.

Having newer, less experienced, coaches can also greatly affect a team's success. For example, newer coaches can have less successful coaching or conditioning styles compared to past coaches. Some sports teams have lost more games this year than they have in recent years.

In a student survey, 21.9% of students said they do not like having so many new coaches.

A focus needs to be put on how to keep coaches from constantly coming and going. Offering better pay or giving coaches the equipment and resources they need to make athletic department succeed can keep these coaches around.

## Baseball Preview

by: Terra Tanton

Last year's West Hardin baseball team missed the playoffs by one game with a "devastating loss", head coach Matthew Calvert said. This season with four All-District returners, Coach Calvert believes the boys will improve significantly from last year.

"It's an even district. It's very competitive", says Calvert. His goal for this season is to beat the toughest components and win a playoff game.

**Athlete Spotlight: Mikey Strham**

by: Terra Tanton



Senior Mikey Strham

Mikey Strham wants to attend Lonestar in Kingwood, Texas. He plans to do the 2 year program to become an Occupational Therapist assistant. According to athletic director Cody Day, Mikey Strham is an outstanding senior.

“You have to be a high character individual. High character people who work hard and are coachable--those are the traits that you look for. And I’ll be honest with you, one of the people who embody that to me more than anybody is Mikey Strham. He is extremely coachable, and he’s gotten a lot stronger. I love Mikey Strham to death. He’s a good kid,” Day said.

While Mikey’s big plans aren’t far away, he’s living out the rest of his high school career enjoying football, basketball and track. Since football is his favorite, he’s had to endure a few rough years. Mikey says the support of his family and thoughts of his mom help him push through.

“After the age of 13, I lost my mom. She used to love to watch me play, so that kind of motivates me,” Strham said.

When Strham isn’t in school, he’s with his grandfather, either helping at the nursing home or helping care for him care for him at his own home. Mikey enjoys and appreciates all the family time he can get.

**Athlete Spotlight: Alayna Walston**

by: Hannah Jackson



Junior Alayna Walston

Junior Alayna Walston is a scholar athlete who has been playing sports since she was 9 years old. Walston is also involved in NHS and Student Council.

“The first sport I ever played was softball,” Walston said.

Walston starts preparing for softball long before it actually starts. During basketball season she is already getting ready.

“I mainly play second base, third base and shortstop,” Walston said.

Her softball career has given her many cherished memories. Throughout her years of playing softball, Walston’s greatest memory was last year.

“Winning against Hull Daisetta twice in row to make it to playoffs,” Walston said.

Walston is looking forward to playing her favorite sport, softball, in the spring.

“I’m excited about getting to play ball with good friends and the potential for us to make it far,” Walston said.

**Athlete Spotlight: Cody Brown**

by: Meagan Riley



Sophomore Cody Brown

Sophomore Cody Brown is a well-mannered and multi-sports player. He plays football, basketball, powerlifting and baseball. Brown started playing basketball at age 5 and baseball at age 6 but didn't start playing football until junior high.

“My parents wanted me to try it; I just stuck with it, and now I love sports,” Brown said.

Brown’s favorite sport to play is basketball. When he plays sports, he gets excited and finds it fun.

Brown attends church at Calvary Tabernacle Church in Batson and helped at a help center after Hurricane Harvey by donating supplies to people in need and helping man the center.

Brown thinks that this year the football and basketball team have done well but thinks that ‘there’s always room for improvement.’”

**Athlete Spotlight: Lainey Enloe**

By: Madison Brown

Freshman Lainey Enloe has been a hard working athlete for many years. Enloe is currently involved in basketball and started playing sports when she was in PreK.

“I started playing sports because all of the popular kids played sports and I wanted to be just like them,” Enloe said.

Enloe also shared that she enjoys the athletic program overall. She says that athletics is great because it “keeps her focused,” and she doesn't have to think about anything else.

“I find it very fun working with others,” Enloe said

Not only does Enloe play basketball, she is also involved in other extracurricular activities. Enloe participates in Speech and Debate, One Act, and NJHS.

“I like pushing myself and seeing what I am capable of,” Enloe said.

Lainey Enloe is a dedicated student athlete and plans to continue participating in athletics in the years to come.

## Senior Reflection: Morgan Callaway

by: Madison McFadden

State powerlifting competition, regional golf competition and playoffs in softball. Officer of FFA, Student Council and officer of their class. Not things all students can say they have been a part of. Senior Morgan Callaway, however can.

Morgan Callaway is a successful athlete and has advanced to state in powerlifting, regionals in golf and has gone to playoffs in softball for two years.



Callaway's introduction to sports was four years ago.

"The very first sport I played was volleyball," Callaway said.

Every win feels like an accomplishment to her.

"It is an adrenaline rush," Callaway said.

Callaway competed at the state powerlifting meet last year.

"To be at a state championship and compete is astonishing," Callaway said. "I was nervous at first, but it is state who wouldn't be?"



## Athletic Director Spotlight: Cody Day

By: Graci Hazelwood

Athletic Director Cody Day says being athletic director can be very time consuming, but he enjoys interacting with athletes and finds it very "rewarding."

Day has been coaching for 11 years. He says that his coaches in high school, Terry Pool; Randal Richard; and Steve Zwahr are the reason he became a coach.



Callaway is also an involved student serving as an officer in FFA, Student Council, and her class. The balance between these school activities can be challenging.

"I work around and move my calendar to fit different practices and meetings so nothing runs together," Callaway said.

Athletics and other activities have taught Callaway valuable lessons.

"I have learned discipline and teamwork," Callaway said.

## Mosley: The Next Generation

by: Carington Mosley

4th grader A'lise Mosley will be playing Little Dribblers this year. She has been playing basketball since she could walk.

Mosley is most excited about potentially going to nationals this year. She will be coached by Corey Mosley as well as Joani and Jake Hudspeth. She is happy that her father will be coaching her this season.

Mosley's favorite thing about basketball is playing offense because she likes being in control of the ball. She is looking forward to competing this year. She especially looks forward to certain opponents.

"I'm excited to play against Devers this year," Mosley said.

Mosley enjoys the family-time basketball brings.

"Sometimes me and my family go out on our own basketball court and play on teams. It doesn't work out for me because I am the smallest in my family," Mosley said.

"They had great influence on me; they taught me the value of hard work. They taught me that regardless of the circumstances in a contest to always have self control over your emotions. If it weren't for those people, I would probably not be a coach right now," Day said.

Day sees coaching as being a vehicle to impact young athletes in a positive manner. He also says that discipline is a big part of coaching, but within that character and the value of being a teammate are developed.

Day has been a coach at other schools before coming here, and after every year, he prays and thinks about what the Lord will have for him in the future.

## New Kid on the Court

By: Carington Mosley

6th grader, Morgan Smith is "pumped up" about his first basketball season at West Hardin.

"It's just fun to play basketball," said Smith. The one person Smith is excited to have on his side during the game is Brayden Wyatt. He is looking forward to playing defense because he is "ready to get back on the court and defend."

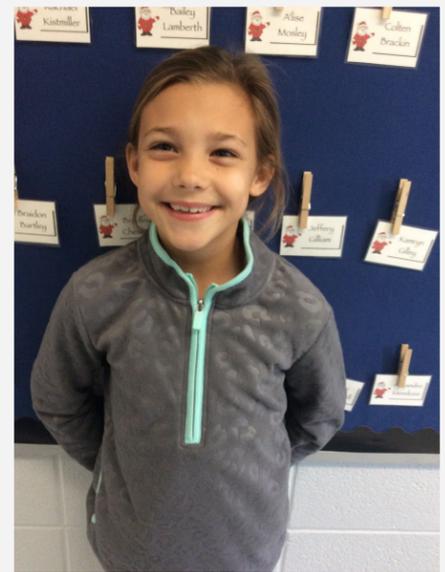
Defense is also his favorite part about playing basketball because "you can help your team with it."

"I like to play with my friends, and it's just fun," Smith said.

On his own time Smith will "dribble on the concrete working on his skills" whenever he goes outside.



6th grader Morgan Smith



4th grader A'lise Mosley

"It kind of felt like this was the right place to be. I try to make sure that whatever I'm doing in terms of me and Mrs. Day is the right thing, and we do whatever the Lord would have us to do," Day said.

Day says that his biggest challenge is balancing his teaching, coaching, athletic directing and family time. Day makes a calendar at the beginning of each week to make sure that he gets all of the things done. He says that he makes his main work focus on school teaching. After doing the basic point of his work duties, he returns home to make sure that his family knows that they are his number one priority.

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**Coach Spotlight: Kenny Hoffpauir**  
By: Carington Mosley

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Current High School basketball coach Kenny Hoffpauir has coached every level in the past 42 years. One of his biggest accomplishments was coaching for the USA basketball and having his two sons on his team for a year.

“At an early age, I drew a passion for the game. When I no longer played, I wanted to coach the sport,” Hoffpauir said.

Hoffpauir loves the students who have a passion for the game. Hoffpauir describes his feelings about coaching as “pure joy”. The thing that stands out to him the most in an athlete is a “competitive spirit”.

Hoffpauir has coached numerous championship teams in Texas and California which include 2 Final Fours. The biggest school he has ever coached at was Hanford, California, with 3,000 kids.

“There is nothing like winning,” Hoffpauir said.

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**Coach Spotlight: Matt Calvert**  
By: Terra Tanton

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Matt Calvert has had much success in his baseball career. He started off playing high school sports at Kelly High school. He was then offered a scholarship for football but turned it down to accept a baseball scholarship to Lon Morris Junior College. From there he transferred to Lamar University where he had the chance to play ball but chose not to.

While in school at Lamar, Calvert took a part time job at his alma mater coaching with Coach Rabb and Coach Neil who had pushed and inspired him to be the best athlete he possibly could.

“Coach Rabb taught me the ins and outs of football,” Calvert said.

In baseball he coached with Neal. During this phase of his life, Calvert realized that coaching was what he really wanted to do with his life.

After college graduation, he decided he wanted a full-time job. He had family in the West Hardin area, so he decided to apply for a job here.

Coach Calvert is now the head baseball coach, offensive coordinator for football, head basketball coach for middle school boys and teaches 5th and 6th grade social studies.