Football charges into en-zone

Charger football tackles yoga in off-season workouts

Samantha Scorz_Copy Editor

This winter, the football team incorpo-
rated yoga sessions into their eight-week off-season conditioning schedule. The team practiced yoga on Wednesdays for 45 minutes, and because of the large size of the team, there were two sessions packed with about 40 girls in each.

Yoga was initiated by some football players during last year’s winter conditioning, but head coach Keith Otherton said that there were problems with the sag-
gitude—"time and space.

The "time problem" came from an NCAA Division II rule that limits team members to eight hours of workout per week between seasons. In order to have a different workout, they had to cut out their practice schedule.

The program was discontinued in order to allow for yoga to be 3D conditioning, which runs for the past two or three years on Wednesdays.

"Yoga is great if you want to work on your balance and core, but it was a little too strenuous for me," Otherton said. "We were gaining some positive input on the guys without heating up physically.

Otherton said, "Yoga is a perfect fit because it has a relaxed atmosphere. I can’t imagine anything that would go into a 90 minute workout." And the players agreed—yoga was relaxing.

Sophomore Calvary Storrick, who had prior yoga experiences, said from the beginning that for the majority of the guys, their favorite part of yoga was the 15 minute relaxation component at the end of each session.

"Some guys would fall asleep and we’d hear them snore," Storrick said. "That’s always pretty funny." The majority of the team had to fall asleep before being able to implement yoga was effective for them.

"I was really concerned about finding the right people," Otherton said. "This yoga study didn’t have strong room, and we couldn’t use the gym floor because the yoga thing is the calmness and being in control, and we need that if we were to focus, quiet environment.

The team ended up having the yoga ses-
sions in the Curtis Dana Hall during winter.

See Football, A7

LADIES FIRST DRAW LARGER CROWDS

GLIAC gender equality mandate lowers basketball game attendance

Macae Bennett-Collegian Freelance

Hillsdale College basketball teams unusual lower attendance at home games this season—and many games—because of Intercollegiate Athletic Conference (GLIAC) policy mandating lower attendance for women’s teams to prevent men’s interferences.

This year, average attendance for home games is 571.2 compared to 672.2 last year. While this year’s numbers aren’t drastically different, the GLIAC policy is in the back of everyone’s mind.

See Football, A7

Statistics show that both Hillsdale basketball teams suffer lower attendance when men play before the women. (Samantha Scorz_Collegian)

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See Football, A7
GLIACs

From A8

This week marks the final week of the GLIAC regular season. The Chargers have had one of their best seasons in recent memory, winning 22 of their 32 games. The team is currently in second place in the conference and is looking to capture the title with a victory over Ohio Northern this weekend.

The 2013 season has been a big success for the Chargers, who are improving in every aspect of the game. The team’s offense has been particularly strong, with the pitching staff holding opponents to an average of 3.4 runs per game.

The Chargers are also doing well in the classroom, with a team GPA of 3.2. This is the highest GPA in the history of the program.

The team is looking to continue its success in the GLIAC tournament, which begins next weekend. The Chargers have already qualified for the tournament and are looking to claim the title.

The team’s next game is on Tuesday, March 26, against the University of Notre Dame. The game is set to start at 3:30 p.m. and will be played at the University of Notre Dame’s stadium.