

## Bulldogs Muscle Up for Season By Colby Lathrop

The Golden Plains High School football team held their annual lift-a-thon on August 17 during their first week of practice for the upcoming football season. The team bonded as they spent time lifting weights in the Rexford weight room throughout the summer to improve.

The team lifted a grand total of 6,404 pounds. Each participant performed three lifts—bench, squat, and clean. The top three lifters that competed were Miguel Monge with a total of 755, Caleb Korte with 753, and Dylan Spresser with 665.

“We did well as a team lifting over the summer to make us better, faster, and stronger for the season,” said Monge. “I would encourage everyone to lift throughout the year.” “You improve over the summer which means you are in shape for the season and can spend more time learning plays,” added Caleb Korte.

The competitors solicited donations in the form of so much per pound lifted or a flat donation. The donations raised by the Dogs go to buy shorts, shirts, helmet decals, and any other equipment needed throughout the season. The Bulldogs open their regular season on August 31. “Thanks to all who sponsored the team’s lift-a-thon,” concluded Dylan Spresser.