Trump Inaugurated 45th U.S. President
By: Julia Weinick; Writer

On January 20, 2017, Donald J. Trump took the steps of the Capitol to be sworn in as the 45th President of the United States of America. President Trump was accompanied by his wife Melania and his children and their families. Many dignitaries and special guests shared the stage with him, while thousands lined the Mall to watch.

This election was unique and controversial. It was the first time that a president was elected without prior political appointment or military experience. While some found this lack of experience refreshing, many worry that the job may be too much for such a novice to handle. Some see Trump’s business experience as a positive in these hard economic times, while others see the government as more than merely a business to be managed.

According to the Huffington Post, there were an estimated 30.6 million people around the United States that tuned in to watch the inauguration. This inauguration attracted less viewers compared to President Obama’s which attracted 38 million viewers. Although there are no exact reports on how many people actually attended the inauguration in person, thousands crowded the mall on a rainy Friday to watch. Former presidents Carter, Clinton, Bush and Obama were among the honored guests in attendance.

After President Trump was sworn into office he made his first speech to the nation. In his in, he reiterated the nation’s strength and purpose and to rebuild it from within.” He thanked the Obama’s by stating, “We are grateful to President Obama and First Lady Michelle Obama for their gracious aid throughout this transition. They have been magnificent.” The speech ended with his famous slogan, “We will make America great again.”

After the Oath of Office, President Trump and Vice President Pence took part in the parade alongside their families. During the parade, heading toward the White House, President Trump and his family exited their limousine to walk part of the way and wave to the crowds gathered along Pennsylvania Avenue. The last event of the day for President Trump and his administration was attending the several Inaugural Balls around Washington, D.C.

The rain and dreary weather were not the only bad notes to the day. Not all were pleased with the inauguration of the new President. Protests spread around the city with people attempting to block access to the event and others doing far less peaceful acts. While most of the protesters were just looking to voice their discontent, according to USA Today, 200 people were arrested outside the perimeter for charges like destruction of property and assault.

Midterm Exams Take Toll on Franklin Students
By: Myles Wortman; Writer

As the second marking period comes to a close, the students of Franklin High School are feeling wide range of emotions. Some students are excited by the fact that they have successfully made it through the first half of the year, and only one more semester remains before summer or graduation. Others are feeling the pressure of improving grades in a shorter and shorter amount of time. Studying for and taking midterm exams added yet another layer to the end of the semester.

Midterm exams are county provided tests that are administered to students near the end of an academic grading term or semester. Friday January 6 through Thursday January 12 was midterm exam week at Franklin High School. Many classes have a midterm that students must complete and is factored into the student’s grade separate from the first and second marking periods. Each day of that week, students may have at

The March Heard Around the World
By: Andrew Nelson; Writer

On the morning of January 21st, 2017, I found myself stumbling to the Greenbelt Metro at 7:50 a.m. The event began at 10 a.m. and I thought my father and I were early. This was quickly discovered not to be the case. There were already countless people waiting for the chance to travel to D.C. I talked to a woman that had made the pilgrimage there all the way from Florida. She had arrived at 4 a.m. With each train that arrived, we were packed into the metro cars like sardines in a can.

Upon arrival to Washington, we spilled onto the platform and out to the streets. As we sifted through the mass of people making their way to the intersection of Independence and 4th Street, we discovered more and more people that had traveled greater and greater distances to attend this march. Despite there being protests in multiple states, we talked to people that had come from as far away as Colorado, New Mexico, and California.

One man, John (he didn’t disclose his last name), made the trip all the way continued on page 5.
The Gazette

FRANKLIN NEWS

Midterm Exams Take Toll on Franklin Students
By Myles Wortman; Writer

Continued from Front Page.

least one or two mid-
terms a day.

Many mid-
terms include two sec-
tions: a multiple choice section, where stu-
dents fill in the correct
answer on a scantron
given to them along
with the test, and an
essay or free response
section, where students
must complete a timed
written response.

Midterm ex-
ams can take a very
huge toll on a student’s
second quarter grades.
Depending on the
teacher or department
policy, it can be the
highest and most im-
portant grade to go on
the quarter and has the
capability of dramati-
cally making or break-
ing a grade. Many
students took most of
their winter break
studying very hard for
their midterm exams in
order to pass and save
their grades.

In-school prep-
arations for midterms
usually consist of thick
study guide packets
and review worksheets
in order to prepare stu-
dents for the big exam.
Midterm exams test
students on everything
they learned since the
first day of school. So
studying about five
months’ worth of ma-
terial for all 8 subjects,
can add a great deal of
unwanted stress to the
end of the quarter.

Midterm ex-
ams are just one of
the many difficult
obstacles that all stu-
dents must face and
overcome during their
years in high school.
While it seems very
challenging at the
time, just remember
that all of the studying
and preparation will
be worth it in the long
run.

When students
finally make it past
midterm week, it is
still not the end of their
hard work. After mid-
terms, students will
begin the third mark-
ing period filled with
new obstacles to face,
but that doesn’t even
compare to the work
they will have to put in
in order to pass their fi-
nal exams. Work put in
now at midterm time
will translate into less
work later and more
success.

Students Attend Maryland Thespian Festival
By: Megan Schanker; Writer

Theater kids
from around Maryland
come together every
year to participate in
the annual Maryland
Thespian Festival. The
festival is held every
January for a number of
theater departments
from different schools
in Maryland. Schools
are given the oppor-
tunity to perform one act
plays they prepared in
front of other schools
and receive feedback
on their performances
by a judge. There are
also workshops, in-
dividual events, and
scholarship opportu-
nities for seniors. The
festival is a chance for
students to express
their talents in ways
that they can’t in a nor-
mal school setting.

To participate in
the thespian festival
there is a fee, and stu-
dents also have to pay
extra to participate in
the individual activi-
ties. These events can
come opportuni-
ties for college
scholarships in
theater programs. Students are judged
by professionals who
choose between hun-
dreds for win awards
and scholarships. Par-
taking in individual
events is a great way to
practice and improve
acting, singing, and
dancing.

This year Frank-
lin High watched three
different one-acts from
other schools. It was
a wonderful learning
experience watching
others of a similar age
group perform.

The students
also went to two dif-
ferent workshops. The
first one was a work-
shop for puppets where
they learned how to
portray a story through
a puppet and demon-
strated how they pre-
sented themselves in
their atmosphere. They
created scenes with
partners and it was a
fun and educational
experience. The second
workshop was for
acting and dancing.

Students from the theater company such as
Gabby Trujillo and Maya
vantagepoint having a great
time at the Maryland Thespian Festival.

The students enjoyed most getting
to meet different peo-
ple from other schools
who told them about
their theatre experi-
ences and taught them
different techniques
that some might be
more familiar with
than others. The stu-
dents greater strength-
ened and expanded
their theatre community
in the Baltimore area.

Gabby Trujillo
expressed, “although it
only lasted for one day
because of the weath-
er, the workshops and
getting to spend time
and reconnect with
one another and Mr.
Hughes and Ms. D is
something I will never
forget.”

It’s Academic Prepares for Appearance on WJZ
By: Anna Coleman; Writer

It’s Academic
is a local weekly quiz
show in Baltimore
on WJZ that has been
television since 1961.
It is a competition be-
tween schools from
the surrounding area.
Franklin students, with
the help of Ms. Holden
and Ms. Boyd, have
been preparing to com-
plete on the show. It is
very similar to team
Jeopardy where stu-
dents buzz in their an-
swers. The club meets
weekly to improve
knowledge on pop cul-
ture and academics.
This year the
variety team mem-
bers are Thomas Ky-
tie, Mackenzie Horn,
Gabe Kinstlinger and
the alternate is Jared
Ordonez. This is a
very strong, competi-
tive team who is train-
ing hard in order to
do well this upcoming
season.

There are other
members in the club
who are not on the
variety team. Sopho-
more Morgan Love is
a member in Its Aca-
demic who enjoys it.
Love says, “During
meetings we some-
times have in house
competitions or we
just go over questions
or flash cards and use
the buzzers. I like the
class because I get to
meet and learn with
people who are similar
to me and I learn a lot.
It helps because I have
the opportunity to gain
so much knowledge
and I love learning.”
The club com-
petes in three tourn-
aments each year. Two
are held in the fall,
one at Franklin High
School, and the oth-
er at Centennial High
School. The first tourn-
ament met with some
Continued on page 3.
It’s Academic Prepares for Appearance on WJZ

By: Anna Coleman; Writer

Continued from Page 2.

...and widely viewed around Baltimore every Saturday morning. Keeping this in mind, the team will be practicing very hard so that they are fully prepared when they compete on the show.

During club meetings, the team splits into smaller groups and Ms. Holden will ask them questions similar to the ones they will be asked during a real competition. Sometimes they compete against each other using a buzzer to realistically rehearse for big competitions.

At practices, they all participate and the goal is for everyone to walk away feeling like they learned something new. Practice usually lasts about an hour, sometimes less. Although not all the members will participate in the tournaments or on TV, the younger members learn from the more experienced seniors so that they may be the next generation to compete.

It’s Academic is a great, scholarly, inclusive club that allows students to continue learning and make new friends. For students who love to learn it is a great way to do so without books and papers. Most people in the club love it and think that it was a great decision to join.

Snowy Friends Made at Best Buddies

By: Savannah Bowen; Writer

On Thursday, January 19th members of Franklin High’s Bet Buddies club gathered in Ms. Spivak’s room for their monthly meeting. This meeting was held on a Thursday instead of the usual day of Wednesday due to Allied Bowling. Normal Wednesday meetings should resume after the Allied Bowling season is over. Although member attendance was higher than the previous meeting, a few people were missing due to scheduling conflicts or the terrible flu-like sickness that has been traveling around the school.

The routine ice breaker began the meeting. This month, the question was “What are your New Year’s Resolutions?” Members gave the typical answers, such as being more diligent in school and not procrastinating, and getting more active. Sophomore Hunter Demarcy said, “I want to start getting more sleep. I used to get up at six a.m. every day, including the weekends.” When asked what time he has been waking up now, Demarcy mentioned “I’ve been getting up at more reasonable times, anywhere from seven to nine”. Buddy Director Jacob Franklin had created a goal for his buddy pair, Julian. He wanted him to get his license so that way he could start taking Jacob to more places and activities.

After the ice breaker the group got started on the craft. The craft for this month was creating a penguin or a snowman out of paper plates. To make the penguin, members cut out the center of one plate to use as the head and wings, and another plate for the penguin’s body. Leftover pieces from the cut-out center were used for beaks and feet. Google eyes were also passed around to give the penguins some personality and character. For members that made snowmen, it was a very similar process. The center was once again used for the head of the snowman, but cotton balls were glued onto the second plate to make the paper snowmen appear like real ones. They were also free to make carrot noses from scrap pieces of plate and to obtain crazy googly eyes for their snowy pals.

There was still time left after the craft was completed, so the buddies played a few rounds of charades. The objective of charades is to demonstrate an action or object without speaking. The buddies had a great time playing charades, acting out words and phrases like “grocery shopping,” “writing a letter,” or “running”. Alex Trujillo seemed to have the most fun acting, going up to perform several times. He portrayed various creative scenes, like playing instruments such as the tuba and guitar, to riding a motorcycle and holding a baby. According to Alex he chose “holding a baby” because he had a new baby cousin born the day before.

A paper plate penguin made at the meeting.
National Honor Society Step up in Community

By: Julia Weinick; Writer

The National Honor’s Society is an organization that recognizes outstanding high school students. NHS members have demonstrated excellence in areas such as leadership, character, and service.

To be eligible, a student must have a cumulative grade point average of at least 3.0 on a 4.0 scale. They must also possess the four pillars of NHS: leadership, character, service, and scholarship. Students in grades 10-12 who fit these requirements are eligible for acceptance into NHS. Students who are accepted into NHS should be aware of the time and commitment involved.

Sophomore Morgan Love is in the process of completing her application for NHS. She expressed that she is applying to be in NHS because she believes it is a good club and it will benefit her as a student and as a person.

Love stated, “I am excited to be a part of a club with members who share the same values as me and enjoy helping the community”.

Love has participated in several community service opportunities. She expressed that her favorite community service has been working with younger children. She has had the opportunity to do this through the Leadership Training program at Beth Tfilah Camps, where she is an aid to a counselor and learns the responsibility of taking care of young children.

The junior maintenance forms are completed in March, but Julia Sacks has already got a head start. Sacks is heavily involved with her youth group that helps out in the community on a regular basis. Her group works with Art with a Heart, located in Baltimore. She expressed that this non-profit organization helps make art for Baltimore to make it a, “brighter and more beautiful” city.

Sacks stated, “I want to feel that I made a difference in someone’s life and realized how much I have helped even if it’s through a little action”.

To stay in NHS, seniors are required to be involved in at least 20 hours of service throughout the year. This can include service within the school, sports, service in the community, club involvement, or holding a leadership position with an organization. In addition, the senior members are required to have participated in three NHS activities such as Penny Wednesday, refugee blanket making, a canned food drive, peer tutoring, crisis center, junior ring escort, or freshmen orientation.

NHS is an organization where all members join together to make an impact in their Franklin and Baltimore community.

Students Migrate into the World of Model U.N.

By: Megan Schanker Writer

This year the Model United Nations, or Model U.N., recruited a whole new group of students from the G.T. Sophomore World History classes to participate.

In Model United Nations students go to an information meeting at Towson University where they learn about the program and are assigned a partner to work with and each pair are given a country to research and support. Once the pairs have their country, they are given a topic by the board, to learn about and to figure out what their country’s position would be.

After months of research and preparation students attend a two day assembly where they negotiate problems and find solutions with other delegates. They argue and work together to better their county.

This year the topic for research is migration and immigration. Students can research their countries problems with either too many people coming into or leaving their country, as well as people moving around for other reasons. Now that the students have the topic they are able to begin their more specific research and prepare their presentation. The students also have to prepare a binder with the basic information of their country, such as information on the economy, government, relationships with other countries, history, and more that will be useful to their final project.

Student Maddie Ballan tells each other about their separate countries in Model United Nations. Andrew and Anna, who are also in model U.N., think that migration is an interesting topic and student representatives can tackle this hot button issue. Participating in Model United Nations is a great way for students interested in politics or history to see what it is like in the “real world.” Students get to work together and debate issues that they see in the news everyday. Being a part of Model United Nations teaches students responsibility, teamwork, as well as research and negotiation skills to use in college or their future in jobs.

Maddie Ballan and Hibba Ata telling each other about their separate countries in Model United Nations.
The March Heard Around the World

By: Andrew Nelson; Writer

Continued from Front Page.

down from Massachu- setts. When asked why he had made the trip, he simply stated “I’m here today to support the women of America and stand with them in solidarity. I also want- ed Trump to know that we’re out here, aware and watching.”

He confided his personal sentiments on the movement as a whole and expressed that he feels there is a “…wonderful thing happening here and around the world, Dem- ocracy is being given back to the people.”

With over half a million people, the Women’s March on Washington represent- ed the diversity that is the American public. Marchers, however, were there for more than just women. People turned out for peo- ple of color, members of the LGBTQ+ com- munity, Native Ameri- cans, and religious rights. The march was also a protest to the recent inauguration of President Donald Trump, just the day before.

At the head of the diverse crowd were legendary speakers. America Ferrera was one of the first famous speakers and ended her speech with a power- ful quote in regard to our new president, “A twitter finger must not become a trigger fin- ger.”

This was one of many poignant quotes that resonated with the crowd in opposition to President Trump. Amidst other famous speakers, Gloria Stein spoke with a message from the sister march in Berlin, “We in Berlin know that walls don’t work.”

Michael Moore, well known filmmaker and author, spoke at the march. Noting the historic significance of the event, Moore felt that the march and movement was “…planting the seeds for trees we may never see inherit.”

Moore also made it a point that the activism could not stop after the march and implored us to call Congress daily. Celebrities like Moore were not in short supply at the Women’s March on Washington. A speech was given by Scarlett Johansson in support of Planned Parenthood, talking on everything from safe abortions to detecting cancer. Ali- cia Keys performed a goosebumps-inducing performance of her hit “Girl on Fire”. Janelle Monáe gave a poi- gnant tribute with the words of the inimitable Ella Baker, “We who believe in free- dom cannot rest until it comes.”

World Celebrates Black History Month

By: Mannat Khattak; Writer

In 1976, the one week in Febru- ary known as Negro History Week was ex- panded to what is now called Black History Month. Every United States president since 1976, has officially designated the month of February as Black History Month.

This month has become an an- nual celebration of the successes and achievements of black Americans and recog- nizes the great role of African Americans in United States history. Other countries around the world including the United Kingdom and Canada also devote a month to celebrate black history.

When we first think of Black His- tory Month, we pic- ture the celebration of big names such as Dr. Martin Luther King Jr., Malcolm X, Rosa Parks, and even Presi- dent Barack Obama, but there are many other great African American figures that are popularized during the month of Febru- ary. The National As- sociation for the Ad- vancement of Colored People or NAACP, was founded on February 12th 1909. The associ- ation was created with the intent to ensure the political, educational, economic and social equality for people of color. The NAACP will be celebrating its 108th birthday next month on the 12th.

Thurgood Mar- shall was the first Af- rican American to ever be appointed to the United States Supreme Court. Marshall was appointed by President Lyndon B. Johnson in 1967. He served on the court until 1991.

In 1940, Hat- tie McDaniel was the first African American performer to win an academy award. She was awarded for her portrayal of slave gov- erness in Gone with the Wind. This was a major accomplishment for African American candi- date and the first fe- male candidate for the film industry’s highest honor. Jack Johnson became the first Af- rican American man to achieve the World Heavyweight Cham- pion boxing title in 1908. Johnson held on to the title until 1915.

Shirley Chisholm was the first black woman to be elected to the House of Represen- tatives in 1968. Chisholm represented the state of New York and made a huge come- back four years later when she became the first major party Afri- can American candi- date and the first fe- male candidate for the presidency of the United States of America.

Black History Month is and always has been a very im- portant and vital time for the United States. The celebration is one that is felt both nation- ally and worldwide as many organizations, cities, states, and coun- tries host events that both educate people and magnify the rich culture and the count- less memorable figures of African American History. The month is especially important in today’s time as people of color are associated with wild and misleading stereotypes instead of the leaders and posi- tive revolutions that were presented in the past. Happy Black History Month!
Ishani On Ice

By: Mannat Khattak; Writer

Ice-skating is a very intense sport that involves the skaters to complete a series of patterns or choreographed dance moves on the ice. One type of ice-skating is figure skating, whether it is single, pair, ice dancing, or synchronized skating. Single skating is the most popular and involves the skaters completing jumps, spins, and complicated footwork to music. Double skating is the most thrilling type of figure skating and has a man and woman complete movements together side by side. Ice dancing is skating waltzes, tangos, and other ballroom dances on the ice with or without a partner. Lastly, synchronized skating is a team of twelve to twenty skaters that perform in unison and complete the same patterns to music.

In Maryland there are several synchronized skating teams such as Chesapeake Synchronized Skating and DC Edge. Student Ishani Shah of Franklin High School has been skating since she was in first grade. Shah was shown an ad for skating lessons and she decided to try it out. Since then she has joined Chesapeake Synchronized Skating and is a member of the Chesapeake Sailors. Since Shah has been skating for a long time, she has been able to compete in many events with her team. She hopes to pass her USFS tests (U.S. Figure Skating tests) so that she can advance to the next level, she also hopes to make the senior synchronized skating team and hopefully get synchronized skating into the Olympics.

For the USFS test there are eight levels for the types of skating. One type is moves in the field, which requires a skater to complete a series of patterns for each level in front of a panel of three judges. Another type is freestyle, which requires a skater to create a program perform it in front of a panel of judges. Lastly, for ice dancing there are seven levels along with international levels and skaters must perform a dance pattern with a partner in front of judges.

Ice skating is a difficult sport and requires hours of practice and determination. It may become hard at times but for devoted people such as Shah and her teammates, it is worth the effort. They worked hard to be where they are now and have refused to give up.

Special Olympics Creates Athletes

By: Savannah Bowen Special

Special Olympics is the world’s largest sports organization for children and adults with developmental disabilities and has been around for almost fifty years. It was founded in 1968 by Eunice Kennedy Shriver, who is the mother to Anthony Shriver, the creator of Best Buddies.

Special Olympics provides year-round training and competitions to over five million athletes all around the world. According to the official website “Special Olympics is a global movement of people creating a new world of inclusion and community, where every single person is accepted and welcomed, regardless of ability or disability”. This organization makes it possible for intellectually disabled people to fulfill their full athletic ability and compete against their fellow Olympians. Special Olympics offers over thirty Olympic-style individual and team sports that provide meaningful training and competition opportunities for persons with intellectual disabilities. Those sports include basketball, cycling, football, gymnastics, and even powerlifting, which is lifting heavy weights and trying to hold more than the competitor. Events are held constantly and all over the world, adding up to more than one hundred and eight thousand events every year. Some of the most popular events are the Special Olympics World Games. These games are not held in the same year as the Olympic Games, but cover the same events. The Special Olympics World Games alternate between summer and winter and are held every two years. The last World Summer Games were held two years ago from July 25th, 2015 to August 2nd, 2015 in Los Angeles, California. The World Winter Games were last held in South Korea from January 29th to February 5th, 2013. The next World Winter Games will be occurring in two months in Austria from March 14th to March 17th.

There is also a way to participate in Special Olympics without having a mental disability. The organization has a feature program called Unified Sports. Unified Sports brings people with and without mental disabilities together to create the ultimate team. The team practices and plays together, creating friendship and understanding between the members. Even celebrities support and participate in the organization! Joe Haden, Corner Back for the Cleveland Browns supports Special Olympics. His brother Jacob is a competitor, competing in bocce ball and in the one hundred meter race. In 2013, Joe was recognized as a Special Olympics Global Ambassador at the NFL Super Bowl XLIX media day in Phoenix, Arizona. Joe has attended many Special Olympics Maryland events over the years. Joe attended his first USA Games in 2014 in Princeton, New Jersey where he witness many athletes from North America participate in basketball and flag football. Joe says he will focus on increasing the number of athletes that participate in flag football, promote healthy athletes, and continue to recruit and encourage the public to join the Special Olympics Unified movement. The final way to become involved is just to simply support Special Olympics and its athletes. Whether it be helping out at events, joining a Unified Sports team, or cheering on the athletes, it isn’t hard to make a small difference in the life of someone else.
Franklin Boys Lacrosse Plays to Win the State

By: Andrew Gersh; Writer

Last season the boy’s lacrosse teams at Franklin High School were successful. The varsity team made it to the state semi-finals but lost to Bel Air. This was very disappointing to the team because they had gotten into a rhythm for the season. They went 5-7 in the regular season but started winning towards the playoffs. They had a few big wins when they beat Towson. They lost 12-1 to Hereford but started winning over the last 7 games. They had a few good wins and only lost to other big teams. Over-all the season was a success and they look to do better this year. The entire coaching staff returns for this season in hopes of winning states. Head coach Joe Madigan is going into the season with hopes of having the younger kids improve and turn into great players for the future.

Scott Lauder- man is the JV coach for the first time and he is looking to come back and lead his team to the county championship. According to Lauderman he enjoyed his time greatly last year and appreciates this opportunity to coach again. He is the former Field Hockey coach and varsity lacrosse coach for Franklin but he hadn’t coached in over 10 years prior to last season.

The team started having workouts the week after winter break and they have been a success. Coach Madigan talked to the Duke Lacrosse head coach, John Danowski about the way to make the most of weekly workouts. Madigan created a workout routine based off of Danowski’s suggestions. The players said it’s definitely harder than last season but it will better prepare them for games ahead. The players are working out Wednesdays and Fridays.

In addition to having workouts, the players are having captain’s practices so that they can get a stick in their hand to prepare for tryouts. These practices are typically run by Phillip Malone and Brody Unkart. They consist of scrimmaging and little practice drills. These take place before workouts on Wednesday and on Thursdays.

Franklin Girls’ Lacrosse Team Begins Conditioning

By: Danielle Stein; Writer

Beginning on January 18, 2017, the Franklin High School Girls’ Lacrosse Team began their training for the 2017 Spring Season. Workouts are continuing to be held for two hours every Monday, Wednesday, and Friday evenings from 6:30pm to 8:30pm until tryouts begin on March 1st, 2017.

The first training session on Wednesday, January 18 consisted of a warm-up, running, jump-roping, and weight training. The warm-ups were series of stretches because it was important to warm up the muscles for the following run. The coach of the Junior Varsity and Varsity teams wants the team to run and work out in a sweatshirt and sweatpants to keep the muscles warm and work the heart more with cardio.

The team then ran down to the track at the stadium and ran for twenty minutes in the dark with no stadium lights on. They had to run with 75% effort to pace themselves, but still work hard. After was a water break and then jump-roping conditioning. The team had to do it for three minutes straight with different jumps and speeds. For example, only on one foot.

After, the team went to the bench press and got into groups of three. They participated in a pyramid work out to do 8 reps of the lightest, then 6 reps with a heavier weight, and so on until it gets to 2 reps.

The next Friday, the team worked on polymeric and jumping along with more jump rope and workouts with the weighted medicine ball.

The point of these training sessions is to get the team in shape so they are ready to work on their lacrosse skills by the time the regular season rolls around. The team is not allowed to practice skills with their sticks officially until tryouts begin because it puts the other teams in the league at a disadvantage. Last year Franklin was in the 2A Division with schools like Patapsco, Sparrows Point, Her-eford, Century, Catonsville, Loch Raven, Perry Hall, Towson, Dulaney, and Owings Mills. The schedule will be much more challenging, so the training three times a week is extremely necessary to play a good game against teams at the higher level.

The goal is to make a name for Franklin High School Girls’ Lacrosse in the Division, Baltimore County Public Schools (BCPS), and the state of Maryland by winning as many games as possible.

The preseason style training will continue during the regular season for lacrosse and the work-outs done there will carry through. The Coach of the team said that the twenty minute run will be a daily warm-up for the team for the remainder of the season.

Franklin Boys' Lacrosse Plays to Win the State

By: Andrew Gersh; Writer

Last season the boy’s lacrosse teams at Franklin High School were successful. The varsity team made it to the state semi-finals but lost to Bel Air. This was very disappointing to the team because they had gotten into a rhythm for the season. They went 5-7 in the regular season but started winning towards the playoffs. They had a few big wins when they beat Towson. They lost 12-1 to Hereford but started winning over the last 7 games. They had a few good wins and only lost to other big teams. Over-all the season was a success and they look to do better this year. The entire coaching staff returns for this season in hopes of winning states. Head coach Joe Madigan is going into the season with hopes of having the younger kids improve and turn into great players for the future.

Scott Lauder- man is the JV coach for the first time and he is looking to come back and lead his team to the county championship. According to Lauderman he enjoyed his time greatly last year and appreciates this opportunity to coach again. He is the former Field Hockey coach and varsity lacrosse coach for Franklin but he hadn’t coached in over 10 years prior to last season.

The team started having workouts the week after winter break and they have been a success. Coach Madigan talked to the Duke Lacrosse head coach, John Danowski about the way to make the most of weekly workouts. Madigan created a workout routine based off of Danowski’s suggestions. The players said it’s definitely harder than last season but it will better prepare them for games ahead. The players are working out Wednesdays and Fridays.

In addition to having workouts, the players are having captain’s practices so that they can get a stick in their hand to prepare for tryouts. These practices are typically run by Phillip Malone and Brody Unkart. They consist of scrimmaging and little practice drills. These take place before workouts on Wednesday and on Thursdays.

Franklin Girls’ Lacrosse Teams Begins Conditioning

By: Danielle Stein; Writer

Beginning on January 18, 2017, the Franklin High School Girls’ Lacrosse Team began their training for the 2017 Spring Season. Workouts are continuing to be held for two hours every Monday, Wednesday, and Friday evenings from 6:30pm to 8:30pm until tryouts begin on March 1st, 2017.

The first training session on Wednesday, January 18 consisted of a warm-up, running, jump-roping, and weight training. The warm-ups were series of stretches because it was important to warm up the muscles for the following run. The coach of the Junior Varsity and Varsity teams wants the team to run and work out in a sweatshirt and sweatpants to keep the muscles warm and work the heart more with cardio.

The team then ran down to the track at the stadium and ran for twenty minutes in the dark with no stadium lights on. They had to run with 75% effort to pace themselves, but still work hard. After was a water break and then jump-roping conditioning. The team had to do it for three minutes straight with different jumps and speeds. For example, only on one foot.

After, the team went to the bench press and got into groups of three. They participated in a pyramid work out to do 8 reps of the lightest, then 6 reps with a heavier weight, and so on until it gets to 2 reps.

The next Friday, the team worked on polymeric and jumping along with more jump rope and workouts with the weighted medicine ball.

The point of these training sessions is to get the team in shape so they are ready to work on their lacrosse skills by the time the regular season rolls around. The team is not allowed to practice skills with their sticks officially until tryouts begin because it puts the other teams in the league at a disadvantage. Last year Franklin was in the 2A Division with schools like Patapsco, Sparrows Point, Her-eford, Century, Catonsville, Loch Raven, Perry Hall, Towson, Dulaney, and Owings Mills. The schedule will be much more challenging, so the training three times a week is extremely necessary to play a good game against teams at the higher level.

The goal is to make a name for Franklin High School Girls’ Lacrosse in the Division, Baltimore County Public Schools (BCPS), and the state of Maryland by winning as many games as possible.

The preseason style training will continue during the regular season for lacrosse and the work-outs done there will carry through. The Coach of the team said that the twenty minute run will be a daily warm-up for the team for the remainder of the season.