

Tunstall triumphs in taekwondo



Junior Anthony Tunstall gets in stance (Photo provided by Anthony Tunstall).

Second-degree black belt wins 1st, 2nd in state, ranks at nationals

By Alisa Raufeisan

Junior **Anthony Tunstall**, a second degree black belt, has been in taekwondo since he was in fifth grade and shows no signs of slowing down anytime soon.

Although Tunstall's elementary classmates were the ones to spark his interest for taekwondo, he has taken his own initiative and persevered to a national level.

"I realized this is what I wanted to do for the rest of my life about four months into my career," Tunstall said.

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The 17-year-old's goals to succeed in the sport required him to start practicing 2-3 hours everyday, and at home.

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placed first at state in 2015 and second in state in 2017. Both of these titles secured him a spot at nationals.

Aside from competitions, he has also done live demonstrations at the Greenwood Park Mall and at festivals in downtown Indianapolis.

The hard work hasn't been an easy road for Tunstall.

He explained how tiring and exhausting training can be, especially when all students have to run and practice kicking for extended amounts of time.

He said the environment with his masters and other students, and his opportunities to teach others and compete makes everything more than worth it.

Tunstall went to the USA Taekwondo National Championships in Detroit for the first time last summer with hopes of placing in the top three.

The Early College student walked away as a nationally ranked Taekwondo and says the experience is one he wouldn't trade for the world.

Underclassmen help create first club lacrosse team

By Payton Romans

When five friends had the desire to turn their hobby of playing lacrosse into a school club sport, the number soon skyrocketed to 30 after the callout Blu63 class.

"We originally thought that we might have about 10 kids or so who would be willing to play, so to have the number of students interested that we're getting is a real shock," said Brian June, president of the Parentboard.

Sophomores **Noah June, Evan Ferguson, Tanner Boston, Alex Laine** and **Chance Arboneaux** played together for two seasons and want to localize their sport ever since they started.

For June and Ferguson, the real enjoyment comes from the team aspect of the sport.

"Lacrosse is a sport where one good player can't make the entire team. You all have to work together to play well," said Noah June.

The friends spent their two seasons together at Roncalli High School and Scecina High School because the closest team was more than an hour away. When the patience of lugging the bundle of lacrosse sticks, helmets and gloves back and forth ran out, they went to June's dad for help.

June has been watching his son play lacrosse for four seasons now, and

has been the face of the up and coming team since its first Blu63 call out meeting where around 30 people came.

The meeting, described by June, was a way to see how many people would be interested in trying out this new opportunity and telling students what it was all about.

June hopes to start the co-ed team off to a promising start with the help of the U.S. Lacrosse First Stick grant, which provides 20 sets of equipment and one set of goalie equipment to help aid the new sport.

Students wanting to join the team will be expected to pay a \$150 fee, which will continue to help the club begin its first season.

"We're just another opportunity. The neat thing is we're opening up an opportunity for another athletic endeavor for people who don't have something to do," said June.

The game of lacrosse is one that covers a plethora of different skills, and is influenced by a variety of sport as well. The objective is for a player to get the ball into the goal, and is reached by a series of plays and positionings with the 18-20 players on the team by passing and catching the ball in the stick.

"It's a little bit of everything. It has positions like soccer, plays like basketball, uses hand eye coordination like

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hockey, and is physical like football," says June.

With the level of physical exertion involved in the sport, Parentboard President June assures that there are no more injuries than in football, especially with the full body padding that is a part of the uniform.

Including the padding, the typical equipment used in lacrosse are the stick, gloves and helmet, as well as a mouth piece and protective cup.

PM lacrosse starts conditioning in March and starts playing games in April after spring break, running through May. The excitement is starting to show.

"I'm beyond happy finally having a team here at PMHS. I think it's a real honor playing such an awesome sport for such a great school," said Laine.



Sophomore Evan Ferguson (far left in red) and Chance Arboneaux (center) run for the goal, competing against Evansville Castle at Karst Farm Park in Bloomington IN. (Photo provided by Brian June).

