



Junior Kyra Skeens begins her dry land workout with members of the boys swim team, while the rest of the girls team finish water workouts. (Photo by Ari Houston).

## Swim teams in for a 'Treat'

### Third swim coach for graduating seniors

By Ari Houston

The girls and boys swim team had a rough start to the season because its former coach, Chris Etherington took a job in Kokomo, leaving the team without a leader when school first began.

Physical education teacher **Judi Treat** stepped into his shoes before fall break commenced, coaching both the girls and boys swim teams.

The assistant coach from last year, Emily Metheny, helped run practices while the team was looking for a replacement coach but then she too resigned from her position and Treat officially took over during fall break.

Senior **Molly Brodzeller**, who has swum for Perry the last four years, has seen her fair share of coaches. As a freshman, Brodzeller and other seniors, like **Natalie Monroe**, **Sarah Jones** and **Taylor Jarboe** swam under psychology and government teacher **Julie Carey**, who had coaching methods similar to Treat.

Still, Brodzeller said that the continuous coach changes are "annoying

and overwhelming" because of constantly changing methods and styles.

Next came Etherington whose methods differed from Carey's. He focused more on pool training rather than dry land training. Now the team is changing their practice methods again.

Treat plans to be "more hands on" this season. "I'm not going to stand and watch," she said. She wants to work with the swimmers, not against them. She wants to imbue the motto "Swim with a purpose" into her swimmers.

She plans to focus a lot on dry lands and pool work, as well. Besides that, she wants to teach the swimmers how to take care of themselves, different "life skills," and how to apply swimming skills, like time management, to help them later in life.

Assistant Athletic Director **Emily Steinmetz** said that it is extremely hard to hire coaches because of the lack of applicants.

"Coaching at the high school level is becoming time consuming," Steinmetz said. Parents, administrators or

other people in the community working outside of the school have a harder time coaching high school teams because "we get out at 1:50... and if you work a nine to five job then its very hard to get into coaching," said Steinmetz.

That's why a majority of coaches tend to be high school teachers because they are already there.



## Armstrong shoots for success

By Payton Romans

Entering high school, junior **Molly Armstrong** didn't go through the typical crisis of searching for her crowd. She had no time to wander around club to club to find her niche. She knew her calling was shooting hoops and dribbling down courts since she was a second grader; or as she said, before she was even born.

"You know how pregnant women will use headphones so the baby can hear music from the womb?" Armstrong asked. "Well, I'm pretty sure that my mom used basketball plays."

Starting this season, the 17-year-old will have been playing basketball for ten years. And every experience has been positive, she said. Besides the school team, Armstrong is on a traveling team that competes in the spring and summer.

"Basketball has always been my thing. While other people read and write to express themselves, I've always had basketball."

Basketball has always had high family values in the Armstrong family, starting with Molly's dad, Mike Armstrong, Perry's head girls coach.

The Armstrong family's love for the

game goes back years.

Older sister Megan graduated from Perry and played on the team all four years. She is now a basketball coach at Triton Central Middle School.

Armstrong can be found running cross country and track, as well as participating in the Student Advisory Committee, a group of students that meets with the principal every quarter to consider ways to improve the school.

Although unsure of which college, Armstrong is certain that she wants to play past high school, something her sister Megan Armstrong, alumna of 2011, did not.

Coach **Mike Armstrong** has been coaching at PM for 32 years, watching his kids grow on the court. His oldest daughter Megan, he says, was much like Molly, and worked her way through the program. The two sisters both played on the freshman team, the reserve team as sophomores, and then the varsity team as a junior or senior.

Molly said knowing her dad's coaching style helps her on the court, and she appreciates him pushing her harder because he knows her so well and doesn't want anyone to even imagine he's playing favorites.

"Sometimes it feels like I'm known as the coach's daughter and that I'm only on the team because of my dad being in charge," said Molly. "But, at the end of the day I know I'm working even harder to prove them wrong."

Coach Armstrong pointed out that he's not the coach because his daughters have been on the team.

"I was coaching girls basketball at Perry Meridian before I ever had children. They just happened to come along as I have coached the team."

Still, he said he's enjoyed sharing his love of basketball with his wife and kids. Everyone has memories of being together at basketball games and especially cheering for Dad's team.

"It is a special time that we can spend together at practice, a game, or just one-on-one in a gym, said Coach Armstrong.

A favorite basketball memory is even associated with Molly's birth. Her family calls her the "Center Grove Victory Baby."

Nine months after a big Falcon win at the buzzer against Center Grove in February 1999, Molly was born.



Junior Molly Armstrong sets up to take a shot during their afterschool practice. Armstrong has been on the basketball team since freshman year. (Photo by Payton Romans.)