

INTO OVERTIME

like Latona Photograph by Staff Photographer **S. John Wilkin**



school, work, sports, and a job during her weekly schedule.

make sufficient time for sports. Sarah, 16, had considered going out for the track team this spring at Our Lady of Mercy High School, where she's a sophomore. However, she had to pass on track because of her time obligations as an Irish dance performer.

"Doing those things and schoolwork, it would be a pretty rough schedule," said Sarah, a parishioner in Rochester's Roman Catholic Community of the 19th Ward.

Sarah added that she does hope to eventually enjoy the thrill of high-school athletic competition.

"I really would like to try it sometime before I graduate," she said. "It's a feeling of accomplishment, to say you and a whole team got to where you did. You feel really proud of yourself."

Kristyn Zamirara is another athlete who enjoys track but is not competing this spring. In her case, another sport has caused time conflicts: She trains year-round as a swimmer.

"I considered running (track), but realized I had to do swimming and lifting weights and all that good stuff," remarked Kristyn, 16. She's a sophomore at Spencerport High School and a parishioner at St. John the Evangelist Church in Spencerport.

While Lisa plays softball to be with her friends, Kristyn views swimming as a potential vehicle for a college athletic scholarship.

Other benefits, John and Mike Logan point out, are the solid work ethics they've gained through their dedication to sports.

"I set a goal (in a sport) and I strive to achieve it. And that helps me in school," said John, 16, a sophomore at Hornell High School.

"You know you can do well, but it doesn't just happen," added Mike, 18, a senior. "I'm doing well in school, and I've learned that from working in sports."

John finds it frustrating that some of his peers don't recognize the value of athletic competition, or the work involved.

"A lot of people think track is running around in circles and it comes real easy. I'd like to see them come out and try it," he commented. "People shouldn't

put something down until they've tried it."

The Logan brothers, parishioners at St. Ann's Church, are three-sport athletes at Hornell High and currently compete on the track team. They also find the time to work weekends in the restaurant at Hornell Country Club.

With so much time and toil required, athletics can also interfere with a high-school Catholic's church activities. For instance, Kristyn still gets to Mass regularly on Sundays — but she also admits to missing out on some youth-group functions.

"It's really hard for me to say, but sometimes I fall behind with church," Kristyn said.

Her solution? Combine your faith with your athletics.

"I offer what I do in practice, and in my meets, to God," Kristyn stated. "If I have to do a 6,000-yard practice in two hours, I say, 'God, I'm giving this to you — so please give something to me like a little extra strength.'"

John Logan also makes a strong link between athletics and faith.

"God gave me the gift of running, so I'm using it," he stated.

His brother agrees that their abilities are God-given.

"We both know we're good at it," Mike stated. "We can't put it aside and let it rot without putting it to use."

Mike said he focuses on Christ's sufferings to lift him through the pain and exhaustion of running.

"What did Jesus have to put up with for his crucifixion? Then I'll think that what I'm going through (in terms of suffering) is nothing compared to that, so I can put up with it," Mike said.

"It's a feeling of accomplishment, to say you and a whole team got to where you did. You feel really proud of yourself."
 —Sarah Echter, on the value of athletics

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