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TWO DIFFERENT PERSPECTIVES, ONE NEW CLASS

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For some, a new class and department means stepping into unfamiliar territory. For Ms. D'Antonio and Eva, weights class has brought a new experience from two very different perspectives. Ms. D'Antonio switched from being an English teacher to the PE department. This year is Ms. D'Antonio's first year teaching weights. Ms. D'Antonio says "It's chaotic but good! And It feels good to be back!" Ms. D'Antonio says that she is loving it. She has been weight lifting for seven years, and it's something that she is incredibly passionate about. She is so glad that she gets to do the things she enjoys at work. She gets to show her students everything that she knows and lets them teach her a few things as well through their conversations and experiences. Ms. D'Antonio says that her students have been really great. She just wants her students to leave her class feeling more knowledgeable about weights. She also wants them to leave with better form, a larger inventory of exercises, and maybe a little bit more strength too.

Eva Jaimes went from taking her regular classes to trying something new by joining weights class. This is Eva's first year participating in weight lifting. Eva says that one thing she wants to carry with her throughout the school year and in weights class is, "No matter where you are or where you go, keep God in your heart and make him the center of your life." Eva Jaimes says that Ms. D'Antonio is a nice teacher and is helping her become stronger. She says that weights is good and it is fun. One thing Eva says has been the hardest is making sure she has good form. Eva wants to become a stronger athlete, learn more about how to take care of her muscles, and get a good grade in the class. Some facts about Eva Jaimes is that she plays volleyball and basketball. Eva also participates in the school musical. Some background information about Eva Jaimes is that she went to St. Mary's before coming to her current school.

Some facts about Ms. D'Antonio are that she grew up in Huntley, IL, since she was four years old. She graduated from Huntley High School and then Illinois State University. She has been working for Marian since graduating from ISU in 2022. She also fell in love with strength training in 2020 during COVID-19. Ms. D'Antonio has been consistently weight lifting and trying other athletic disciplines since then. Some background information about Ms. D'Antonio is that she grew up believing that everyone should love their neighbors. She believes that other people are too quick to tell you that something is hard. Every time she has "gone against the grain" and tried something challenging, regardless of what others have thought, she has discovered the most confidence within herself. Ms. D'Antonio has learned that bringing people together is something she is really passionate about. Some specific athletic disciplines Ms. D'Antonio has dabbled in include: Hot yoga, Pilates, running, CrossFit, Jiu jitsu, boxing, and other athletic disciplines. Ms. D'Antonio says that you can learn a lot from a single person. Lastly, she tries to lead with kindness and treat everyone like a friend.



Ms. D'Antonio is helping Eva Jaimes do the Split-Stance 1-arm landmine exercise.

Eva moved to Mexico when she was younger and later moved back. When she first moved, she didn't know much English but gradually learned it. She was also nervous about making friends when she started school. Some specific examples about Eva Jaimes are that she participates in volleyball and basketball, which connects to her goal of becoming a stronger athlete through weights. One observation about Eva is that she is working hard to improve her form and become a stronger athlete.