

WOD event

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This is the third year Highland Rim Crossfit has participated in the Active Heroes WOD, growing from 25 people and \$250 two years ago to nearly 100 people and \$3,500 this year.

“We had a member in the National Guard who heard about it in 2016,” said Upchurch. “We had only been open a few months, so we did it with a little prep time. Now we have multiple sponsors, lots of participants, got the ROTC involved and worked with service clubs.

“It turned into a much larger deal than I origi-

nally thought it could. People in our community love our vets, so they are happy to support the cause.”

Representatives from the VFW, American Legion and Veteran’s Affairs were all on hand Saturday, helping support the event. Participants partnered up to complete 22 reps of each exercise, with the crossfit workouts incorporating weight lifting, calisthenics and conditioning.

Donations are still being accepted and T-shirts (\$15) for the event are still available.

To support the cause, contact Upchurch at 615-719-1151.



Jeffery Simmons photos  
**Angelica Terrazas works with a kettlebell during Saturday's WOD event.**



**Tonya Copley shows off her strength during Saturday's veteran suicide awareness lift at WCHS.**

CTC champs



Photo provided  
**Lauren Slatton led the WCMS girls golf team to a CTC championship Monday. Warren County won the event by two strokes, with Slatton shooting 41 and teammates Allyson Blalock and Ella McCoy firing 63s. Slatton was also the top individual performer.**

SPORTS BRIEFS

**WARREN COUNTY VOLLEYBALL**

The Lady Pioneer volleyball camp will be held May 14-17 at Charlie Dalton Gym from 3:30-5 p.m. each day. The camp is for girls currently in grades 5-11. The cost is \$30, which includes a camp T-shirt.

Tryouts for the WCMS volleyball team will be held Friday, May 18 from 3:30-4:30 p.m. at WCMS gym. Tryouts for the WCHS volleyball team will be held Friday, May 25 from 1-2:30 p.m. at WCHS gym. For more information, contact WCMS coach Kelly Clayborne at claybornek@warrenschool.com or WCHS coach Katie Rogers at katie.rogers@warrenschoools.com.

**WCMS CHEER TRYOUTS**

Any upcoming seventh- or eighth-grader attending WCMS next school year who would like to be part of the cheer team needs to contact Randi Fuston for a tryout packet. All paperwork should be completed and turned in at school no later than Thursday, May 10. No late forms will be accepted. Tryouts for sixth-grade cheer will be held in August after the start of school.

Coach Fuston can be contacted by email at fustonr@warrenschoools.com or by phone at 473-6557 ext. 312.

**WCMS SOFTBALL TRYOUTS**

Tryouts will be held for the WCMS softball team May 21-22 from 5-8 p.m. Tryouts will take place on the WCHS softball field.

**WCMS BASEBALL TRYOUTS**

The Warren County Middle School baseball team will hold tryouts Saturday, May 26. The tryout is open to players who will be in 7-8 grade next year. Registration will begin at 9 a.m. and will be followed by a parent and player meeting at 9:30 a.m. The tryout will be in two sessions, 10 a.m. to noon and 2-4 p.m. All players will participate in both sessions.

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EVENT

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When:

Saturday, May 19th

Hours:

9AM-4PM

Where:

Tennessee Valley Tractor & Equipment

Event Location:

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McMinnville, TN 37110

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