

THE BEST OF BOTH WORLDS

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Putting time and effort into physically draining activities can have a toll on one's body. Working out constantly and getting ready for multiple sports can start to be tiring and stressful, but this is just a day in the life of a multi-sport athlete.

Overcoming the daily body aches and minor injuries, multi-sport athletes continue to perform because of their passion for the game.

The Patriot sports teams have many athletes who contribute to more than one sports program. For example, defensive back in football and defenseman in lacrosse, junior Connor Maron has been playing sports at Heritage since his eighth grade year.

Maron attributes his commitment solely to his love for sports. "It is really fun [to be in season year round]. I honestly don't know what I would do if I didn't have a sport to play after school every day," Maron said. "I've played multiple sports my whole life so I've never really

thought about playing just one sport." A majority of Maron's year is spent playing sports. He starts off the year in January entering the varsity lacrosse season as one of the team's captains.

The season ends between the middle of April and the middle of May, and, after just a short break, he gets right back at it and plays lacrosse with his travel team.

Throughout the summer he plays travel lacrosse and starts conditioning with the varsity football team for the upcoming season.

When school starts, he begins football and remains in season till the middle of December. After a short break, the cycle restarts as he enters back into lacrosse season.



STEP IN: Junior defenseman Connor Maron drop steps to get in position to stop his opponent from going to the goal. "One thing in specific is I try and bring out my physicality from the football field to the lacrosse field," Maron said. (Photo/Submitted by Connor Maron)

SUPER BOWL 2020: IMPACTING EVERYONE

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More than 300 minority businesses in South Florida worked with the Miami Super Bowl Host Committee to ensure the first Super Bowl of the decade went smoothly. In May 2016, the NFL announced Miami as the host of Super Bowl LIV and in November 2018, businesses started taking steps toward preparing the Super Bowl.

However, the influx of business and culture in South Florida does more than just get fans hyped. "Whenever the Super Bowl comes to town, local businesses always need to know how

they can get involved, and how it benefits the community," Rodney Barreto, chair of the Miami Super Bowl Host Committee, said to NFL's Live It Miami.

The Miami Herald predicts the Superbowl is worth approximately \$500 million and can save small businesses in South Florida from chain takeovers. The Super Bowl's outreach program specifically targeted minority businesses for this boost. Considering 14% of businesses in South Florida are black-owned in comparison to the national 9%, the Super bowl may help save our business diversity statistics.

This also helped boost our economy through the tourism industry. In 2012, visitors in Indianapolis Super Bowl spent

more than \$295.2 million. With hot tourism spots such as Disney and Universal, tourists may decide to stay and spend longer, aiding our businesses.

Beyond impacting business and tourism, Superbowl LIV is creating a new chapter in history books with coaches and wins. Katie Sowers, offensive assistant coach of the San Francisco 49ers, made history as the first woman and first openly lesbian woman to coach during the Super Bowl.

After a star-studded half-time show with Jennifer Lopez, J. Balvin, Shakira and Bad Bunny, the Kansas City Chiefs won their first superbowl in 50 years 31-20.