

# Four-Year P.E. Veterans: A High School Career of Fitness, Friendship, & Fun

BY BECKET BELLER

Physical education, more commonly referred to as P.E., is a fun, engaging subject in school that focuses on the students’ physical skill and overall health and wellness. Despite being so fun, many students skimp out from taking it all four years. This is mainly due to the fact that they are only required to take it during their freshmen year, and there are other classes available.

However, some tenacious students stick with it and persist all four years of their high school career. These students are referred to as P.E. Veterans. These P.E. Veterans are extremely rare to come by as only 3 are currently enrolled: Jak Kosierowski ’25, John Farrell ’25, and Alex Poole ’25.

P.E. provides the student with many advantages, and after taking it for four years straight the P.E. Veterans have discovered these advantages and reaped the benefits from almost all of them.

One large advantage is a break from school. Kosierowski said, “It’s a nice break in the school day where I can take a pause from all the academic work.” P.E. can be a breather from the hard brain strain that school bestows, and it allows students to change from scratchy khakis and an uncomfortable tie to sweatpants and a sweatshirt.

As previously mentioned, P.E. focuses on promoting a healthy lifestyle and the student’s physical wellness. Not only can it enhance the student’s fit-

ness, but it also improves mental health and encourages a habit of regular fitness. Farrell agrees, saying, “P.E. definitely helped my mental health over that last 4 years in many different ways.”

This physical wellness also helped contribute to Poole enrolling in it for four years. “I like how it keeps me active through the school day,” Poole said.

Farrell has also discovered another benefit of P.E.: the development of teamwork and social skills. He said, “P.E. helped me connect with upperclassmen and other students that I wouldn’t have otherwise connected with.” Farrell finds P.E. to be a way to connect closer with his classmates and socialize over similar interests. He said his most memorable experience was “talking to Coach Sullivan about Notre Dame Football.”

While P.E. can provide a break from school, promote a healthy lifestyle, and develop teamwork, the main reason the P.E. Veterans have stuck through thick and thin is for the fun.

Farrell said, “P.E. is a great time to take a break from work and have a great deal of fun.” Kosierowski too thoroughly enjoys the fun P.E. provides, saying, “The main benefit is the break in the middle of the day with no distractions or devices, to just have fun.” Furthermore, Kosierowski said his favorite experience is “definitely playing elimination in the wrestling room.” He likes how, “there is always something happening.”

P.E. also exposes the students to a variety of sports to see what they find the most fun. P.E. teacher Mr. Bob Sullivan said they play “at least 12” sports each year. Some of the P.E. Veterans’ favorite sports include cricket, volleyball, pickleball, and nitro ball.

The students aren’t the only ones having fun in class. Sullivan enjoys watching the students grow throughout the school year. “Seeing the development from the start of a unit to the end of a unit is probably my favorite experience of P.E.,” Sullivan said. “They added to the class by leading others. They know how it runs and follow the expectations. It’s been a joy to have them all four years.”



**Second Period Set** 4-year PE veteran John Farrell ’25 participates in an intense volleyball match. Farrel teamed up with Leo Dustin ’25 and Thomas Moseman ’26 to play against Barrett Sykora ’25 and Wesley Cobb ’25.

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**- John Farrell '25**

## Architecture Students Give Back to Greater Community

BY EASTON CROUSE



**A Good Cause for Paws** The benches of senior architecture students Connor Smith (yellow), Quinn Wamsley (blue), Jak Kosierowski (green), and Blase Bosilevac (pink) are loaded into a truck and set up at the Humane Society. The four worked in and out of class to design and build their benches.

Mount Michael’s architecture program, taught by Mrs. Shanna Sedlacek, continues to set itself apart as one of the school’s most unique electives. Offering students an introduction to the architecture and engineering worlds, the program gives its students hands-on experience in design and construction, which are skills rarely taught in high school.

This year, seniors in the fourth year of the program took on a special project. They spent the first semester designing, building, and finishing their own unique benches, which were then donated to the Nebraska Humane Society. These benches will be used in outdoor spaces where visitors interact with dogs up for adoption, providing a lasting impact for the shelter.

“I feel that building the benches was a great way to learn basic wood-working while making an impact on the community,” senior Connor Smith said. This sentiment highlights the project, which combines learning new skills with service, a Benedictine value.

The assignment was not limited to only construction. Students were

also required to document their work by creating step-by-step instruction manuals for their designs. These manuals included a list of the materials and resources used to construct the benches. The goal was to ensure the project used the students' problem-solving skills while teaching the importance of a thought-out design.

Seniors Quinn Wamsley, Jak Kosierowski, Connor Smith, and Blase Bosilevac each constructed their own unique benches. The semester tested their attention to detail while giving back to the community in a meaningful way. “The hardest part was figuring out all the angles on the side parts of my bench,” Wamsley said.

Through projects like these, Mount Michael’s architecture program not only introduces technical skills but also instills a sense of community. By combining education with real-world applications, students leave the program better prepared for their futures and more aware of the positive impact they can make.

## More Than a Game: Punishments Take Fantasy Football to the Next Level

BY GARRET FOGLE

Fantasy Football punishments are a creative way to keep everyone in the league engaged even if they are not in the top rankings. These punishments are mainly for the person who finishes last after the season. Popular punishments range from funny to downright humiliating. For example, a ridiculous school outfit, or creating silly music videos or dances on a social media page are common punishments. The idea behind these punishments is mainly about keeping accountability and participation during the season. These punishments bring the group closer together by creating funny moments that will be remembered for decades. As long as everyone agrees on the rules beforehand, Fantasy Football punishments turn a hard loss into a hilarious story.

Jack Stanek '25 recently took defeat in his Fantasy Football tournament and had to wear outfits selected by league members due to the loss. Stanek had on old Adidas shoes, extremely tight ocean blue pants, a flower suit jacket, and a pink tie that says, “I suck at fantasy.”

This outfit fits Mount Micheals dress code of having a button-down shirt, tie, and dress pants. Therefore, Stanek had to wear this and other ridiculous outfits for a full 7 days. “I think it is actually very fashionable.” Jack Stanek said with a grin, owning the look with a



**Losing With Grace** A young Cole Rogge's '26 (left) picture is set as the profile image on his HammertimeCrogs TikTok account. Jack Stanek '25 (right) sports one of the seven school outfits chosen by the winners of his Fantasy Football league. Both lost in their leagues and had to perform punishments selected by their peers.

surprising confidence.

By the time Cole Rogge ’26 saw his Fantasy team, he knew he was doomed. This is when he took his TikTok career to the next level. “HammertimeCrogs” was the loser of the 2026 class Fantasy Football playoffs which lead him to having to create TikToks.

However, instead of accepting defeat, Rogge decided to make the most of his situation and shoot for the stars. He turned his punishment into a spark that led to viral content. Rogge's fanbase has turned into none other than “HammerNation.” HammerNation celebrated Rogge's ability to turn defeat into daily dopamine entertainment, securing his spot in top media stars at The Mount.