

Thursday, Oct. 11, 2012

Making the Fieldhouse a Home



Shane Privett works out at the Fieldhouse. As a student, he can utilize the equipment and space for free with his student ID card. (Samantha Behl photo from the Utah Statesman Online)

The Student Life section of *Utah State Today* highlights work written by the talented student journalists at Utah State University. Each week, the editor selects a story that has been published in *The Utah Statesman* or the *Hard News Café* or both for inclusion in *Utah State Today*.

Making the Fieldhouse a Home

By [Carli Sorenson](#), staff writer, *The Utah Statesman*, Thursday, October 4, 2012

Nearly 700 people work out at the Nelson Fieldhouse every day, doing anything from playing a game of pick up basketball to lifting weights. Individuals are in and out of the Fieldhouse all day, but there is a group of people who have earned the title of a Fieldhouse regular. These students are in the Fieldhouse at least five times a week, and sometimes are found working out more than once a day.

The regulars, like William Fulton, a junior majoring in the conservation and preservation of wildlife, like to work out at the Fieldhouse for many different reasons.

“It’s cheap, it’s close by, and overall it’s a good atmosphere,” Fulton said. “There is not a lot of creepy people, there is a decent amount of equipment if you go at the right time of day.”

Bridger Freeman, a freshman majoring in aerospace engineering, said he likes to go to the Fieldhouse because it gives him the chance to stay in shape. Freeman is in the Air Force ROTC and said he does a lot of physical training in the morning. He is in the Fieldhouse every Monday, Wednesday

and Friday with the ROTC. He likes to lift weights and play basketball on top of working out with the ROTC.

Fulton likes the accessibility of the Fieldhouse.

“I can text my friends saying something like ‘Hey you guys, want to play some basketball?’ And ten minutes they are all there,” he said.

This offers a great route for students who want to work out.

“The only other option of students really is to go the Sports Academy,” Fulton said.

Jason Gudmundson, a sophomore majoring in political science, said he likes to work out at the Fieldhouse because it’s free and it’s close to where he lives. Gudmundson said he goes to the Fieldhouse to lift weights, usually by himself, but he does like to go with his roommates or friends if they want to go.

Bailey Winter and Lauren Booth, both freshman majoring in elementary education, said they also like how close the Fieldhouse is and how there is no cost to get in. Booth said her favorite thing was to go run on the track.

“I just like to run, so I like the track,” she said.

Winter said she likes to do cardio as well, but she likes how the Fieldhouse offers other options for cardio.

“One of my favorite things about it is you can check like basketballs and soccer balls, so you can get a cardio workout without actually thinking it’s a workout,” Winter said. “You can grab a basketball and go shoot hoops and run around the track and just be crazy for a little bit.”

Winter said she also likes to lift weights and use the yoga mats available.

“I like to do a warm up thing around the track, do the ellipticals, and then mostly do weights,” she said. “I like to use the yoga mats as well.”

Connor Tabvrski, a sophomore majoring in veterinary science, said he likes to go work out with his friends. He said they set goals to go the gym five times a week. This gives them a little more motivation to go work out, he said.

“Whenever someone doesn’t want to go, the others motivate them,” Tabvrski said. “We motivate each other by throwing insults at each other, calling each other lazy, or telling each other how good you’ll feel after you get done working out.”

The Fieldhouse has many options for students who want to work out. Fulton said he likes to lift weights in the morning and play basketball at night. He said playing basketball is his favorite thing to do.

“You can goof around and be yourself,” he said. “I’ll play with a sweater on and headphones in and no one is going to judge me.”

Freeman said he likes to play basketball and said it is his favorite thing to do, but for him playing basketball is “pretty close to lifting” as far as favorites go. Freeman said the Fieldhouse is a nice resource to have, but said the weight room gets a little crowded.

“It’s nice to have a place to come play basketball and a place to come work out,” he said.

Tabvrski said he goes to the Fieldhouse to use the weight room. He said he doesn’t run around the track or use any of the other facilities.

“I like working out,” Tabvrski said. “I love staying in shape. I love gaining strength and muscles. It’s been something I’ve been working towards for a while now, and utilizing the Fieldhouse is definitely a step in the right direction.”

Chris Dixon, a junior majoring in political science, said he also likes to go to the Fieldhouse to bench press and use the free weights.

“It makes me feel good for the rest of the day,” he said. “It gets my testosterone going.”

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