Dodgeball helps stress

Playground game allows students to break free from University anxiety

BY HANNAH DOUGLAS

for the Index

Coaching the final lines of the Forsyth small gymnasium, stand- ing students lined on the small stage is a host of these and pro- fessors, one... "dodgeball"

"It's not just making sure that people are healthy, but making sure that people are happy, and that's something that we're able to do through dodgeball," said Senior Emma Thomas.

"It's a really good form of exercise, and it's really easy for people to pick up," said Senior Diana Cruz.

The sport has been around for decades, not only because of the stress reliever it provides, but because of the camaraderie it provides.

"It's a really good way to bond with people, and it's just a lot of fun," said Senior Alex Sanchez.

The sport has been growing in popularity recently, and there are now more than 30 dodgeball teams on campus across four different organizations.

"There are a lot of benefits to playing dodgeball, especially for people who are looking for a stress reliever," said Senior Mckenna Johnson.

"It's a good way to get out and have fun with friends," said Senior John Smith.

The sport is not only popular among students, but it also has a strong following among alumni.

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