

SAW PRESENTS:
"YOU ARE A
PROFESSIONAL
ATHLETE"

FREE VIRTUAL COMICS
WORKSHOP!!

FRIDAY, AUGUST 7TH
7 PM
EST
4 PM PST

WITH
HEATHER
LOASE



Thanks for coming to a SAW FNC Workshop!

“YOU ARE A
PROFESSIONAL ATHLETE”

This workshop was led by
HEATHER LOASE

[https://www.instagram.com/
heatheroflove/](https://www.instagram.com/heatheroflove/)
<https://linktr.ee/heatheroflove>

On August 7, 2026

Next workshop → [https://
sequentialartistsworkshop.org/freefnc](https://sequentialartistsworkshop.org/freefnc)

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... [https://members.sawcomics.org/share/
F6BBQeyGUGE0g-Qk?utm_source=manual](https://members.sawcomics.org/share/F6BBQeyGUGE0g-Qk?utm_source=manual)

We hope you'll share your work on social media
with the hashtag #fridaynightcomics . Please tag us
@comicsworkshop

Thanks so much for being here!

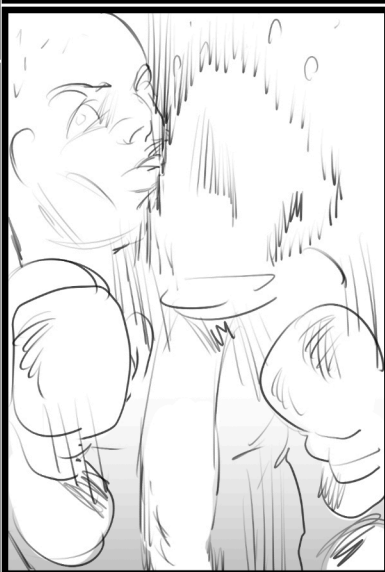
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I DIDN'T THINK I
DESERVED THAT
LIFETIME ACHIEVEMENT
AWARD AT FIRST...



THERE WERE MY CONSTANT
ARGUMENTS WITH THE
EQUIPMENT...



AND THE TRAGEDY
OF WHEN I FELL ON
THE PINS AND THEY
WENT THROUGH
MY TORSO



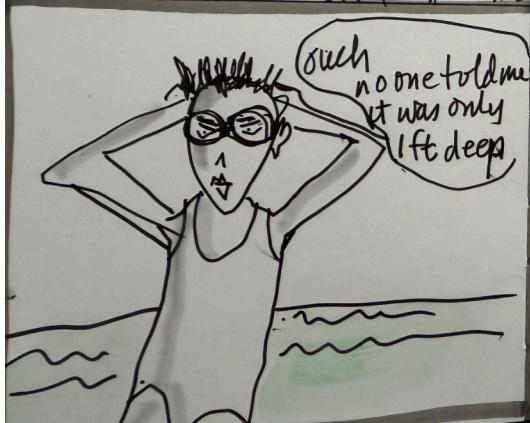
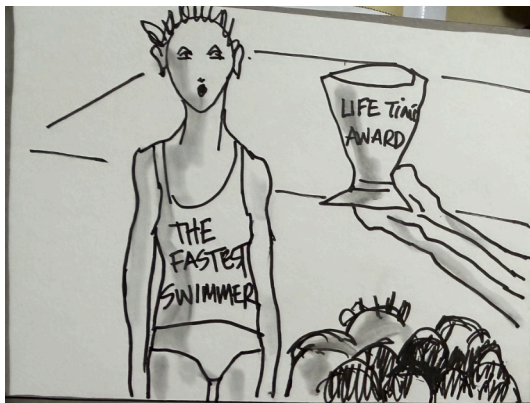
BUT THERE WAS THAT
AMAZING CATCH IN
RIGHT
FIELD...



DAMN IT YES! I
ACHIEVED I WILL
TAKE THE GOBLET!
AND ANYTHING
ELSE YOU GOT!!



THANK YOU
FANS!!



SWIMMING CAME EASY FOR ME.
I ALWAYS PLACED IN RACES. I WAS
THE G.O.A.T.



THIS HAPPENED



BUT THEN



hil 8/20

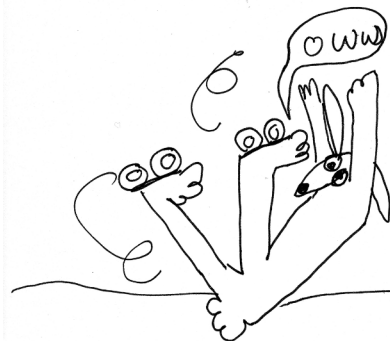
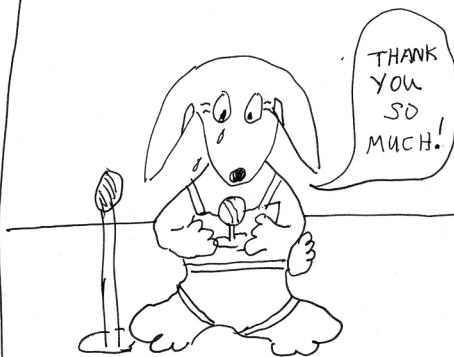


FNC 8-7-26

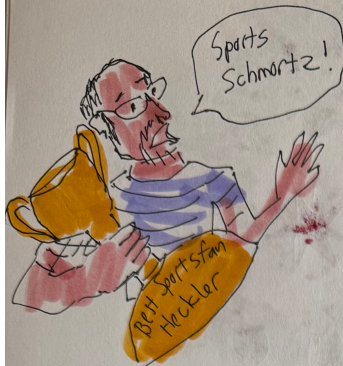


SUZIE Q

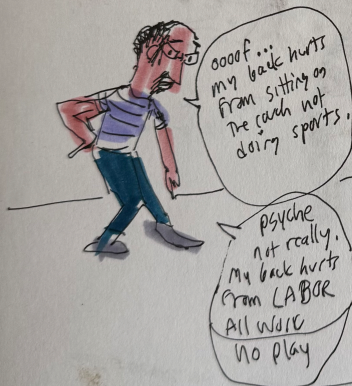








Injury while sprartzing

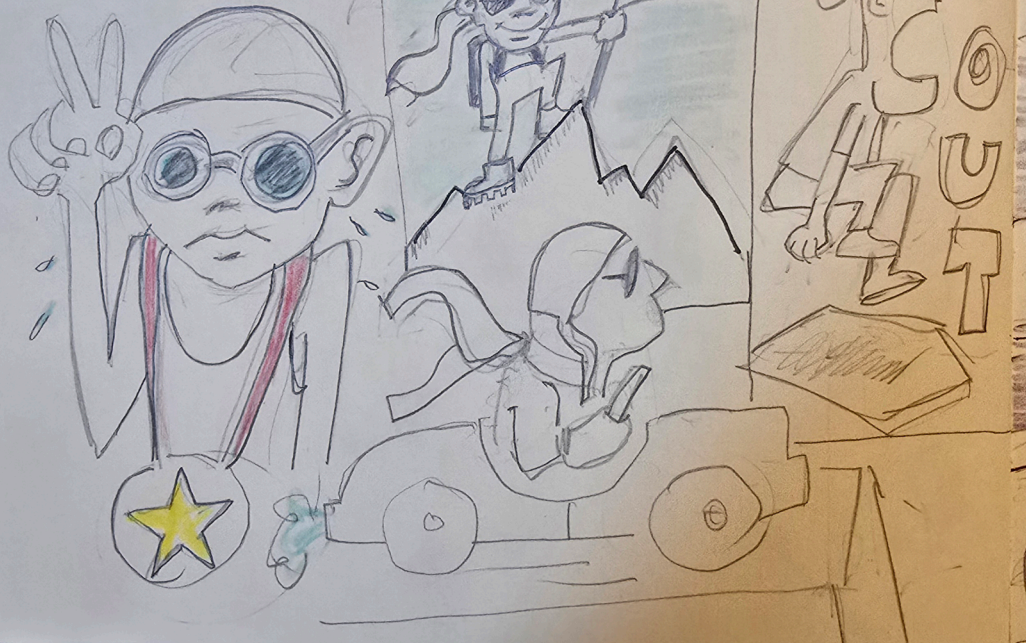


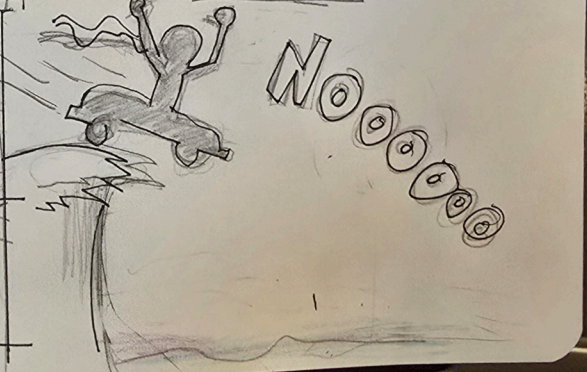
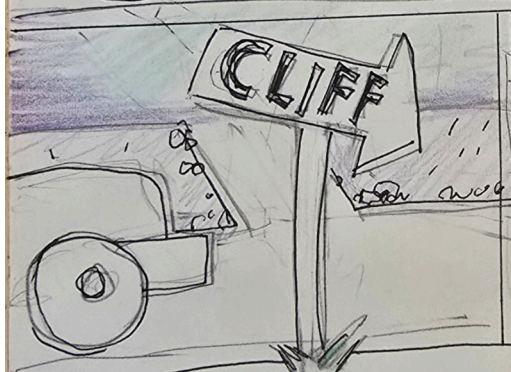
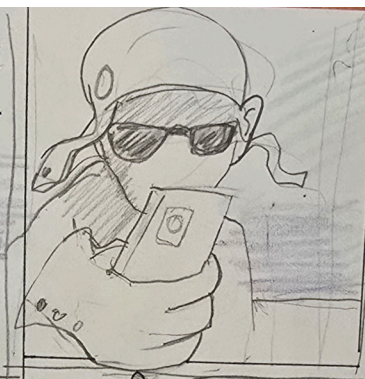
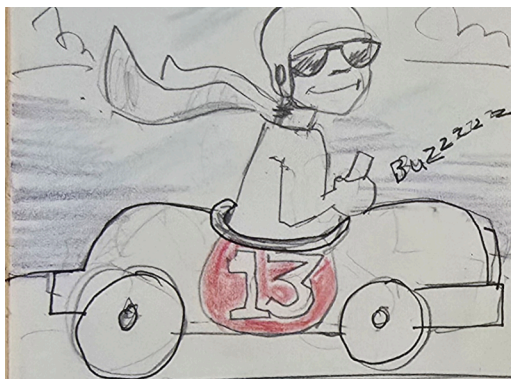
Eric Wadley 2024

Greatest Moments



7 AUG 26





The Grand Surfer of All Time

1. Here's the world famous surfer coming into shore
 2. But wait! She's got a critic in her wake!
 3. The critic threatens to destroy her career!
 4. But she turns the tables on him and takes the Grand Prize of All Surf Time
- (NOTE: This is not me. I have never surfed in my life.)



METAPHOR





Crowned a Champion!

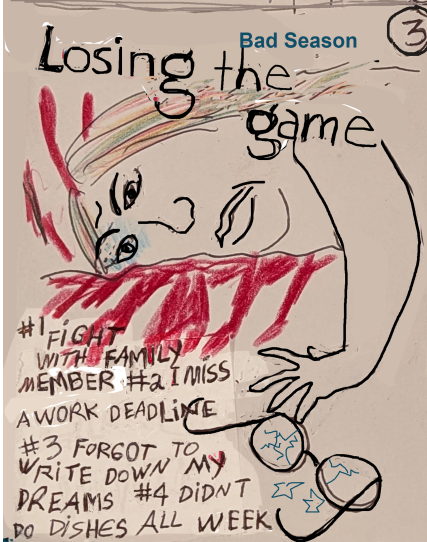
Judith Margolis

↑
EMOTIONAL
MUSCLES



Olympic Medal

ME
Holding
everyone
up!



Bad Season

Losing the game

#1 FIGHT WITH FAMILY MEMBER
#2 I MISS A WORK DEADLINE
#3 FORGOT TO WRITE DOWN MY DREAMS
#4 DIDNT DO DISHES ALL WEEK



3
FUCK
YOU

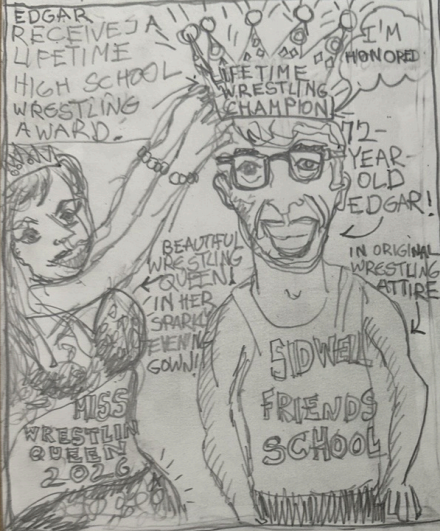
You're
too old
to
compete!

Arguing with the Referee

"THE CULMINATION OF MY WRESTLING CAREER"

WRITTEN, DRAWN, AND © 2026 BY EDGAR FARR RUSSELL III & SAW FRIDAY NIGHT COMICS
"YOU ARE AN ATHLETE!" AUGUST 7, 2026 WITH GUEST ARTIST, HEATHER LOASE; HOST, TOM HART.

IN MY MIND IS THE FOLLOWING!



IN MY JUNIOR YEAR, I PERFORM A GRANBY ROLL TO ESCAPE FROM ST. ALBANS SCHOOL CHAMPION WRESTLER. ALTHOUGH I LOST ON POINTS, THE ST. ALBANS COACH RELAYED A MESSAGE FROM THE BOY THAT I WAS "THE TOUGHEST OPPONENT HE HAD EVER FACED!"

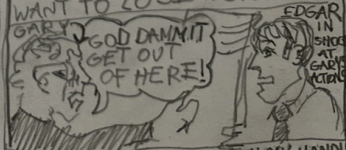


MY LOWEST POINT IN MY FRESHMAN YEAR--GETTING PINNED BY MY ST. ALBANS SCHOOL 98 LB CLASS OPPONENT IN 47 SECONDS.



I UNDERSTAND THAT LATER HE BECAME AN OLYMPIC CHAMPION.

IN SENIOR YEAR, OUR NEW HIGH SCHOOL WRESTLING COACH DEMANDED I LOSE WEIGHT TO COMPETE IN A LIGHTER CLASS! AS I WAS GOING IN FOR A NAVAL ACADEMY PHYSICAL TO APPLY, I DIDN'T WANT TO LOSE WEIGHT---



HE SLAMMED THE DOOR ON MY HAND! HE DIDN'T COME BACK NEXT YEAR.

IN THE ARENA



MICHAEL WOOD 9 AUGUST 2026



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