## CIRCLE

SPRINT. "Running gives sense of stress relief. You always have to be the best to run because running is a choi e that you have to make to cho between being below, above a werage," said Jamin Ma at (11).

When working as a team, people can get more accomplished and have a more successful year.

TOGETHER

When starting any sports season, the participants have no idea what the season has in store for the team. Sometimes the season can be tough, but other times the team can have an extremely successful year. The girls' track team worked hard all season long to be the best they can be and ended up losing only three meets, in all of which they got runner up.

"The season has went very well. We won all but three meets. We are not only winning meets, but we are winning by huge margins. Seeing the girls improve each week was the best part of this season," said Emily Loy (12).

The girls' track team pushed themselves throughout the season to beat their personal records. Although track

is usually known for being an individual sport, most girls believe they couldn't do it without the support of their teammates, who always push them.

"We work together as a team to win. We push ourselves everyday to be great. If we continue to have the determination we will continue to be successful," said Kelli Matias (9).

Also, many girls believe that practice helps the team a lot. Without practice, they would not be in shape and their form would not be as strong in the events that they participate in.

"Repetition and practice is the key. If you don't practice you won't get better. Going back to fundamentals also helps a lot with performance as well," said Makencie Peters (II). The season ended as well as it began. The girls' track team won Districts and had six girls qualify for State. At State, two of the six girls medaled. Joselyn Rauers (10) placed 6th in the 200m dash, and Emily Loy (12) placed 7th in the 100m hurdles.

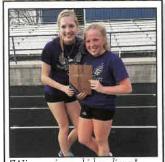
With a successful season for the girls' track team behind them, many track members are wondering if the girls will continue to be successful despite losing valuable seniors.

"I think that we have a good group of young athletes that can keep the tradition going with hard work. We will lose a solid group of seniors though, and we will have to see who is going to step up and fill in for the leadership role," said Elle Luehr (11).





## STACRAM



Winner winner chicken dinner" **Kiley Codner (11)** 



ALWAYS SUPPORTIVE. While watching dolumn Willaughby (9) run the mile, Coach Heather Ludwig (P) cheevs her on. This was her third time running the mile. Willaughby also participated in the triple in me.

the triple jump.
STICK THE LANDING. At the
Conference track meet, Manley
Packer (9) lands into the sandpit
after triple jumping. The
Conference track meet was hosted
by Centura, and the girls track
team placed 2nd overall.
CET LOOSE Loosening up before
their upcoming event, Kalli Matius
(9), Abyara Newell (9), and Ashbey
Packer (9) stretch. "I think warm
ups help because if you don't
stretch good, you feel very tight
and pull a muscle," said Mation
RAISE THE BAR. Swiftly making
it over the bar, Samantha Luche
(12) clears her opening height of
four and a half feet her first try,
Lucher personal record is four feet
and ten inches. She is the only girl
high jumper.









OVER THE TOP. While running the 300m huxdles at the Conference track meet in Centura, Emily Loy (12) leaps over the obstacle Loy got first and ended up going to State. She placed 7th in the 100m huxdles. BUNDLE UP. During the freezing track meet hosted by Grand Island. Central Catholic, Etc. Lucin (11)

Central Catholic, Elle Luche (11)
throws the shot put Luche has
been throwing the shot put since
she started her track career in the
7th gade.

7th grade.

DONT BREAK THE POLE. At
the Ravenna invite, Lity
Watterson it. (11) practices
without the bar up. Weitaszeweit
has been pole saulting since her
Freshmen year and has placed at

Spread Design By Abby Parlin & Rachel Cooper

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