

CHASING the finish line TOGETHER

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



SPRINT. Running gives me a sense of stress relief. You don't always have to be the best to run because running is a choice that you have to make to choose between being below, above or just average," said Jammin' Nicks (11).

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 McKensie Peters (11).

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. Jocelyn Rauert (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).



ALWAYS SUPPORTIVE. While watching Johanna Willoughby (9) run the mile, Coach Heather Ludwig (F) cheers her on. This was her third time running the mile. Willoughby also participated in the triple jump.

INSTAGRAM



"Winner winner chicken dinner"
Kiley Codner (11)



STICK THE LANDING. At the Conference track meet, Ashley Puckee (9) lands into the sandpit after triple jumping. The Conference track meet was hosted by Centura, and the girls' track team placed 2nd overall.

GET LOOSE. Loosening up before their upcoming event, Kelli Matias (9), Alyssa Newell (9), and Ashley Puckee (9) stretch. "I think warm ups help because if you don't stretch good, you feel very tight and pull a muscle," said Matias.



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OVER THE TOP. While running the 300m hurdles 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 hurdles.

BUNDLE UP. During the freezing track meet hosted by Grand Island Central Catholic, Elle Luehr (11) throws the shot put. Luehr has been throwing the shot put since she started her track career in the 7th grade.

DON'T BREAK THE POLE. At the Ravenna invite, Lily Weitaszewski (11) practices without the bar up. Weitaszewski has been pole vaulting since her Freshmen year and has placed at all meets.



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