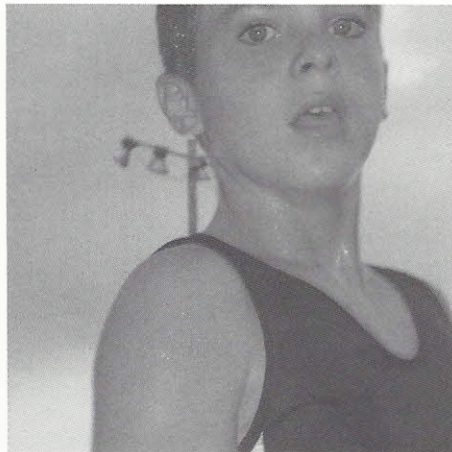


# Cross-country

Second year cross-country coach John Heflin is pleased with the progress of his team: "We had a lot of firsts this year. We won a lot of meets for the first time and did not shy away from any of the top schools." The Spartans ended their season at a White Knoll meet as the only non-AAAA team in the event. They finished fourth. Coach Heflin praised the leadership of seniors Rico Stewart, Jake Winger, Zack Butler, and Andy Skach. "Both Winger and Butler could compete in college," he said. The coach is excited about next year's team and is looking forward to the return of juniors John Briody, Jonathan Garrett, and Brian Czech. He also expects great efforts from Blake Lambert, Kyle Markey, Craig Phillips, Cameron Caudle, Michael Wooditch, Garrett Uler, and Jesus Trevino. Team members have really worked hard, not only on the cross-country course, but in school as well.



A future ad for Nike: "Just did it!"



**Spartans:** Coach Heflin, Craig Phillips, Jake Winger, John Briody, Blake Lambert, Cameron Caudle, Jesus Trevino, Coach Jones  
**Row 2:** Jonathan Garrett, Zack Butler, Rico Stewart, Kyle Markey, Michael Wooditch, Andy Skach, Brian Czech



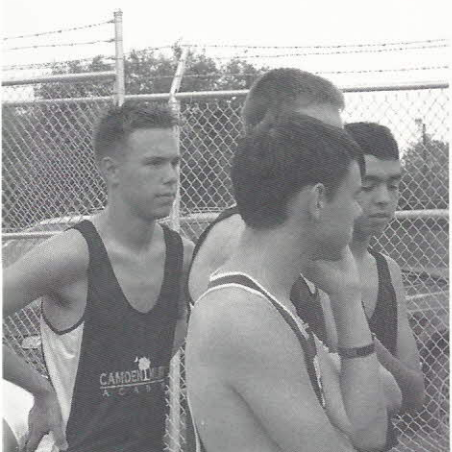
"Coach, wait on me."



"When you finish the run, Zaxbys is that way."



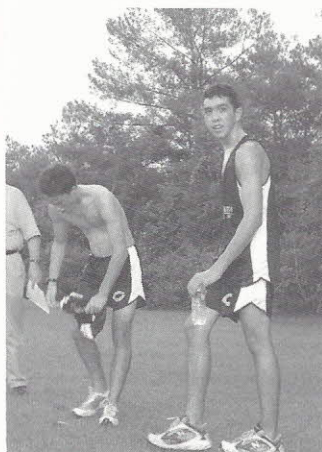
"Hey, this is what we learned at cross-country camp."



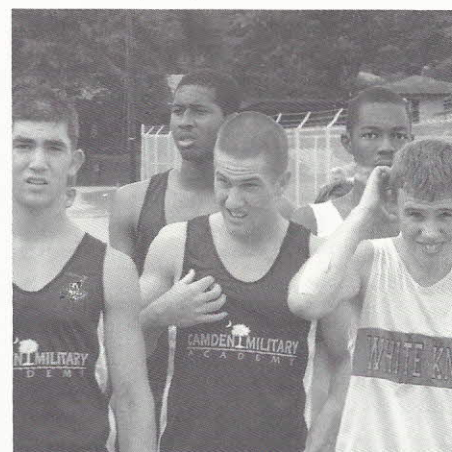
Brian Czech, Kyle Markey, and Craig Phillips wait on the race to start.



Jon Garrett: "Hay, Guys, let's run through the woods."



"John (Briody), stop flexing and look up," says Craig Phillips.



Rico Stewart, Jake Winger, and Zack Butler prepare for the start.



One time at cross-country camp, Kyle ran through the line.



Coach Heflin leads the pre-game talk.



Senior Andy Skach and the crew joke with Blake Lambert before the race.



Michael Wooditch comes through the finish line at AAA White Knoll High School.