

This year's cross-country team had many different goals. Each year, Coach John Heflin ask his team to "raise the bar." This year's team was to fully understand the concept of "one heartbeat." Coach Heflin always wants his team to become like family. Most runners hated to see the season end. "I added a tournament at the end of the year that was not on our schedule. I knew they did not want the season to end. This season triple threats were Nick Pulido, Craig Barker and Drew Wandler. Each of them would come between first and third place. This team always went above and beyond." Craig Barker and Nick Pulido will continue their career next season at The Citadel in Charleston, SC. Winning awards this season were MVPs Drew Wandler, Nick Pulido and Craig Barker. Coaches Award went to Jeffrey "Timmy" Floyd and Michael Merrill. Hustle Award went to Vincent Marchese and Sergey Olson. Most Improved Award went to Jordan Lesko and Joe Hunold. Good Luck for next year.



Joe Hunold leading the team.



The team prays and says "1 heartbeat."



"What are you doing?" - Ried



Team Tri-Captains Craig Barker, Drew Wandler, and Nick Pulido showing their earned hardware from the Wilson All meet.



Spartans: C Swearingen, J Lesko, G Roberts, S Olson, J Hunold, O Rodgers **Row 2:** Coach Heflin, D Wandler, C Barker, J Floyd, R Gerrits, N Pulido **Not Pictured:** V Marchese, E Highsmith, A Rabie



Craig Barker passes Lancaster and Moff-Elgin runners.



Jeffery Floyd runs past a runner.



And They're Off ...



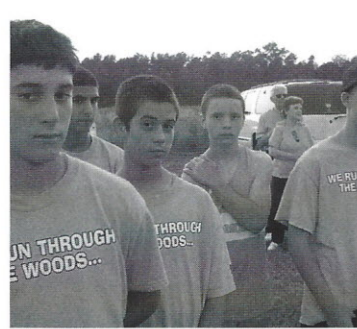
Corey Swearingen brings it home.



O Rodgers finishes strong.



Abdalla Rabie flexes his skills



Hey, Jordan, what are you doing?



Nick Pulido tells the woods gang to get ready.