

# Cross Country

Coach Heflin and his runners took the Cross-Country team to new heights this year. Along with defeating local 3A and 4A rivals, the Cross-Country team continued to set the bar higher and higher as the season progressed. Sticking with the past theme "We Run through the Woods" the Spartans did that and more by placing at least 3rd in almost every match. Coach Heflin continued to influence the team with teamwork and added heart by actually running with the team at practice.



**Above:** Row 1: T. Hindley, S. Olson, L. Brooks, A. Rabie, E. Dippold. Row 2: Coach John Heflin, R. Collins, D. Seay, P. Crawford, M. Rathbun, B. Crews.

**Below:** Sergey Olson passes the competition.



**Below:** The team celebrates a victory after the race.

