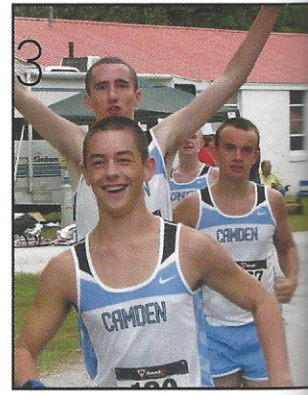


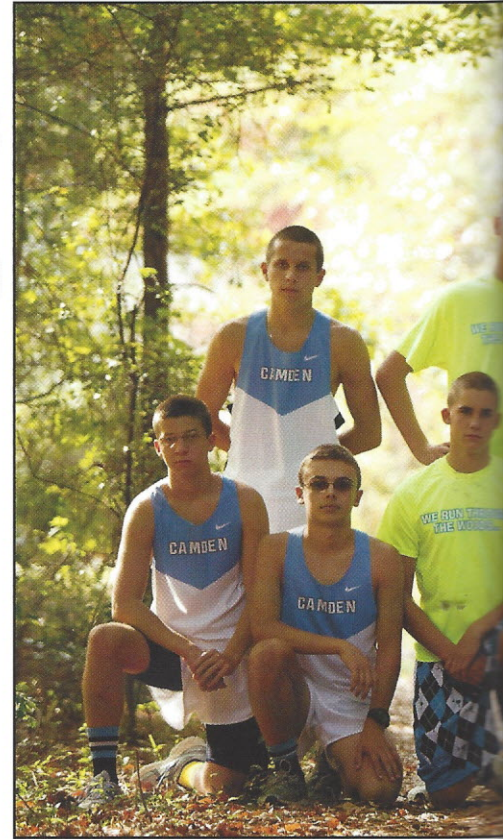
1. **Spartan Pride** Robbie Hart and Kevin Smith showing their athleticism during a meet. 2. **Beast Model** Another New addition to the team, runner Tanner Allison leads the pack. 3. **Pregame** Cross country members Chris Witthar, Kevin Smith, Michael Donovan and Ross Hogan doing their pregame run. 4. **Brother Hood** Kevin Smith, Jamar Arrindell, and Nestor Ruiz clowning around with Tripp Osteen during senior picture day. 5. **Aggressive Running** The hard working runners Tripp Osteen, Simon Falk, Kevin Smith contribute to the team's success at the Camden meet. 6. **One Heart Beat** The harriers preparing for the run. 7. **Focus** Using their concentration and determination, Ross Hogan and Chris Witthar finish the race strong.



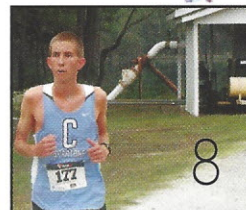
truck it like a **beast**

New acquisitions add to the XC team.

The 2012 cross country team continued the legacy of success the program has consistently maintained. The team's theme each year has been One Heart Beat and One Dream. The constant work of running 3.1 miles for some is not an easy task, but the diligent works of those committed members made it look easy. Along with the tough practices, these young guns pushed through every meet. This year's team awards were as follows: The Most Valuable Player was Tyler VanBuitenen of Wyokoff, New Jersey. The One Heart Beat award recipients were Nestor Ruiz of Aquadilla, Puerto Rico and Tanner Allison of St. Augustine, Florida. This year's Coaches Awards were presented to Chris Witthar of Grovetown, Georgia and Jamar Arrindell of Silverspring, Maryland. This year's Gazelle Award went to Tripp Osteen of Waxhaw, North Carolina. This year's Most Improved went to Simon Falk of Blythewood, South Carolina and Ross Hogan of Savannah, Georgia. This year's Hustle Awards were given to Cody Auburger of Folly Beach, South Carolina, and Kevin Smith of Conyers, Georgia.



For The Record



"Each year I attempt to instill the values and life skills that will help these young men in the everyday battle of life. Cross country is similar to the race in which we run every day. I hope this sport will enable each runner to become successful." -Coach Heflin.

"And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment." Mark 12:30

8. **Bring It On** Runner John Davy showing his skills. About the photo, he said, "I swear I was not posing! I promise!" 9. **Starting Strong!** Jason Guro starting the race off with a strong start. 10. **Fun Times** Runners Trent Martin and Ross Hogan enjoying the surrounding scenery. 11. **Intense Work** Runner Jamar Arrindell ends the North Central meet with a very impressive finish!