4. Coach Greg Simonson and Derriron Giles taking a break during the race.
5. This is our playground.

1. Alex Newton prepares for his relay race.
2. Coach Greg Simonson and Derriron Giles taking a break during the race.
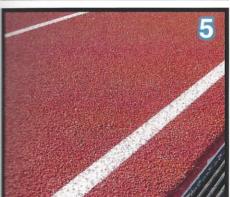3. Alex Newton using all of his concentration as he prepares for his next race.

Track and field at CMA offers you values and opportunity that other sports do not. Since everybody competes in different events, you are given the responsibility to sort of coach yourself in your specific event. So if you really want to do better, you have to push yourself instead of relying on the coach to push you. Since I was the only discus thrower with experience, I had the opportunity to lead and help others improve in discus. But you still learn team values, by encouraging others in their events when at a track meet, and working together for team points.

Jake Ligon of Fredericksburg, Virginia

mark

Spartans race and jump to success.

The primary goal of this year's track and field team was to assist its many new members in finding and developing new athletic skills. This year's team was among the smallest and least experienced in CMA's history. Only two members were veterans of last year's squad.

Some of the youngest and newest members became confident and proficient team members by developing skills and discovering talents that previously were uknown.

Alex Newton participated in the 300m run, and finally learned to establish a winning pace for himself in this very challenging event. Jake Ligon

Awards. MVP: Jake Ligon, Fredericksburg, Virginia. Most Improved: Colby Johnson, Newman, Georgia. Coaches Award: Alex Newton, Decatur, Georgia.

7. Some of the members of the track team watch their teammates.
8. Team Members Alex Newton and Michael Moses provided leadership on this year's team.

6. Track and Field-Row One: Jacobi Velarde, Derriron Giles. Row Two: Coach Doug Marsden, Alexander Newton, Kenny Johnson, Ethan Freeman, Jacob Ligon, Colby Johnson, Coach Greg Simonson.