

Cross Country

ONE TEAM... ONE DREAM... ONE HEARTBEAT...

The 2014 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. "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 The team has never been intimidated by a team from Class A to Class AAAA. This year's Team awards were: Most Valuable Players - Reese Knutson of Birch Run, Michigan. Hustle Awards - Jack Thurman of Houston, Texas. Coaches Award - Kevin Phillips of Mooresville, North Carolina. Gazelle Award - Jacob McGuire of Pineville, North Carolina. One Heartbeat Awards - Tyler England of Lexington, South Carolina. Most Improved Award - Trae Kearney of Mounth Pleasant, S.C.



Jacob McGuire, Bivek Neupane, Nikita Tretyakov, Max Zaslower, Will Wills, Coach Will McCaskill, Shane Weiser, Jack Thurman, Luke Gagliardo, Kevin Phillips, Coach John Heflin, Tyler England, Trace Kearney, Sebastian Lien, Gabe Escude, Zach Hanlon, Miaky Crisan

One Heart Beat...

