



one

# moment

in time

## awards



**Most Valuable Player:**  
Nick Fields  
(Matthews, North Carolina)

**Gazelle Award:**  
Kendal Kreide  
(Pooler, Georgia)

**One Heartbeat Award:**  
Mitchell Wiesmore  
(Duluth, Georgia)

**Hustle Award:**  
Mikael Barker  
(Carlsbad, California)  
Nicolò Pucciarelli  
(Bartlett, Tennessee)

**Coaches Award:**  
Jake Dean  
(Waxhaw, North Carolina)  
Alex Beasley  
(Atlanta, Georgia)  
Sébastien Offredo  
(Westport, Connecticut)

that when  
moment  
The team went  
from Charlotte  
to Orangeburg to  
race against  
other schools

### Coach's Words

"This cross country season was all about family. The season started out with a team of over 25 cadets. The team went through the season with 23 cadets -- the biggest team I've ever had. Practices were always a fun time as the whole team and I ran through the nearby neighborhood next to the campus. Then came the meets. We would always cheer for the girls, who ran before the boys, and then provide them with water at the finish line. Having good sportsmanship was key for the entire season. Then we would stretch and recite the cadet prayer before each run. The cadets having brotherhood in their minds throughout the race always helped them push each other harder and harder. As a team, we did many exciting things together, including going out to eat after every meet. We went to University of South Carolina basketball and football game. We also went to the corn maze, something the team does every year. We went to my old school for the fall festival. The cadets enjoyed this day. I always tell them it is great to give back. The team loved being together and getting to unwind and relax after a school day. The brotherhood this team has had throughout the season was incredible for such a big team. Together, we inspired each other and made each other better runners and better people, as a whole. As we look back, we'll remember that moment when."

#Family #OneHeartbeat #TheBrotherhood  
Coach John Heflin

