



"Success isn't given; it's earned on the track. Start strong and finish stronger." -Senior Kajuan Ferguson

# track and field

For these students, their stories led them to varsity track and field. With seventeen events and many determined trainees, everyone found something they loved to do. Track and field is an addiction. Once you start to conquer and learn to love your event, you will never want to stop preparing yourself for the next meet. "You can't settle for what you did yesterday, always strive to get better" says George Smith, the girls' head coach, and so they shall. With goals of improving their placement in the region, the Cougar track and field team practiced hard and strong, striving for victories that are in reach of their fingertips. With wins one after the other, the boys and girls loved to wear their CCHS Cougar track and field team jerseys, being proud of where they come from.



Senior Leonard Martin keeps his breathing techniques in rhythm. "I like running competitively. I've been doing it for years now, and I hope to continue doing so. This year making it to lower state is my goal, and I won't give up until I get there."

Sophomore Ashlee Henson runs her heart out to the finish line. "I truly love running. Not only does it help me stay physically fit, it also helps keep my grades high. Without good grades, I can't run."

