

cross country



Freshman Micheala Vera stated, "My biggest goal this season was to run a three kilometer in twenty five minutes."



Junior Emily O'Quinn expressed that cross country has given her great leadership skills and has benefited her athletically.

Senior Christian Brasley stated, "Cross Country has impacted my life by making me want to stay fit for the rest of my life."

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This year's cross country team had a phenomenal season with freshman Faith Allen leading the girls with her best time being 20:12.98 during the 5,000 meter run at the Class AAAA Lower State and sophomore Ryan O'quinn leading the boys with his best time being 18:35.68 during the 5,000 meter run at Class AAAA Lower State. Coach Smith stated "This has been the fastest girls team that I've ever coached and the best boys team that I've coached since 2007." Coach Smith also expressed that both teams have greatly improved. Every member of the team worked hard in putting in efforts to make improvements in their times which ultimately made them better as a team. All the teammates can attest to the fact that this year they have all worked harder than ever.



Freshman Faith Allen was the only representative who was sent to All Region and placed seventy ninth out of 200 participants. Faith said "My favorite thing about Cross Country is running and spending time with my team."



Senior Peter Sanders stated, "My favorite thing about Cross Country is running with people instead of running alone because running with people is more fun." He also said that CrossCountry has given him more energy.



Junior Ashlee Henson said, "My goal this year was to beat my personal record of 21.04 but unfortunately I could not due to injuries."



Sophomore Ryan O'Quinn revealed that his mother and his brother influenced him to join cross country. He went on to state "Cross Country has encouraged me to create healthy habits."