

Track & Field

Performing in an event always entails determination and hard work. Both strong will and motivation have brought these students to the sport of Track and Field. Events such as long distance and shot put require different levels of technique. Without a doubt, every event on the track and on the field requires skill and practice. These skills, for example, include how to pace your breaths, how to count your steps, and how to effortlessly jump a hurdle. To achieve a good technique, one must be willing to put in a lot of hard work, which is exactly what members of the track team are willing to do. These athletes strive for nothing less than perfection!



Sophomore Austin Wright, works on his technique. Austin is winding up to throw discus and show his strength is just how far he throws the discus.

Senior Cassidy Stringer gives advice to her team alongside Coach George Smith. "My motivation is my sister; she used to run track," says Cassidy.

Pole Vault Practice



Senior Kaitlyn Ramey explains her track experience, "I joined track to stay in shape and try something new. Track has taught me how to be motivated and focused."

Senior Ethan Smallwood says, "What motivates me is wanting a state championship. The hardest part about pole vaulting is mental; how it messes with your head."



Junior Issac Sauls says, "My goal for pole vaulting, and for life, is to achieve greatness. My greatest weakness is my slowness."

