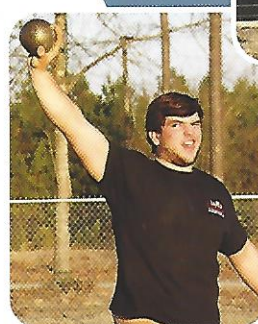
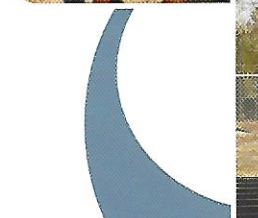




Coach Fred Hamilton talks to his 400 meters runners before they start practicing. Coach Hamilton gives advice about pacing and pushing themselves to the limit.

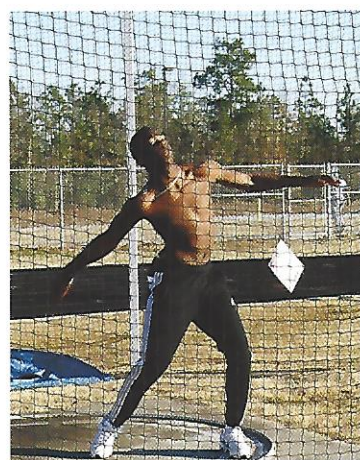
Junior Daja Danels says, "My motivation is to win. The hardest part about my event is getting the technique down. I have learned, through track, how to work as team."



## Balancing the Sport

Sophomore Cameron Holmes stated, "My motivation in life is failing and my love for sports. The hardest part about shot put is keeping my balance."

|| "Track has taught me how hard work really does pay off" -Sophomore George Crosby ||



Senior Kaelin Calloway says, "From track I have learned how to respect the sport and how to manage my time."



Sophomore Aidan Lyons practices controlling his breath as he runs long distance. Aidan also is practicing how to lengthen his stride.