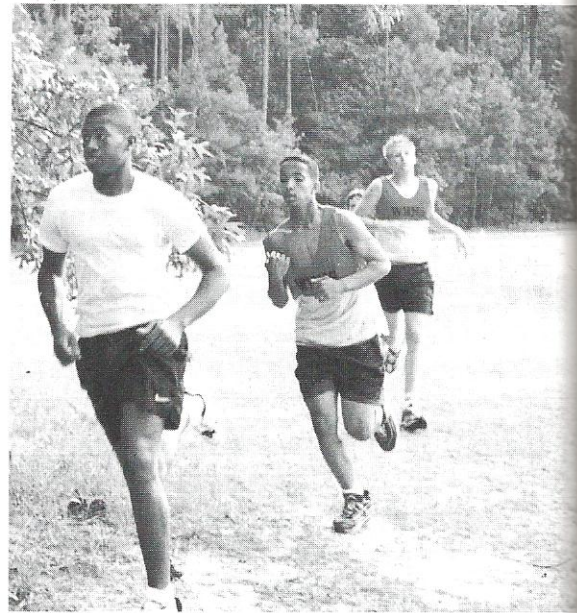
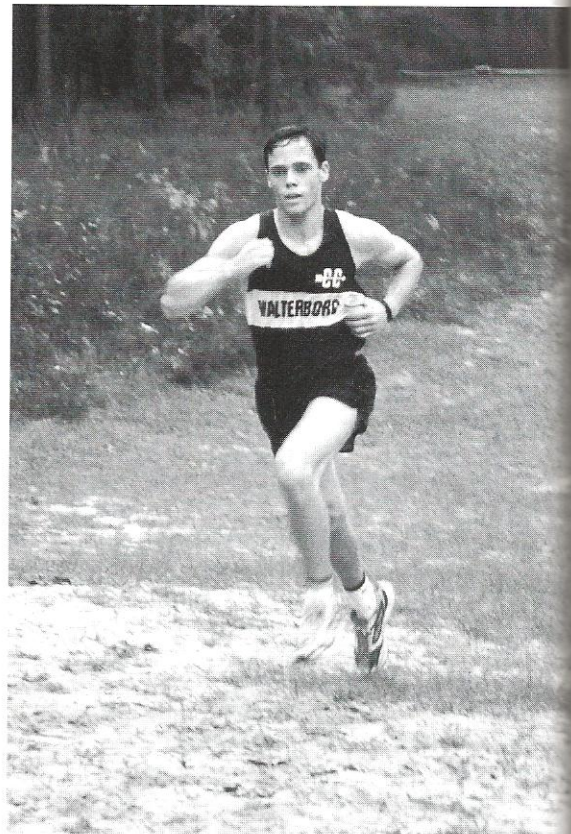
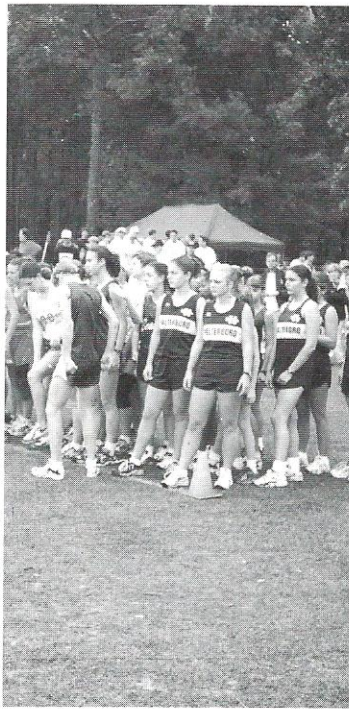


Before & After

Coach Smith made a deal with the boys cross-country runners, that if they went to State he would shave his head!

Bunches of butterfly tummies!
The girls 12 region teams stand on the line for the start of the regional meet. The top 20 qualified for state.



Leader of the Pack! Senior Ahmad Garrett runs his own pace as Wade Hampton High School follows behind him. Ahmad was a rookie, but always gave one-hundred percent at practice and in the meets.

A Motley Crew! Members of the boys and girls team gather together for a group shot after a Stratford meet held at College Park Elementary School. The cross country team was very compatible which made things more enjoyable. Senior Jon Pye said, "I enjoy the camaraderie!"