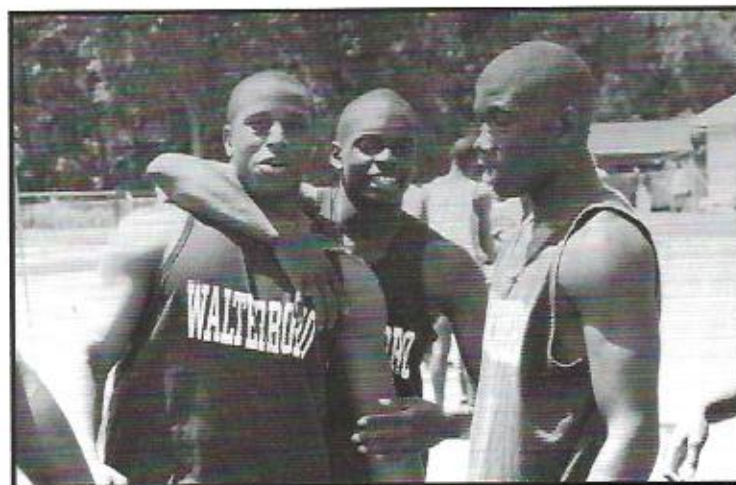
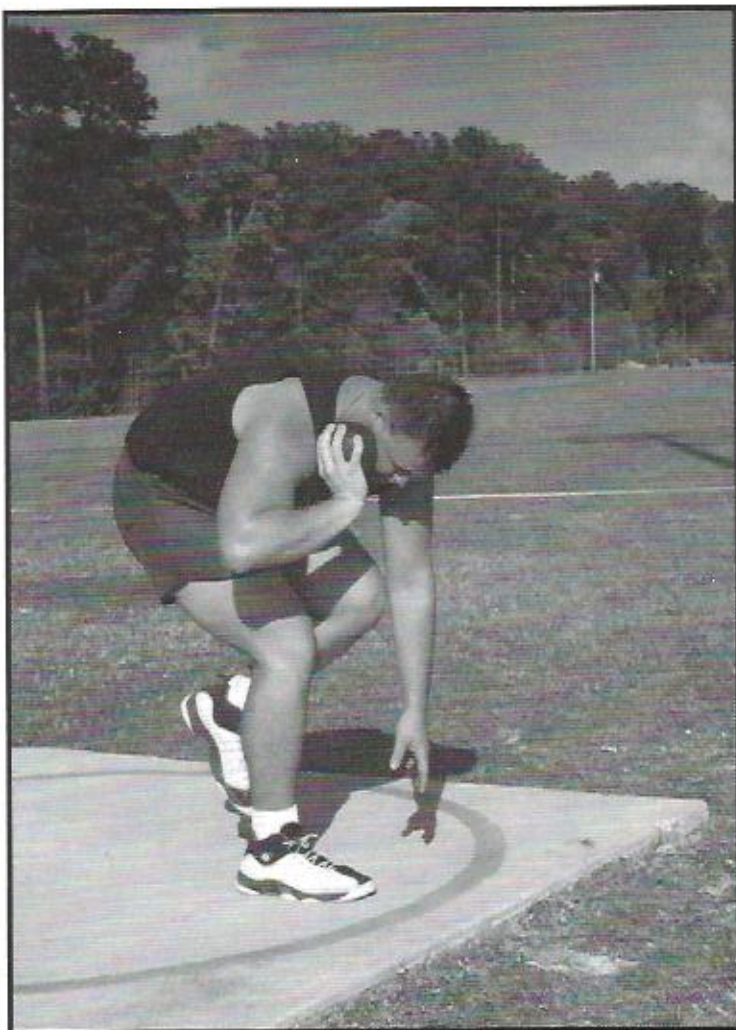


Ball tossing! Sophomore Daniel Peters prepares to throw a shotput as far as he can. Shotputts weigh about 12 lbs. in the boys event and 8 lbs. in the girl event.



Chillin' out... Junior Sedrick Wright, sophomore Nathan Breland, and senior Keith Kelly relax while they wait on their next event.

Over the bar. The high jump was another event at this season's track meets. This took a lot of leg strength and agility.

Back Into Shape

The WHS track team works athletes back into shape through vigorous training and mental preparation.

Everyone has heard the old saying: "Practice makes perfect." Molding the average high school student into a top-rate athletic machine took a lot more than that. It took strenuous training, discipline, and determination.

The metal part of being an athlete pushed one to try harder and to never give up. Watching what one ate, and even doing extra exercise on weekends made a big difference.

The different events on the Walterboro track and field agenda all called for different types of training. Many runners worked on leg strength and endurance while shotput and discus throwers worked on arm strength.

Though some of this year's track team members were less motivated than others, all of them improved throughout the season. The track team put a lot of work into their season, and for a lot of them, the work paid off with members of the team competing for regional and state titles.

-Jacob Murdaugh

