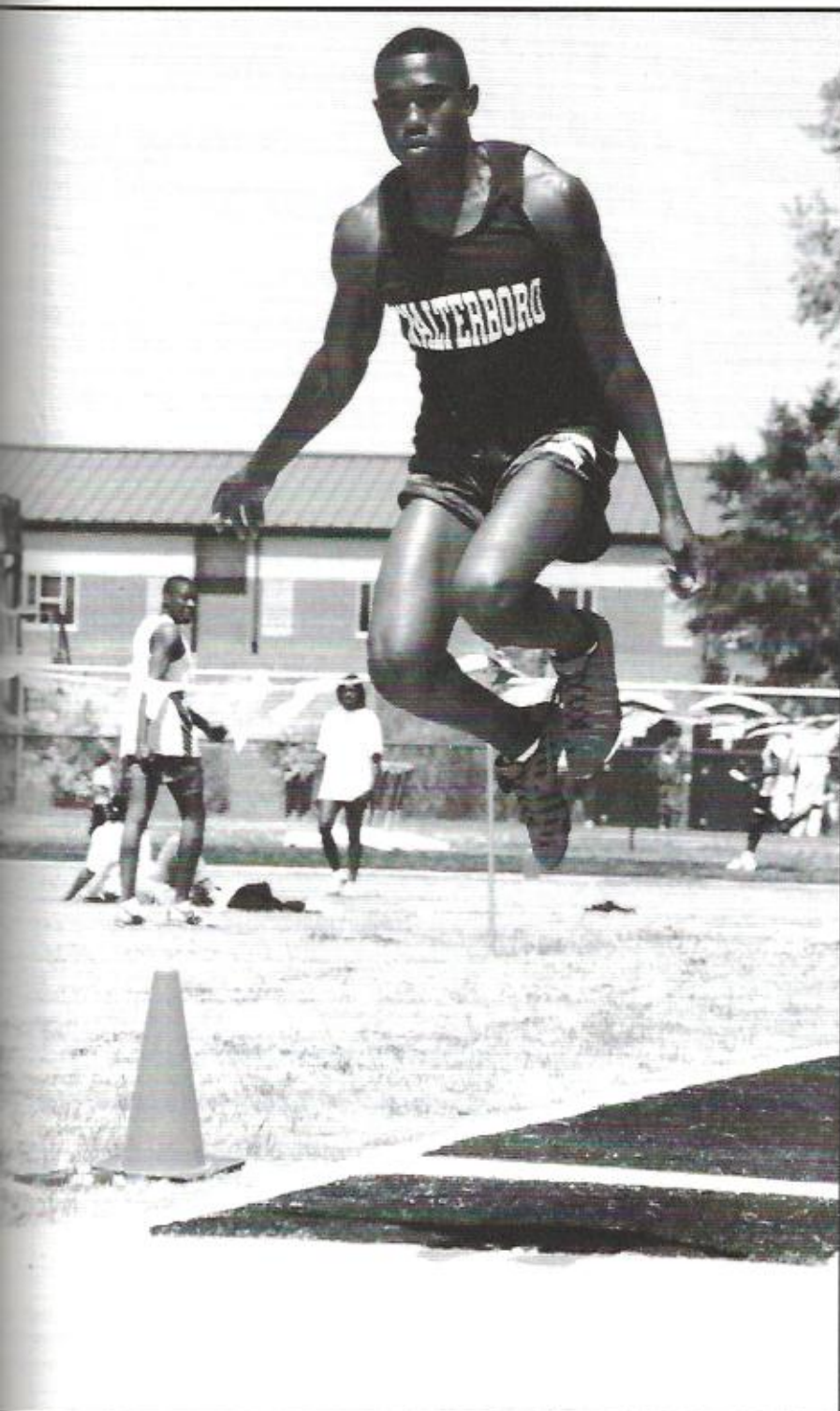


"The whole team did a lot of improving as the season progressed. Most of the track team didn't reach their peak until the middle of the season.

-Coach Brad Goff



How have you prepared for this year's track season?



"I train all year round in the off-season, in cross country, and in track."

- senior Drena Smith

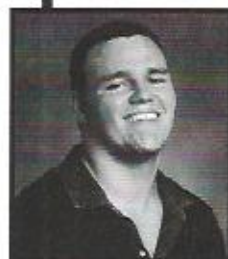
"I eat a lot of proteins and carbohydrates. I also like a lot of fruits."

-junior John Teasdale



"I eat a lot of protein and work out in the weight. I have a bench max of 312 lbs."

-sophomore Daniel Peters



"In addition to track practice, I jogged down my road and raced against my older brothers for a little extra push."

-junior Rita Manigo



"I practiced very hard every day to do good during track season."

-junior Haskell Fields

