

**The Cross Country  
team shows all  
effort to...**

**BRING HOME  
FIRST.**

# BOUND & DETERMINED



The team is at the line and ready to go! The Cross Country team has not had the best year but they did show effort, because the coach would not accept anything less. The team only consisted of seven high school students this season.

Calen Brown, a sophomore, enjoyed running cross country. His brother, who had previously ran cross country, talked him into joining the team. Calen just finished his second year of running on the team and will continue to run next year. To stay in shape he also played soccer. He felt that he had vastly improved since last year, and hopefully would continue to get better.

"I am so much better this year than last year, it is not even funny. I've even gotten two personal records this year," said sophomore Calen Brown.

Practice was essential to be able to run on the team. Many of the players practiced not only during the scheduled practices, but they ran on their own time also.

"I ran about three to five days a week for approximately one hour a day," said junior Melanie Winningham.

The team will get back on track and recover from the lack of returning runners next season. Next season will prove to be a challenge that the track team will try to overcome.

-Angela Reeves



**Chillin' with my homies.** All piled up on big yellow and ready to go, the team patiently awaited their arrival at the trail. The ride did not seem very boring for sophomore Calen Brown, though, he chilled on the bus surrounded by girls, acting crazy.