

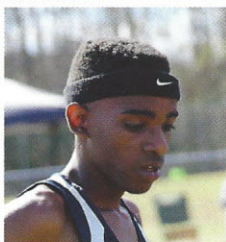
TRACK & FIELD

Head Coach George Smith is pleased with the level of skill his team has in many events and the level of potential they have in others. He sees growth not only in this season, but in years to come.

Sophomore Jaden Koger prepares for a race by listening to music and visualizing himself winning. He says "the fun I have with some of the people that are on the team" will be one of part of the memories that stand out for him in years to come.



When Senior Ernest Bryant was asked what brought him to track, he said, "When I was in ROTC, I ran in the RNTN team which is no longer together, so I continued my running career by joining track and field."



Junior Aliyah Barrett has competed for two years in the 4x100 and the 100m and 200m dash. She joined to be healthy, but also to "make a good contribution to the team" and for the "thrill of running in front of a crowd and winning medals."



FOCUSED//

Senior Anthony Bellamy sets his team success on the first leg of the relay race Cougars.

"THE WILL TO WIN MEANS NOTHING IF YOU HAVEN'T THE WILL TO PREPARE."



ABOVE: Abigail and Grayson Altman are double the determination in the 1600m event.



RIGHT: Senior Trey Murray makes a strong start to keep his team ahead of his approaching opponents. Senior Karl Levine is ready for his leg of the 4x100 relay.

SPEED, IN STYLE//

1. Sophomore Soleil Fryar-Sims gets in position to prepare herself for a great start.
2. Senior Willie Spencer makes his way around the curve of the track.
3. Junior Vincent Edwards approaches his teammate getting ready to hand off the baton.
4. Senior Shelton Reynolds, running his first track meet, offers a handshake before the 3200m.

