



CROSS COUNTRY



Cross Country's past two years were dominated with one name, and two athletes: the Altmans. But this year, Coach George Smith reports, was a whole different race.

"We had four different runners to become our first girl across the line. It wasn't just Abigail out in front and Grayson right after; Kensley Dantzler was our first girl to cross the line at the Coach's Classic and Kayla Dantzler, a little ninth grader, was our first girl across at the state championship race."

"This change shows in the records: for the first time ever, CCHS was ranked in the Top 10 for most of the season. We finished twelfth in the state. Coach Olivia Lee projects that "with this momentum, they will be number six in two years."



(L to R, standing) Tyler Scites, Ashlyn Ballew, Blaine Cook, Edward Bennett, Coach Olivia Lee, Coach George Smith, Kayla Dantzler, Lauren Reynolds, Wyatt O'Quinn, Elizabeth McLaughlin, Olivia Stephens. (L to R, bottom) Ashley Reid, Kensley Dantzler, Grayson Altman, Abigail Altman, Dorothy Dessoys, Stacey Bennett, Gavin Padgett



RUNNERS UP: "The deck is stacked against us, definitely, but we don't let that break our stride" said Junior Wyatt O'Quinn (above, center left). "With only five runners, we have to all pull weight because we don't have the numbers to cushion a bad time. Still leading teams despite that speaks to [Boys Cross Country's] strength as a team."



Junior Kensley Dantzler, Freshmen Kayla Dantzler, and Lauren Reynolds (CCMS) keep a confident pace together.



Freshman Blaine Cook (above, #2330) was twenty seconds shy of qualifying for the Boys State Championships, says Coach Smith.

Practicing at both the local golf course and the Wildlife Sanctuary provides a wide variety of running experiences that help the team endure hills, water hazards, uneven terrain, and long distances.

Stretching is another important aspect of training to maintain strength and flexibility on a Cross Country course.



8-AAAA All-Region
Grayson Altman, 8th:
21:50.07
Kensley Dantzler, 11th:
22:16.10

SCHSL State Championships
Kayla Dantzler, 64th:
22:04.00
Abigail Altman, 78th:
22:22.00
Grayson Altman, 81st:
22:32.00
Kensley Dantzler, 83rd:
22:38.00
Dorothy Dessoys, 109th:
23:40.00

Sophomore Abigail Altman continues to lead the pack at the Lake Murray Invitational despite sustaining stinging injuries across both legs. **59**