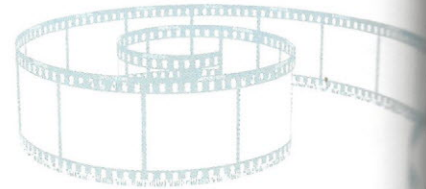


# Track



ALL IT TAKES IS ALL YOU GOT



## PRACTICE MAKES IMPROVEMENT

Warming up is important for any track athlete. Before every practice and every meet, the athletes run two laps around the track before doing stretches. This is to loosen their muscles to avoid cramps and shin splints. This is a lesson for anything these athletes undertake in life: Practice doesn't make perfect. Hard work makes perfect. Practice makes improvements.



The Colleton County track team has worked hard this season. Despite the confusion at the beginning of the season with coaching changes, the team bounced back and adapted. Track consists of athletes that run a variety of events, from the 100 meter dash to 4x800 meter relays to the 3200 meter race. Every runner has to work together in the events to ensure the best possible placement at the end of each meet and the end of the season. Some athletes who have set new personal records are Ashlyn Williams for the 100 meter dash, Abigail Altman for the 1600 and 3200 meter race, Jeremiah Daniels for the 400 meter race, and the boys 4x400 meter relay team—much to be proud about.



## HYPE IT UP!

Coach Singleton and Coach Pierce call a group of boys together to encourage the boys to try their best and remember that the race is as much a mental effort as a physical one.



## ZOOMIN'

Sophomore Nayrone Holmes competes in the 100 meter dash, finishing the race in 13.21 seconds.



## STAYIN' ON TRACK

L: Junior Jeremiah Mosley completes the 100 meter dash finals in 11.61, getting sixth place.

R: Junior Ashlyn Williams, junior Donae Bowens, senior Justice Dupont, and senior Shaniya Fields-Manigo line up to run the 4x100.



NATHAN ERWIN (9) · JACKSON MORELLI (12) · JUSTICE DUPONT (12) · JADAVA HUGIE (11) AND XZAVIER RODEN (9) · ABIGAIL ALTMAN (11)

