

Born to Run

Cross-Country

For most sports teams, the loss of a coach means a period of re-adjustment and becoming used to the style of a new coach. The Cross-Country team was no different.

The transfer of Mrs. Cindy Sarvis to the District Office left the coaching position vacant. However, Coach Ron Youmans was hired to fill the spot and immediately began the process of familiarizing the team with his style of coaching.

"My goal for the team was to see them adjust to the different programs that I incorporated," said Coach Youmans. "I believe that the team performed very well under these circumstances."

Practices under Coach Youmans often consisted of running from four to six miles every day. Even though the members often tired of the long and strenuous practices, they agreed that all the



Rallying the Troops. Coach Ron Youmans discusses strategies with Sunny Martin and Drena Smith.

running paid off when it came time for meets.

"The long practices enabled us to have more stamina for meets," said junior Alex Pournelle. "Even though we did not perform very well at State, we tried our hardest and had a lot of fun. This was mainly a building year."

Coach Youmans was also

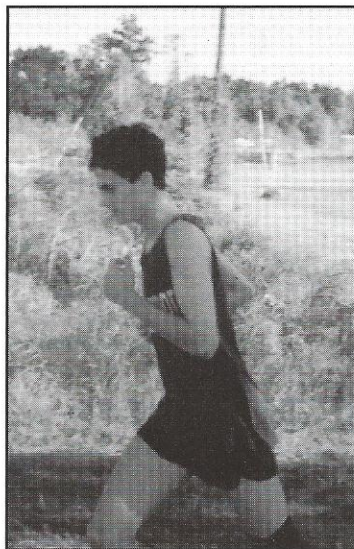
pleased with the performance of the two foreign exchange students on the team, especially Yan Tavares from Brazil. Yan had the fastest time on the entire team.

"I was glad to contribute my speed to the team," said Yan. "Running was really a great experience."

Overall, members of the team had fun and were very optimistic about their chances for the future. The long practices and re-adjustment to Coach Youmans's style of coaching never hindered the spirit of the team.

"We did well for being inexperienced and had a great time in the process," said freshman Jesse Smith. "Hopefully we'll do even better next year."

— Mike Turner



Man in Motion. Brazilian exchange student Yan Tavares shows how difficult it is to run 3.1 miles. Yan also played on the soccer team.



Team members: Coach Ron Youmans, Jesse Smith, Hunter Carter, Jan Hansen, Sunny Martin, Yan Tavares, Drena Smith, and Alex Pournelle.