

1. Handing off the baton, eighth graders Camden Scruggs and Zachary Smith run the 4x100 relay. Photo by Bella Lufshanowski. 2. Competing head to head, eighth graders Kevin Reyna and Kaedon Salana jump hurdles. Photo by Natalie Aman. 3. Clearing the bar, seventh grader Payton Lord does the high jump. Photo by Bella Lufshanowski.



Pacing themselves, eighth grade teammates Georgia Boutot, Morgan Zuniga, and Fanny Dolisy run the 800. The girls practiced together to compete at the track meet against O'Henry. "We had practice every day, and I trained with the long distance group," Zuniga said. Photo by Bella Lufshanowski.



## Run Like The Wind

Tigers excel at first track meet of the season

Track is a sport for anyone who enjoys athletics, whether it is throwing a discus, or running the 400 meter dash. All students who try out make the team, but only the top athletes in each event compete at the meet every week.

Gorzycki track members have two weeks between tryouts and their first track meet against O'Henry to train for their specific events. Everyone has different ways for staying in shape and preparing for the meets.

Students have been preparing throughout the year to secure their position on the team by conditioning themselves on their own hours.

Eighth grader Fanny Dolisy is one of the teams cross country runners.

"I trained over the year to make the team," Dolisy said.

Seventh graders Ashley Johnson and Otto Franz are motivated by training in their free time.

"Over spring break, we did track workouts to stay in shape," Johnson said.

"I wanted to try shot put and discus, so I spent the last two weeks practicing," Franz said.

Eighth graders Evan Janowitz and Hugo Urrutia think that this season the athletes have come together to be more successful.

"Last season we had more all around athletes, this season we have more of a variety of athletes, which gives us a better chance at winning," Janowitz said.

"We are more experienced, and so everyone is doing a lot better," Urrutia.

Coaches and students push their limits in order to come out on top in all events and achieve their goal of being the city champs.



Keeping his eyes on the ball, eighth grader Zach Bellman jumps in the air. Tennis players have to learn to always keep their focus. "My favorite part of tennis is the competition," Bellman said. Photo by Natalie Aman.



Preparing to throw, eighth grader Kaylee Binyan aims in shot put. Athletes train almost every day for their specific events. "I like shot put because it's in my area of strengths," Binyan said. Photo by Natalie Aman.



Swinging his racket, seventh grader Carlos Canepa hits the ball. In tennis, athletes have to train mentally and physically. "The toughest part of tennis is keeping your cool and focusing to improve your mental and physical game," Canepa said. Photo by Katie Scraggs.

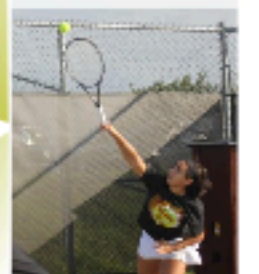
Jumping over a hurdle, seventh grader Eithan Wood focuses on the track. Wood said a lot of hard work goes into training for track meets. "Training is hard because you have to try to find your pace," Wood said. Photo by Bella Lufshanowski.



## Hit Me With Your Best Shot

Tennis players give pointers for making a perfect swing

"A perfect swing is smooth through out and has a curve." Sarah Darbar, 7



"The main tip I have is to get consistent with your strokes." Rasheek Hua, 8

