



BEFORE EACH EVENT I feel a lot of pressure, then I come out of my blocks and it's a big rush. I usually sprint most of the middle. The other half, I pace myself so I don't get tired. I'll usually look where I am and either go faster or slow down if I have time."

Creating a personal PACE

AT THE END, I'm just super tired and all the pressure is relieved because what's done is over."

Sophomore
Andrea Fougne

BEFORE EVERY RACE I warm up, stretch and listen to music. I also say a prayer. This was my first time running the 800, and after the race I fell to the floor from being so exhausted. I ran a really good time though."

Sophomore
Salvador Martinez

THERE WERE 12 people in my heat. The last 100 meters we were running our hearts out, because we were so close to the finish line. One of the other kids was really fast and he had the hand in the game. I finished third."

Junior
Travis Saucedo

IT'S HARD to explain, but when I run a race I try to think about, for example, how fast to run or how to make the race my own. I might see the person in front of me and think 'how much do I need to run to catch up on that person.'"

Sophomore
Dax Emerson

HERE I RUN the 100 meters. I got in second place. I remember feeling like I was flying. It just went so fast that my feet barely touched the ground."

Senior
Issaiah Eckford

IT IS IMPORTANT to me to take good care of my body. The day before every meet I take an ice shower and I make sure to get a lot of rest. And then I take a shot of honey before I run. It gives me natural energy."

Senior
Amber Alexander

I'M LIMPING towards the finish line. We were on our way down in 100, and I was in second. Then my hamstring pulled. What kept me going was my mom yelling at me to keep on going, so I pulled through to the finish line."

Senior
Mikayla Kyle



Cold Weather Action

TRACK ATHLETES force themselves to push through OBSTACLES

story by Luka Summers, Roman Soriano

BRACING THEMSELVES

BAGAINST the harsh winds and wrapping up in large blankets, the track team continued to battle against the weather to keep warm.

"Meets usually last between six and seven hours," junior Alexis Alexander said. "Everybody huddles up to stay warm."

All season the track team had to push through the bad conditions.

"The weather was pretty terrible," junior Jared Anderson said. "It hasn't been on our side. I had to stretch a lot more than usual which tired me out more."

The bad weather took a much greater toll on the players during meets than during practice.

"During practice you're more focused on technique so you don't think of the bad weather as much," senior Garrett Garza said. "But in a meet you're more conscious of it because it's always on your mind."

Battling against the wind



photo by Soleil Guadalupe

proved harder than expected. In order for runners to perform well they had to put in extra effort.

"At the Pflugerville meet the wind was blowing really hard, and it was like 30-40 degrees so I had to try a lot harder because of it," Anderson said.

Despite the bad weather,

athletes continued to work harder.

"I hated the beginning of the season because it was cold," Alexander said. "But I knew everybody else was going to quit so I thought I might as well push through it."

The weather wasn't always a negative force. On good days, it would be in favor of the athletes.

"Some weeks it would cooperate," Garza said. "For discus I wanted high winds."

The cold weather did more than just impact the performance of the players.

"Some of the guys were getting hurt because of it," coach Joe Vasek said.

But team members still practiced.

"Showing up when it's near freezing outside with insane wind is hard, and it's easy to want to quit," sophomore Madison Payne said. "But we have managed to pull through and our hard work shows when we get on the track."



photos by Soleil Guadalupe, Gerardo Quevedo, Axel Corral

1 Sophomore Joshua Milligan makes his way over the bar. 2 At the first track meet of the season, senior Myles McGregor hurdles.

"This was at a peak, where I really felt I was getting better," McGregor said. 3 Senior Ruben Paquian runs at the Pflugerville meet. 4 Senior Garrett Garza competes in shot-put. "I got second. It was a good day for the team, but I didn't do good," Garza said. 5 Sophomore Jermaine Randle talks to senior Myles McGregor. "I'll always remember the competition of trying to beat someone," Randle said. 6 At the practice meet against Connally, senior Gary Stinnette gets ready to race. "We knew that we were going to win," Stinnette said. "We completely destroyed them."

7 Sophomore Trevor Brown approaches the finish line. "It was an easy race. I was in first position," Brown said. 8 "The last 100 meters, I sprinted to the finish line," sophomore Andrea Fougne said. 9 Ending in fourth place, senior Kianna Jones wasn't happy. "I felt cheated. The whole thing was on top of a hill," Jones said. 10 Sophomore Victor Ekwuribe runs the 200.

11 Sophomore Blake Fulcher receives a handoff in the 4x1. 12 Getting first in the 100, sophomore Miles Howell is satisfied. 13 About to finish the 4x4, junior Juan Larson runs. "We got in third, and it's probably the best I've ever run," Larson said. 14 Freshman Destiny Brown runs for the long jump. 15 Freshman Dereck Elkins races. 16 "After the run, my boyfriend comforted me because I was very unhappy with my result," freshman Alejandra Gage said. 17 During practice Junior Joe McMiller runs the 4x2.

17 During practice Junior Joe McMiller runs the 4x2.

I WAS RUNNING the 400 meter relay and I was feeling pretty good. I came in first place. I really enjoy being in track. I get to joke around and laugh with my friends, although I consider them family."

Sophomore
Michael Scroggins

I WAS RUNNING the 800 meter and got second place. I felt pretty strong in this race even though I knew I wasn't going to win it. I knew it would be good for me personally."

Sophomore
Hannah Mardock

I FINISHED PRETTY GOOD in this race, and I was feeling tired but accomplished. I've been running track since I was 10, and it's the only thing I love doing."

Senior
Azalia Maul

I WAS NERVOUS because it was my first meet and I was running the 400. I was pretty tired, but I think I did all right, although I knew that I could do better."

Senior
Michael Swann

I WAS REALLY NERVOUS before it started and I kept on thinking, 'Do I have a good pace? Could I pass her?' I enjoy racing because it's a way to clear my mind, and I love the feeling of adrenaline."

Freshman
Guadalupe Barragan

I N MY HEAD I was thinking that I was going to win this, while we stood on the blocks for the 200. I was pretty nervous because there were a lot of people who looked scary, but I got second and that makes me proud."

Freshman
Skyler Winchell