

## what happens between events?



"Between events I like to talk with my friends and even play games like UNO on my phone!" - Ally Ciotola, 11

"It depends on how I'm feeling. Sometimes if I'm nervous, tired, or disappointed I will listen to music. But, most of the time I will cheer on my teammates, talk to friends, and prepare for my next race" - Charlotte Gould, 9

"I grab my snacks and cheer on my amazing teammates in their events!" - Claire Berlier, 12



## Q&A: Iris Carman, 11

**Q:** How many events do you participate in? Which ones?

**A:** I've competed the 400, 4x400, 800, 4x800, 1600, and pole vault

**Q:** What are your essentials for going to a meet?

**A:** Spikes, food, water, phone, earbuds, change of socks

**Q:** Do you have a favorite shoe brand?

**A:** Asics!

