



1. **Heather Hampton, 10**, gets ready to take off for her race. The girls waited in position until the start of the race. 2. **Rachel Washburn, 9**, races during the hurdles event, she worked very hard throughout the season and was encouraged by her teammates.



3. **Dori Bahir, 9**, runs her fastest during the hurdling event at the Sycamore track meet. 5. **Rachel Newstead, 11**, runs her fastest during the relays and is encouraged by her teammates on the sidelines.



4. **Christine McMahon, 12**, runs her hardest during her race. The girls ran at practice every day to improve their endurance.



6. After the meet, the girls gathered to talk about how they did and how their team did altogether. This time was also used to get to know each other better.

## Going the distance Finishing strong

By Stephanie Brown

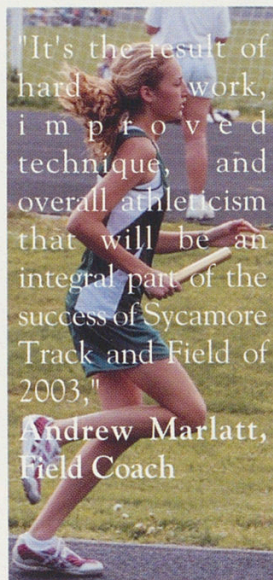
**THE GIRLS TRACK TEAM HAD A VERY LARGE NUMBER OF MEMBERS AND THEY WERE VERY SUCCESSFUL DURING THEIR SEASON.** They started off strong at the Coaches Classic at Ross High School and they continued through the season to do very well in each meet. The team bonded very well and encouraged their teammates at every meet. At practice the team worked on their endurance and skills.

During the season, many of the girls placed in the top ten in the city, for example, **Christina Terilli, 11**, placed 2nd in the city for Pole Vaulting with a record of 10' 00.00" and she also made it to districts, qualifying for state. At each meet, the relay teams made it to the finals and competed to win.

The field team started off their season with a boom, they performed well in the Prelims of the Southwest Ohio Coaches Classic. All of the hard, long practices paid off for them. **Jen Witte, 11**, made it to finals by accomplishing her personal best in discus at 93 ft.

"Compared to last year, I'm happy with what I've done so far and hope to place well by the end of the season as well as doing well in the GMC's," said Witte. During the meet at LaSalle, **Jackie McAnich, 9**, and **Robin Robinson, 12**, both accomplished their personal best in Shotput and Discus.

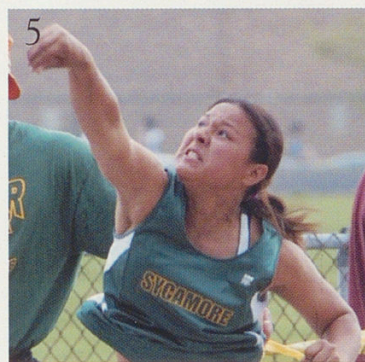
Some team members who stood out and did well during the season were **Amanda Morgan, 11**, **Tori Earls, 11**, **Rachel Washburn, 10**, and **Jen Latessa, 10**. The girls worked very hard throughout the season to decrease their times and to improve their skills. Also, while preparing to compete, the girls got to know each other better and had fun. Hard work and fun were considered necessities for this team's success.



1. **Amanda Morgan, 11**, races to the finish during the hurdles event. The track team stayed after school each day and worked on their skills for each event that they competed in and they also helped each other improve their skills.



3. **Ready to Run. Rachel Newstead, 11**, awaits the baton as she prepares to run her part of the race. 4. **Ariane Lannelongue, 10**, competes in the High Jump event. She practiced very hard in order to perfect her jump and her effort paid off.



5. **Jackie McAnich, 9**, worked very hard throughout the season to learn shot and discus. She was encouraged by her coaches to try shot and discus and she succeeded. She came in 6th in the city with a record of 100' 06.00." This helped her become one of Sycamore's best discus throwers.

