

FLYING HIGH

Seniors who have been in track all four years of high school make up for lost time

A chilly wind brushes across the face's of the runners as they stretch in preparation for the 400 workout on March 21. The 400 is the equivalent of a two and a half mile sprint, designed to test the limits of runners. Seniors, many of whom have been involved in track and field all four years of high school prepare themselves for their last track season.

According to track coach, Aaron Davidson, many track and field athletes were involved in other sports as well, but they came to track with the goal of self improvement.

"Once a kid finds their event," Davidson said, "They take some pride and some ownership of what they are capable of doing like their marks and their times. They want to see the improvement. It's very goal driven."

However, their track career had not been perfect. Seniors had lost their sophomore season to quarantines due to the Covid-19 pandemic. Senior and four-year track athlete, Chloe Belgium who ran the four by four, four by eight, and 800 recalled her sophomore year.

"We kind of knew they were gonna cancel the season," Belgium recalled, "So it was kind of just like, 'Okay, this is more time for us to prepare for next season.' But it's also kind of sucky because we didn't get to spend time with the seniors and stuff like that."

Despite this, the athletes persevered. They trained on their own or in small groups, determined to make the next season count.

"We trained with each other but with more distance," Belgium said. "Like, if you're

friends with this person you hang out anyways, so go run with them. But keep it pretty small so not a lot of germs are getting spread and stuff like that."

Davidson believed these seniors have made the most of their high school track experience.

"You don't realize what you have until it's gone," Davidson said. "Even though they missed a year, I feel like they've maximized or got the most out of three years and they have been really good to coach."

Belgium describes track as a constant in her life.

"I've done track since I was 12 so I find it is something I look forward to," Belgium said. "Every season I'm like, 'Yes! Like it's time to go. It's track season!'" | *story by laurel hansen*



Soaring through the air, junior Hudson Boldt works on his technique in practice. "Pole vault is by far the most exhilarating sport in my opinion," Boldt said. "The feeling of landing in the pit after you successfully complete the vault is by far the best part of the sport." | *photo by laurel hansen*

Javelin in hand, junior Mia Olson competes in at the season opener. Olson threw a personal best with a throw of 120.11 ft. "I won my event which was a very good feeling," Olson said. "I finally put everything that I had been taught about javelin all into one throw, and the results were amazing." | *photo by teryn debey*



Passing the baton, sophomore Rosjai Curtis practices handing off the baton in the fourth leg of the 4x100 relay race. "During that moment it was about our fifth time trying to get the hand off correct," Curtis said. | *photo by laurel hansen*



At the SM East Quad track meet on March 25, senior Major Ewers competes in the 800 m run. Ewers got second place with a time of 2:07. "It was a great starting point for my season," Ewers said. "I was seeded 2nd and got 2nd. Sort of a future prediction. I will do even better later throughout the season." | *photo by alexis kelly*



Competing in the triple jump, sophomore Nickolas Eytcheson jumps into the sand pit and gets a new personal record with a jump of 39'9". "I needed to beat freshman Kanyon Yazzie who on his very first jump beat my personal best and shocked everyone there," Eytcheson said. | *photo by teryn debey*



"Jumping events are probably the events that I'm best at. I'm just naturally kinda bouncy. Jumping takes a very different type of practice. It takes more work on your lower body."

Josiah Long, 11



"I usually do 4 by 4 relay and the 4 by 8 relay. They are some of the more grueling events so to me they are for the people who are willing to push themselves."

Maya Thies, 12



"I do the mile and two mile events. In general, track means leadership. Long distance involves daily work of six miles minimum but it's so much fun."

Carter Shepherd, 12

off to a
**RUNNING
START**

Track and field athletes participate in different events each requiring different skills