

Mr. Trujillo 28 girls on the team
 - Head girls coach for 4 years and assisted for 3 years before.
 - Coached 1 year of college.
 - Coached 5 years in L.A.

16 boys on the team

9 senior girls
 3 senior boys

3.1 miles per meet
 Home Course: **West Lake**

Mr. Pearson: head coach for 6 years
 30 miles ran per week in practice
 8 meets, plus MAC and districts; 4 canceled

Ms. Shaw: has helped coach for 4 years



Strength in Numbers

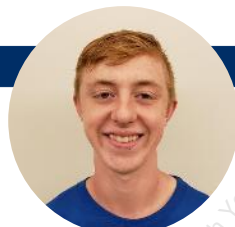
Boys, girls cross country teams join forces



Tessa Goodwin



Emily Jarrett



Landon Adkins



Jackson Richter



Maggie Johnston

T.E.A.M.: Together Everyone Achieves More. The boys and girls cross country teams were ready to take this motto to heart. These teams joined together for practices whereas in previous years the boys and girls teams had practiced separately. The coaches decided to have the boys and girls train together "to become more competitive, because we have fewer athletes than other schools," said assistant girls cross country coach Wendy Shaw.

This season ended up being a whole new ball game, especially for runners who had been apart of cross country previously. "It's more fun than previous years when we were just practicing with the girls because the boys are crazy," said **Tessa Goodwin ('19)**.

Girls on the team could not help but notice the differences between practicing by themselves compared to practicing with the boys team. While not necessarily a bad thing, as **Emily Jarrett ('21)** said, "practicing with the guys was very interesting because they're weird."

Despite the adjustments, working together helped the teams with their skill sets. Boys co-captain **Landon Adkins ('21)** felt as if "we've done more [at practice] because we have Trujillo." Coach Trujillo previously coached only the girls team, but he brought in his expertise in cross country as well as his knowledge of biology to help improve the boys' skills.

Merging the two teams caused the boys and girls to have more coaches to help them during practices. These two combined teams now had four coaches: Mark Richter, Wendy Shaw, T.J. Pearson and Mike Trujillo. Co-captain **Jackson Richter ('21)** believed that the group of coaches brought "better and more intuitive training" to the team. **Maggie Johnston ('19)** felt as if "there's more support" on the team because of the new coaches.

Most of the members of these teams could not deny that these changes helped them learn how to adapt and improve their running skills. With more students working together and double the amount of coaches, these two teams truly had strength in numbers. (A. Nelson)

How do you prepare before a meet?



"I cry so I can just keep running."
 -Xavier Cummins ('21)



"I stretch, hydrate and chill."
 -Afurious Nelson ('19)



"I warm up and stretch my muscles."
 -Nishimwe Triphose ('19)



1. **Off to the Races** At the starting line, **Emma Berger ('19)**, **Tessa Goodwin ('19)**, **Sylvie Blackman ('21)**, **Ellianna Revell Beck ('22)**, **Chloe Yacapraro ('22)** and **Lois Blackman ('22)** set off to beat their opponents at their home course of West Lake. Lois Blackman felt that she worked through one of her hardest competitions there. "The hardest part for me is motivation and trying to stay with it," she said. (L. Ehrecke)



2. **Push It to the Limit** During his race, **Brody Erlandson ('19)** fights to keep his pace up. Many of the boys enjoyed the coaching style of Coach Pearson. "I actually hate running, but I like Pearson, so I do the sport," Erlandson said. (L. Ehrecke)



3. **Smile Through the Pain** At a meet at West Lake, **Anthony Jack ('19)** pushes to beat out the competition. Jack finished the season with a best time of 22 minutes and 53 seconds. For him, "the practices were the hardest thing about the season," Jack said. (L. Ehrecke)



"It's pointless to walk. You'll get done faster if you keep running."
-Maggie Johnston ('19)



"I listen to music to stay focused, but it has to be the right kind of music that will hype me up." -Sylvie Blackman ('21)



"I talk to my teammates and get focused." -Micah Green ('21)



"I pray and think about the end of the race and how good I'm going to feel." -Elizabeth Barfels ('20)