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EDGE

Track

Boys		Girls	
Benton Parent	4th	Benton Parent	3rd
Anamosa	12th	Union	3rd
Independence	1st	South Tama	4th
Benton	8th	Benton	5th
Center Point-Urbana	3rd	Hudson	2nd
South Tama	9th	Vinton	3rd
Union	8th	Marion	11th
Marion	14th	Union	4th
WaMaC	14th	Independence	3rd
Districts	8th	WaMaC	13th
		Districts	8th

**Familiar Flight.** Sam Kwapiil 16 arches his back to clear the high jump bar at the Union invitational. "I do high jump all the time, so I have obtained muscle memory over the course of the year," Sam said. [photo] Natalie Towe



# Double Time

[Ben Thomsen takes on dual role as assistant coach]

As numbers for the track team grew, the need for a larger coaching staff was essential. Coach Ben Thomsen took on the task of being an assistant coach for both the girls' and boys' track team.

"Giving us feed back after our jumps is what Coach Thomsen did at meets," high jumper Alice Littlel 17 said. "He would sometimes video tape us, and at practice we would work on what needed to be fixed."

Even though Thomsen specialized in high jump and hurdles, he was beneficial to the entire track and field program because he opened up to the kids and told them exactly what they needed to know.

Dalton Jurgens 15 said, "Coach Thomsen taught me the proper techniques in high jump like arching my back and getting [the number of] my steps down."

And as participants found Thomsen to be open and straight-forward, Blake Jones 16 said Thomsen's guidance was one that "he [Thomsen] wasn't afraid to tell us what we did wrong and how to fix it."

His positive and knowledgeable approach was not only brought to practices but also to meets. It was not always an easy task because it depended upon the day which meet Thomsen could attend. Girls' Coach Marty Thomae and the boys' coach, Kory Winsor, told Thomsen where he needed to be in advance.

Thomsen said, "At times it was difficult to juggle both teams, but most times my coaching was split fairly among the two teams."

~ Natalie Towe



Trevor Hartz 15 and Micah Hiner 16



Natalie Towe 16 and Jaciee Lyons 17



Elizabeth Davis 16, Coac Arnold and Lily Wibe 17

## What it takes to be a WINNER...



If you accept failure, you aren't doing your personal best. Regardless of placement, if you give it your all, you're still a winner. -Julian Wilson 16



It takes determination. You hit obstacles and they make you disappointed, but you have to realize it's not the end. -Elizabeth Gleason 15



No matter how hard it is, if you give 100% and work at your best ability, you will always be a winner. -Adam Greene 14



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**Delivery.** Miranda Hammes 14 hands off to Natalie Parizek 15 during the distance medley at Marion. "A successful handoff is crucial to every relay," Miranda said. "If a handoff goes wrong, it could ruin the entire race." [photo] Natalie Towe



1



**Blown Back.** Wind blows at Connor Sindt 17 as he powers through the end of an open 400. "The competition may be hard at times, but it pushes me to do my very best," he said. [photo] Brooke Boddicker



2

**Sandy Leap.** At the Benton Invitational, Amber Rohlena 17 leaps into the long jump pit and finishes first with a jump of 15'07". Amber said, "I like when I'm doing run throughs and the sand flies up," but this was to win on the field. [photo] Brooke Boddicker



[photo] Brooke Boddicker  
Michael Zittergruen 15

**Discus Discussions.** As a rather unique tradition before every meet that Quintin Taylor 14 participates in, he talks to the disk before he actually throws it. He tells the disk to go far. [photo] Brooke Boddicker

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**“** You have to work hard and practice in order to win, and working together as a team plays a key role in relays.  
-Ashley Price 15



**”**

**“** Motivation to try your very best so the outcome is what you have worked for.  
-Hannah Brecht 17



**”**

**“** The difference between a loser and a winner is that a loser just fails, where a winner pushes through adversity.  
-Brett Benson 16



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