

Winter track prepares athletes for the Spring track season

by Cain Azar

Track and field has been a very successful sport at Parkland High School since the team first developed. With the number of participants increasing each year, the myriad of events offered attracts competitors from every wing of the school. The coaches take the team seriously, and improvement is evident throughout the course of the season. Each event receives individual attention, and pre-season is a very important aspect towards the teams major competitors. Whether it is lifting in the weight room, or taking a run around the school campus, it is vital to strive for success from the start.

Track consists of long distance running, sprinting, throwing, pole-vaulting and jumping. Every event is carried through and separately scored. The winner in each event earns three points for their school. Second receives two, and third receives one. In the end tally, whichever school has accumulated the most points throughout the meet is the winner. Every aspect is important, and individual training is key towards a successful season.

This year, winter track began on November 17th, and many students have been getting involved. The track runners are each given a distance, or time to spend running. Since restrictions have been placed upon the location routes, they

it pays off," says junior Matt Guetzlaff.

The main problem with the pre-season track practices are the brutal cold. Many students complain about losing feeling and color in fingers, yet they realize pre-season training is very

running on the dry and clear sidewalks.

"Even during the worst weather, I can see the runners outside. They come into the school sometimes to get warm when it's really cold out," says junior Zarha Khaku. "Track seems like a great way to stay in shape."

Although the majority of the team who attends winter track practices are track runners, they do not nearly make up the whole team. The field portion is also equally important in setting the entire team on a winning path. The throwers, jumpers and pole-vaulters prepare for a successful season in a different way.

"I started working out again to prepare myself for throwing. I really want to improve this year, and the only way that I'm going to do that is by putting in effort. I hope to start early in order to get ahead," says junior Anikken Busack, a shot-put thrower for the team.

While the runners practice on conditioning, and the rest practice on gaining muscle, everyone realizes the importance of hard work.

This year should be another successful year for Parkland High School, and everyone is preparing for the first practice in March.

"I really am looking forward to this track season. I am hoping that winter track can help me improve me tiems and speeds. I will be doing distance track this year, and it is very demanding in many aspects." said Priyanka Parekh.



photo by Cain Azar

Junior Gabby Gombos goes out on a winter run to prepare herself for the Spring season.

can be seen running around the school. "It's tough and normally really cold, like running on the arctic tundra. In the end

important. During inclement weather, track is no cancelled. In the past, after ice storms, participants could be seen

I will make history.

I will bring out the best in people. I will stay true to myself. I will meet my destiny with open arms. I will make a lasting difference. I will have faith in myself. I will have faith in humanity. I will never look back. I will look forward to the future. I will enjoy the loneliness at the top.

I will zig when others zag.

I will put a chokehold on greatness and never let go. I will collect accolades, not dust. I will dance on the edge of the void. I will have more real friends than virtual ones. I will never stop asking hard questions. I will say what I mean and mean what I say. I will learn the rules, then break them.

I will speak for my generation.

I will take risks and reap the rewards. I will make the footprints for others to follow. I will learn lessons in failure.

I will look truth in the eye and face the consequences. I will write a success story where I'm the main character.

But first, I will go to LCCC for two years then transfer.



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