

Name	Grade	My favorite events are . . .	I am still practicing this season because . . .	My future goals in track and field include . . .
<b>HS Girls</b>				
Rachel Sovacool	11	1600m Run	I want to keep in shape and to get better for this coming Cross Country season.	qualifying for the State Meet in either the 1600m or the 3200m.
Holly Rands	10	4x200m Relay & 4x400m Relay  I love the team aspect of it and the motivation to not let your other team members down with your split time.	My goal is to earn a varsity letter every track season and since I can't this year, I still want to meet the practice requirements that I would have needed in order to receive this award. I love sports, track keeps you in very good shape, and you feel better after you complete a hard workout.	I hope to improve every time and jumping distance I have from the beginning of track, to the end.
Hope Burki	9	Distance	I still consider it a season and whatever doesn't have to change shouldn't. So I still practice at 4:00 pm just like I would if I was in school. I still prepare like there is a track season because preparing is important for success.	to become the best athlete I can be, improve my times as much as I can, and be a good teammate.
Faith Meltz	12	4x800m Relay & 4x400m Relay  I enjoy these two races the most because of their atmospheres. The atmosphere of both these races is always so fun. The way everybody always cheers you on as you finish and you cheering your teammates on as they go.	I want to stay in shape and to get the most out of this season that I can with all that is going on.	continuing to push myself and work hard in this last sports season of mine.
Kylee Becker	11	300m Hurdles, 100m Hurdles, Triple Jump, 4x800m Relay, 200m Dash	I want to be the best I can be for next year and potentially college athletics. It's hard to get hurdle work done in the winter, so I need to use the time I am given now, to work on improving little things that will help me become better in the future. I also have a passion for track, going out and hurdling or doing a sprint workout is something I enjoy and look forward to everyday.	to win the State title and break the state meet record in the 300H. Also, when I run my last race, I want to know that I left nothing out on the track and never cheated myself along the way in the training process.
Kylee Millin	12	200m Dash &	I want to be able to finish out my	Although I will not be able to

		4x200m Relay	last sports season ever.	be on this team next year, I still want to see all the hard work my teammates are putting in this season to pay off next season.
Allison Clark	9	Long Jump, Triple Jump, Hurdles, and 4x400m Relay	doing the workouts keeps me in shape. Also I know that if I do the workouts now it can help me in my future with track and field and other sports!	to be a great teammate and always motivate my teammates when they are doing an event or are doing a workout at practice! I also have goals to make it to state in some of my events throughout high school!
Emerson Clark	9	Pole Vault, Hurdles, Triple Jump, & 800m Run	I know it will make me better for my future seasons and I will stay in shape.	to always do my best in practices to get better and make my teammates better. I also want to make it to the state meet in one of my events.
Rachel Kostka	10	Pole Vault	I can stay in shape for next season sports	getting better every year/day and try my hardest to do the best I can in my event
Madison Read	10	High Jump. The feeling you get when you clear a height you haven't before is unbelievable and makes track by far my favorite sport.	next year I don't want it to feel like I haven't done track in forever and each year I get better and better and I don't want to miss my opportunity to progress this season.	my overall goal In track and field is to make it to state in high jump.
Tristen Simon	9	Discus & 800m Run, but I really like to watch Pole Vault and High Jump	even though we don't really have a season, I still want to make the most of it and improve myself for next season. Also when I complete a workout it makes my day better knowing I did something to improve it.	to be able to place in meets and have a positive attitude and help encourage/ be there for my teammates.
<b>HS Boys</b>				
Ethan Stewart	9	1600m Run & 800m Run	I want to get better for the CC season.	getting good enough to qualify for State one year.
Pete West	10	800m Run & 1600m Run	with the cancellation of this year's track and field season, a few of the distance runners on the team, myself included, have decided to use this time as an opportunity to get stronger as runners. Continuing to do workouts for the rest of the season will give us momentum	qualifying for the state track and field meet in either the 1600m run, 800m run, or 3200m relay by the end of my senior year.

			going into summer training in preparation for cross country season in the fall. I hope by practicing now, come fall season and even next spring, we will leave ourselves in a much better position for success than if we had stopped practicing.	
Bishop Peterson	10	Discus, and all running events from 100 to 400m.	I want to come back stronger and faster than ever for the next season. I enjoy challenging myself physically and I'm excited to have it pay off in the future. Grind can't stop.	qualifying for state as a sprinter and thrower by the time I graduate
Jack West	10	1600m Run	I want to make the most out of these unprecedented and unfortunate times by striving to better myself every day as a student-athlete. I enjoy waking up early every morning and completing the workouts that Coach Ebner has laid out for us. Hopefully, my hard work, along with the hard work that the rest of the distance runners have been putting forth since the start of the track season, will put us in an excellent position when we eventually transition into summer training in preparation for the 2020 cross-country season.	to earn a varsity letter in track at least one time before I graduate.
<b>MS Girls</b>				
Sirianna Basham	6	Sprints & Mid-Distance	It will help me with cross country	learning how to do everything in track then get better
Kiara Howard	6	Mid-Distance & High Jump	I really enjoy track and field	to be better at high jump and be a faster runner
Casey Luther	7	Shot Put, Discus, and Long Jump	I want to become a better athlete and become better at my events.	to practice and get really good at my events, PR a bunch of times, and make it to state in high school.
Taylor Ptacek	8	Pole Vault & 100m Dash	I would like to get better for next season	To get to go to State
Keira Hoyt	6	Sprints	I like all the exercise that you can do in track and all the different workouts. I also want to become a better athlete.	To get more career points than any other middle school girl and to become a better athlete in track and field, become a better runner, get as many career points as possible for

				myself, and stick through with it until I graduate.
Katrina Stanger	8	Discus, 400m Dash, & 800m Run	I have learned to like mid-distance and it keeps me in shape for other sports.	to just keep improving on all my events and keep working hard.
Miranda Grotzinger	8	400m Dash, 800m Run, & Pole Vault	it gets my body in shape for other sports and I have learned that mid distance is great and I can push myself to do things I don't exactly want to!	to go to state and keep working hard and being positive!
Grace Pearson	7	Triple Jump, 800m Run, Relays, & 400m Dash	I want to continue to get better.	going to state.
Shelby Rozak	7	High Jump & Discus	I can get better, and because I like to practice what my events are	to get a school record
<b>MS Boys</b>				
Gavin Stewart	7	1600m Run & 800m Run	I want to get better at long distance.	to place first in one of my events.