

High School “Coach’s Award” criteria

- 60 participation points
- Essay on *“How you grew as a track and field athlete this season while having to train alone and not being able to compete in any meets.”*

Name	Grade	Essay Excerpt
Faith Meltz	12	I learned how to set a schedule and how to workout on my own. I have never really had to set my own schedule of workouts and decide on my own what I would do. Whether I was in a sport or lifting on my own there was always a schedule that I was supposed to follow when I would workout and this taught me how to set my own schedule. I grew from being able to set something on my own and then following it.
Raemalee Smith	9	Although the things we loved most out of this sport were taken away from us we still got to train. This was because of our amazing coaches who sent us workouts everyday. This was a struggle for me for most of the season. Without competition the thrill and enjoyment was no longer in the drills. My body got tired faster and I felt myself wanting to quite sooner. This was not me. As most people will tell you, for the most part I am a hard working athlete. At this point I was someone who skipped and breezed by. These were the people I would get so frustrated with. I was very frustrated with myself and the athlete I was being. So I changed. I started doing my workouts and pushing myself to be better. This not only helped me become a better athlete but it helped me have more respect for other athletes.
Allison Clark	9	My sisters have shown and taught me how to be a great teammate without being able to have a team practice or any meets. My whole family has also encouraged me to keep doing the workouts and to keep improving in all aspects of sports during this season. I grew as a teammate this season because of all the athletes on our team continuing to do the workouts and motivating me to do them as well! I hope I could encourage other people on our team to do the same!
Emerson Clark	9	I have had to learn how to push myself harder because I haven’t been surrounded by all of my teammates. Because I didn’t have my teammates with me and we knew that we wouldn’t have any meets this year, I pushed myself harder knowing that I could get better for next year. It’s also easier to motivate myself to complete workouts knowing that I might be encouraging my teammates to do their workouts too. I think this motivates my teammates because I know when I see them completing workouts, it motivates me.
Madison Read	10	I'm sure a lot of people will agree with me when I say I would have much rather preferred to have the usual track practice and have track meets but considering the circumstances I think that this year's track season was successful. I was able to do most of my workouts with my sister this year which I did enjoy. I really miss having track practices with the team but I definitely love the sport more after this year, even though I didn't get to do any high jumping I realized how much the running workouts pay off later in the season. The further we got into the season the easier it was to get the workouts done.
Rachel Sovacool	11	Even though our Track & Field team wasn’t able to practice together or compete, I still chose to continue my season and grow as an athlete. I had multiple reasons for continuing to practice, and I’m glad that I did. Ultimately, because I continued the season, I grew an ample amount over its course, and improved my times. Although I missed getting to compete in Track meets, I’m very excited for my senior year of Cross Country, when my hard work this season will pay off in competition.
Abby Meltz	11	I have grown as a track athlete in being able to decide and push myself according to how I felt and what I needed to get done on each specific day. I had days when I didn’t want to do anything, but I still got to get myself to do a workout. Even if it was just a 20 minutes core or 20 minute elliptical. I have had to push myself mentally in order to be able to physically push myself.
Holly Rands	10	Even though we couldn’t have a real track, I think that this whole thing happened so all of us could learn a lesson on our own. My personal lesson was that: things can get hard. They are meant to be hard. But if you don’t force yourself to find a way around it, then you shouldn’t be bothering yourself with it in the first place. I know that I grew during this season, and I am excited to see what next year looks like.
Kylee Becker	11	I did find a way to help me overcome that though, I just would imagine I was back at the state track meet with a huge crowd watching me in our bleachers, and for some reason that helped me run and hurdle faster when I was alone on the track.

Kylee Millin	12	So I think my biggest take away from this is to push yourself when you think nobody is watching and go above what is expected. That extra hard work does pay off somewhere, maybe not right away or where you want it to but it will. Your coaches and teammates will realize the work that was put in when it was not needed but also people in the community will realize the work ethic that you have.
Tristen Simon	9	One way I grew was mentally, when we first had to start practicing at home it was hard for me to want to get out and practice. Because I was making it a chore, but eventually I started making it a priority. And now I feel like I look at practicing differently now.
Hope Burki	9	As an athlete, I've grown inside and out. I've become more dedicated and driven to do my workouts every day and do them to the best of my ability.
Jack West	10	After school was closed, I began to reevaluate my goals for the track season. I knew that I could still make the most out of the season while growing as an athlete, so I focused my training toward building a solid athletic foundation that would help me transition into summer conditioning in preparation for the fall cross-country season. With my new goal in mind, along with my desire to become a stronger athlete, I had found motivation to continue on with the season.
Ren Nees	11	Yes this has been an odd season. Yes I have grown as an athlete this season. I feel I have become more responsible during this time. I have surely learned how to self motivate during this season. I have become adaptable to odd situations. I have a new appreciation for my teammates as well. I hope I have become a better athlete through this. I am hopeful that next season has no surprises and is just a normal and awesome season.
Pete West	10	I had trained really hard during the 3 months leading up to the season to be as strong as I could be, but now it felt pointless. I wasn't going to be competing this year at the sport I loved best. At first, it was hard to find motivation to continue to do workouts after the season was officially declared over. I had hit a mental barrier. That was until I realized I could be using this time as a great opportunity to get stronger and be better prepared going into summer training for cross country in the fall. Again, I started to find value and purpose in my workouts. I broke the mental barrier and was able to get ahold of myself mentally and control what I could control.
Bishop Peterson	10	Getting out and starting my workout could be half the battle some days, but in the back of my mind, I always knew I had to put in work each and every day. Champions can't be caught lacking by their competitors. I think that naturally, I am a very competitive person and have a lot of internal drive. However I would be lying if I said I never lost motivation. That's where self discipline comes in.

High School "Senior Award" criteria

- 60 Participation Points
- Earn the Coach's Award
- Essay on *"Why high school athletes shouldn't take sports for granted."*

Name	Grade	Essay Excerpt
Faith Meltz	12	Participating in high school sports taught me how to overcome adversity and challenges to have the best outcome possible. No matter how hard a practice or performance might seem at the time it was always so rewarding knowing that I had completed it and had done my best. The feeling of accomplishment after a struggle is the greatest feeling ever. I also learned through high school sports how to manage my time and make the most out of every second.
Kylee Millin	12	I finally got to my goal of being back and being able to have a normal practice and to compete again but I had to do it from home and not be with my teammates. I don't know and will never know when my last track meet would have been but I do know what I would have liked to have said to all my teammates after I was done. Which is, "thank you for always putting in the effort and never giving up. Thank you for all the great memories over the past years and thank you to my coaches for never giving up on me and my goals. Also I would like to say never give up, never stop pushing, always go as hard as you can because I definitely know from experience you do not know when it is all over or will be taken away from you."

High School “Dedication Award” criteria

- 70 Participation Points
- Earn the Coach’s Award
- Essay on *“What you love the most about Ladysmith Track & Field.”*

Name	Grade	Essay Excerpt
Faith Meltz	12	No matter where or when you are training for track there is always a positive atmosphere. Whether you are a jumper, thrower, or runner there is always a positive and good atmosphere around and the coaches help to make sure the atmosphere stays like that. They always want everybody working hard, but having fun at the same time. Each group of athletes has their own little atmosphere that they bring to the team. You develop so many different friendships during track from being teammates with new people. I love how everybody always cheers everybody on no matter how tired they might be.
Emerson Clark	9	I also believe that in some ways our track and field program can make you into a better person because when you see people cheering for you, you want to cheer for them and be just as supportive. It also changes people because we can see how much work that athletes that really want success put in, and we can see how much work and effort that our coaches put in to make us better. I also know from experience, that seeing the high school team so supportive made me as a middle schooler want to be just as supportive to them and my teammates, and I will always try my best to make the new middle schoolers and my other teammates feel that way too.
Allison Clark	9	Another thing I love most about our track and field program is how many different relationships I have made through this team! The friendships I’ve made just doing the running workouts with people everyday or talking to someone in line for long or triple jump have really made our team stronger and more together.
Abby Meltz	11	There were a lot of people that seemed so happy to be there most of the time. I really did not expect to see that many people. It was also very very organized. These are some things that I enjoy about it. I love how everyone is so nice and caring to everyone. When I came in as a freshman, all the upperclassmen were very nice and welcoming. It’s also pretty fun. There are lots of good memories I have from the little things, such as warmups.
Kylee Millin	12	What I love most about track and field is the environment that we practice and compete in. The coaches pushed us all to our fullest potential and got us ready for what is coming up that week with still looking towards the end of the season and what was coming up for all of us. Everyone there to cheer you on during your race. Ren shouting what the next thing is during our warm ups. Can’t forget “no cheater steps.” Those are just some of the things that happen on a daily basis that I will never forget.
Kylee Becker	11	I know my legs after the 400 absolutely kill me, and I always have a teammate there at the end that helps me walk off the pain. Our team is very selfless, we are constantly helping our teammates out, whether it’s warming up with them before their race, preparing them for their race, or even calming them down if they are super nervous before a big race. On our team, we also have a lot of kids with positive attitudes. That goes along ways, because it wears off on the rest of our teammates and makes a good atmosphere to be in. I wouldn’t want to be on any other team than the Ladysmith Track and Field team.
Holly Rands	10	My two favorite things about track are: how the practices get you in shape super fast, and how the adrenaline shoots through me during the relays that I run at the meets.
Tristen Simon	9	You can contact your coaches and they are more than happy to help you. All of the coaches have been flexible and willing to help me, if I have any questions or concerns they usually have an answer for me.
Rachel Sovacool	11	My teammates in our Track & Field program are also very supportive. Like our coaches, we cheer each other on during their events and are there after the event is over to tell each other that they did well, especially when they place in their event. As a distance runner, it means so much to me when I hear my teammates and coaches cheering for me when I’m competing, and I think my teammates feel the same.
Hope Burki	9	I will love the thrill of excitement during the meets; being excited and nervous to start a race and relief and happiness to finish. I’ll love hearing all of the cheers for all the athletes from the crowd.

Jack West	10	I believe this is what makes Ladysmith Track and Field such an outstanding and successful program that makes itself distinct from other athletic programs. Over the course of this track season I definitely improved as an athlete, but I also enhanced my work ethic, character, and other important qualities that will help me become more successful not only in athletics and academics, but also in other aspects of my life after I leave Ladysmith.
Pete West	10	Because of that, there are more people getting involved in the program and we continue to send athletes to state every year. In addition to working hard, there is always room for laughs and good fun. When I came to my first ever track and field practice as a Ladysmith athlete, I immediately sensed a winning culture. I was surrounded by athletes who were dedicated and motivated just like I was.
Bishop Peterson	10	So really, if you boil it down, I love track because it is an opportunity to build character and athletic ability in a way that many other sports don't offer. And conquering yourself and your competitors is possibly one of the most rewarding things I've ever experienced.

High School "Leadership by Example Award" criteria

- 80 Participation Points
- Earn the Coach's Award and Dedication Award
- Essay on "Why having leaders who lead by example on a team is important."

Name	Grade	Essay Excerpt
Faith Meltz	12	A good leader will set an example for the younger kids not just by their actions but the way they show respect and their character. If an older kid always works hard and tries their best in all they do the younger kids will see that and work just as hard. They will learn how to work hard and try their best in all they do and then as they get older they will set that example for younger kids as well. If an older athlete is respectful to their coaches and other teammates and then they receive respect back the younger athletes will see that and want to be like that. It shows them respect and how if they are respectful they will earn it back.
Abby Meltz	11	Leaders by example are important so they can encourage and push everyone on the team to be better. They push them to be a better athlete and usually a better person as well. These leaders want to motivate the entire team to always work hard and perform well. These leaders should not be self-centered but always focus on the team and what is best for them. They want to obtain their team goals in the most efficient way.
Holly Rands	10	So, let's just say that you have a team. There are some good athletes, mediocre athletes, and not so good athletes. No one is a true leader and everyone is a part of the same status, or "pack". The good athletes always look better than the other athletes, so they don't need to work very hard to feel good about themselves. The mediocre athletes only work harder on occasion, when they feel like it because they still look better than the not so good athletes and they don't see the good athletes working hard either. The not so good athletes see everyone not working hard, and they know they aren't that great, so they just do it for fun and mess around during practices. Then, everyone's skill decreases as they get into the habit of laziness. Events and games stop going well and everyone is frustrated. Once again, you have no leader to pick the team up, and even if you (the coach) are dedicated, it's like beating a dead horse. The team falls apart, no one has fun anymore, and teammates quit.
Allison Clark	9	For this track and field season my teammates were able to be leaders by example by just doing the workouts we were given. Many of us during quarantine did not have many motivations to go do a workout but I know seeing that my teammates were doing the workouts inspired me to keep doing the workouts, and I hope I was able to motivate people the same way!
Emerson Clark	9	One example that leadership by example is important on a team was shown to me when the girls team won our regional last year. Seeing how happy everyone was and because I practiced with them last year, showed me how hard they worked, and pushed me to want to get there with a team that I am now a part of.
Tristen Simon	9	As a leader, it is their job to inspire people around them and to push themselves as well. Being a leader who leads by an example also means they have to practice what they preach. If not it is almost impossible for a team to work together successfully.

Rachel Sovacool	11	Having a leader who leads by example on a team is important because the team comes to trust and respect the leader more, as well as become more united. This is because the team learns that the leader is honest and sincerely wants the team to do its best. For example, if the leader of the Sprinting group said it was time to do warm-ups half an hour before their event started, and then he/she started doing the warm-ups, the rest of the group would likely join their leader since they know it's what is best. Also, the team learns that the leader is willing to stand behind their decision. Another reason is that the team feels like the leader is more on their level, or equal to them. If the leader just told the team to start doing warm-ups and didn't do them themselves, the team would feel like the leader isn't really as much of a part of the team. However, if the leader did the warm-ups alongside the team, the team would feel that since their leader is doing warm-ups with them, he/she is just as much of a member of the team as they are, and would respect the leader more.
Hope Burki	9	Leaders are strong and do the right thing, even though it might not be what their team thinks is right. Sometimes being a leader can be a really hard job and at times they may find themselves standing alone. They are brave and bold to stand up to whatever comes their way and encourage their team to be brave and have hope through every situation. I consider leaders to be the backbone of a team. If we didn't have them, teams wouldn't be able to perform to their full potential, just like if a body didn't have a spine, nothing would be able to function. There is always someone who stands out or steps up to be a leader even when they didn't think of themselves as a leader. Most of the time those are the best leaders because they are humble and they help others the most.
Kylee Becker	11	Good team leaders bring out the best in everyone, they make it a supportive and fun environment. They keep the negativity at a low. They don't let snowballs grow. Leaders are how programs grow. They help get kids to come out and participate in the season and make them excited for it. They help keep other teammates calm before a race, or game and get rid of their nerves. They also help make a positive atmosphere while practicing and even when you aren't practicing.
Jack West	10	"On bad teams, no one leads. On average teams, coaches lead. But on elite teams, players lead." This quote, once said by the current University of Minnesota football coach PJ Fleck, is one that I use as an inspiration to be a leader and set a positive example for my teammates every day. Over my athletic career I've come to realize that in order to have a successful team, there needs to be strong leadership and motivation not only from the coaches, but also from individuals within the team. While I'm definitely not the most talented or gifted athlete, I try my hardest every practice and meet to not only better myself as an athlete, but also my teammates and those around me by working hard and setting a good example that they can follow. I know that I will never achieve true greatness in athletics, and I'm ok with that. Only a select few ever will.
Bishop Peterson	10	However, words aren't always necessary. Another important way that a leader can influence their peers is through example. Your actions can be all it takes to set your team on the right path. For me, knowing someone is out working, makes me feel like I need to as well. I hate being out worked but peers and competitors alike, and I try to never let that happen. Even if you aren't as naturally gifted as your peers, you can be just as successful. Or more successful. Like the saying "hard work beats talent when talent doesn't work hard."

Middle School "Rising Star Award" criteria

- 30 participation points
- Essay on *"How you grew as a track and field athlete this season while having to train alone and not being able to compete in any meets."*

Name	Grade	Essay Excerpt
Keira Hoyt	6	The first way I grew as a track and field athlete was me pushing myself to go farther. The second way would be my little eight year old brother doing the run workout, the bike workout, even sometimes the jump rope workout, with me. Even my four year old little cousin Baylee tried to do some workouts with me. The main way though, was my parents. My parents helped me go through with the workouts. My mom especially, was always pushing me to go farther, to finish the workout, don't give up.
Kiara Howard	6	I definitely think I did grow some as a track and field student this year even without having coaches right next to you for help but it feels like they are there next to you every step of the way to help you become better than before. This year was a very interesting season to go through but it was worth it and it paid off.

Sirianna Basham	6	Running is going to help me for next fall for cross country. It has been an adventure running at home for track and with my family and when I go to my dad parents we would go for walks and me and my cousin would run around the block to see how can get back first that is fun racing her.
Grace Pearson	7	At first, I was really struggling because I didn't have my teammates or opponents pushing me to go faster in practice and meets. But I just started to get used to it and tried to push myself so I could be better. My mom went with me to the track and encouraged me to do my best. I kept a schedule everyday on doing the workouts and all day long I would look forward to doing them.
Taylor Ptacek	8	I struggled with not being able to practice or compete around other people who are doing the same thing as me. I tend to be more of a follower than a leader. By having to practice without a team it helped me become more of a leader. I had to discipline myself and be dedicated in what I have to do.
Katrina Stanger	8	I still feel I improved and learned a lot this season. I really tried to think of the outcome in track and other sports. Also always remember the reason you are doing it and how much bigger and more important than you think it is. I feel I learned great in the department of always continuing to work and improve yourself.
Gavin Stewart	7	It was hard to push myself and I thought if I train hard I will do good during Cross Country. I always go quick during my runs and every time I run a little quicker so when I do get to compete I will be very quick.
Timmy Meltz	7	When my sisters and I would practice I would try to compete with them and try to beat them to the finish. I think that I grew in skill for track through this quarantine because it was much easier to stay focused while working with just my sisters and I.

Middle School "Dedication Award" criteria

- 40 Participation Points
- Earn the Coach's Award
- Essay on *"What you love the most about Ladysmith Track & Field."*

Name	Grade	Essay Excerpt
Kiara Howard	6	It is fun to work harder and get pushed harder than you normally would in any other sport. Some people will say "why would you choose running for a sport?" and I say because I think it is finally a sport I think I will stick to and not give up on. I have great coaches and teammates that will help me through anything and I can help them when they need it to.
Grace Pearson	7	I love that my teammates and coaches are always encouraging me to be my best. For example, I enjoy working with the older kids because they have more experience. I love running and doing field events and being competitive against my teammates and other schools. The coaches always encourage us to work hard and we also have a lot of fun. I look forward to meets and practices everyday. I love how my teammates always push me to be better.
Taylor Ptacek	8	Ladysmith Track and Field has helped me become more competitive. It has also helped me become stronger as an athlete and even as a person. It has helped me get better at what I want to do in the future, working out, and getting stronger. Another way that it has helped me be myself and even if someone is better than me I can try harder to not just be as good as them but be better than them.
Katrina Stanger	8	I think it's the environment around the sport and how welcoming everyone is. It really pushes you and supports what you need to do within the sports as you want to improve along with everyone else. I also love the way the sport operates and shows how important it is to take initiative on the sport and to try and improve on what you're doing. It also helps you keep in shape for all the other sports or anything else you do. The sport also can keep up with your responsibility. It is really all up to you if you want to improve and get better for yourself and the people around you.
Sirianna Basham	6	I like that I can do it with my friends and that I do the same workouts as them. It is fun learning what track is and how to do things in track and that when I do the workouts it will help me get better.

Keira Hoyt	6	Now, the reason why hurdles is the first thing that I love most about Track and Field is because I like the idea of jumping over things in a competition, and to see how high I can jump. When I first started practicing, I did smaller stuff, and I worked my way up to taller objects. Hurdles is something that works for me because everyone says that I have very long legs, and that's something that will help you in hurdles
Timmy Meltz	7	I really loved all of the friends and supporters I had through not even just last season but through the rest of this season too. I loved how I had all of the older high schoolers help me with my events and help me get better and learn from all of my mistakes. All of the coaches also had the patience to help me learn from my mistakes and help me correct them.

Middle School "Leadership by Example Award" criteria

- 50 Participation Points
- Earn the Coach's Award and Dedication Award
- Essay on *"Why having leaders who lead by example on a team is important."*

Name	Grade	Essay Excerpt
Kiara Howard	6	Just think even the leaders that we have now once had leaders that showed them that they could do something incredible now they are being those leaders showing us that we can do something incredible and that chain could just go on and on forever and never stop, you never know what could happen someday.
Grace Pearson	7	A leader keeps the team always moving forward.. A leader doesn't need to lead by being in front of the team. A leader is someone who stays in the back and motivates others to keep pushing forward and makes sure that every teammate crosses that finish line.
Taylor Ptacek	8	Taking what I have learned from this years track practice I feel that I will bring more leadership qualities for next years track practices. I will show these qualities through giving advice, supporting others through encouragement, and helping others to focus on personal and team goals. I have learned that I can be stronger and I can be more of a leader and not so much of a follower.
Katrina Stanger	8	Leading by example is a great thing. Not only does it help you in just that sport but in any sport or thing that you do. It also shows how important the little things like that are beyond the sport itself. Those leaders who show others how it is supposed to be done so in the future they can do the same for others. Not only do the leaders show what it is like, they can help in all other aspects of life.
Keira Hoyt	6	If you have a leader that leads by example they show you how to do things correctly. That's the type of leader that you need. A leader that you can trust.