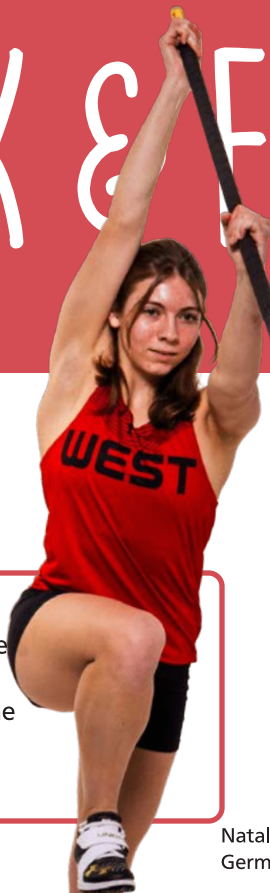


TRACK & FIELD

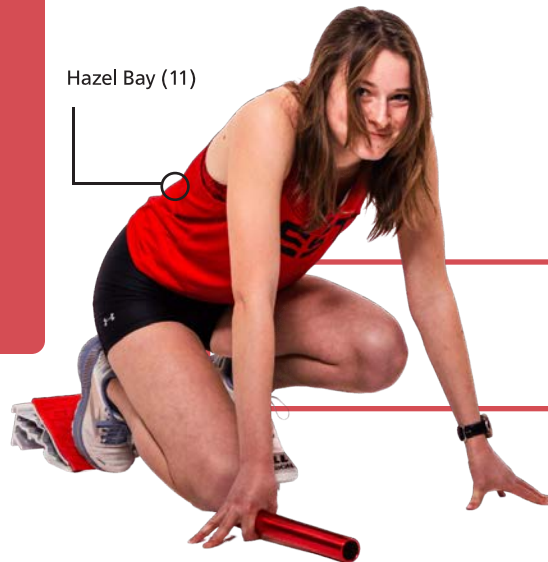
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TRACK AND
FIELD

ALWAYS ON THE RISE

Pole vaulting: Athletes must sprint down the runway, plant the pole, and launch themselves, contorting their bodies to clear the height. "It's so fun and exciting!" said Natalie Germanov (12)



Natalie Germanov (12)

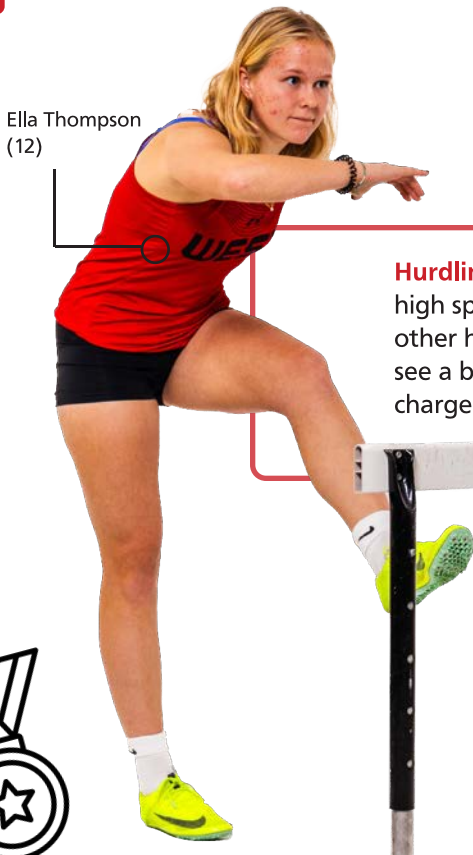


Hazel Bay (11)

TAKE A SHOT



Hurdling: Performing jumps over large obstacles at a high speed or a sprint. What set Ella apart from other hurdles is her bravery and rhythm. When we see a blockade, we usually slow down, but Ella charged forward at full speed!



Ella Thompson (12)

GETTIN' OVER IT



The Track and Field team was always working to get better. Whether it was at team practices or on their own, the players were always pushing each other and themselves. America Rodriguez (12) found it rewarding "knowing that I worked so hard with all my training to get to where I am, and each time I get an opportunity to give it more I do better, and I get faster."

Leon Crutcher (12)



Discus Throw: requires an unimaginable amount of strength and power. While Leon makes this event look easy, it's actually very challenging! The shoes worn in the throw are very slippery, so it requires a lot of balance. Coach Stephanie Davis said, "Leon is a great teammate, and he cares even more about his teammates' success more than his own, which is why he's a captain."

JUST THROW WITH THE FLOW

RUN FAST OR BE LAST



Sprints: Running a short distance at your body’s top speed. This takes extreme resilience and power!

Nuku Mafi (12)

Jesus Grado Carpio (12)

Shot Throw: Athletes will toss a 12-pound metal ball to try and get the furthest distance. “He’s one of our best. He’s determined to always get better,” said Coach Stephanie Davis.

Javelin Throw: Competitors will hurl a javelin at top speed, requiring incredible arm strength.Breonna MaAlaelu (12) explained: “To throw javelin, you need to have really good shoulder and hip mobility. You also need to have good commitment, because it is a very technical event. It’s not like you can just show up and hope for the best.”

TRUSTY TOSS

Breonna
MaAlaelu (12)

HANDING IT OFF

Relays: A fun, exciting, team -building exercise in which teammates will pass the baton in order to bring it to the finish line first. Jesus Grade Carpio (12) said: “You have to be one of the fastest on the team.”

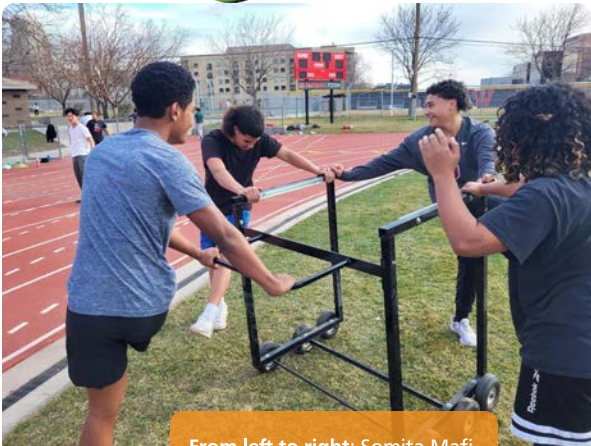
Asher Lucas (11)

America
Rodriguez (12)

Helena Gutierrez (12)

GOING FAR OUT

Mid Distance: Mid-distance races that range from 800 up to 3000 meters. Coach Stephanie Davis says: “America is such a good runner and has accomplished a lot. She is mentally the toughest and has great speed and endurance.”



From left to right: Somita Mafi (10), Aaron Vaenuku (10), Isieli Fehoko,(9) Havea Halai (10)

STRETCH TO SUCCESS

Track & field runners were always sure to stretch before and after a workout. Stretching allows your heart rate to gradually decrease back to normal, and releases the lactic acid buildup in muscles, preventing them from becoming sore.