



# Determined

Ben Woolhouse

Causey Simmons finishes strong as he sprints to the finish line at the Watson Ford Invitational.

## Determination Brings the Eagles Success

Accepting mediocrity, or being satisfied with the idea of “good enough”, was not an option, especially not for freshman **John Michael Foster** (9).

Although state titles were claimed successfully by the two cross country teams the previous year, Foster was not satisfied. “I was glad they won, but I was determined that the next year I'd be able to be on the state team as well,” Foster said.

Putting his desires into action, Foster went to work: training, training, training. “I trained with **Lee Pearson** (11) with Coach Hadley over the summer. That really helped, and the summer training that we did at Ballard helped a lot, [where] we did mile repeats, 800s, 400s,” said Foster.

This determined mindset was not only existent within Foster, as both teams desired to defend their state titles. Senior **Abby Hanby**, who has

been a part of the cross country team for six years, said, “I wanted to go out with a bang and win.”

This determination could be witnessed at each and every practice, even at those practices at 8 a.m. on Saturdays in the summer.

And, their hard work paid off. Although the girls experienced a tough season due to losing numerous experienced runners who had quit or graduated, they still managed to claim the state runner-up spot, and the boys, led by Foster and his determination to win, dominated the state meet race by more than 40 points. These cross country teams, with both of their different seasons and state meet results, are the prime examples of how a little determination can go a long way.

| by Allison Hanby

