

Awards from the Roswell Swarm at the Nest Meet

Feb. 19, 2022



Jack Lawson – Coach’s Award

Jack earned his award for outstanding performance on the 4x200m relay team placing 2nd with a time of 1:34.07, the 2nd Best performance in school history! Jack also competed in the 100m, Long Jump and participated on the 3rd place 4x400m relay.

How many years have you done T&F?

This is my second year running track and field

What other sports, activities or hobbies do you enjoy?

Other than track I play football for the HS team and play basketball with my friends. I'm also in YMSL.

Favorite T&F memory?

My favorite memory is falling on my face last year running hurdles at a meet.

What advice has made an impact on you?

Some of the best advice I've been given for track is to just run hard and don't care about what others think.

What fuel helps you gear up and stay energized for an event?

Drinking lots of water helps a lot and not eating too much junk food.



Ved Rao– Coach’s Award

Ved earned his award with a PR in the 100m placing 13th with a time of 11.54. He was also a member of the 4x200m relay team placing 2nd in 1:34.07, the 2nd Best performance in school history!

How many years have you done T&F?

I've been doing track for 4 years.

What event did you earn this award for?

I earned the award for my PR in the 100m dash.

What is your favorite event?

My favorite event is the 4x100m.

What other sports, activities or hobbies do you enjoy?

I enjoy playing other sports like basketball and football.

Favorite T&F memory?

My favorite T&F memory is making it to sectionals last year.



Ella Grace Malcom – Captain's Award

Ella earned this award for her strong performance in the 800m, placing 3rd in 2:26.22. She also ran on the 4x1600m relay team taking 2nd and 4x400m team taking 4th.

How many years have you done T&F?

2 Years

What event did you earn this award for?

800

What is your favorite event?

800

What other events would you like to try? What other events do you compete in?

1600 & 3200...I am actually running my first 3200 this weekend.

What other sports, activities or hobbies do you enjoy?

I play the violin and tennis

What is something people may not know about you?

I juggle and ride a unicycle



Oliver Stone – Coach's Award

Oliver earned this award for earning a PR in the 1600m with a time of 5:13.58.

How many years have you done T&F?

three years

What event did you earn this award for?

the 1600 meter

What is your favorite event?

My favorite event is actually the 3200, I find it to be the perfect speed and distance for me.

What is your personal goal for this sport?

My personal goal is to go sub 10:15 for the 3200 and sub five for the mile.

Have you ever had any sports injuries? What advice/techniques have you learned to help avoid injury?

Well, I've had a relative spotless running career before last week's meet but I'd say the best way to avoid falls like I made would be to keep an eye out on your surroundings and always watch your fellow runner.



Sky Philpott – Coach's Award

Sky earned this award for her performance in the Discus, placing 3rd with a throw of 80'8". She also placed 11th in Shot Put.

How many years have you done T&F?

This is my second year doing track and field. I started last year as a freshman, and I'm a sophomore now.

What event did you earn this award for?

I earned this award for my discus (throwing) performance.

What is your favorite event? &/OR: What other events would you like to try? What other events do you compete in?

My favorite events are the 4x200m and discus. I compete in discus, shot-put, 100m, 200m, and sometimes 100 and 200 meter relays.

What other sports, activities or hobbies do you enjoy?

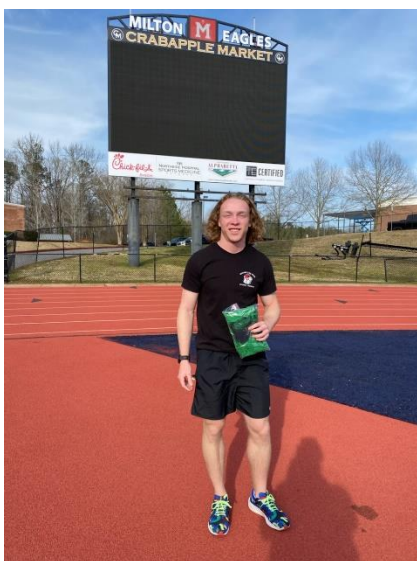
I play tennis, basketball, flag football, and track and field and I am Milton Student Council's Vice President of Special Events so I get to plan fun school functions like Prom and Homecoming. I like listening to music, watching sports, and looking at cars.

Who has been a great mentor for you?

Coach Connell has been a great coach and mentor. He taught me everything I know about throwing and got me to first place in the JV region meet last year even though I only started throwing halfway into the season. I will always remember the advice he gives.

What is your personal goal for this sport?

My personal goal is to keep getting better every meet and every season. I want to throw 100' in discus and run a sub-14 100m.



Ethan Marcum – Captain's Award

Ethan earned this award for his PR in the 800m in a time of 2:04.66, placing 1st in his heat and 6th overall!

What have you found to be important factors in reaching your PR?

I think training right and not over working each week is best for a PR.

What is your favorite warm up song?

"Careless Whispers" all 4 years has carried me through each race, the sax solo is legendary.

What is something people may not know about you?

I've run everything but hurdles in track.

Favorite T&F memory?

Going to nationals over the summer was pretty cool.

What fuel helps you gear up and stay energized for an event?

Subway or chipotle definitely helps. Burrito bowls hit different.



Leelah Dennis – Coach’s Award

Leelah earned this award as a member of the 4th Place 4x800m relay team with a time of 10:45.39. She also raced with the 4x400m relay team placing 4th in a time of 4:33.35 and 11th in the 400m.

How many years have you done T&F?

I have done track for 7 years.

What event did you earn this award for?

I won this award for running the 4x800.

What other sports, activities or hobbies do you enjoy?

Another sport I enjoy doing is tumbling.

Favorite T&F memory?

I will always remember coach Matthew and coach Gary and the rest of my Alpha Crush coaches because they are the reason I'm here.

What is your favorite event?

My favorite event is the 800.



Megan Stechschulte– Coach’s Award

Megan earned this award as a member of the 4st Place 4x800m relay team with a time of 10:45.39. She also raced with the 4x400m relay team placing 4th in a time of 4:33.35 and placed 11th in the 800m.

How many years have you done T&F?

I have done T&F for three years.

What event did you earn this award for?

4x800, 800, & 4x400

What is your favorite event?

My favorite event is the 800.

What other sports, activities or hobbies do you enjoy?

I did xc & I like to hang out with my friends.

Favorite T&F memory?

My favorite T&F memory is competing in the 4x800 at state last year.



Brynn Scheel – Coach's Award

Brynn earned this award for her outstanding performance on the 4x200m relay team, placing 11th in a time of 2:00.24, the 5th best performance in school history! She also placed 8th in the 100m hurdles and 9th in the 300m hurdles.