

Awards from the Milton Quad-Meet

Feb. 23, 2022



Joshua Yang – Coach's Award

Joshua earned his award for his performance in the 1600m with a PR of 6:55.71, and making a significant improvement on his Time Trials time of 7:44.1!

What did you win this award for?

Coach's Award (Running a 50s PR)

What is your favorite event and/or What other events would you like to try? What other events do you compete in?

I would like to try and run the 800 for my next meet.

What other sports, activities or hobbies do you enjoy?

Reading and sleeping are my favorites.

Favorite T&F memory and/or What do you enjoy most about T&F?

Getting to have fun with friends I don't really see outside of T&F.

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

Working hard obviously but also to take your cooldown days seriously so that you're always in a position to improve.

What makes a difference in how successful a team is?

How familiar everybody is with each other.



Marcella Russo – Captain's Award

Marcella earned this award for her PR of 3:07.16 in the 800m!

What did you win this award for?

Wednesday, February 23rd Track Meet

What is your favorite event and/or What other events would you like to try?

What other events do you compete in?

The 800 and maybe want to try other distances

What other sports, activities or hobbies do you enjoy?

Soccer

Favorite T&F memory and/or What do you enjoy most about T&F?

I enjoy beating my PR and watching my friends beat their PR

What is something people may not know about you?

I love traveling

What advice has made an impact on you and/or what advice do you have for athletes new to this sport?

Sleep

Who has been a great mentor for you? and/or What coach or teacher will you remember forever & why?

My friends

What is your personal goal for this sport? or Would you like to do T&F in college?

To work on stamina and to improve my PR

What fuel helps you gear up and stay energized for an event? Or , What have you learned about how nutrition can impact your performance?

Body Armor and Oranges and Tylenol

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

I have sprained my ankle

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

Sleeping



Marcella Russo – Coach's Award - Continued

Do you find it difficult to balance all aspects of high school life? (school, sports, family & time with friends) Or, What has worked for you to help balance everything.

Yes, but sleeping makes me forget everything when I wake up nothing happened

Do you have siblings? Do they play the same sports? Did your parents participate in track & field?

I have a sister and she plays soccer and basketball. My dad did track and field.

What is your favorite warm up song?

Eye of the Tiger By: Survivor

What makes a difference in how successful a team is?

Good attitude and Teamwork



Neev Ghafourikia – Captain's Award

Neev earned this award for his PR of 6:24.41 in the 1600m!

What did you win this award for?

1600 2-23 meet

**What is your favorite event and/or What other events would you like to try?
What other events do you compete in?**

I have only ever done the 1600 and I would like to try the 800.

What other sports, activities or hobbies do you enjoy?

Basketball and tennis

Favorite T&F memory and/or What do you enjoy most about T&F?

I like the meets the most.

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

Yes, I've hurt my ankle multiple times. I've learned to recover instead of pushing through and making it worse with icing and other methods.

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

Working hard at practice and running over the weekends



Shreya Shetty – Coach's Award

Shreya earned this award for her performance in the 800m in a PR of 3:24.69!

What did you win this award for?

Coaches Award

What other sports, activities or hobbies do you enjoy?

I play the cello and love to bake.

What advice has made an impact on you and/or what advice do you have for athletes new to this sport?

Keep trying even if you feel like you're not getting better

What is your personal goal for this sport? Or, would you like to do T&F in college?

I would love to get consistently better every race.

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

Just trying to keep up with the people in front of me.

What makes a difference in how successful a team is?

It's really important to know each other well.



Jade Sutters – Coach's Award

Jade earned this award for her outstanding performance taking 1st place in the 400m in 1:00.32, 1st in the 200m in 26.63 and 3rd in the Long Jump with a jump of 15-02.00!



Jessica Sheinkopf– Coach's Award

Jessica earned this award for her PR in the Long Jump with a jump of 15-11.00 to earn 1st place in the event! She also finished 1st in the 100m in 13.05 and 3rd in the 200m in 27.78!

What did you win this award for?

Long Jump PR

What is your favorite event and/or What other events would you like to try? What other events do you compete in?

Usually, 100 is my fav but most of the days I don't want to run, so none. I want to try the throwing where you throw the ball thing. I compete in 100,200, LJ and 4x1 I think

What other sports, activities or hobbies do you enjoy?

I like my dogs

Favorite T&F memory and/or What do you enjoy most about T&F?

Tbh, Track and Field is a sport I don't love but get forced to do, So usually I just try to get through the practices without dying so I can't remember any memories



Jessica Sheinkopf– Coach’s Award – Continued

What is something people may not know about you?

I can walk down the stairs on my hands.

What advice has made an impact on you and/or what advice do you have for athletes new to this sport?

Drink lots of water

Who has been a great mentor for you? and/or What coach or teacher will you remember forever & why?

My dad has been a great mentor because track is the only sport I've ever done that he understands and I think he really tries to understand it and he always shows me videos of people running and says I can run as fast as them 😊

What is your personal goal for this sport? Or, would you like to do T&F in college?

I would like to do track in college.

What fuel helps you gear up and stay energized for an event? Or What have you learned about how nutrition can impact your performance?

Pixie Sticks before a race

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

I am injured every single day. If I wrote a list it would be a book.

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

good technique

Do you find it difficult to balance all aspects of high school life? (school, sports, family & time with friends) OR What has worked for you to help balance everything?

Yes, I do find it difficult.

Do you have siblings? Do they play the same sports? Did your parents participate in track & field?

I have an older sister and 2 younger brothers. neither of my parents did track, I think my mom would actually beat my dad in a 100

What is your favorite warm up song? Campfire song- Spongebob Squarepants

What makes a difference in how successful a team is?

Team bonding



Robert Billings– Coach’s Award

Robert earned this award for his 3rd Place finish in the Long Jump with a jump of 18-10.50 and 3rd Place finish in the 100m in 11.59!

What did you win this award for?

Track and Field Performance

**What is your favorite event and/or What other events would you like to try?
What other events do you compete in?**

I run the 400m

What other sports, activities or hobbies do you enjoy? Football

Favorite T&F memory and/or What do you enjoy most about T&F? Practice

What is something people may not know about you? I am a dawg!

What advice has made an impact on you and/or what advice do you have for athletes new to this sport?

Never give up

Who has been a great mentor for you? and/or What coach or teacher will you remember forever & why? Coach Estes

Would you like to do T&F in college? No

What fuel helps you gear up and stay energized for an event? Or, What have you learned about how nutrition can impact your performance?

Eat before your race

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

Stretch before practice

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

Keeping my form

Do you find it difficult to balance all aspects of high school life? (school, sports, family & time with friends) OR What has worked for you to help balance everything?

Yes, but it’s hard to be great.



Robert Billings– Coach’s Award - Continued

Do you have siblings? Do they play the same sports? Did your parents participate in track & field?

No

What is your favorite warm up song?

“Faneto” Chief Keef

What makes a difference in how successful a team is?

How hard they work