

Awards from the Sawnee Mountain Invitational Meet

Feb. 26, 2022



Genevieve Trainor – Coach's Award

Genevieve earned her award for outstanding performance in the 800m taking 1st place with a PR of 2:29.75!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)?

Coach's Award, 800 meters

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

My favorite event is the 1600 and I would love to try the hurdles #jumpy.

What other sports, activities or hobbies do you enjoy?

I only enjoy running.

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

My favorite memory is running regions last year with captain Shelby Howerton.

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

You can never have too much coffee.

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

Just run faster



Jade Sutters– Coach’s Award

Jade earned this award for her outstanding performance in the Long Jump, with a 1st place jump of 16’-7.5” & achieving the 5th Best performance in Milton history!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)? Long Jump

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

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

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

Talking with my friends

What is something people may not know about you?

I would do competitive cheerleading if I didn’t do track or basketball.

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

Nobody will believe in you if you don’t believe in yourself.

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

Coach Naldo; he pushes me and doesn’t let me give lazy results.

What is your personal goal for this sport?

To get a faster 400 time and go to state for long jump

What have you learned about how nutrition can impact your performance?

Running with no water= poor results

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

I dislocated my knee in basketball.

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

Pushing yourself



Jade Sutters– 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?

Sometimes I find it hard to balance school during basketball season.

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

Yes and no neither of them did

What is your favorite warm up song?

Freestyle by Lil Baby

What makes a difference in how successful a team is?

Team chemistry



Farrah Frith – Captain’s Award

Farrah earned this award for earning a PR in the 1600m with a time of 5:18.00, taking 1st place in her race and achieving the 8th best performance in Milton history!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)? 1600m

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

My favorite event is the 3200m race, a great way to test my distance stamina, post-xc season

What other sports, activities or hobbies do you enjoy?

I enjoy food science, cooking, singing, and the gym!

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

What I enjoy most about track and field is the team, full of growing relationships and consistent encouragement in every meet we compete at!

What is something people may not know about you?

I am majority Vegan and have been mostly plant based for several years!

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

My advice would be to never think of the impossible, when the possible is right ahead of you. A new adventure calls for taking the leap of faith, no one else would cross.



Farrah Frith – Captain's Award - Continued

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

A great mentor for me has been the consistent love and support from my family, close friends, teammates, boyfriend, and my coaches! I will always remember Coach Carr, as he has shown me a part to myself, I never thought I would be able to accomplish, yet again, he continues to mold and shape athletes for a successful future! I am SO THANKFUL!

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

My personal goal for this sport is to continue running, and compete in the Olympics one day, and also become an ultra-marathon competitor worldwide! Also, I am hoping to run at a collegiate level as a graduate year 2023!

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

I have learned the significance to nourishment as a long-distance performer, to understand the amount of intake of food before and after runs, foods full of proper nutrients, and a nutrition-based lifestyle to sustain the healthiest fueling mechanisms I can, to run at my highest capacity!

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

I have had severe cases of shin splints, and experienced PT band issues, but I continue to stay cognizant of proper recovery techniques to maintain the injury-free lifestyle majority of the time! Proper shoes and stretching are the top two most important remedies to injury!

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

Important factors include perseverance, optimism, driven mentality, and continuous positivity in the outlook of your INDIVIDUAL running careers!!

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?

It is hard if you make it hard! Its great to find the balance and prioritizing things you love most! It can be as little as that one coffee in the morning, or having your favorite snack, to make the day better! Never give up on yourself, and know everything is happening for a reason!

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

I have siblings such as my sister, a senior, and my twin brother!

What is your favorite warm up song? Headlines by Drake.

What makes a difference in how successful a team is?

By the amount of encouragement and willingness to build a spirit of positivity as a team!



Rio Zen Breedlove – Coach's Award

Rio earned this award for his outstanding 6th place finish in the 200m in 24.31, and strong races in the 100m and on the 4x100m and 4x200m relay teams.

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)?

100, 200, 4x100, 4x200

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

I have done every race and relay on the short and mid distance side, if I had to pick something I haven't done I'd choose 800m

What other sports, activities or hobbies do you enjoy?

Basketball, movies

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

Every year, Polar Bear Games is always something fun.

What is something people may not know about you?

Not sure

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

Takes heart to win and get better.

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

Both Estes and Renaldo. Look up to them a lot and make sure to listen to advice they give.

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

Get 44 in triple jump

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

Lots of water and stretching

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

Never got any injuries other than the shin splints this year.



Rio Zen Breedlove – Coach's Award (Continued)

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

Block work

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?

Not at all. I just don't spend a lot of time with friends.

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?

Anything Drake

What makes a difference in how successful a team is?

Their willingness to win and attitude to losing



Devin Dahunsi– Coach's Award

Devin earned his award for several outstanding performances at this meet. He took 1st place in the Triple Jump with a jump of 42'7." He also participated on the 4x100m Relay that took 1st place in a time of 44.14 and on the 4x200m relay also taking 1st place in a time of 1:32.51 and breaking the prior school record by more than a full second!!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)? Triple jump

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

My favorite is relays & I like running with my friends.

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

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

I like the meets with my friends.

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

To have fun

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

All the coaches at Milton and my family

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

I would like to jump 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?

I like to eat the snacks they give us.

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

I hurt my hamstring.

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

Work hard in practice.



Devin Dahunsi– 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?

I just stay focused on what’s important to help me be successful and reach my goals.

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

I have a brother and my dad ran track.

What is your favorite warm up song?

1997 by key glock

What makes a difference in how successful a team is?

Hard work



Keller Wilson – Coach’s Award

Keller earned this award for his strong performance in the 1600m, achieving a PR in a time of 4:58.91!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)? 1600m

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

My favorite event is the 1600m and I competed in the 1600m.

What is something people may not know about you?

I like to eat a lot.

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

Put in the best effort you can give, but don't hurt yourself trying to do so. If you feel terrible on certain days, then feel free to go slow.

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

The coaches for distance are great mentors for me since I can always get advice from them.

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

My personal goal is to get below 4 minutes and 50 seconds on the 1600m. I would like to do T&F in college, if possible.

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

I always eat a banana, a peanut butter sandwich, or an energy bar 2 hours before my races/runs.

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

I've never had any injuries because I always stretch before my runs

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

Hard-work and perseverance



Keller Wilson – 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?

I find it somewhat difficult to balance all aspects of my life, so I always prioritize the most important things first.

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

I have an older brother who used to do track & field and football. He went to a different school though.

What makes a difference in how successful a team is?

How much they encourage to keep on going and working hard.



Jack Rea – Coach's Award

Jack earned this award for his strong performance in the 1600m in a PR of 4:49.64!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)? Coach/1600m

What is your favorite event and/or What other events would you like to try? What other events do you compete in? 3200m

Favorite T&F memory and/or What do you enjoy most about T&F?
getting a 4:49 1600m which was a 20 + second pr

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

Stretching out, and running easy on easy days

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

if you think you can run a fast time, get out and stick with the faster people

What makes a difference in how successful a team is?

having fun and cheering on teammates which encourages us to run faster



Connor Kielb – Captain's Award

Connor earned this award for his strong performance in the 1600m in a PR of 5:16.32!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)? 1600m

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

my favorite race is the 1600 but I would like to run in the 800 more

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

by senior year I want sub 4:50 in the 1600m

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

wear good shoes

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

ride the train