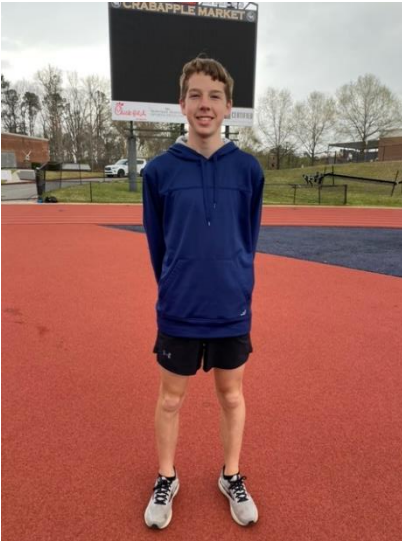


# Awards from the Milton Showcase Invitational

March 4, 2022 & March 5, 2022



## **Pearson Gillam – Coach's Award**

**Pearson earned his award for outstanding performance in the 1500m placing 5<sup>th</sup> in a PR of 4:34.78 and running the 9<sup>th</sup> best performance in school history! He also placed 7<sup>th</sup> in the Mile with a PR of 4:45.89!**

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

Breaking 5:00 in the 1600m at Regions last year, thanks to Charlie Reynolds.

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

My goal is to get as fast as I can be. And if I can become fast enough to run in college, that'd be great.

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

Before a race I just eat some toast with peanut butter and drink water. But after the race, Welch's gummies are the go-to.

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

I have an older brother, who never did track. My parents didn't do track either.

### **What is your favorite warm up song?**

I don't really have any music that I listen to before a race. I guess I thrive on silence.



### **Callista Cacciatore– Coach’s Award**

**Callista earned her award as a key member of the 4x800m Relay team that placed 3<sup>rd</sup> in a time of 10:16.97! She also placed 8<sup>th</sup> in the 800m with a PR of 2:36.52!**

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

Coach's Award

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

My first Milton home meet where I met some new people

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

“Always trying to beat yesterdays you” a quote I heard a while back that stuck with me

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

My personal goal is to always get better and stop making excuses.

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

My friends help me stay sane and get ready for a race.

**What is your favorite warm up song?**

Bohemian Rhapsody by Queen

**What makes a difference in how successful a team is?**

“Family”



### **Macy Schadt – Captain’s Award**

**Macy earned this award for her strong performance in the 1500m taking 7<sup>th</sup> place with a new PR of 5:37.67!**

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

Captain’s Award

**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 mile. I would like to try the 3600. I've run the 4x800 relay and 800 m

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

Cross Country, trail running with my mom, basketball, reading

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

I love long runs, those are fun!

**What is something people may not know about you?**

People might not know that I lived in Malawi, Africa when I was 6 years old.

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

To celebrate others when they do well!!

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

My mom is my mentor. She encourages me to not find my identify in running, but to enjoy it as a gift.

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

I would LOVE to run in college, maybe the Naval Academy.

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

Put in the work, do my best and enjoy the moment.



## **Macy Schadt – Captain's Award (Continued)**

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

Yes, My sister Makenzie is in 11th grade and she runs for fun. I also have 2 brothers, Malin and Baylor. Malin (8th grade) plays soccer for Roswell Santos and will run for Milton next year. Baylor is 10 and he likes to hike and trail run with my parents.

**What is your favorite warm up song?**

Highest in the Room

**What makes a difference in how successful a team is?**

Celebrating and encouraging one another creates a positive culture which leads to success.



### **Martin Sand – Captain's Award**

**Martin earned this award for his strong performance in the 800m earning a new PR of 2:15.01!**

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

800m run

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

I like to compete in the 800.

**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 get sub 2:05 by the end of my senior year.

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

Before every race I eat Welch's gummies and Rice Krispy treats.

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

I've never gotten injured because I stretch before every workout and meet.

**What is your favorite warm up song?**

EA -21 Savage



### **Jaden Bender – Coach's Award**

**Jaden earned this award for his outstanding 1<sup>st</sup> place finish in the Discus with a throw of 129', moving him to 5<sup>th</sup> best in Milton history!**

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

Discus

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

Discus is my favorite event. I also compete in shot put.

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

I enjoy playing video games, basketball, building robots, and walking my dogs.

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

I enjoyed winning my first 1st place medal in a varsity meet.

**What is something people may not know about you?**

One time I threw a water bottle like 70 feet in the air and it came down, bounced once and landed upright.

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

Don't be afraid to look weird with your throw, just commit 100%.

**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 he threw in high school. Coach Connell has also made an impact in my journey as a thrower because he sees my potential.

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

My personal goal is to break the school's record of 165 feet. I'll also be throwing 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 drink Body Armour sports drinks. Eating breakfast before early meets is beneficial.



### **Jaden Bender – Coach's Award (Continued)**

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

No.

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

Stop overthinking the process of my throw and just let it fly.

**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 yes but other times I can flow through my days well.

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

I have sister she doesn't play the same sports but my dad threw in high school.

**What is your favorite warm up song?**

Came And Saw by YSL & Young Thug

**What makes a difference in how successful a team is?**

The will of the teammates to perform well.





### **Ethan Hagel – Coach's Award**

**Ethan earned this award for his strong PR performance in the 400m in a time of 52.50 earning 4<sup>th</sup> place.**

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

400m

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

400m I will like to try the 800m so I can improve my endurance for the 400m.

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

Soccer, Videogames, and I want to do football.

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

None yet

**What is something people may not know about you?**

I used to swim.

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

The advice that has made an impact to me is you get out what you put in. And I think this is great advice for people new to the sport.

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

Naldo, because he really tries and pushes the whole team to reach their potential.

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

I want to run sub 50 in the 400m this year. And long term run 48 in the 400 by senior year.

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

Drinking lots of water, eating a lot of healthy stuff before practice.





## **Ethan Hagel – Coach's Award (Continued)**

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

I have but it was not severe enough to give advice to people.

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

Starting out fast and staying relaxed

**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 but for the most part no

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

Yes, I have two. One sister has already graduated college, but she played soccer. And my other sister is a freshman but she goes to a different school and she plays soccer.

**What is your favorite warm up song?**

None tbh

**What makes a difference in how successful a team is?**

Positivity, and how well teammates know and talk to each other.



## **Leelah Ravoori – Coach's Award**

**Leelah earned this award as a member of the 4x200m Relay team that placed second in a time of 1:48.46!**

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

4x200 Relay

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

My favorite events are the 100m Dash and Long Jump. I also run the 4x100 and 4x200 relays.

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

My advice to new athletes is to always put 100% effort into everything. Hard work pays off.

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

My personal goal is to do the best I can and try to PR at every meet.

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

Listening to my coach's advice and putting in lots of effort at practice was really important for me to improve.

**What makes a difference in how successful a team is?**

A team's success is defined by the friendliness, support, and encouragement that teammates show each other.



### **Jade Sutters– Coach’s Award**

**Jade earned this award for her outstanding performance in the 400m with a new PR of 57.54 in 2<sup>nd</sup> place, and running the 2<sup>nd</sup> best time in Milton history! She was also a member of the 4x200m Relay team placing second in a time of 1:48.46! She was also a member of the 4x100m Relay team taking 3<sup>rd</sup> place in 50.96!**

**What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)?** 400m

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

Long jump; 400m, 4x100, 4x200, 4x400

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

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

When I PR'd at the Milton Invitational

**What is something people may not know about you?**

I like cheerleading.

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

Believe in yourself

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

Coach Naldo; pushes me to be great

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

Yes, I want 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?**

Powerade

**Have you ever had any sports injuries?**

No



## **Jade Sutters– Coach’s Award (Continued)**

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

Pushing yourself

**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 really

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

Yes; no

**What is your favorite warm up song?**

Can't pick just one.

**What makes a difference in how successful a team is?**

Coaching