

Awards from the Centennial Home Meet #2

March 2, 2022



Jack Lawson – Coach's Award

Jack earned his award for outstanding performance in the Long Jump. He took 1st place with a jump of 21-00.00!

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

Long Jump



Samuel Agosto Berrios – Coach's Award

Samuel earned his award with his strong performance and PR in the 800m in a time of 2:37.80!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)? 800m

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 1600m. I competed in 800m and 1600m. I would like to try the 100m dash.

What other sports, activities or hobbies do you enjoy?

Basketball

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

Centennial High School 800 meters, because I beat my record

What is something people may not know about you?

I'm perfectionist. When I'm working, I like to do as best as I can.



Samuel Agosto Berrios – Coach's Award - Continued

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

No matter which place you finished, the goal is with you, not with the others. Always try to do your best

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

My parents. I will remember my T&F coaches because they are always supporting me to do my best

What is your personal goal for this sport?

Try to do my best. The goal is with me, not with the others

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

Bananas. I learned that we need to eat healthy to have a good diet and to prevent injuries

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? Run faster as you can

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. To have a balance, I have my time in Track and I try to balance the time of all the assignments that I have to do.

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

I have a brother named Abdiel. He is in Track too. My parents like to walk

What is your favorite warm up song? Suena El Jíbaro by Manny Montes

What makes a difference in how successful a team is?

A team is successful when we are supporting us all the time. We need motivation and no matter which place you finished, try to do your best



Nadia Batra – Coach's Award

Nadia earned this award for her strong performance in the 1600m, earning a new PR with her time of 6:46.34!

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

Coach's Award 1600 meter run

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 to compete in is the 1600 but I also compete in the 800.

What is something people may not know about you?

I hate chemistry.

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

My parents have been great mentors for me because they always push me to do my best.

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

Brownies and Cliff Bars

What is your favorite warm up song?

Better than Revenge by Taylor Swift



Isabella Davis – Coach's Award

Isabella earned this award for her strong performance in the 800m, with a new PR of 3:05.47!

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

Coach's award- 800m

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

1600

What other sports, activities or hobbies do you enjoy?

I love working out at the gym and running cross country.

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

I enjoy most getting to run with my friends. Especially on days that it's a really good run.

What is something people may not know about you?

don't know

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

To listen to your body and work as hard as you can. Not to give up even when it's super tough.

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

A great mentor would be all my coaches because the coaches only want us to work hard and be able to improve so they know what is best and how to help us.

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

Personal goal is to keep improving

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 to not eat right before a meet and since I am doing so much exercise I need to be eating properly.



Isabella Davis – Coach's Award (Continued)

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

Make sure to have the right shoes.

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

Working for it each week. Pushing yourself until you get to the time you want.

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 it's hard to balance everything because I don't have a lot of time.

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

No siblings

What is your favorite warm up song?

Any country song

What makes a difference in how successful a team is?

Being able to talk to your teammates and trusting them. Everyone getting along



Daniel Murray – Coach's Award

Daniel earned this award for his PR in the 800m in a time of 2:23.01, placing 1st in his heat and 10th overall! He also placed 7th in the 1600m in a new PR of 5:21.48!

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

For coming back really strong and getting good times

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

800 and 1600

What other sports, activities or hobbies do you enjoy?

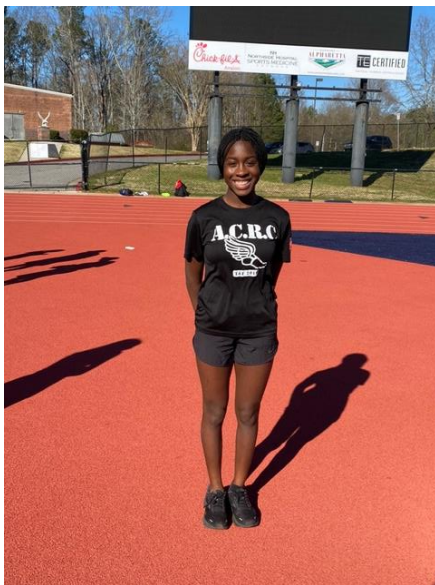
Basketball

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

The meets

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

To go d1



Leelah Dennis – Coach's Award

Leelah earned this award for her new PR of 1:05.05 in the 400m and second place finish!

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?

800 m

What other sports, activities or hobbies do you enjoy?

tumbling

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

Polar Bear Games

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

Stay positive

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

Coach Albregts because he has always been there for me

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

My goal is to run a 2:27 in the 800 by the end of this season.

What is your favorite warm up song?

Phenomenal by Eminem



Roman Atlow – Coach's Award

Roman earned this award for his 1st place finish in the shot put with a throw of 36-06.00! He also placed 7th overall in the discus with a throw of 80-07.00!

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

Shot put

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

High 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?
Setting PR's**

What is something people may not know about you?

That I high jump

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

Work hard

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

Coach Estes... he teaches me the right stuff to do

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

I wouldn't be opposed to it

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

Cliff bars

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

No serious injuries ,



Roman Atlow – Coach’s Award (Continued)

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

Working hard

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

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

Nope

What is your favorite warm up song?

Child’s Play Young Nudy

What makes a difference in how successful a team is?

Teamwork



Faisal Sokoya – Coach’s Award

Faisal earned this award for earning a new PR in the 200m, placing 4th in a time of 24.32! He also placed 9th in the 100m in a time of 11.94!

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

200m