

Awards from the Cambridge JV Invitational

March 9, 2022



Carla Taquechel – Coach's Award

Carla earned this award for her outstanding performance in the 400m earning a new PR of 1:10.84 and taking 1st place.

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

400m girls

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

All sprint events (100m, 200m, 400m)

What other sports, activities or hobbies do you enjoy?

I also play volleyball for Milton.

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

I enjoy spending time with my teammates.

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

Motivation and dedication

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 have found this difficult; I try to help manage it by getting school work and studying done in my school day if possible.



Olivia Diethelm– Coach’s Award

Olivia earned this award for her 4th place finish in the 800m in a new PR of 2:45.58. She also got a special shout out from the coaches for doing all the warm ups, stretching and cool downs that the team is expected to do.

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

800 m

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

This was my first 800 m and I would like to improve my times for this event. I normally run in the 1600 m.

What other sports, activities or hobbies do you enjoy?

I run cross country and I play soccer.

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

I have been injured every season, multiple times. One of the most common injuries for me is shin splints. Icing, foam rolling, Epsom salt baths, and buying good running shoes are the best techniques I’ve learned.

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

Focusing on yourself and your own goals versus listening to the expectations of those around you or focusing on other peoples’ times.

What makes a difference in how successful a team is?

Attitude and effort. The more devoted a team’s members are, the more the team will thrive.



Garrett Spooner – Coach's Award

Garrett earned this award for his strong performance in the Long Jump, taking 2nd place with a jump of 18-01.50 in his first time ever competing in this event!

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?

My favorite is 4x100.

What other sports, activities or hobbies do you enjoy?

Football

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

I enjoy the people the most.

What is something people may not know about you?

This is my first year.

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

Getting better isn't easy.

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

Jack, because he told me to join the team

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

No, I don't want to do T&F 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?

A lot of water and eating good foods



Garrett Spooner – Coach's Award (Continued)

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

I broke my wrist.

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

To go to practice and try your hardest

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.

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?

AC/DC

What makes a difference in how successful a team is?

Practice



Anderson Fuhrer – Coach's Award

Anderson earned this award for his PR of 2:43.60 in the 800m race. He also got a special shout out from the coaches for doing all the warm ups, stretching and cool downs that the team is expected to do.

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 the 1600m but I would like to try the 3200m. I have competed in the 4 x 800m, 800m, and 1600m.

What is something people may not know about you?

I mountain bike for a high school team in the summer and fall.

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

Being able to pace yourself has made the biggest impact for me.

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

Coach Albregts always seems to be in a good mood and is really encouraging to the freshmen just starting out.

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

I've gotten a concussion from biking and quite a few crashes but for track you have to be aware of your surroundings while being close to other racers.

What is your favorite warm up song?

20 min

What makes a difference in how successful a team is?

The effort you put into practice



Chris Murray – Coach's Award

Chris earned this award for his performance in the 3200m, taking 3rd place in a PR of 11:35.87!

What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)? 3200m

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

favorite: 800 i compete in 800, 1600, 3200 and 4x800

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

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

Friends and support

What is something people may not know about you? I play basketball.

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

Some advice is to never give up because if you do you will never see your true potential.

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

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

Gatorade

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

Stretching and really warming up good

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

Giving it my all

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?

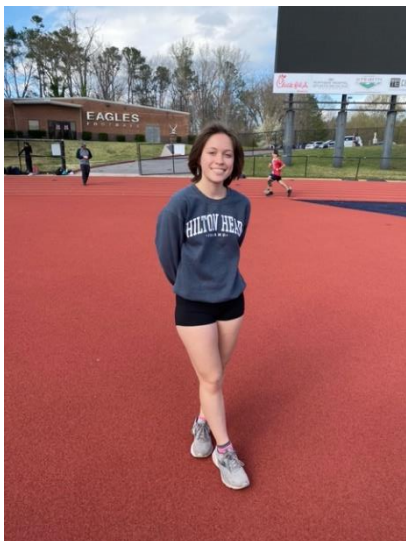
It's easy as long as you don't procrastinate and work hard.

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

Yes. They do. Yes, they participate

What is your favorite warm up song? any hype song

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



Brynn Scheel – Coach's Award

Brynn earned this award for her outstanding performance in the Long Jump taking 1st place with a jump of 13-05.25. Brynn also placed 1st in the 100mH & 300mH.

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?

I compete the 100 and 300 hurdles as well as long jump. My favorite is the 300 hurdles.

What other sports, activities or hobbies do you enjoy?

I enjoy flower arranging, art, and spending time with my cat Pepper.

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

I've been training with Coach Sam Gary since the 6th grade. She has been very encouraging and has taught me a lot about the sport.

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

I broke my foot in 5th grade during gymnastics practice doing a vault warm up.

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

I have a sister who graduated from Milton in 2020. I'm the only track athlete in my family. My sister was a gymnast and my dad played baseball in high school.



Jeremiah Mellem – Coach's Award

Jeremiah earned this award for his outstanding performance in the 200m taking 2nd place with a PR of 24.66. He also placed 4th in the Long Jump with a jump of 17-04.00.

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

200m sprint

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

200m and long jump

What other sports, activities or hobbies do you enjoy?

I watch anime and play football.

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

the 200m

What is something people may not know about you?

I don't like talking to new people.

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

Just compete put all u have into it no matter what it is

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

Naldo and Estes / also my brother Uriah

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

To make me faster for my other sports

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

just competitiveness

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

I pulled my hip flexor.



Jeremiah Mellem – Coach's Award (Continued)

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

arms always arms

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?

Yeah, sometimes it's difficult

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

My mom and brother participated in track.

What is your favorite warm up song?

Gotta listen to Teenage Fever to win

What makes a difference in how successful a team is?

A team is the most successful when every player puts their all into it.