

# Awards from the Roswell Relays Meet

March 19, 2022



## Shelby Howerton – Coach's Award

Shelby earned this award for her 1200m performance as a member of the girls Distance Medley Relay which notched a top-10 all-time school performance, placing 15<sup>th</sup> in a time of 13:58.38.

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

Coach's Award, DMR

**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 1600m and the 800m.

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

I enjoy walking, playing softball, and watching movies.

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

My favorite memory is always sitting on the infield before/ after a race with my friends.

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

I am a twin.

**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?**

Personally, I think running is my get away from school as a break from the hard day. I think it's a great balance.



### **William Conklin – Coach's Award**

**Will earned this award for his 800m performance as a member of the boys Distance Medley Relay team in a time of 11:57.53.**

**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 800 meters, but I'm also looking forward to running some 1600 meter races this year.

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

I enjoy rock climbing.

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

What I enjoy most about track and field is getting to cheer on my friends and see them reach their goals.

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

My goal for this season is to hopefully break 5 minutes in the mile.

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

What I've found is that a lot of PRing is training hard, but a good part of it is also really wanting it. Most times for me, those few second differences between PR or not are about mindset in the race.



## **Ashley Murray – Captain's Award**

**Ashley earned this award for her strong performance in the 3200m in a time of 13:27.55.**

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

Captains award, 3200

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

I would say the 800 and I normally compete in whatever the put me in.

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

I enjoy hanging out with my friends.

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

I like running with my friends and meeting new people.

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

I like *Star Wars*.

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

You can only control you- effort and attitude  
-my Dad

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

All the coaches are great - they always tell me how great I did/do no matter how bad I think I did.

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

I would like to break 6 for the 1600.

**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, food (chocolate chip cookie dough), and drink a lot of water

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

No I've never had a sports injury.



## **Ashley Murray – Captain’s Award (Continued)**

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

You have to stay positive mentally because if you don't you will want to quit and try to have fun with it

### **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, it depends how much homework I have

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

Yes, my brothers Chris and Daniel aka Danny and they also do track.

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

Whatever Macy decides to play in her phone

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

Getting along because if nobody got along that would be a pretty bad team



## **Keller Wilson – Captain's Award**

**Keller earned this award for his outstanding performance in the 3200m, in a new PR of 10:48.57 and winning his heat!**

**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?**

My favorite event is the 1600m. I competed in the 3200m.

**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 – Captain'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.





### **Leela Ravoori – Coach's Award**

**Leela earned this award for her strong performance as a member of the 4x200m relay team that ran the 2nd fastest time in school history in 1:51.20!**

**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 were 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.



### **Roman Atlow – Coach's Award**

**Roman earned this award for his outstanding performance In the high jump, as he tied for the 9th best jump in school history (6th-6'0") to finish 6th place.**

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

High Jump

**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



### **Devin Dahunsi – Coach's Award**

**Devin earned this award for his outstanding 4<sup>th</sup> place finish in the Triple Jump of 43'1" and just missing his best by an inch!**

**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 triple jump & I like 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?**

I enjoy the meets.

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

Just focus on yourself

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

Ved

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

I would like to run 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?**

Lots of water

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

Stretch

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

Work hard



## **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?**

Make a calendar

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

My dad ran track.

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

“Blessings” by Big Sean and Drake

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

Hard work