

Awards from the Buffalo's River Ridge Invitational Meet

April 16, 2022



Wylden Ocran – Captain's Award

Wylden earned this award for his strong 800m performance earning him 10th place with a new PR of 2:13.77!

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

800 meters

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

The 800m is my favorite event, I wish to compete in the 400m in the near future.

What other sports, activities or hobbies do you enjoy?

Track and Field, Soccer and Basketball

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

Winning and being able to compete at a high level with other athletes



Andrew Sirras– Coach’s Award

Andrew earned this award for his outstanding performance in the 4x100m in 4th place in a time of 43.96! He also ran in the 4x400m relay, placing 2nd in a time of 3:29.11. He also had a strong 200m performance, taking 3rd place in a time of 22.46, just missing his PR by a few 100ths of a second!

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

4x100m relay

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

200m because I think it is a good medium event

What other sports, activities or hobbies do you enjoy?

I enjoy biking, soccer, building things.

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

The dance parties after practice

What is something people may not know about you?

I am ambidextrous.

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

Stay consistent.

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

I think I will remember Coach Estes for a very long time just for his jokes and naturally soothing personality. I think a big mentor for me would be my teammates.

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 and hopefully one day go to the Olympics.(really just for the gear)

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 think I have mostly learned that carbs and sugar are really important to running well. And to always have a good complex carb for meet days it really helps me last the whole day.



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

I haven’t ever had any big injuries but the biggest tip is to just stay consistent, and stretch, drink water, and always take a warm up seriously and do extra if needed.

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

I think a huge factor for pr for me would be the rest I think I naturally just need some good rest before I run. So I normally try not to do anything taxing 48 hours before a meet. And for the big ones 72 hours.

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 think I do a good job of balancing my school life and track and family. It definitely gets hard but I try to not let it get to me and just do what’s right.

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

I have sibling ones does swim one does soccer. My mom ran d1 track at the University of Richmond.

What is your favorite warm up song?

I don’t normally listen to music when I warm up but probably “Call Me Maybe.”

What makes a difference in how successful a team is?

I think for a team to be successful, first you need a good leader, someone who can keep the team together. And you a wide variety of people you don’t normally think would work, all sacrificing things to make everything go smooth and seamless. This allows the team to have huge range and variety.



Ashley Murray – Captain's Award

Ashley earned this award for her strong performance in the 1600m in a time of 6:11.51, earning a new PR!

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

Captains award, 1600m

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



Christopher Murray – Coach's Award

Christopher earned this award for his outstanding performance in the 800m, in a new PR of 2:22.95!

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?

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



Genevieve Trainor – Coach's Award

Genevieve earned this award for her outstanding performance in the 800m, in a new PR of 2:26.89 and finishing in 3rd Place!

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



Leela Ravoori – Coach's Award

Leela earned this award for her strong performances with new PR's in both the 100m & 200m. She ran 13.60 for the 100m and 27.50 in the 200m earning 4th place. She also ran as a member of the 4x400m relay placing 3rd in a time of 4:23.65, the second fastest time of the season!

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.



Devin Dahunsi – Coach's Award

Devin earned this award for his outstanding 2nd place finish in the Triple Jump of 43'8" and just missing his personal best by a half-inch! He was also 6th in the 200m in a time of 22.94 and ran on the 4x400 relay that placed 2nd in a time of 3:29.11!

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