

Awards from the FCS Championship Meet

March 26, 2022



Pearson Gillam – Captain's Award

Pearson earned this award for his strong performance in the 1600m in a time of 4:54.93 placing 15th overall.

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

1600

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

Favorite event is the 1600 or 3200.

What other sports, activities or hobbies do you enjoy?

I play basketball with friends.

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

Warming up correctly and staying focused during your race

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 can be difficult when the workload for school becomes big.

What makes a difference in how successful a team is?

Having a team that supports each other



Andrew Dassler – Coach’s Award

Andrew earned this award for his outstanding performance in the Pole Vault, beating back 9 competitors to capture the Fulton County title in 1st place with a jump of 14’.

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

Pole Vault

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

Pole Vault

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

Favorite memory is competing at the Birmingham CrossPlex at an indoor meet my junior year. My favorite part of T&F is competing with friends and teammates.

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

Try all the events because you might like one.

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

My coach, Matt Barry, has been a great mentor for me because he has been with me throughout my entire high school career of pole vaulting.

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

I hope to jump 15’7 by the end of this school year.

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

I had a bad back injury during my junior year and beginning of my senior year.

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

Dedication



Farrah Frith – Coach’s Award

Farrah earned this award for her outstanding performance in the 3200m, winning the Fulton County title in a time of 11:25.77 & making her the 7th best performer in school history! Farrah also placed 5th in the 1600m in a time of 5:26.16.

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

1600m and 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 3200m race, a great way to test my distance stamina, post-xc season.

What other sports, activities or hobbies do you enjoy?

I enjoy food science, cooking, singing, and the gym!

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

What I enjoy most about track and field is the team, full of growing relationships and consistent encouragement in every meet we compete at!

What is something people may not know about you?

I am majority Vegan and have been mostly plant based for several years!

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

My advice would be to never think of the impossible, when the possible is right ahead of you. A new adventure calls for taking the leap of faith, no one else would cross.

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

A great mentor for me has been the consistent love and support from my family, close friends, teammates, boyfriend, and my coaches! I will always remember Coach Carr, as he has shown me a part to myself, I never thought I would be able to accomplish, yet again, he continues to mold and shape athletes for a successful future! I am SO THANKFUL!

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 continue running, and compete in the Olympics one day, and also become an ultra-marathon competitor worldwide! Also, I am hoping to run at a collegiate level as a graduate year 2023!



Farrah Frith – Coach’s Award (Continued)

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 the significance to nourishment as a long distance performer, to understand the amount of intake of food before and after runs, foods full of proper nutrients, and a nutrition based lifestyle to sustain the healthiest fueling mechanisms I can, to run at my highest capacity!

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

I have had severe cases of shin splints, and experienced PT band issues, but I continue to stay cognizant of proper recovery techniques to maintain the injury-free lifestyle majority of the time! Proper shoes and stretching are the top two most important remedies to injury!

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

Important factors include perseverance, optimism, driven mentality, and continuous positivity in the outlook of your INDIVIDUAL running careers!!

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 is hard if you make it hard! It’s great to find the balance and prioritizing things you love most! It can be as little as that one coffee in the morning, or having your favorite snack, to make the day better! Never give up on yourself, and know everything is happening for a reason!

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

I have siblings such as my sister, a senior, and my twin brother!

What is your favorite warm up song?

My favorite warm-up song is “Headlines” by Drake.

What makes a difference in how successful a team is?

By the amount of encouragement and willingness to build a spirit of positivity as a team!



Cory Chambers – Coach’s Award

Cory earned this award for his outstanding performance in the 1600m and 3200m. Cory placed 2nd in the 3200m in a time of 10:02.17 after placing 4th in the 1600m run in a time of 4:38.64!

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

1600m and 3200m

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

I can't really decide between the 1600 and 3200.

What other sports, activities or hobbies do you enjoy?

I like playing basketball.

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?

Chocolate peanut butter Pure Protein bars

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

I got a stress reaction this February and I couldn't run for like 3 weeks so that was tough.

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

Consistency

What is your favorite warm up song?

"Twirlanta" by 22G



Devin Dahunsi – Coach’s Award

Devin earned this award for his outstanding 3rd place finish with a Triple Jump of 43’8.5”, achieving the 4th best jump in school history!

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



Jessica Sheinkopf– Coach’s Award

Jessica earned this award for her PR’s in the 100m/200m. She placed 8th in her 100m race in 12.78, moving her to 7th best in school history! She placed 12th in the 200m in 27.28.

What did you win this award for?

100m/200m PR’s

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

Usually, 100 is my fav but most of the days I don’t want to run, so none. I want to try the throwing where you throw the ball thing. I compete in 100,200, LJ and 4x1 I think

What other sports, activities or hobbies do you enjoy?

I like my dogs

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

Tbh, Track and Field is a sport I don’t love but get forced to do, So usually I just try to get through the practices without dying so I can’t remember any memories



Jessica Sheinkopf– Coach’s Award – Continued

What is something people may not know about you?

I can walk down the stairs on my hands.

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

Drink lots of water

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 track is the only sport I've ever done that he understands and I think he really tries to understand it and he always shows me videos of people running and says I can run as fast as them 😊

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

I would like 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?

Pixie Sticks before a race

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

I am injured every single day. If I wrote a list it would be a book.

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

good technique

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, I do find it difficult.

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

I have an older sister and 2 younger brothers. neither of my parents did track, I think my mom would actually beat my dad in a 100

What is your favorite warm up song? Campfire song- Spongebob Squarepants

What makes a difference in how successful a team is?

Team bonding



Ella Grace Malcom – Captain’s Award

Ella earned this award for her strong performance taking 7th place in both the 800m and 1600m in 2:29.81 and 5:37.49!

How many years have you done T&F?
2 Years

What event did you earn this award for?
800m / 1600m

What is your favorite event?
800

What other events would you like to try? What other events do you compete in?
1600 & 3200...I am actually running my first 3200 this weekend.

What other sports, activities or hobbies do you enjoy?
I play the violin and tennis

What is something people may not know about you?
I juggle and ride a unicycle



Ethan Marcum – Coach’s Award

Ethan earned this award for his outstanding 4th place finish in the 400m in a time of 49.24! This moves him into 2nd best all time for Milton, missing the school record by 19/100ths of a second!

What have you found to be important factors in reaching your PR?
I think training right and not over working each week is best for a PR.

What is your favorite warm up song?
“Careless Whispers” all 4 years has carried me through each race, the sax solo is legendary.

What is something people may not know about you?
I’ve run everything but hurdles in track.

Favorite T&F memory?
Going to nationals over the summer was pretty cool.

What fuel helps you gear up and stay energized for an event?
Subway or chipotle definitely helps. Burrito bowls hit different.



Leelah Dennis – Coach’s Award

Leelah earned this award as a member of three scoring relay teams for Milton. The 4x800m relay placed 3rd in a time of 10:14.05, just missing runner up by 2/100ths of a second! The 4x200 team placed 7th in 1:53.74 and the 4x400 relay team placed 4th in 4:15.40!

How many years have you done T&F?

I have done track for 7 years.

What event did you earn this award for?

I won this award for running the 4x800, 4x400 and 4x200.

What other sports, activities or hobbies do you enjoy?

Another sport I enjoy doing is tumbling.

Favorite T&F memory?

I will always remember coach Matthew and coach Gary and the rest of my Alpha Crush coaches because they are the reason I'm here.

What is your favorite event?

My favorite event is the 800.