

# Awards from the Woodstock Distance Carnival

**April 1, 2022**



## **Pearson Gillam – Coach's Award**

**Pearson earned this award for his strong performance in the 3200m by placing 5<sup>th</sup> overall in a new PR of 10:45.77!**

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

3200

**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



## **Aviv Oshri – Coach's Award**

**Aviv earned this award for his strong performance in the 3200m race taking 14<sup>th</sup> place overall in a new PR of 11:49.99!**

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

3200

**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. I would like to try a 400m. I also run 1600m and 800m.

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

Other sports I like are soccer and football.

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

I most enjoy being with my friends in track.

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

I sprinted at the beginning of track so I am kind of good at sprinting.

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

The most useful advice was to just close a gap between me and another racer.

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

Coach Albregts has been a great mentor.

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

My goal is to continue to get PRs and maybe 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?**

I always eat a banana before a meet,

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

I haven't had injuries but I learned to constantly stretch to avoid injury.



## **Aviv Oshri – Coach’s Award (Continued)**

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

Running hard in practices

**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?**

No it's easy. You just need to make time for everything.

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

My siblings were never in track, but my dad used to sprint and do long jumps.

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

I don't have one.

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

It matters how balanced a team is.



## **Jessica Albregts – Coach’s Award**

**Jessica earned this award for her outstanding performance in the 3200m, earning 4<sup>th</sup> place overall with a new PR of 13:11.87!**

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

Coaches award, 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, but I also compete in the 1600 and 800.

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

I am a part of a rec softball team.

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

I love getting to be with everyone at practice.

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

My biggest advice is to always run your race and not worry about others.

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

I find that it's important to not put so much pressure on yourself and that can help you reach a PR.



## **Jorge Fabregas – Captain's Award**

**Jorge earned this award for his outstanding performance in the 1600m placing 14<sup>th</sup> overall in a new PR of 4:58.29! This was his first time breaking 5 minutes in this event!**

**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?**

My favorite events are the 1600 and the 800.

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

I like to cycle, play golf, and hang out with friends.

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

Coach Carr and Coach Albregts have been amazing coaches that always motivate me to do my best and find the next gear.

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

Sucking it up and believing in myself

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

A successful team is a team that the athletes and the coaches respect each other and have a common goal.



### **Callista Cacciatore – Captain's Award**

**Callista earned this award for her outstanding performance in the 1600m earning 10<sup>th</sup> place in a new PR of 5:50.14. She also placed 7<sup>th</sup> in the 800m in 2:39.26.**

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

Captain's Award 800m/1600m

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

My first Milton home meet where I met some new people

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

"Always trying to beat yesterdays you" a quote I heard a while back that stuck with me

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

My personal goal is to always get better and stop making excuses.

**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 help me stay sane and get ready for a race.

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

Bohemian Rhapsody by Queen

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

"Family"