

Awards from the Lassiter Last Chance Meet

April 16, 2022



Ella Grace Malcom – Coach’s Award

Ella earned this award for her strong performance in the 800m, placing 2nd in a PR of 2:19.79. This moves her to #4 on the Milton Top-Ten list as only the fourth girl to run sub 2:20 in the event!

How many years have you done T&F?

2 Years

What event did you earn this award for?

800m

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



Leelah Dennis – Coach’s Award

Leelah earned this award for her outstanding performance in the 800m, taking 7th place with a new PR of 2:27.94!

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 800m.

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.



Isaiah Jackson – Coach’s Award

Isaiah earned his award for his new PR in the discus with a throw of 79-10, placing 12th in the event!

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

Discus

What other sports, activities or hobbies do you enjoy?

Football,& Basketball

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

To throw 90 ft this season.

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

Practice

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

Yes No No

What is your favorite warm up song?

“Faneto” by Chief Keef



Faisal Sokoya – Coach’s Award

Faisal earned this award for earning a new PR in the 200m, placing 9th in a time of 23.78!

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

200m



Neev Ghafourikia – Coach's Award

Neev earned this award for his strong race as a member of the 4x800m relay team finishing in 6th place in a time of 10:12.19!

What did you win this award for?

4x800m relay

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

I have only ever done the 1600 and I would like to try the 800.

What other sports, activities or hobbies do you enjoy?

Basketball and tennis

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

I like the meets the most.

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

Yes, I've hurt my ankle multiple times. I've learned to recover instead of pushing through and making it worse with icing and other methods.

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

Working hard at practice and running over the weekends



Garrett Spooner – Coach's Award

Garrett earned this award for his strong performance in the Long Jump, taking 5th place with a jump of 18-2.50, a new PR!

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