

# Awards from the Milton Senior Night Meet

**April 13, 2022**



## **Adason Lambert – Coach's Award**

**Adason earned this award for her outstanding performance earning new PR's in the 100m in a time of 15.15 and the 200m in a time of 31.71!**

**What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)?** PR'd in 100 and 200

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

400 is my favorite. I also enjoy relays and the 200.

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

Cross Country, hanging with friends, competitive baton twirling

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

I love hanging with my friends and challenging myself to improve.

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

I'm a competitive baton twirler and have twirled in France and Canada.

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

My dad has always encouraged me to have a good attitude and give full effort- and that those are the two things -attitude and effort -that you can always control. That's my advice to new athletes.

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

When I think of a great coaches or teachers I think of Mrs. Carwile, my baton coach Lori Cobb, and my Milton XC and track coaches.

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

Train for the 400 and longer distances and possibly train for hurdles this summer.

**What fuel helps you gear up and stay energized for an event? Or, what have you learned about how nutrition can impact your performance?**

Staying hydrated and focusing on carbs and protein (proper diet) appropriately has made a difference during the season.



### **Adason Lambert – Coach's Award (Continued)**

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

Shin splints and pulled hamstring... Staying hydrated... Warming up properly and recovery like foam roller after practices

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

Consistency, attending practices, staying hydrated and also setting goals have helped.

**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?**

Absolutely- balancing is hard. Prioritizing, keeping an agenda

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

One older brother who played high school and college football and also did track in high school. My parents did not participate in track and field.

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

"Right Round" by Flo Rida

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

I think teams excel when we all set goals, strive for better and better technique, and remain consistent and buy into group goals - commitment



## **Samuel Agosto-Berrios– Coach’s Award**

**Samuel earned his award for his new PR performance in the mile in a time of 6:09.56!**

**What event did you win this award for (e.g., Captains Award, 100m sprint, etc.)?** 1600m

**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 1600m. I competed in 800m and 1600m. I would like to try the 100m dash.

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

Basketball

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

Centennial High School 800 meters, because I beat my record

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

I'm perfectionist. When I'm working, I like to do as best as I can.

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

No matter in which place you finished, the goal is with you, not with the others. Always try to do your best

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

My parents. I will remember my T&F coaches because they are always supporting me to do my best.

**What is your personal goal for this sport?**

Try to do my best. The goal is with me, not with the others.

**What fuel helps you gear up and stay energized for an event? Or, what have you learned about how nutrition can impact your performance?**

Bananas. I learned that we need to eat healthy to have a good diet and to prevent injuries.

**Have you ever had any sports injuries? Or, what advice/techniques have you learned to help avoid injury?** No



### **Samuel Agosto-Berrios– Coach’s Award (Continued)**

**What have you found to be important factors in reaching your PR?** Run faster as you can.

**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... To have a balance, I have my time in Track and I try to balance the time of all the assignments that I have to do.

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

I have a brother named Abdiel. He is in Track too. My parents like to walk.

**What is your favorite warm up song?** “Suena El Jíbaro” by Manny Montes

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

A team is successful when we are supporting us all the time. We need motivation and no matter which place you finished, try to do your best.



### **Bryce Thornton – Coach’s Award**

**Bryce earned this award for his outstanding performance in the 400m, placing 1<sup>st</sup> in a new PR of 52.13! He also ran a strong leg on the 4x100m relay team taking 1st in 44.63!**



### **Oliver Stone – Captain's Award**

**Oliver earned this award for earning a new PR in the mile with a time of 4:59.90 in 7<sup>th</sup> place and breaking 5 minutes in the mile for the first time. He also had a strong performance in the 4x400 Relay.**

**How many years have you done T&F?**

three years

**What event did you earn this award for?**

the mile

**What is your favorite event?**

My favorite event is actually the 3200, I find it to be the perfect speed and distance for me.

**What is your personal goal for this sport?**

My personal goal is to go sub 10:15 for the 3200 and sub five for the mile.

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

Well, I've had a relative spotless running career before last week's meet but I'd say the best way to avoid falls like I made would be to keep an eye out on your surroundings and always watch your fellow runner.





## **Andrew Walser – Coach's Award**

**Andrew earned this award for his outstanding 5<sup>th</sup> place finish in the discus with a throw of 82-01.00!**

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

Not sure

**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 discus and shot put, but I think I would like to try pole vault. I also competed in pole vault but would like to go back.

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

I like to ocean surf and wake surf on the lake.

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

I loved competing in discus for the first time and getting to practice with my friends.

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

I have a deep interest in joining the military, and want to become an officer.

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

I'd say work really hard if you want results, and do an event you enjoy, try out all of them if you really want to know what is for you.

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

I believe Coach Estes and Mr. Connell have been great coaches, teaching me the way to throw the discus so I can achieve good distances.

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

My personal goal is to throw 110 on discus and 40 on shot put.

**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 help a lot, and now I always make sure to drink more water.

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

I've only had a hip flexor tear, and I learned to roll it out and stretch a ton to get it fixed as soon as possible.



## Andrew Walser – Coach's Award (CONTINUED)

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

Training and practicing HARD, I believe I need to be throwing the discus as much as possible.

### 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 its hard, it depends how busy my schedule is, but otherwise it is not too bad.

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

I have a sister who was varsity on cheer for Milton (Class of 2019) but nobody in my family ever ran in HS or College.

### What is your favorite warm up song?

Kendrick Lamar – “ADHD”

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

How hard they train, and how close the team is to one another, with the goal of achieving the best they can.



## Megan Stechschulte– Coach's Award

**Megan earned this award for her outstanding 3<sup>rd</sup> place finish in the mile with a new PR of 5:40.06, moving her to #8 on the Milton Top-Ten List!**

### How many years have you done T&F?

I have done T&F for three years.

### What event did you earn this award for?

mile

### What is your favorite event?

My favorite event is the 800.

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

I did XC & I like to hang out with my friends.

### Favorite T&F memory?

My favorite T&F memory is competing in the 4x800 at state last year.



### **Anna Pearman – Coach's Award**

**Anna earned this award for her outstanding 2<sup>nd</sup> place finish in the pole vault of 7-06.00. This result moves her to #9 on the Milton Top-Ten List!**

**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 vaulting is my favorite.

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

I like hanging out with my friends.

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

Making new friends

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

I used to play softball.

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

never give up

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

Coach Yealy

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

PR every season

**What fuel helps you gear up and stay energized for an event? Or, what have you learned about how nutrition can impact your performance?**

Listening to music

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

no

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

Motivation





### **Anna Pearman – 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?**

Yes, practices are tiring so it’s hard to have energy to want to do schoolwork and hang out with people.

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

I have an older sister.

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

“Flex up”

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

the bond



### **Farrah Frith – Captain’s Award**

**Farrah earned this award for earning a PR in the mile with a time of 5:15.23, taking 1<sup>st</sup> place in her race and breaking the Milton school record by over 6 seconds! She was also a key member of the winning 4x400m relay team.**

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

**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.



## Farrah Frith – Captain's Award - Continued

### 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!

### 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! Its 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? "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!