



# THE RUNNING WARRIOR



**Volume # 2**

**Issue # 1**

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**From the Editor** – This issue takes a stroll into what it takes to succeed at the next level (college). I interviewed two college coaches that have had much success over the years. These coaches are from not only top track and field programs, but more importantly, they coach at excellent academically oriented institutions. Both of these coaches have shown interest in our athletes at NAHS.

I talked with Barry Harwick who is in his 21<sup>st</sup> year at Dartmouth (Division I), and Lisa Owens who is in her 15<sup>th</sup> season at Centre College (Division III). Barry has coached such All-Americans like Adam Neslon (Lovett grad) who won the NCAA shot put title before going on to win silver in the Sydney Olympics and gold in Athens. Currently, Barry coaches Abbey D’Agostino who finished 2<sup>nd</sup> in the NCAA XC championships last October and won the outdoor 5,000m title. She recently won both the 3000 & 5000 NCAA indoor titles. Lisa was recently selected as the Kentucky Collegiate Track & Field Coach of the Year. Her teams have won several conference titles and she has coached a 4X NCAA triple jump champion.

In keeping with the theme of this issue (what’s it like at the next level?), we have news on the new Running Warrior College Scholarship. There is also a recap

of the Saturday Mini Camps. The season is in full swing now. You will also see highlights from our indoor meet, as well as season outdoor openers.



Abbey D’Agostino, left, of Dartmouth beats Washington’s Megan Goethals to the finish line in the women’s 5,000-meter final at the 2012 NCAA.



D’Agostino, right, leads Saina (Iowa State – yellow/red) and Hasay (Oregon – O on chest) in route to winning the NCAA indoor 3000m in early March at the Univ. of Arkansas’ 200m banked track.

### **Clemson Youth Invitational Caps Indoor Season With Many New Marks**

The Running Warriors established four new school records and broke one other at the Clemson indoor meet on Jan. 26<sup>th</sup>. Senior transfer (NY) Lavon Mapps-Whitmore established the school mark in the 55m dash with a 7.07.

Freshman Ayelola Whitworth established the mark in the girls’ mile run, while sophomore McKenna Johnson got the mark in the girls’ 3000. Freshman Garrett Hurt established the mark in the boys’ 3000. Junior John Rudd upped his own pole vault school record to 11-11.75.

### **Panther Relays (3/2) Recap**

It was a cold day weather-wise, but a hot day for school records. The Warriors bagged five school records and violently threatened two others. On the girls’ side, the 4 X 800m relay team of Dione, Tutt, Longley, and Bell shaved .77 from the previous school record set seven years ago. Then came the girls distance medley relay (DMR) where Khady Dione, Glenda Tutt, newcomer Madison Walker, and McKenna Johnson bulldozed the previous school record by 49 seconds. If that wasn’t enough, sophomore school record holder Zamir Steed upped her own triple jump record by hop, step, and jumping 32-6.5 for 5th place. On the Boys’ side, the 4 X 800m relay team of Conton, Santizos, Rudd and Salis got the ball rolling by chopping 10 seconds off the previous record set last year (Rudd and Salis were carry-overs). Then the Sprint Medley Relay (800 vs. 1600) team of Burse, Mibry, Barrett and Morone shaved .64 off of the school record that Milbry and Morone had a leg in setting last

year at the Coaches Inv. at GA Tech. The boys 4 X 200 relay just missed re-writing the mark there 1:36.63 to 1:36.46. Amon-Ra Clay just missed the school record in the shot put by two measly inches!

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### Saturday Mini Camps Wind Up

NAHS hosted Saturday mini-camps in February for technical events (throws, hurdles, and jumps). We were blessed to have some of the top coaches in the country work with our athletes. Our throwers went to the Throw1Deep Camp in Marietta. Mike Judge runs this camp and has coached over 150 high school All-Americans.

Our pole vaulters went to Pole Vault Atlanta (just down the street at the Atlanta Girls School) where Coach Hal Fairbanks has coached dozens of state champions.

At NAHS, we had Mike Goss, who was the jumps coach at Kennesaw State for seven years. He has coached 50' triple jumpers and seven foot high jumpers at the national level. Mike recently had an article published at SpeedEndurance. Also helping us with the jumps was Ian Dube who is President of USATF –GA. Ian was recently promoted to the position of Head Horizontal Jumps Coach for USATF.



Mike Goss, back left, and Ian Dube, right, with the Running Warriors.

In the running form analysis clinic we had Kyle O'Day from Continuum Sports come and work

with our endurance runners and pole vaulter. Kyle, who is based in Atlanta, has worked with many top runners including Jamaican sprint champion and 5 time 100m world record holder Asafa Powell



Kyle critiques the form of Running Warriors.

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### Shot Heard Round the Warrior World

Senior Amon-Ra Clay (VMI football recruit) broke the five year old boys' shot put record of 40-6.5 set by Joshua Matthews on 4-1-08 in the City Champs. Clay upped Matthews record by one foot and seven inches, heaving the 12 lb. shot 41-1.5 which was good for a seventh place scoring throw at the Atlanta Games Invitational on March 9<sup>th</sup>.

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### Running Warriors Booster Club Forming Planning Committee

The Running Warriors Booster Club (XC and T & F) is forming a Planning Committee to work on the following items

1. Plan for the new track (quotes for track surfacing, layout and equipping)
2. Plan for hosting XC and Track Meets (Buckhead Invitational)
3. Sponsorships
4. Long range goals
5. Planning XC for next yr. (meets, routes, summer program, etc.)

We will probably meet every other month. If you would like to be on this important committee,

which will drive the progress of the Running Warriors, please contact the editor ASAP. We will plan for our first meeting in April.

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### Interview with Two Collegiate Coaches



#### **Barry Harwick, Dartmouth.**

Harwick's teams have enjoyed tremendous success at Dartmouth. In cross-country, Dartmouth won Heptagonal titles in 1994, 1995, 2000, 2001, 2002, and 2006. The squad has also advanced to the NCAA championships in 1993, 1994, 1995, 1998, 1999, 2000, 2001, and 2006. In 1994, the Big Green won the Heps with record-low 23 points, as well as the New England and NCAA District 1 championships. In track, the Big Green won the New England outdoor championship in 1994 and 1995 and were runner-ups in 1999, 2001, 2005, 2006, and 2007.



#### **Lisa Owens, Centre College**

Owens has won the 2011 SCAC Men's Track and Field Coach of the Year Award and the 2010 KTCCCA College Men's Track and Field Coach of the Year Award. She also coached triple jumper Chrys Jones '11 to Outdoor National Championships in 2009 and 2010 and Indoor National Championships in 2010 and 2011.

**Editor:** What are you looking for in athletes competing at the next level (transition from high school to college)?

**Harwick:** It basically comes down to three things: 1) academics – are they a viable candidate scholastically; 2) athletics – how fast are they now and how fast can we get them; 3) interest in Dartmouth – are they interested in our college and program... would they be a good fit. Finding student athletes who score high on all three counts is tough.

**Owens:** At a select academically oriented liberal arts college like Centre, a combination of academics and athletics is desired. Since we are NCAA Division III, we cannot offer athletic scholarships. However, we have many athletes in our program who could be on scholarship at many colleges. We look for a social fit with the athletes on our team when recruiting high school athletes. We want athletes that will adapt well in every way here at Centre.

**Editor:** What are your favorite workouts to administer?

**Harwick:** We try to present a wide variety of workouts. For example we use a lot of cruise intervals (AT – at threshold) and Fartlek. We have one cross country workout called a Michigan. You do 2 miles on the track at Threshold (approx :30/mile over 5K pace), then you do one mile outside the track on hilly terrain at an easier pace. Then you do one mile on the track at a hard pace. Then you run a 6:00 mile off the track and come back to the track and do an 800 all out.

**Owens:** For both endurance runners and sprinters, I like to do Up Tempo workouts. In the early to mid-season our distance runners will do Up Tempo miles. Our men will do 5 Up Tempo miles with 90 seconds rest between each. The pace is determined by calculating 80-85% of a current 5K race pace per mile. Our 200/400 sprinters do Tempo 200's. They run a 200 between 80 and 85% of their current race pace 200 with 2:00 rest X 10. This threshold work is very good for teaching our runners bodies to perform consistently and repetitively at a comfortably hard pace without developing a large amount of lactic acid.

**Editor:** What separates a great collegiate track and field athlete from a good one?

**Harwick:** The athlete needs to be willing to make sacrifices (even outside of track practice). They need to train smart and be able to quickly assemble pieces of the puzzle. Athletes have to want to be great.

**Owens:** The things that distinguish the great track athletes from the good ones are mental toughness and work ethic. Both of these cannot be coached. The majority of great collegiate athletes that I have worked with are not just talented, but they are extremely mentally strong and have great passion for this sport that we love. They are willing to put in the work (in season and off) to reach their full potential. The great track athletes are also the ones who pay attention to “the little things” that can make major differences (e.g. completing all workouts, core work, strength training, nutrition, and sleep).

**Harwick:** I would also add that off season work is important in order to be great at track or running in general. Post season races (summer track and XC junior Olympics) are good. If runners are going to be great in cross country they must get their base work in during June to early August.

**Editor:** We are constantly working to actively promote track and field both within NAHS and around the community. We are even going back to scheduling dual meets (reminiscent of the 1970-80's), in order to rekindle the sense of rivalry between schools' track and cross country programs. We just kicked off our outdoor season with new regional rival Lakeside-DeKalb. What role can dual/tri/quad meets play in keeping the sport exciting?

**Harwick:** We run a lot of triangular meets. It helps the athletes to focus on scoring and the team element of track and cross country. We also make meets inclusive by including high school and masters sections. We do a lot to publicize Dartmouth track & field with our alumni and supporters. We also work closely with the local press to create awareness of the excitement of our programs.

**Owens:** Dual and tri meets can play a big role in keeping our sport exciting. I think athletes can get “lost in the mix” in the big invitationals. The smaller meets put more focus on both the individuals and the two or three teams competing against one another. We just need to find more ways to get students more interested in our great sport. Small competitions force everyone involved to be engaged and hopefully each individual will



take pride in representing their school and find that extra bit of energy!

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### **Running Warrior Scholarship Announced**

The Running Warrior Scholarship is a one-time \$2,000 college scholarship which will be awarded annually to a senior. Senior varsity letter winners in either cross country and / or track and field are eligible. The purpose of this scholarship is to get more student athletes to participate in running, strength (throws), and jumping events.

Criteria for the scholarship include:

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1. Scholarship (academic standing)
  2. Cross country and / or track & field achievements (e.g., number of letters, school records, regional / state ranking, performances, awards, etc.)
  3. Demonstrated leadership (e.g., head of clubs, student government, captain of team, etc.)
  4. Community service and participation in NAHS *Running Warrior* fund raisers and activities
  5. Thoughtful essay on how being a Running Warrior has helped to prepare you for college and life.

Applications can be picked up in the college counseling office (Ms. Rasheed). Completed applications must be submitted to Ms. Rasheed by April 15, 2013.

### **MLK Day Run and Running Warrior Fund Raiser A Success**

On January 21<sup>st</sup> the Running Warriors participated in the Martin Luther King Day 5K in Piedmont Park. It was a fund raiser for the Running Warrior Booster Club. NAHS received \$5 for every entry that one of our Running Warriors signed up. We raised a record amount of funds by signing up 85 runners!



Runners "toe the line."



Freshman Garrett Hurt (L) and junior Shane Conton.



Junior Chris Smith.

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### **NAHS Field and Track / XC Stats Page:**

<http://ga.milesplit.com/teams/NAHS>



Freshmen Bethany Bell (L) and Glenda Tutt.



Junior John Rudd (L) and senior Rafael Salis.



Freshmen Abigail Shipps (L) and Lydia Zemmali run to the finish in tie position.



Freshman Jacob Archer (orange/red) tries to elude his coach.

### **Coming Meets**

1. 3/15 & 16 Morehouse Relays
2. 3/19 Carver Tri
3. 3/23 Golden Bear Relays
4. 3/27 Lovett Quad
5. 3/30 & 4/1 City Champs
6. 4/5 Fri. Night Lights
7. 4/16-18 Region

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