



# THE RUNNING WARRIOR



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**From the Editor** – The track and field outdoor season is off to a fast start. North has taken down school records at a dizzying pace. We are making preparations to host the Region 6 AAAAA Championships at North April 15-17.

Our Running Warrior Capital Campaign is progressing well as \$14,800 has been raised so far. Please consider giving to the Capital Campaign so we can pay back our equipment loan. So far, the contributions have come from only eight sources. What is more interesting is that only three of these eight givers have children who are Running Warriors. That means that there is a vast and untapped group of parents (seventy some strong) who still have not contributed anything to this critical cause.

In life, giving has many benefits: Giving makes us happy, giving is sexy (college women showed a clear preference to dates who gave money to the homeless people they passed on the street), and people like people who are givers.

Recently, Arthur C. Brooks wrote in the Wall Street Journal about the generous people like the eight who have given to our Capital Campaign: *“Psychologists have long found that donating brings a host of benefits to those who give. In one study, researchers from Harvard confirmed that, in terms*

*of quantifying ‘happiness,’ spending money on oneself barely moves the needle, but spending on others causes a significant increase. Why? Charitable giving improves what psychologists call ‘self-efficacy,’ one’s belief that one is capable of handling a situation and bringing about a desired outcome. When people give their time or money to a cause that they believe in, they become problem solvers. Problem solvers are happier than bystanders and victims of circumstance.”*

So please, try to make a donation no matter how small. Donations over \$500 will receive a brick on the Running Warriors Winners Circle. Donations to the Running Warrior Capital Fund are tax deductible. If times are tight for you, then contact Coach S. and volunteer your time to help North manage the regional meet.

## Running Warrior Photo Contest Winner

Carla Mabrey, Mother of Running Warrior junior McKenna Johnson, won the Running Warrior Photo Contest with this photograph that she snapped with her iPhone at the State Cross Country Meet on November 9<sup>th</sup> at Carrollton.



This is the photo that won!! Lady Warriors dressed in their adidas Susan B. Komen Breast Cancer Awareness shorts share a quiet and inspiring moment prior to the State Cross Country Meet in Carrollton on Nov. 9, 2013 (L to R: Samples, Delaria, Shipps, Zemmali, Johnson, Pearce, and Tutt). The girls went on to finish sixth for the highest State finish (boys or girls) in North Atlanta history. Photo – Carla Mabrey (McKenna’s Mom)

## Track and Field School Records Fall at a Rapid Pace

So far this year the Warriors have eclipsed a whopping 14 school records. Some of these records (girls long jump and 1600, boys pole vault, 800 SMR and 4 X 1600 relay) have been broken multiple times.

Here are the records that have been set:

Athlete	Event	Record
<b>Girls</b>		
Glenda Tutt	1600	5:40.83
M. Daly	Disc	77-3
Chloe Tillis	LJ	16-9
Z. Steed	TJ	34-5
M. Stafford	PV	6-0
Tutt, Davidson, Johnson, Samples	4 X 800 Relay	10:37.49
Tillis, Starnes, Lewis, Cason	800 Sprint Medley	1:53.27
Samples, Cason, Tutt, Johnson	Distance Medley Relay	13:56.50
<b>Boys</b>		
J. Washington	100	11.01
R. Waddell	2K Steeple	7:29.45
J. Pearce	3K	10:23.10
John Rudd	PV	14-7
Tribou, M. Self, Matute, Spears	4 X 1600 Relay	20:31.64
Rudd, Washington , Conton, Waddell	800 Sprint Medley Relay	1:36.84

Warrior to have ever competed in the steeple. (Photo: S. Davis)



Senior **John Rudd** pushes off to clear 14-7 for a new school record at the Golden Bear Relays on March 22<sup>nd</sup> at Holy Innocents, as head pole vault judge and NAHS Community Coach Patrick Stafford looks on. At the time, his vault was the best of any high schooler in Georgia.

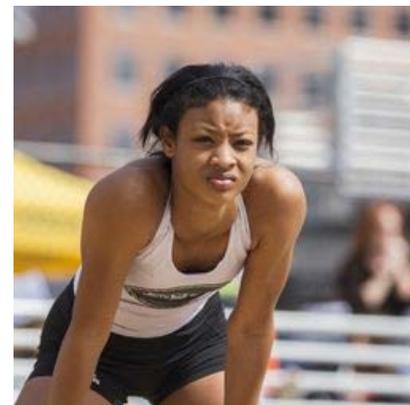
breaks (cleanly) due to the tremendous force he put into the vault. NAHS Community Coach and USATF certified official Patrick Stafford (R) looks on. John landed cleanly in the center of the PV pit as all elite vaulters are trained to do, but had a “hand stinger” that lasted a while. Note the reverberation of the pole above John’s right hand. Thanks to M. Stafford for filming this *incredible* sequence.



John had a fantastic day at Golden Bear scoring four (yes, FOUR) school records. He sailed 14-1, 14-4 and then 14-7 in the vault. Then, he led off the 800 sprint medley relay as they broke their own school record set at the Coaches Invitational earlier this year.



Then..., John attempts a new school record of 14-10. He put a bend in his big 15’ pole that most high school vaulters can only dream about. Note the good form on the “rock back” as his drive leg (right) knee moves back to lower resistance and speed up rotation. Then.....



Junior **Zamir Steed** upped her own triple jump school record to 34-5 at the Coaches Invitational. (Photo: S. Davis)



Senior **Rickey Waddell** (L) shows excellent form (lead with the heel on the barrier then wrap the foot around) in the 2K steeplechase at the Coaches Invitational at Georgia Tech on March 14<sup>th</sup>. Rickey established the boys School Record in the event, being the first



BANG!!!! Uuhhh Ohhh!!!. John’s pole



Senior **Taylor Samples** leads off (1200m)

the girls' distance medley relay team as they broke the school record at the Wheeler Relays (Photo: S. Tribou)



Sophomore Julius Washington at the Wheeler Relays. He broke the 100m school record at the Westminster 6-Way meet. (Photo: S. Tribou)

### **Warriors Score Big at APS City Champs**

North Atlanta had the *highest combined girls' and boys' finish in school history* at the APS City Championships (aka Atlanta Track Classic) as the girls finished second for their best finish ever and the boys finished third for their best finish. The Warriors had most winners ever:

1. John Rudd – pole vault
2. Steven Spears - 1600
3. Jack Matute – 3200
4. Taylor Samples – 800
5. Glenda Tutt – 1600
6. McKenna Johnson – 3200
7. Chloe Tillis – long jump



Freshman Jack Matute (center) and sophomore Nick Nelson (right) share a proud moment under the lights at Lakewood, as the two Warriors went first

and third, respectively, for 16 points in the 3200 for North at the City Champs.



In his first outing in the 400m, Warrior senior Rickey Waddell (L) finished second in the City Champs 400 to a waggish Kahlfoni Green (center) of NAHS rival Mays. Waddell will have another shot at Green in the 400m prelims at the Regional Championships on April 15 at North.



NAHS boys enjoy their "bling" for their highest City Champs finish ever.



Lady Warriors enjoy an historical moment with the second place City Champs trophy, besting the third place finish by multiple school record holder Porche Byrd and company in 2007.

### **North to Host Region 6 AAAAA Championships**

North will be hosting the 5A Region 6 (11 teams and approximately 450 athletes) championships April 15-17. The meet schedule is on the *Running Warrior* web site [www.narunningwarrior.com](http://www.narunningwarrior.com).

Running prelims will be Tues. with field events Wed. and running finals Thurs. The start

time is 5:00 PM. Come out and support the Warriors. **This is our largest and only Running Warrior self-initiated fund raiser of the year.**

Remember, Tues, April 15<sup>th</sup> is a **Black Out!** Wear a **black shirt or jacket** and get \$1 off a hot dog. Allyson Hill (Glenda's Mom) and the Region Meet Communications Committee created an outstanding video to promote the Regional Meet. [Click here](#) to see it on You Tube.



**We still need volunteers to help manage the regional meet,** especially from the cross country *Running Warriors* who are not participating in track or a spring sport! **We need more tent / canopies – if you can spare one for the three days, please contact Coach S. immediately. We also need some Dads to cook on the grill.**

If you are a *Running Warrior* (XC or T & F) or a parent of one, you will be called and **expected to STEP UP** to help North run this very important meet. This is a part of being a ***Running Warrior!*** How well we host this regional meet will be a "tell tale" sign as to how well we can manage the 15+ team Buckhead Invitational scheduled at North next spring!



Four-time state champion (1600-2X, 3200, & XC) Dunwoody Wildcat Alex Cameron will bring her wares to North for the Region 6 AAAAA Championships. Alex has signed with Miami (OH). (Note the rare adidas middle distance cross sprint spikes).



Miller Grove Wolverine Tiffany Flynn, who will be running for Steve Dudley at Mississippi State next year, has both of the leading horizontal jumps in Georgia (19-1.25 and 41-0), as well as the number three 100H time in the state. Her triple jump is currently the fourth best in the nation! She will be one of the crowd's favorites at the Region 6 AAAAA meet at North.



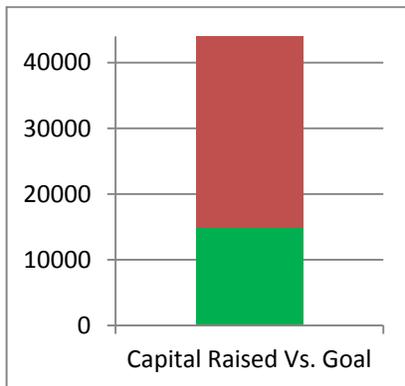
North School Record Holders (L to R) Samples, Johnson, and Tutt will attempt to move on to Semi-State with a top four finish at Region. Samples will be looking to best Jovelle Patterson's seven-year-old school record of 2:17 in the 800. Johnson will look to lower her own 3200 mark of 12:43, while Tutt will attempt to best her 1600 school record of 5:40.



John Rudd, who is the top 5A vaulter in the state, is looking for a regional title.

### Capital Campaign Update

The Running Warrior Booster Club (RWBC) Capital Campaign is moving along. So far we have raised \$19,400. Our goal is to raise \$44,000 to pay off our loan on the track and field equipment.



We will have memorialized bricks for all donations of \$500 and above. Your name will go on the

brick which will help pave the **Running Warrior Winners Circle** which is being planned for the new stadium expansion. **So, please make your tax deductible contribution today!** Make your check out to the NAHS Athletic Booster Club and put on the memo line "Running Warrior Capital Campaign." You can give your checks to Coach Sanderlin. There is a match for all individual gifts up to \$5,000 for a total of \$15,000. **Please contribute no matter how small the amount.** **If we don't raise the funds to pay back the loan for the equipment, it could put our Regional meet hosting in jeopardy.**

### Running Warrior Promotional Items for Sale

You can purchase *Running Warrior* logoed TShirts for \$15 at the regional meet. They are going fast, so get one while supplies last. Also for sale will be *Running Warrior* car magnets (only \$5). Proceeds benefit the RWBC (Running Warrior Booster Club).



### Calendar

1. April 15-17 – Region 6 AAAAA *at North*
2. April 26
3. May 1-3 – Girls State
4. May 8-10 Boys State
5. June 13-15 – [New Balance HS Nationals](#), Greensboro, NC

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

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

**Running Warrior web site:**

[www.narunningwarrior.com](http://www.narunningwarrior.com)

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