



THE RUNNING WARRIOR



Volume # 5 Issue # 2 The Best In Running, Jumping, Throwing, and Walking Q2, 2016

From the Editor – I hope everyone is enjoying their summer vacation. We have a full plate getting ready for cross country season (Smokey Mt. Running Camp, alumni day, Bring Back the Mile, clean up the Warpath trail, etc.).

In the next few days the US Olympic Trials will be underway in Eugene. I will be fortunate to be a spectator and will be cheering on former North Track and Field Assistant Coach Monica Hargrove who has qualified in the 400. We all wish her the best on her quest for Rio.



Former Georgetown multiple time NCAA All-American and former DMR world record holder Monica Hargrove (R) will shoot for Rio in the 400 at the Olympic Trials in Eugene. Here the former North Assistant Coach paces the pro women at the American Track League 800 meters at Emory in August of 2015.

Then it is on to Asheville for the Nike Smokey Mountain Running

Camp. This is one of the top endurance running camps in the country. Alan Drosky, a coach at GA Tech took over managing the camp from legendary Coach Roy Benson. Last year we paid for the top five girls to go to camp. This year we are paying for our top five boys cross country runners to attend the July 10-15 camp session.

We have accomplished a heck of a lot over the last seven years. It's easy to forget how far we have come. We are trying to create a legacy (that's what the best of the best do) by doing what other high school sports programs haven't done. Here are just a few of the many things that the Running Warriors have accomplished:

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1. Athletes attend the top **colleges in the country** - Harvard (2), Sanford (2), Penn, Rice, Georgia Tech (multiple), Princeton, Carnegie Mellon, Brandeis, Oglethorpe, Bard, and Mercer).
 2. Achieved a feat that *no other high school sports program (any sport) in the Southeastern United States has achieved* – for two consecutive years the girls **cross country captain has been school valedictorian** (i.e. we ARE a cerebral team!).
 3. **Highest cross country finishes** in school history (boys 11th in 2015; girls 6th in 2013)

4. Coaches (Stafford and Sanderlin) **officiate NCAA Division I championships.**
 5. Worked with the University of Kentucky (Coach Floreal) to develop the first **“Pacer Light System”** of any high school in the United States.
 6. First high school in the state to have a **band perform** at a championship high school cross country meet.
 7. First high school in the state to have **cheerleaders perform** at a championship high school cross country meet.
 8. First high school in the country to utilize the oxygen carrying capability of **beet root powder.**
 9. First high school in the country to try **cooling vests.**
 10. First program at North to award a scholarship (**Running Warrior Scholarship**)
 11. First sports program to invite **Sutton athletes to practice at North** (2012 cross country and track).
 12. **Highest APS finishes in track and field** in school history (girls 2nd in 2015) and in last 20 years (boys 2nd in 2016).
 13. Developed a **school record board.**
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14. One of the few sports at North that **consistently sends teams / athletes to the State Championship.** We have had five hurdlers qualify for state in the last seven years with

four scoring. In 2015 two girls qualified for state in the jumps.

15. Only program at North (other than the weight room) to **fund their own equipment**.
16. One of the few sports to develop a **Booster Club** with a charter and that conducts regular meetings.
17. Instigated **Bring Back the Mile Time Trial and "Run the Hooch"** river raft run.
18. Had either a boy or girl make the **State Meet 800 meter final** for five out of the last six years, a feat only surpassed by one other team.
19. Hosted the **first track and field invitational** (Adidas West Stride Buckhead Invitational) in school history.
20. Developed the most **innovative team trophies** in Georgia state high school track and field history (doe head for girls' trophy and buck head for boys' trophy).



Girls and boys team trophies at the Buckhead Inv.

21. One of first teams at North to regularly attend **out of state competitions** (XC – Furman and Louisville).
22. Consistently finish **first or second at APS XC Champs**.
23. Developed the **Warpath** in the Warrior Woods, one of the best "shorttrack" trails in metro Atlanta.
24. Hosted the **first inter school district track and field meet in Georgia State history** with

the Border Battle which pitted APS (City) teams of North and Carver against DeKalb (County) teams of Druid Hills and Lakeside.

25. First program at North to develop a **Freshmentor program** to ease freshmen into the high school environment.
26. Secured discounted rates for APS students and parents to attend the **ATL pro meets**.
27. Worked with the Atlanta Track Club's **Kilometer Kids** program to secure a race at Grant Park just before the high school race.
28. **Highest cross country invitational finishes** in school history (both boys and girls placed second at Run at the Rock in 2015).
29. **Five consecutive** boys individual APS Cross Country Champions.
30. Teamed with NAHS Robotics to provide the **first robotic retrieval of discus in the state**.



"Discbot" in action at the Buckhead Inv.

Some tangible examples of the output of the Running Warrior program are Malik Epps (NAHS '12 and Harvard '16) who was a member of an Ivy League relay championship and Rafael Salis (NAHS '13 and Clayton State '17) who broke the Peach Belt Conference 800 record.

Stay tuned for our third quarter (Q3 Sept) issue which will feature the cross country preview as well as a recap of the Olympic Trials and Olympic Games.

Running Warrior Scholarship

Senior Lydia Zemmali, won the Running Warrior Scholarship worth \$2,000. This award is given by the Running Warrior Booster Club to the Running Warrior who has excellent academics, leadership and athleticism. Lydia was a multiple time State Championship performer in both cross country and soccer. She was also school valedictorian. Lydia will attend Stanford University.



Coach Sanderlin presents Lydia Zemmali with the Running Warrior Scholarship.

Track and Field Wrap-Up

The track and field team had an outstanding season with three school records two athletes making it to State and a second place boys finish in the APS Championships.

The boys 4 X 800 relay team sped 8:19, a mere nine seconds shy of the US National Elite Standard to win the Milton Invitational. The team of Matthew Self, Hunter Riggall, John Self, and Jackson Pearce chopped a whopping 25 seconds off of the previous record set in 2013.



Milton Inv. Champs in 4 X 800 (L to R) M. Self, J. Self, H. Riggall, and J. Pearce.

The boys nabbed another record at the Jefferson Relays as Hunter Riggall, Matthew Aspinwall, Jack Tribou and Jackson Pearce ran 19:37 (4:54/leg) to claim the 4 X 1600 school record. Glenda Tutt broke the mile record at the Milton Invitational.

Both Tutt (Oglethorpe) and Tribou (Mercer) are going on to compete at the next level. This is the seventh consecutive year that NAHS has sent a Running Warrior to compete at the next level.



Tutt at the APS Championships.



Tribou at the Region Meet.

The boys claimed the best finish at the APS Championships in 18 years as they finished second. Jackson Pearce led the way by winning both the 800 and 1600 and being named the outstanding runner of the meet. Graham Palmer finished second in both hurdles.

Other season highlights include having two boys (Colby Williams

and Majeste Hansberry) consistently throwing the shot over 40 feet.

Kyla Lestagez (100) and Amenawon Momodu (HJ) both scored for NAHS at the region. The boys fourth place finish at region was one of the best ever.



Lestagez (L) at the Region meet.

Both Graham Palmer (both hurdles) and Jackson Pearce (800 & 1600) made the State Meet. Graham did not compete because of a conflict with an IB exam. However, Jackson scored in both of his events getting eighth in the 1600 and setting a PR to place third in the 800.



Palmer powers his way (R) to the win in the Region 110 hurdles.



Pearce (#4) in the State Meet 800 Final. This marks the fifth year in the last six that North has had either a boy or girl in the 800 State final. Only endurance powerhouse Brookwood can top this!

- Warrior – Graham Palmer
- Scholastic – Hunter Riggall

Girls' awards:

- MVTrack – Kyla Lestagez
- MVField – Amenawon Momodu
- Warrior – Tanasia Trice
- Scholastic – Sarah Pearl



Asaffa Powell wins the 100 at the American Track League pro meet at Lakewood in June.

The boys' track and field award winners are:

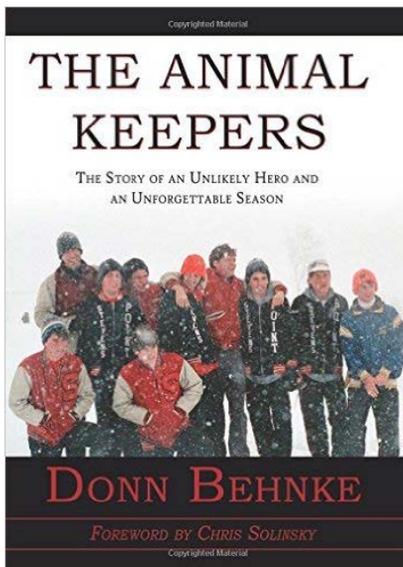
- MVTrack – Jackson Pearce
- MVField – Toren Stafford



Women tackle the barriers in the 3000 meter steeplechase in the ATL pro meet at Lakewood.

Summer Reading

Put this one on your summer reading list:



This is a book (click on [Amazon link](#)) about a championship high school cross country program (Stevens Point HS which produced Chris Solinsky and Suzy Favor Hamilton) that takes on an unlikely teammate and has an eventful season.

Olympic Trials

The US Olympic Trials for track and field will be telecast from Tracktown USA (Eugene, OR) from July 1-10. On July 1st you can see the finals in the men’s shot and 10,000 meters. To see the NBC TV schedule go to:

<http://www.usatf.org/calendars/TVSchedule.aspx> and scroll down.

There should be some exciting action especially in the men’s 110 hurdles, 400 and 800, as well as with the women’s 1500 and hurdles.

Make it a point of your summer to watch the US Trials, since it is probably the best track meet in the world And it only comes around every four years!

Summer Olympic Games

The Olympics will be televised from Rio on August 6-21. For the NBC TV schedule go to:

<http://www.nbcolympics.com/full-schedule> For the official Rio web site go to: <https://www.rio2016.com/en>

As per Olympic tradition, track and field (or simply “Athletics” as the rest of the world calls it) is slated for the last 10 days of the Olympics (Aug. 12-21).

Calendar

1. **Olympic Trials** July 1-10
2. **SMRC** – July 10-15
3. **First day of official Cross Country practice** – Aug. 1.
4. **“Run the Hooch” River Raft Run and Alumni Day** – Aug. 2
5. **“Dog Days Run”** run with your dog at Cochran Shoals – Aug. 6.
6. **Sumer Olympics** – Aug. 6-21.



NAHS sports web site:

www.northatlantawarriors.org

Running Warrior web site:

www.narunningwarriors.com

NAHS Field and Track / XC

Stats Page:

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

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