

# KOHAWKS UP AND RUNNING!

November 2011



(Left) SixKohawks competed at the NCAA Outdoor National Championships. (Right) Keelie Finnel receives the baton from Stefani Wright in the 4x100M Relay at the National Championships.

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Andrew Meyer in the Hammer Throw

**THE KOHAWKS WANT YOU!**

## Preseason off to a Flying Start!

The Kohawks came out to the first preseason practice looking better than ever! After an extraordinary season in 2011, the athletes are back with high expectations. Last season the Kohawks broke 14 school records, had 12 National Qualifiers and a 2-time National Champion in the 800M. National Qualifiers came from every aspect of track and field; Distance, Throws, Jumps, Sprints and Relays. An accomplishment of a true team!

With a crew of returning stars from last season and a great freshman class, the team is looking very strong! The current emphasis of pre-season is to improve each athlete's technique; running, throwing and jumping. All technique must be improved in order to achieve maximum results. Achieving extraordinary results must begin with a strong foundation built upon good technique.

Returning stars from last season include; Andrew Dewar (*Distance*), Jared Keuhner (*High Jump*), Eric Ritter (*Throws*), Marcus Hausein (*Jumps, 100, 200*), Matt Barnd (*100, 200, 400, 4x100, 4x400*) Dennis Gilbertson (*100, 200, 4x100*), Sara Heizer (*4x400, 4x100, 400M Hurdles, Pentathlon*), Stefani Wright (*100, 200, 4x100, 4x400*), Hannah Breitbach (*4x100, 4x400, 400*), Kelli Springer (*400, 4x100, 4x400*), Keelie Finnel (*4x100, 4x400, 400, 800, 1500*).

Strong freshmen include; Rachel Peters (*100, 200*), Amy Hurd (*200, 400*), Kate Worthington (*200, 400*), Ashley Boleyn (*Throws*), Kayla Rohr (*Throws*), Alexis Kombwa (*Jumps, 100, 200*), Frank Davis (*Throws*).

**Join the Coe Track & Field program and let us take your potential to the next level!!**

