

2009 Track and Field Team Preview

By Melissia Dollar
Staff Writer

The winter sports season is finally at an end, only to be replaced with a new season of sports. This year the Heard County High School track team is being coached by Thomas Sickman, who has coached track for twelve years. Sickman's goal for this year's track team is to work on the basic fundamentals, teaching technique, form, and speed. "The boys' and girls' teams together have the opportunity to have one of the best seasons in recent school history," believes Sickman. "I truly believe we have the athletes to be competitive."

With the help of many veterans returning this year, the boys and the girls are looking to do very well. Some of the following track team members earned spots at the 2008 AA state track meet. Returning for the girls are Lisa Denton (state), Elizabeth Heard, Ashley Nichol, and Haley Laskow (state); and returning for the boys are Shuntavius

Swindle (state), Shadawn Woods, Adam Cannon, and Kevin Kidd (state). There are many newcomers on the track team this year. The girls are Jordan Rounds, Amanda Roy, Aaliyah Rutledge, and Tiana Spearmen. The newcomers for the boys are Zack Battles and Denquavy Laye.

Sickman thinks that this year's track team will go far, "The girls have been region runner-ups for three years in a row; we look to winning it this year." Sickman also said "The boys have improved every year, with one of their best finishes at region. We look to be first or second this year." Sickman's love for the sport drives him to coach track "I love the sport; there are sixteen different events that truly test the ability of any athlete. I love teaching the athletes the fundamentals and watching them improve during the year." Sophomore Haley Laskow, a veteran pole-vaulter, also believes the team will be excellent and asserts that "this year's girl's pole vaulting group will do awesome."

2009 Track and Field Schedule

Date	Location	Teams
February 27	Central	(Carrollton, Villa Rica)
March 5	Home	(6 Schools Coming)
March 12	Villa Rica	(plus other unknown teams)
March 14	Central Invitational	(10 + schools)
March 21	Home Invitational	(10+ teams)
March 26	Home	(6 Schools Coming)
March 31	Bremen	(plus other unknown teams)
April 4	Pepperell Invitational	(varsity athletes only)
April 15 & 16	Temple Invitational	
April 20 & 21	Heard	(Boys Region)
April 27 & 28	Heard	(Girls Region)
May 7-9	Albany	(Boys State)
May 14-16	Jefferson	(Girls State)

SOUTHEAST SIDING

- Vinyl Siding
- Hardie Board Siding
- Metal Roofing
- Gutters
- Pressure Washing



192 Redland Road
Franklin, Ga. 30217

Clint Miller: 404-717-0302
Owner

