

Cross Country Preview

By **Brandon Witcher**
Staff Writer

This year is going to be an exciting year for the Heard County High School's cross country team. They have had a very rigorous off-season conditioning program that consists of a 3.1 mile run on the Chat-Flint trail almost every day. Last year, the team had a very successful season. They sent two runners to state and one of the runners placed. The team hopes to continue their success into this upcoming 2010 season.

The cross country team will now have home meets because of the newly constructed running trail behind the school. According to head coach Thomas Sickman, the newly designed trail is going to be very difficult. The new trail is an approximately a 1 mile loop with a fluctuating landscape. Returning veteran Orlando Burgos is looking forward to the new trail. "The new trail offers more of a challenge because of its varied terrain," claims Burgos. "This will make us work harder and get us more physically prepared for the easier trails."

This season, the team will be very different with the loss of several runners. They will be adding several new team members with only a few returning. Sickman is very positive because he has some very experienced girls returning this year. "We have some really good girls returning, Lisa Denton and Ellen Crews, but we are still lacking and don't have enough girls to have a full team," believes Sickman. Sickman is also very hopeful for his male team this year. "We have some strong boys returning this year, Alex Cammon, Orlando Burgos, and Kevin Kidd who I expect to do very well. Newcomer Jay Pickens is also showing some promise," added Sickman.

This off-season, the cross country team has modified the schedule. They have added Temple High School to their region play. This is going to be a challenge because the region play was already difficult with challenging opponents such as Jordan, Kendrick, and Spencer. The team will start off their year with a home meet on the new trail on September 15, against Bowden and Temple.

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