



Eastlake Track & Field 2019-2020

Head Coaches – Troy Anderson & Nancy Pixler

Assistant Coaches – Jody Anderson, Dray Bailey, Stephan Ellis, Evan Flay, Dirk Huebner, Jeff Hunter, Troy Morse, Mike Poole, Zach Trumbauer, Melanie Waldenburg & Phillip Streccius

Kristen Acheson- Kristen always brought a positive attitude and work ethic to the throwers squad. Through this, she has developed into a leader for the throwers over the past 4 years. She leaves Eastlake as the school record holder in the Hammer throw and the 2019 JV Kingco Champion in the discus and shot put.

Jacob Allen- One of the hardest workers in the room, Jacob leaves Eastlake as the 5th ranked shotputter for our school. Being a talented multi-event athlete, Jacob balanced throwing shotput with running the 100, 200, and 4x100 Relay. He was one of the first ones in and last ones to leave during practice, always trying to become a better version of himself.

Ben Berton - This was Ben's first year pole vaulting. He was a multi-sport athlete that had all the skills needed to be successful. His basketball background was tailor-made for pole vault. We enjoyed working with him and wish him all the best.

Alexia Bryant - A staple on our 4x400m relay team during her career. Alexia competed at the state championships in back to back seasons of 2018 & 2019. Her 2018 4x400 relay squad not only made the podium at state but, also set the Eastlake school record. Alexia had an impressive resume competing in many events during her career from the 200m through the 1600m making the Eastlake all time top 20 in the 400m. Alexia was a mentally tough competitor who trained in the off-season to her fullest capabilities while able to manage a very full schedule. Her encouragement towards all her teammates along with her leadership skills helped to develop our positive team atmosphere. Thanks for your outstanding commitment to Eastlake Track and Field.

Jason Bryant - A gifted athlete that always rose to the occasion when he was challenged. Jason competed in the 100m, 200, 400m 4x100m & 4x400m relays. Running the 3rd leg of the 2019 KingCo 4X100m relay champions that also finished 6th at State he was placed in a similar role on the 4x400 relay team because we needed a fighter to keep us in the race. Jason proved to be that type of athlete and helped make that relay team one of the best around. His top 200m time placed him in the all time top 20 at Eastlake and this season he was primed to improve that time. Our staff was excited to have 3 returners on the 4x100m all-state team and unfortunately we just missed out on watching them

compete with our shorten season. Jason showed a mindfulness of a true leader as he always lead by example and was always prepared to face any challenge that came his way. His coaches are thrilled for him to be moving on and showing the rest of the world what he can bring the table.

Melina Carino - Coaches were very excited to have Melina return for her senior year after battling a series of set-backs because of a foot injury. A mentally tough competitor who competed in the 100m, 200m, and 400m races since her freshman season, this senior season was off to a great start as she aggressively trained in the off-season to prepare her for competition this spring. Melina helped create a positive atmosphere with her encouragement of others and by consistently displaying her strong work ethic to others.

Vincent Carmosino- In his first year out, Vincent showed great excitement and a positive attitude for throwing. His curiosity and excitement for developing a new skill set created a positive learning environment that his teammates thrived off of.

Jonathan Carollo – As soon as Jonathan joined track, it was clear that he was going to be a talented jumper. In a short time, he showed his strong work ethic and camaraderie with the team. Vertrees

Benjamin Courter - Ben's consistent dedication to bettering the team and himself will have a last impact on the EHS T&F and XC culture. He genuinely cares for everyone regardless of gender and grade. It has been a true honor to be a part of Ben's high school journey these past 4 years in Track and Cross Country.

Ezra Czechowski - Erza approaches each practice and race with an amazing positive attitude. His joy in running flows out from him and impacts the entire team and his past 2 years on the team will make a lasting impact.

Pravar Dubey - Pravar returned for his 2nd season of track this year and had spent a tremendous amount of time during the off-season preparing to better his 2019 performances. He competed in 100m, 200m and 400m sprints. Pravar was always interested on the finer details of improving his technique and was an athlete that competed at every workout to the best of his ability. Thank you for your efforts and being a valuable member to Eastlake Track & Field.

John Ferrian - Jon's personal growth has been a joy to experience during his 4 years of Cross Country and Track. It has been awesome to see his confidence develop over 4 years. His focus and ability to balance interests and consistently work hard will be a great skill in the future.

Cassidy Harker - In spite Cass moving to EHS her junior year, her leadership and encouraging demeanor made an immediate impact on our team. We could always count on her to help inspire the team to perform at their best.

Quinn Hoffman- In his first year out, Quinn came in with a positive, can-do attitude. He was open to learning and developing in the sport. This influenced a positive learning environment where he could grow and helped his teammates develop.

Axel Isackson - One of the hardest workers in the room, Axel was one of the first ones in and last to leave. In his first year out for throwing, he came in with a positive and open attitude, willing to learn. His openness influenced his teammates and helped create a positive team environment.

Tess Keller - For four seasons Tess competed in all the sprint and relay events at Eastlake. A leader of our team, Tess trained with the sprinters year-round and was quietly one of the strongest athletes we ever had. She fought for that strength every single day because of her immense work ethic. She always had a positive attitude and the coaches respected her advice on helping us make corrections throughout the year. We could always rely on Tess to do anything we asked. She would step in and help coach a younger athlete or fill in a spot on a relay team and her while we know that the qualities that got her on that list don't just disappear. We wish Tess the best of luck and can only hope we gave her as much as she gave to this team.

Nicholas LaBlanc - Nicolas' work ethic is something to be admired. He has the great ability to focus and push himself, when others would ease back. These qualities would have led to another successful postseason that would have been exciting to watch. Nicolas' quiet leadership and drive will be greatly missed.

David Lynn - Over the 4 years, David progressed into both a great leader and runner. His calm, analytical approach to racing became an cornerstone for the team.

Caliope McKinsey - For four years, Caliope has been and a fantastic addition to our track team. Caliope spent 4 seasons as a sprinter competing in the 100m, 200m, and 400m events. She worked tirelessly on improving her craft year-round and showed tremendous dedication to our off-season training. Caliope brought such positive energy to our team that she will be greatly missed next season.

Liam McKorkle - His work ethic was excellent and it had a positive impact on many of our sprinters. This season was, without a doubt, going to be his best yet. Your coaches wish you all the best moving forward.

Adarsh Mulupuru - A talented athlete who competed in Cross Country and Soccer. We were fortunate to have Adarsh for the past 3 seasons. Adarsh competed in the 100m, 200, 400m, and 800m and was a valuable member of our 4x400m relay team. Adarsh showed a tremendous work ethic year-round and took his training very serious. Your coaches will always remember your infectious energy and love for the sport of track & field.

Jake Oveson - Jake competed for 4 seasons at Eastlake in the 100m, 200m, 400m and the 4x100m relay. In an event group with a million moving parts the coaches could always rely on Jake to be where we needed him to be. His focus on the details of sprinting and commitment to training were the staples of his success. As a coach he just provided a sense of structure for the majority of the team that looked to him as a leader. He will be dearly missed next season and we know he's going to do big things wherever he goes next.

Jack Pendleton - An outstanding athlete who competed in multiple sports at Eastlake. Jack is a leader who is more interested in what is best for the team and not just himself. Jack has the mature demeanor

and ability to ignore nonsense and focus on evolving as a young man. His competitive choices show his immense mental toughness as he competed in relays and races from the 100m through the 800m - not an easy task to do. Our staff has always appreciated his tremendous help in creating a positive environment for all student athletes to excel. Jack will be greatly missed next season.

Mikey Phillips - Mikey loves competition and his coaches were looking forward to seeing him compete this season. A gifted basketball player, Mikey was working tirelessly on his sprint technique during the off-season to prepare himself to compete in multiple sprints, but mainly the 400m. Mikey is never one to take the easy route and believes that hard work and determination will help you reach your goals. While our season was short-lived, we thank you for turning out. All the best!

Tommy Phillips - The sprints team was very fortunate to have a talented athlete such as Tommy turn out this season. A lifelong Basketball player, Tommy was going to compete in jumps as well. His intense work ethic was second to none and was only going to enhance our overall team success. We would have loved the chance to coach him for a full 4 years, but we truly enjoyed the short time we had him on our squad. Thanks for being a part of Eastlake Track. We wish you all the best.

Ben Puryear - We were looking forward to seeing Ben vault this year. He has improved every year and was off to a great start in 2020. Ben was our #1 returning vaulter, he was a leader on this team, and we relied on him to help in so many ways. We wish Ben all the best at Gonzaga next year.

Grady Robison - An outstanding athlete who was preparing to defend his 2019 KingCo 100m, 200m, & 4x100m Relay titles. Grady, early on in his high school career made an important decision to improve himself as an athlete and turned out for track 3 years ago. That decision paid off. An immense competitor on the gridiron, Grady was no different on the track and he improved each season because of his desire to be his best self. His outstanding work ethic was evident in his desire to improve his technique at every opportunity. He combined this with a positive self-belief to achieve his success. Grady finished his Junior season by placing 5th in the 100 meters at the State Championships and ran the 2nd leg of the 4x100 Relay team which placed 6th at the State Championships. Grady was also named the Team MVP in 2019. Grady leaves Eastlake Track & Field ranked 3rd in school history for the 100 meters and 5th in the 200 meters. Grady will be attending Western Kentucky University on a football scholarship this coming school year.

Peter Schmitt – Peter consistently has a smile on his face and positive attitude. He's been a joy to coach the past 2 years of Track and we're excited for his next chapter.

Samantha Seabrooks - Samantha has been a top shot putter for Eastlake since her Freshman year and leaves us ranked 4th in shotput for our school. From going to state her freshman year to multiple time district and Kingco competitor, Samantha has competed with the best our state has to offer with the highest level of class and friendly competition. Her positive attitude and love for the sport is almost unmatched.

Elise Seneker - Elise is an amazing person with untapped talent. She worked hard in the offseason to make sure her final season was going to be a success. Her grit and courage in prior seasons led to impressive results, when obstacles got in her way. Elise's personality and drive to pursue perfection are qualities that will help her succeed beyond Eastlake.

Bella Shaffer - A talented long sprinter who ranks in the Eastlake all-time top 20 for the 200m and 400m events. Bella was poised to have a successful senior season after another year of intense off-season training. Bella participated in Cross Country in the fall and Indoor track during the winter. When you combine these activities with consistent strength training you see the yearly improves that Bella achieved. Coaches were very excited to have Bella back on the track as she was a member of 4 returners of the girls 4x400m relay squad that competed at the state championships last spring. One to never shy away from difficult long sprint training sessions your coaches will deeply miss you.

Payton Stoupe - Entering his 3rd season competing in the 100m, 200m, and 400m, Payton has been a wonderful addition to the sprints squad. He was always hard-working and displayed such positive energy to his teammates. Payton was always improving his times each meet and was on the verge of hitting some impressive marks this season. The coaching staff loved Payton's work ethic and ability to focus in the moment. He always made the best of every situation that he faced.

Arjen Sundher - Arjen has been a 4 year member of Track and Cross Country. Arjen is one of the kindest people you'll ever meet. His easy going nature changes into a fierce competitor when the gun goes off. Consistently giving 100% in every race and pushing his teammates to past their perceived limits.

August Tell - For three years, Auggie has been a wonderful addition to the jumps squad and the track team as a whole. He is always hard-working, positive, and encouraging to his teammates. Auggie is an athlete that completes every workout to the best of his ability and without complaining, because that is who he is. August will be greatly missed next year.

Davia Whitt - In her first year out, Davia was a positive influence on the throws team. She came in with a willingness to learn a different sport and determination to get better, creating a positive environment for her and her teammates to flourish.

Cooper Williams - Cooper is a competitor at heart who knows how to dig down deep and find something extra in order to rise to the occasion. His hard work and determination were major factors of why he qualified for state twice. I am sad to say we missed out on watching him do something special at his third state championship. Cooper's playful competitive spirit will be hard to replace.

Alex Woodall - Although Alex had run cross country all four of his years at Eastlake, this was his first year for track. After hitting a big PR in cross country last fall, Alex was set to make a great debut in the distance events. Additionally, he was already making great progress in the javelin, where he had planned to capitalize on using his seasoned baseball skills. Alex was well liked and respected by his teammates and was always a great encourager who sought to build community.

Kolton Zeng - Kolton was a member of both the track distance squad and the cross country team for four years. He was very talented, always making huge improvements from the start of the season. His was a great teammate, always kind and encouraging to all and as a bonus would be happy to discuss and argue politics and world events while running. His talent extended to his academics where he always maintained a rigorous load. The coaching staff wishes him the best as he moves across the country next year to attend Brown University.

Nathan Zeng - Nathan was a member of both the track and cross country teams for all four at Eastlake. He was a true leader, chosen by his coaches to be a team captain two of the four years. He was a great organizer, extremely reliable and always reached out to all of his teammates. As a runner he exhibited great range by running the second fastest 800 for a ninth grader in EHS history while also cracking the

ranks of the cross country varsity squad. In addition to his running and leadership commitments, he carried a heavy academic load, The coaching staff wishes him the best as he moves on to his next adventure studying computer science at the University of Washington.