

# Whirlie track teams aim for conference titles

By Kelly Cirincione  
Staff Writer

The Grimsley track team has less than a week to prepare for the Conference meet, but the runners aren't worried about what can be done to get ready until then. In track, athletes train months in advance to see results down the road. The Whirlies' performance this season has them as ready as they'll ever be.

The scoring of a track meet goes as follows: 1st place competitors receive 5 points, 2nd place receive 3 points, and 1 point goes to third place in each event. At the end of each meet, the points scored from each event are added together in order for the team with the most points to be declared the winner. Men and women are scored separately in track.

Field events are vital in boosting Grimsley's score at meets. Sophomore Kim Jones consistently puts points on the board for her impressive long jump performances. Last year Jones was the state champion in this event and competed at the national level. Grimsley track members compete in other field events which include high jump, triple jump, shot put, and discus.

The running events in track are broken into the three categories of sprints, middle distance, and distance. Gail Luther, a freshman, and Charles Shoffner, a sophomore, compete in the 110 meter and 300 meter hurdles and train with the sprinters.

Head coach Brent Norfleet encourages his athletes to set goals for themselves and chart their improvement. Inor Kuo, a junior, and Erin Cashwell, a freshman, both run

the 4 x 800 meter relay, the mile, and the 2 mile. Cashwell plans to run a sub- 6 minute mile this season, while Kuo said, "My personal goal this season is to break 5 minutes in the mile."

Grimsley has been focusing on defeating as many of the Conference schools as possible in order to prepare for the Conference meet on May 7th. Competitors with qualifying times have the honor of progressing to the regional meet on May 24th. The top 4 fin-

ishers in each event at the regionals go on to the state meet. Junior Rashida Moore runs the 4 x 200 meter relay, throws shot put, and is a triple jumper. Moore said, "My goal is to go to the state meet for the third consecutive time and do my best in the conference until then." This is Moore's first season throwing shot put.

James White, a junior, is a first year member of the track and field team, and he throws shot put and discus. "My favorite part about being on the track team has been having fun and meeting new people," White said. Team members agree that a unity has formed between the athletes, even if they participate in different events. Athletes acknowledge the hard work that their teammates dedicate to the team. Erika Robinson, a senior said, "I think the strongest part of our track team is the middle and long distance. They are so dedicated." However, Robinson is a triple jumper and runs in the 4 x 1, 4 x 2, and 4 x 4 meter sprinting relays. At the same time, Ali Suher, is a junior distance runner who competes in the 1 and 2 mile races. Suher said, "The sprinters are the strongest part of the Grimsley track team. They always work hard and pull through for us in meets."



Chad Wright competes in the 200 meter dash in a meet against Morehead and Page.

Whirligig Photo

## Guzzio, Hicks: Tag Team back again

By Scott Fischer  
Reporter

For most it would be a milestone. For seniors Joe Guzzio and Dion Hicks, it, however, was only the beginning. Advancing to finals of the state wrestling tournament in a particular division is a feat which must be accomplished in order to qualify for the United States High School Wrestling Championships.

Although the selection process for this tournament is rigid, both Guzzio and Hicks made their way into this prestigious event with ease. Two-time state champion Guzzio clinched a spot two years

ago for the remainder of his high school career when he won the North Carolina State Wrestling Championship in the 119- pound division. Hicks earned his spot earlier this year by winning the 155- pound division.

Not surprisingly, both athletes did exceptionally well in this event. The tournament, held each year in Pittsburgh, comprises of nearly 600 wrestlers nationwide and approximately 60 in each weight class. Guzzio, who is not a stranger to this event, came just two matches away from placing in the top eight, and making the renowned All-American team. Hicks, in his first year of the event, finished ninth, and came one match away from making the distinguished list.

With college deadlines nearly having arrived, this tournament served mainly as a knowledge booster for both wrestlers. In addition to his power and work ethic, Guzzio considers the training gained from a 133-4 match record as one of his personal

strengths. Nonetheless, Guzzio still used the tournament as a learning experience. "The tournament is a great place to meet people from all over the country. You can also meet lots of

college coaches," said Guzzio. Hicks learned a great deal about his own style of wrestling. Said Hicks, "Every tournament lets you know where you need to improve in your overall repertoire."

As far as next season, Guzzio has narrowed his college decision down to N.C. State and Maryland, while Hicks still remains undecided. Guzzio and Hicks have both been recruited by numerous college coaches. Between their three combined state titles, countless conference victories, hard work ethics, as well as outstanding leadership skills, both have clearly proven that their wrestling careers in college will be as equally achieving as they were in high school.

*"Every tournament lets you know where you need to improve in your overall repertoire."*

*-Dion Hicks*

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