

# Lady Mountaineers look for good season in track

With a roster of 50, many of whom have years of experience, KMHS women's track coach Hailey Spearman hopes to see her ladies return to their championship level this spring.

The Lady Mountaineers won the Big South 3A Conference in 2012 and '13, but due to "unforeseen circumstances," including injuries and illness, they finished third in the SMAC last year.

"Last year, I would have bet anything that we would walk away with our third straight championship, but due to a number of unforeseen circumstances we were unsuccessful in accomplishing this goal," she said.

Thus, she is hesitant to claim a title so early this season, but she is confident the ladies have the potential to win the SMAC.

The roster includes 17 seniors, nine juniors, nine sophomores and 14 freshmen, and many of them have the potential to finish high in their events.

Kayla Capps, a sophomore, is returning for her second season as a pole vaulter and has improved tremendously since last season.

Senior Erica Carpenter returns for her fourth year in the 100m high hurdles and 300m hurdles, and her goal is to win the SMAC in one or both of those events.

Charneice Crocker, a freshman, is a sprinter with a lot of potential and could compete for an all-SMAC spot.

Junior Akeela Frost is a first time jumper and thrower with a lot of potential. "She is a super athlete and dedicated," Spearman said. "She

could potentially compete for all-conference titles in shot, discus and long jump. She will add to this team in many ways."

Junior Gwen Hopper returns for her third season and is coming off an outstanding indoor season where she qualified for the 3A state championship and had a personal record triple jump.

Tyquassia Mackey, a senior, returns for her fourth season as a sprinter. "She is working hard to get in shape. Since it's her final season, I expect big things from her," Spearman said.

Tynesha Merriman, a junior, returns for her third season. "She is in shape and working hard to make this season her most successful yet," Spearman said. "She qualified for the 3A State Outdoor championship in the

200 meter dash last year, so we expect great things this year as well."

Seniors Cassie Morton and Mackenzie Smith return for their fourth season, which is expected to be their best as they concentrate their efforts on middle distance.

Sophomore Kaitlyn Moss is a great addition to Morton and Smith. She placed second in the 2014 SMAC cross country championship and first in the 50 free, 500 free, 100 free relay and 400 free relay in the SMAC swim championships, leading the KM ladies to the conference title.

Twins Ja'Myiah and Ka'Myiah Pressley return for their second season and are expected to contribute to the 100m and 200m events.

Junior Mariah Roberts returns for her third season and

is expected to concentrate her efforts to the 400m and 800m events.

Senior Sarah Scism returns for her fourth season. She is coming off an excellent indoor season in which she competed in the state championship in the triple jump.

KMHS has revamped its schedule due to the recent weather. They will host three meets: March 12 against Crest, Forestview and East Rutherford; March 17, the second annual Mountaineer Relays against Burns, Crest, North Gaston and Shelby; and April 2, the inaugural Pink Ladies Invitational against Ashbrook, Burns, East Gaston, Forestview, Huss, North Gaston, Shelby, South Point and Stuart Cramer.

Members of the team are Zoe Barnette, Jasmin Bell,

Sarah Bradshaw, Rodjane Brown, Haven Butler, Conner Calhoun, Kayla Capps, Erica Carpenter, Charneice Crocker, Emily Crouse, Taylor Degree, Caroline Foster, Akeela Frost, Danielle Grant, Dejona Hill, Dynasty Hill, Gwen Hopper, Gracie Hunter, Tiesha Jackson, Sireca Logan, Tyquassia Mackey, Edly Massanga, Kaniya McClain, Tynesha Merriman, Cassie Morton, Kaitlyn Moss, Endia Odoms, Margaret Plonk, Ja'Myiah Pressley, Ka'Myiah Pressley, Alleya Roberts, Mariah Roberts, Sabriyya Roberts, Jadalyn Ross, Sarah Scism, Mackenzie Smith, Montanna Smith, Yasmine Smith, Shaniece Springs, Tiffani Thompson, Diamond Wesley, Lela Whitener, McKay Williamson and Meredith Wye.

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