

Hubbard ready to take on Cheerleaders win region, place tenth at state

BY AMBER THACKER

When anyone thinks of the track team, they imagine people running their hearts out to win a race, but that is not all of what track consists of. There are many other field events such as the long jump, high jump, pole vault, shot put, and discus.

These events occur while the races are taking place and are sometimes hard to notice if you're not a hard core track and field fan. What many people also fail to realize is that these particular events require just as much effort as running.

As a matter of fact the members that participate in field events have to run in practice along with the runners of the team.

Senior Clarissa Hubbard participates in throwing shot put and discus.

At last year's 2001 2A regional outdoors track meet, Hubbard brought home first place in shot put and second in discus. She then went onto state and placed third in discus. Hard work obviously pays off!

In the past she was joined by team mates Cheyenne Carmack, Tara Abney, Theresa Chislum, Mindy Bullock, and Ashley Lawson who graduated last year. It can be very difficult to perform to the best of your ability when valuable team members graduate.

"I miss the seniors because it's not every year that you go to state with the same group of people," says Hubbard.

Although the seniors have left, it hasn't really affected the quality of Hubbard's performance. She

feels that shot put and discus is more of an individual event and effort than others. It basically just depends on the amount of commitment that one contains for the sport.

"I feel I need to be a role model..."

Anything, regardless of if it's a sport, requires practice. Practicing shot put and discus has allowed her to build up to the level she is today. She feels that putting time into practicing the event is the key to her success as well as anyone else's.

It is also Hubbard's chance to be a role model to the younger track team members.

"I feel I need to be a role model so the younger members won't resort to others that aren't role model material," says Hubbard.

Hubbard has a main goal as a senior, which could be extremely beneficial to the track team in years to come.

"I'd like to find more people, female and male of all ages, and teach them to throw shot put and discus," says Hubbard.

Track season and preparation for spring has been going on since late fall when indoor track was in session. All this practice pays off when you witness the tough competition as the actual meets begin.

The first varsity track meet is Friday, April 12 at Lincoln Co. High School. The boys and girls varsity track teams will be competing from various different schools.

It is guaranteed that you'll see Clarissa Hubbard displaying her dedication and endurance in shot put and discus along with the other 27 high school track members.

BY JACOB HELTON

Boy's basketball doesn't have the only regional champs at RCHS. The cheerleaders are 13th region champs and competed in state at KAPOS on March 16.

"We have just changed the first part of the routine, but I think the girls can handle it," said RCHS cheerleading coach Ms. Misty Baker before the competition.

"The girls work good under pressure."

The girls placed 10 out of 16 squads. Even though they did not place, Barker said, "I think they did wonderful and I am very proud of them."

"They did their routine perfect,

but gymnastics is what we lacked."

Barker specifically mentioned skills like standing tucks. She went on to say that there were whole squads there that could do standing tucks.

Though they didn't win, most of the team felt that their performance was good.

"Over all, I thought we did good although we didn't place," Tara Barnett said.

The Co-Captain and senior Emily Wright also thought that they did a job to be proud of.

"I am so proud of our squad this year because everyone really stepped up and fulfilled many goals we had."

Best of luck to all our spring sports!



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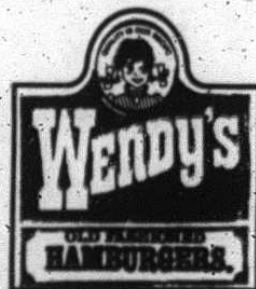
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