

## 34 tracksters gear up for season

Written by Darci Tomky

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With six returning state medalists and a solid 34-athlete crew, the HHS track team is gearing up for its 2010 season. They kicked off their spring schedule with a meet in Yuma Tuesday, March 23.

Head coach Sandra Rahe is excited for the number of tracksters out this year, especially the 13 boys, noting they look forward to putting together some boys' relays this year. The boys' team includes one senior, five juniors, four sophomores and three freshmen.

Joining the boys are 21 girls including four seniors, seven juniors, three sophomores and seven freshmen.

Assisting Rahe on the coaching staff are Rod and Tracy Trumper. Rod is new to the lineup this year and will be concentrating on creating a strength program for all tracksters. This is Tracy's third year of coaching with Rahe, with both bringing eight years of coaching experience to the team.

Rachel Schneider will serve as this year's track manager.

Rahe noted the athletes plan to be in the weight room more this year to develop strength, speed, agility, flexibility, coordination and explosive power. Seven Dragon athletes represented HHS at the state track meet last year, and Rahe expects to take many more this year.

Athletes to watch this season include Marissa Smith in the 100, 200 and 400 meter races and relays; Heather Duester, 200 and 400 meter races and relays; Marci Vasa, relays; Mallory Bennett, relays; Shelby Beavers, hurdles and relays; KrisAnna Ham, hurdles and relays; Kyle Carper, sprints, long jump and triple jump; Alex Quintana, hurdles; Jeremy Loutensock, distance; and Frank Diaz, sprints and mid-distance.

Holyoke's 2010 schedule includes nine regular meets in Brush, Yuma, Ogallala, Creek Valley, Wray and Imperial, Neb. in addition to the league meet in Wray, regionals in Sterling and state track in Denver.