



View from the Couch

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Ok, Now What?

It's the time of the year where, as high school students, especially the seniors, you need to take a deep breath and gear up for exams. Hopefully you've prepared for this and you're ready to kick some academic behind and move on.

As a student athlete, you can take stock and look back over this past year and remember your best performances or just some key moments during the year. Some of you may have met your goals and have the chance to continue your high school athletic endeavors and strive for new ones. If you are an underclassman and will be continuing your athletics in the fall, you might be thinking of camps to help you improve your strength, speed, endurance or whatever you may need to reach the next level. Section6Runs has a camp page with some pretty neat venues so check them out.

For the graduating class, you might be continuing on with a running, jumping or throwing career at the collegiate level and that is wonderful. It will help you budget your time by balancing your academics and athletics. It's also a leg up on the social aspect at college as you are already hanging with others who have at least one common interest. Carpe diem.

For those seniors who are basically calling it a career, you've hopefully got some wonderful memories to embellish in the years to come. You've had some key performances, worked with some awesome coaches but you've also made some life long friends who, I hope, you still stay in touch with over the coming years. They are a link to your past. Don't underestimate this.

This is probably the last class who were around when my son graduated a couple of years ago so I will miss those names who have appeared in the results from week to week. I always get into trouble when I try to name names as I will forget someone but I would like to congratulate a few of the seniors who I've watched (and in some cases, got to know) since the days when they were mere

"puppies" and have developed into not only superb student-athletes but some pretty decent kids. Parents, you should be proud.

So to the guys at Ken East, Zach and Tim, Donald from Wilson, Amanda from WSE, Geoff, Meredith and Sarah from Will North, Ryan from Lancaster, the guys from Holland (Jon, Taylor, and Spencer), Bob B from WSW, and Aaron from Maryvale...good luck and success in your collegiate endeavors.

To repeat a few thoughts from last year's column as I think it still holds true, I've had the privilege to meet parents, coaches and officials who have made this project that much more enjoyable. Thanks for your support and friendship.

So remember these times, embellish them at class reunions (you've earned that right!), keep scrapbooks (digital photography makes it soooo easy), keep in touch with your teammates/classmates...they will be links to your past. You don't know how important that is until it is gone.

See y'all in the Fall!