

Warmup for Outdoor Track

The Indoor Track season is just around the corner!

by Blake Borgardt

If you're looking for a way to stay in shape during the cold months of winter, or if you're maybe just looking for a new hobby, then indoor track might be for you.

"Indoor track is long season with 17 different events. There are jumps, long distance running, sprints, and relays" said boys head coach Tim Holt. "My favorite part about coaching is working with the kids and seeing them improve and excel."

Coach Holt has been a dedicated coach at DHS (and was a teacher here before retiring) for over forty years. The knowledge and wisdom he has in coaching helps him train his athletes to be the best they can be.

Coach Holt has coached the Barbs varsity track team to state multiple times. Last season the team went to state in multiple events. They went in the 4x100 and 4x2 relays. The relays are where each runner runs one lap around the track as fast as possible before handing off to the next member of the relay. The team also sent former Barb Tony Tate in the Pole Vault.

The different types of events for indoor track are the long jump, relays, sprints, and distance. There is an event for everyone in indoor track.

The Girls indoor track team starts earlier than the boys indoor team. The girls had their first meet on January 17. The boys will begin on February 6.

"My favorite part about indoor is that it's a small place. Which means that everyone is watching so it's very exciting" said sophomore Christina Ryzov. "My favorite event is the 4x400 relay or the 800."

Coach Green, head of the girls track team said "the expectations for the



Tristan Bujarski and Keonte Mckinne practice sprints in the field house photo taken by Zach Donnahue

girls team is very high this year. We have a ton of young talent and about six state qualifiers returning this year. We are striving to continue to build the program and great athletes here at DHS. We are shooting for a conference title and a repeat of the sectional title. We have the talent to be great this year and I'm looking forward to this years season."

When asked about what was his favorite part about coaching, Green said "the best part about being a coach is when you see the effort and hard work pay off for the student-athletes. Watching them reach their goals and dreams is the best experience that a coach can have. For instance, last year I made a promise to Cory Mata and Savannah Long that they would make state.

I pushed them everyday which didn't take much. Cory went out and throws 134 feet in the discus event, which broke a forty year school record placing her seventh in state in the event and landed her at NIU, throwing for the Huskies. Savannah Long pushed herself and went to state to win the 300 meter hurdles in one of the most heart racing races that I've ever seen. She set a new school record and now she's running at SIU. Nothing is better than seeing the joy on these athletes faces. With the talent we have here at DHS, I plan on seeing that happiness a lot!"

If you enjoy indoor track and are interested in becoming more involved during the spring, there is also outdoor track and field. During the fall, there is cross country as well.