

# Cross-country teams hope to best last year's finish

By Lauren N.

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Jack Britt's cross-country team hopes to run past the competition. Last year, the boys earned the Mid-Southeastern Conference title while the girls earned a spot at second. The boys' team also beat Pinecrest High School for the first time in 14 years.

This year, a new beginning will be in store. The teams will compete in the Mid-South Conference this year and, their coach said, they expect to do well.

"We follow a pattern. Monday, Saturday, and Wednesday are our hard days," cross-country Coach Mike Lawrence said. "We have twelve mile runs on Saturday and even the new people run six miles or more."

Lawrence's coaching has paid off in full.

"When we travel all around the state, people know who we are," he said.

Ashlee D., Danielle M., Joe C., and Albert F. – all seniors –lead the girl and boy teams, respectively.

"We are extremely fortunate to have great seniors, who have run since freshman year," said Coach Lawrence.

As to what the strengths of his team would be, Lawrence said, "Certainly the senior leadership as well as the other runners who have ran hundreds of hundreds of miles this summer."

What keeps these runners ahead of the competition and motivated to make those grueling practices?

"Dedication," says senior Danielle M. "You have to be completely dedicated."

And, she added, it helps to like your teammates.

"[We] are like one big family... they are my family," Danielle said. "We already have plans to have a pasta dinner and make T-shirts at Ashlee's house."