

Running Into Success

By: Grace Wallingford

Clay White is a Freshman at Perry High School. He decided this year that he wanted to be more involved with the school, so he joined the cross country team. White explained that he has had a really good experience on the team and wants to continue to do it throughout high school. Friends, coaches, teammates have all motivated him to keep going. "I enjoy the team environment. There are people there that are my friends that I never thought would become my friends, you definitely make a lot of memories when doing it," White explained.

White decided to join cross country his freshman year because he wanted to do something that was involved with the school. He explained that he didn't do sports much before this other than volleyball in 6th grade where he didn't have the best experience. "... I had friends that I used to be friends with on the team and they were not the greatest people, so I didn't want to deal with them as I played." A memory that White shared with me was on September 19th in practice where the team was doing circuits "...where we ran uphill then back up, I tried really hard in that and towards the end I almost got beat by people behind me, but I pushed myself really hard and made it." On the cross country team, they do team bonding like many other sports that Perry High School offers. White emphasized the team dinners that they have. They are every Thursday after practice around 5:30 and they get different food each time. "Everyone is always sitting together at the table, everyone's talking and having a good time," White explained.

An average week for the Cross country team is they practice five days a week, then have a meet every Saturday. Mondays: hills, Tuesdays: base run, Wednesday:workout, Thursdays: base run or tempo run (where you work up to the speed you are going to do) "Ten percent for this amount of time all the way to how much you want to push yourself," White explained. Fridays:

morning runs at 5:30. On meet day this is what happens, “[We] get on the bus around 6:30 am, then we get to the course and walk it. The boys go or the girls go depending on where the meet is, then when everyone is done we congratulate each other then get back on the bus.”

White explained that even though he loves cross country and the environment it portrays, he doesn't want to do it after high school. “Personally I love running, I love cross country, but I do plan to do other stuff in the future. I plan on hopefully becoming an artist.”