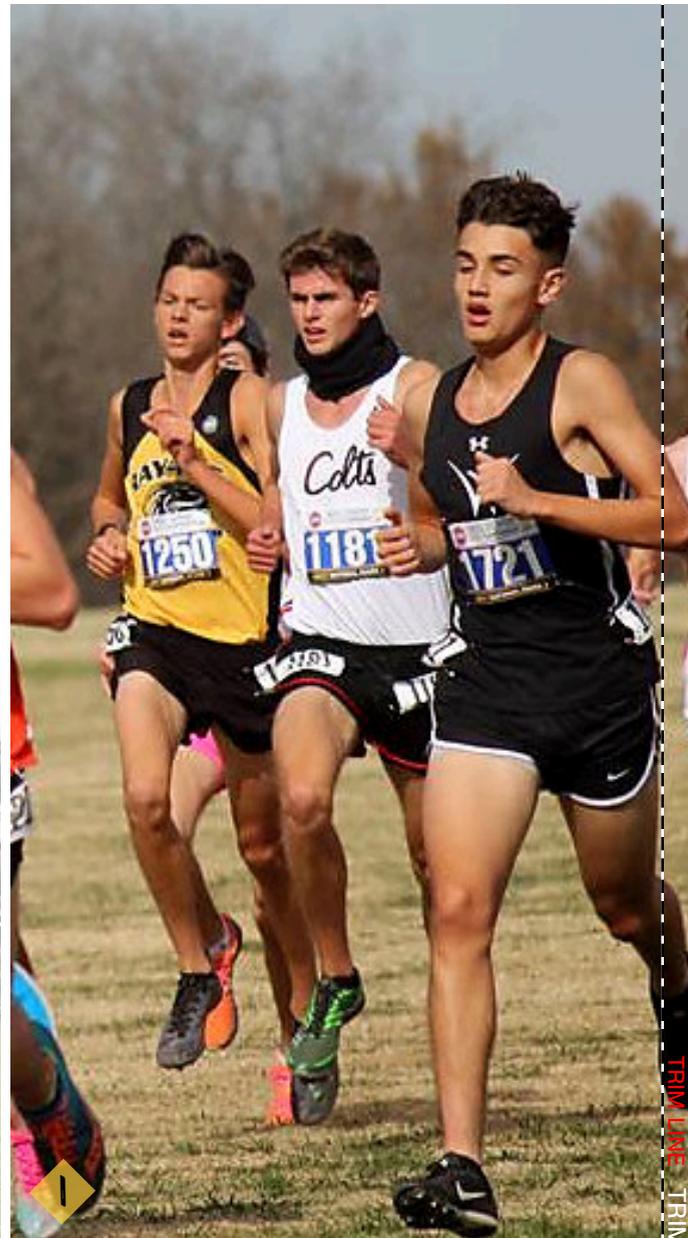


1: Breathing steady, **Thomas Shuster** (10) pushes himself to maintain his stamina in order to keep up with his competitors at State Nov. 9, 2019. "It went great. I felt good going into the race because it had been my goal all year. I just wanted to run my race and have fun."

2: Left to Right: **Chloe Terry** (12), **Carli Friend** (10), **Addison McConnaughey** (11), **Ariadna Galaviz** (11), **Sarah Allen** (10), and **Makayla Cook** (12) prepare to run 3.1 miles at Rim Rock Farm in Lawrence, Kan. Sept. 28, 2019. "[Our warmups] are tons of lunges; we do leg pulls and skips. It's like a big routine," Allen said.

3: **Matthew McDonnell** (12) charges toward the finish line at the Central Ozark Conference meet Oct. 12, 2019, at Inman Intermediate in Nixa, Mo. "I just try to focus my way in on the lane ahead of me and bully my way to the front," McDonnell said.

4: **Justin McHenry** (10) takes his final strides toward the finish line Sept. 28, 2019, at Rim Rock Farm in Lawrence, Kan. "After each race, I'm thinking about what I can improve on, who I can beat next, if I beat myself mentally, and if I beat my last personal record," McHenry said.



1



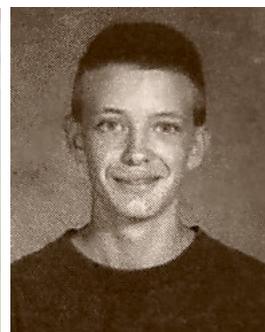
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3



4



Trailblazing the way for future Willard runners, **Clint Davis**, a Willard High School alum, became the first male sophomore to advance to State in 1996.



Garry Adams, a Willard High School alum, advanced to State in 1998, thus becoming the second male sophomore in Willard history to achieve such a distinction.

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TRIM LINE

TRIM LINE

SPRINTING to State

Willard Qualifies For State in Cross Country

Designed By: Emma Schoeller



When sophomore Thomas Shuster first joined the cross country team, he was taking a monumental step toward his future.

Introduced to cross country his freshman year of high school, Shuster became a team member in the fall of 2018 with his goals set high: making State. An ambition, Shuster said, that has not been straightforward.

On Oct. 28, 2018, Shuster competed against numerous schools at Sectionals and placed 42nd with a time of 17 minutes and 28.5 seconds. This feat not only gave him a well-deserved accomplishment to take pride in, but also enabled him to view State as a tangible possibility.

On Nov. 9, 2019, that tangible possibility transformed into reality: Shuster represented Willard as a State qualifier in Columbia, Mo.

"It was a very overwhelming experience considering the fact that there were so many people there, but that overwhelming feeling also comes with good energy," Shuster said.

Shuster said the race prior to State had been more competitive than he was used to, therefore demanding more of him than previous races.

"The race at Sectionals was very

fast and I had to push harder than usual," Shuster said.

The effort, however, was worth it. Shuster became the third male sophomore in Willard history to qualify for State.

"It was honestly a really great feeling," Shuster said. "[The race] went great. I felt good going into [it] because it had been my goal all year, and I just wanted to run my race and have fun."

Shuster's ultimate goal is to run cross country in college. Making State, he said, brings him one step closer to that destination. Until then, Shuster will continue to set objectives for himself, including making the top 25 at State, otherwise known as All-State.

Head coach David Matthews said the team as a whole has a track record of exceptional commitment and drive that has propelled the team toward constant victory.

"As a coaching staff, we have been thoroughly impressed with the work ethic, dedication, respect, and care that this year's team has shown," Coach Matthews said. "It is those attributes that will continue to serve our program, the school, and the athletes' future and help us all strive for success."

TRIM LINE

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TRIM LINE

1st

place finish for JV Boys at Buffalo

3rd

place finish for JV Boys at Districts

2nd

place finish for Varsity Girls at Buffalo

28

personal records set

1st

place finish for JV Girls at Buffalo

The JV Boys broke a team record

5k

at Districts by running a 20:10.48

1st

place finish for Varsity Boys at Buffalo

3rd

place finish

for Varsity Girls at Cottey College

TRIM LINE