

LEAD AND RUN

runners express their relationship with cross country

HOW HAS THE OVERLAND CROSS COUNTRY TEAM HELPED YOU?

"My team has helped me with just about everything. Everyday I look forward to practice because I know I'm going to have fun with my team. It feels like a second home. As a captain I've tried to make everyone feel safe and excited to come to practice that same way that I do everyday. Without my team I don't think I would have continued with the sport at all."
Xavier Rodriguez '24

HOW HAS CAPTAIN XAVIER RODRIGUEZ LED THE TEAM?

"He's led the team by being like kind to everyone and he's very, very inspiring with others. He's very kind and he's like a very good leader. You know?"
Luciano Sanchez Chafalote '26



4. GET READY Xavier Rodriguez '24 runs a 60 second lap. "When I first started, a thirty minute run was my worst nightmare, but now I can easily run for an hour," Rodriguez said.
PHOTO RUTH TEGEENEWORK
5. TOO FAST Xavier Rodriguez '24 and the cross country team after running a lap. PHOTO BY DEBORAH ASEFA
6. PRACTICE MAKE PERFECT Laney Mann '25 stretches before practice. Mann prefers running outside while it's cloudy. "I've run a 10k before which is a little bit under 6.5 miles," Mann said. PHOTO BY DEBORAH ASEFA

ACROSS THE COUNTRY

kylie shady '25 talks about how she overcame an accident and how it helped her through the hard time

While running has been a key factor in her life for many years **Kylie Shady '25** was never prepared for the incident that occurred during practice. The Cross country team had a scheduled practice starting at 4:00pm. At about 4:50pm, a driver hit not only one but two students. One of these students was Shady. **Eric Kelly '24** witnessed the incident. "I'm really glad we were running together so we could help them," Kelly said. The accident left Shady in a boot, and she was out for the rest of the

season. "The injury affected me mentally because I had so many goals for my season. I felt like I was useless to the team. It was hard to take time and recover," Shady said. Shady still attended events with her team. "My team inspires me to keep running. I see how hard they work, and it really motivates me. They make it worth showing up! Everyone is just so supportive, I love how it feels like a big family." "We need to continue sticking together," Kelly said.



1. ON YOUR MARKS Eric Kelly '24 and the cross country team take off for a lap. "My favorite part of running is definitely how peaceful it can be. Like if you're running by yourself, you kind of just get lost in the running," said Kelly. PHOTO BY RUTH TEGEENEWORK
2. GET SET Luciano Sanchez '26 goes after the finish line. "I've learned to drop my ego and I've learned to stick to my pace and whatever my coach tells me to," said Sanchez. PHOTO DEBORAH ASEFA
3. ON THE SIDELINES, Kylie Shady '25 watches her team at practice. "I used to put so much pressure on myself for running and I (could) never enjoy it. I took running for granted," Shady said. PHOTO BY RUTH TEGEENEWORK



SWINGING FOR THE TEAM

aleksander czyowicz helps teammates by showing how enjoyable golf is
"My view on golf changed the first time I played a game of golf. before joining the team in my freshman year, I thought that I would never play golf as it looked boring, but now I know how truly enjoyable golf is."
Aleksander Czyowicz '24



"WHEN I JOINED THE GOLF TEAM LAST YEAR, I WASN'T VERY GOOD AND SEEING (ALEKSANDER) PLAY, THE WAY HE PLAYED IT WAS LIKE ONE DAY I'M GOING TO BE THAT GOOD AT GOLF."
DASAN DORIS '24

"Everybody helps each other out if they need help and always give helpful advice when someone is having trouble. I've learned a lot about how to play golf from fellow teammates, allowing me to truly love the sport"
Aleksander Czyowicz '24

IF YOU KNOW, YOU KNOW

Cross Country Essentials
"Don't stop, you'll get in a sort of rhythm and just try and focus on something else other than being tired."
GIANCARLO MARY '27

"Definitely water, some good running shoes. I like having a watch."
LANEY MANN '25

"You need a lot of water and electrolytes, and some good shoes."
MIHRET SHIMELS '26