

Athletics With A Purpose: Cross Country

By Angela Miller

Going into my final season of cross country I didn't quite know what to expect. When practices started in August, there were a number of new runners. Some had run in middle school, but for most, this year was their first time even being part of a sports team. At first, it felt almost as if you had taken a random group of high school students and made them run a couple miles each day. Everyone got along, but there wasn't companionship. As the season progressed and the more Saturday mornings we spent together, the more I began to see how much the team relied on each other not only on the course, but as friends. Now with the season coming to a close, I can confidently say each individual on this team has been positively impacted by the relationships formed with each other. I'm so proud of how far they have all come.

One theme that has always been consistent is the phrase "finish together". Coach Woody has implemented this even before my running career began. A crucial part of the team's relationship is an individual respect and love for one another. Comets finish together because we are a team that cares deeply for each other. This means celebrating every individual's victories and encouraging one another when someone may feel they have fallen short. Our verse for the season perfectly depicts this attitude, "Surely goodness and mercy shall follow me all the days of my life" -Psalm 23:6. By the example of God, we choose to be a part of something greater. Being a part of a team at Central is not only athletics, but sharing one common goal, knowing Christ and to make Him known.