

GREAT NEWS

August 29th, 2020

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First cross country meet of the 2020 season, the freshman mules off to a good start with a second place *TEAM* finish. First off, Cayden Larkins with a 15th place overall finish. Parker Hicks with a 18th place overall. Cameron Sisk with a 25th finishing place. Nick Spain with a 33rd. Last but certainly not least, Noah Shirell with a 40th place. The top twenty five runners received medals for there efforts. Runner Cameron Sisk has a few words to say, "It was a fun race and I'm proud of our team for the awesome placing and my legs are *dying*." Coach Lewis of the PBCX team is semi-proud of our performance.

Practices

Practice has been going on for quite some time now and we've been practicing harder and harder *EVERY DAY*. We all know we can do better and are striving to be at the height of our game. Even if you are the best, you can always be better. Coach Lewis always says, "If you wait for the perfect conditions, you wil never get anything accomplished.," we are repping that statement on our backs on the cross country team shirts.

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