

Walton Track & Field 2006

Walton Boys Team Completes State Championship With 8th Place Finish.

Day 3 concluded with three more medal winning performances - Corey Hunter (7th, 800m), Brian David (7th, 300 H) & the 1600m Relay Team took 6th.

Walton Boys Tied for 3rd After Day 2! - Jay Heller takes 2nd in the 3200m run, while Corey Hunter (800m), Brian David (300m H) and the 4 x 400m relay team all qualified for Saturday's finals.

Day One at Boys State Championship - Jay Heller takes 2nd, Corey Hunter takes 4th in 1600m run.

Congratulations to Leila Norman - Our sole female athlete at the State Championship reached the medal stand with a 3rd place finish in the 3200m run. This year's champion, Jackie Drouin of Collins Hill, broke the meet classification record held by Walton's own Lee Anne Case since 1986.

Boys Place 2nd at Region 6-A AAAA Championship - A mere two points behind winner Kell - Individual State qualifiers include Corey Hunter (800m & 1600m), Brian David (300m H) and Jay Heller (1600m & 3200m). Walton also qualified a 4x100m relay team (Whitney, Van Zelfden, Sivanesan & Walker) and 4x400m relay team (Sivanesan, Schmid, Heller & Walker). Jon Notice-Brooks will take Heller's spot at the State meet.

Ladies Place 6th at Region 6-A AAAA Championship - Norman qualifies for State meet. Leila wins the 3200m race for the second consecutive year, earning the opportunity to compete at the State Championship in Albany.

JV Boys Take Cobb County Title! Girls team places sixth. Click [here](#) for results link to www.GATFXC.com.

Boys Team Places 4th at Cobb County Varsity T&F Championship, behind Heller's amazing run. Jay edged out McEachern star and rival Ben Hubers by 0.02 seconds to take the 3200m title. His time of 9:11.41 set a new meet record and Walton School record, formerly established by teammate Sam Bryfczynski in the 2005 season. The girls team took 8th. Scoring performances included:

Girls

Lindsay Quinn, 7th - Triple Jump
Katie Devaney, 7th - Long Jump
Skylar Carreker, 4th - Discus
Leila Norman, 5th - 1600m, 2nd, 3200m
Anna Elggqvist, 5th - Pole Vault
Raleigh Saperstein, 6th - Pole Vault
4 x 800m team - 3rd

Boys

Bailey Woods, 3rd - Discus, 7th - Shot Put
Henry Holiday, 7th - Discus
Jay Heller, 2nd - 1600m, 1st - 3200m
James Walker, 5th - 400m, 8th - 200m
Brian David, 6th - 110H, 6th - 300H
Corey Hunter, 6th - 1600m, 4th - 800m
Jeremy Schmid, 7th - 800m
Dan Tanner, 7th - 300H
4 x 800m team - 3rd
4 x 400m team - 3rd

Important Information for Rising Walton 9th Graders interested in participating in the 2006 fall XC season - click [here](#) to read more.

A thank you to all those who worked the JV Relays on Saturday!! Many of you were out there in the cold at 6:30am setting up and stayed all day! Because of you, everything thing ran very smoothly and on time, which is usually the case for Walton. We have great parents!

It ended up being a beautiful day, and our athletes did a great job. With over 20 schools competing, our boys won 1st place, and our girls won 3rd, not bad considering many of our athletes had been to the prom the night before!

Congratulations to Jay Heller, Walton's New 1600m Record Holder!

Jay's 4:15.45 at the GA Coaches Invitational lowers the long-standing record of Tony Young established in 1985. Check out the Marietta Daily Journal Article [here](#).

Picture Day For Walton T&F Athletes will be Weds., March 8, at WHS stadium. A senior group photo will be taken at 2:15 p.m., followed by individual athlete photos at 2:30 p.m., and team photos at 3:30 p.m. Your athlete should bring an order form for this photo day home to you next Monday night. Order forms and money will be due on photo day. All athletes should arrive at the stadium in their school uniform 15 minutes prior to their scheduled photo times. The photo session will be rescheduled to a later date if inclement weather

(rain/snow) occurs that day. If you have any questions, please contact Cindy at dpthailer@bellsouth.net or 770-509-3420.

Notice to all Track & Field Participants and Parents: Don't miss out on ongoing important communications regarding the Walton Track & Field Program. If you have not been receiving the Cinder Club's email notifications - please contact Nancy Webb at ntwebb@bellsouth.net - she will add you to the distribution list.

Walton Track & Field and Cross Country extends its sincere appreciation to its sponsors.

Please patronize these businesses throughout the year --- they support Walton Raiders TFXC! [Sponsor List 2006](#)

Note from Michael Bradley, Raider Chase race director:

I want to personally thank all of the volunteers and participants of the 2006 Raider Chase events. The sponsorship, silent auction, and all jobs associated with making the pre-race, the races, and post race happen were all pulled off virtually seamless. The 27th annual event was once again a success and that can be directly attributed to the quality of the people involved. The Walton Cinder Club is truly blessed to have such excellent parental involvement and the support of a tireless coaching staff. Thank you all for your efforts and participation and enduring the weather today. I look forward to seeing you and your athletes at the meets.

Congratulations to Walton's own Leila Norman and Corey Hunter the overall winners of the 5K event.

For complete results select "Raider Chase" from the left menu bar.

Register for the Raider Chase Online by clicking [here](#) to access Active.com. Online Reg. Closes: February 2, 2005 9:00 PM Pacific Time.

Track and Field Forms for 2006 Season are available online:

[Cinder Club Membership Dues, Sweats & Misc Orders](#)

[Volunteer Sign-up](#)

A few notes and reminders:

- For those who have not purchased uniforms yet, these can be purchased at Fleet Feet Sports in Sandy Springs. In addition to team uniforms, athletes are also required to purchase team sweats (cost \$44). The deadline to order sweats is Feb. 5.

- Please add Feb. 8 to your calendar for WHS T&F night at Fleet Feet Sports. The store offers special discounts to our athletes on this night. More specific information about this night will be communicated closer to the date.

- If you, your athlete or other family member needs running shoes, don't miss out on the Cinder Club's social and silent auction on Friday, Feb. 3, from 6:30-9:30 p.m. at Houck's. Auction items include at least 10 gift certificates for shoes from Fleet Feet. Lots of other items will be available, too, and communicated soon. Contact Yvonne at heeby@bellsouth.net for more information.

- Please note correction to T&F schedule. Voluntary conditioning for our female T&F athletes will be held this week through Friday, Jan. 20, at the WHS track (or the river for distance runners) beginning at 3:45 p.m.; mandatory practice begins Monday, Jan. 23. Voluntary conditioning for the boys' team begins Monday, Jan. 23, at 3:45 p.m. at the track (or river for distance runners) while mandatory practice begins Monday, Jan. 30.

- Membership forms for the Walton Cinder Club are available on www.waltontfxc.com. Parents are not required to join; however, they are encouraged to financially and voluntarily support the team. Parent participation in Cinder Club, including in the Walton Raider Chase and at home meets, is critically important to the success of our program!

- If you would like to participate as a runner in the Raider Chase on Saturday, Feb. 4, applications are also available on our team's website. If you can volunteer at this event, please contact Michael at mabgeorgia@aol.com. WHS T&F athletes are not required to participate in this event, which is the Cinder Club's major fundraiser for the year. This is a community-supported event that is open to anyone, including our team's athletes. Your athlete's race entry fee is included in Cinder Club membership dues for T&F.

- If you have any questions about Cinder Club or its events, please contact Cindy or Dave at dptheiler@bellsouth.net.

Parents Meeting:

Mandatory parents T&F kick-off meeting is slated for Thursday, Jan. 12, at 6:30 p.m. in the WHS commons. Come join Walton Cinder Club, hear plans for the season, and meet the coaches and other Cinder Club members. All parents or guardians are encouraged to join Cinder Club (\$175 per athlete) for the T&F season.

Planning on participating in the 2006 Track & Field Season?

Please click [here](#) to view the Cinder Club Welcome Letter and find important information.

Sweat Suits for Track & Field Season:

For any athlete needing to purchase sweats for the upcoming Track & Field season, please click [here](#) for the order form and directions for ordering. Please note: All athletes are required to have a team sweat outfit for the season.

Summer Running Camp News:

If your athlete is interested in participating in Coach Benson's Smoky Mountain (U.S. Sports) XC camp in Asheville, N.C. in summer '06, please note the following:

- WHS runners typically attend the first week of camp (7/9-7/14).
- No discount will be given to teams in '06. Athletes will be responsible for signing up and mailing their own camp forms.
- U.S. Sports will give a \$30 early bird discount for those registered before 2/15.

For more info, contact www.ussportscamps.com or call 1-800-645-3226.

Weight Training: Beginning Monday, Dec. 12, Walton distance runners are invited to participate in optional, free strength training at the Walton Field House every Monday and Thursday nights from 7-8:15 p.m. These supplemental weight training sessions will be open to all WHS distance runners throughout the T&F season, including during the winter holiday break. For more information, contact Coach Williams.

Our annual fundraiser- the Walton Raider Chase - is right around the corner on Feb. 4. In order for this event to be as successful as it can be, it is expected that every athlete have at least one parent volunteer at this event on race day or before. Please sign up today for one of our committees to facilitate our race preparations. To help out with this event, please contact Michael Bradley at mabgeorgia@aol.com. Committees available include outside course (course monitors), inside course (start and finish area), race day registration, race packets, auction (evening of Feb. 3), sponsorship, awards, publicity, refreshments, and scoring.

Next Up - Raider Chase 2006!

Download your application [here](#).