

Indoor Track

By Quentin Burgess

Running. What a fantastic way to experience pain and suffering for one's enjoyment. If you like running, what better sport to compete in other than Track and Field? Or perhaps throwing things? Or jumping over things? Or maybe even jumping super far? Or using a long pole to jump over another pole? Other sports try to compete with the competitive races and events hosted by Track and Field, but in my opinion, none even come close. While Track and Field is a spring sport, students can still compete and run even during the winter with Indoor Track, which has just begun.



Indoor Track and Field is a fantastic sport in itself, but it can also be used as a great way to stay in shape or get in shape. Whether it be to build endurance through distance running, explosive lower body power with sprinting, or practicing full body explosions with throwing, Track, indoor or outdoor, is a superb sport. Anyone interested in joining the Track and Field team should contact our very own Mr. Continenza, who would gladly talk to anyone interested. Speaking of, I asked Mr. Continenza a few questions about indoor track and field to help build a more clear picture of what indoor track really is.

Quentin: “What is the difference between Indoor and Outdoor Track?”

Mr. Continenza: “Indoor Track is more of a preparation season, but every respectful program does it so if we don't well be behind.”

Quentin: “What can Indoor Track do for a student?”

Mr. Continenza: “It can get them a head start on the competition season and reduce season depression.”

Quentin: “What does Indoor Track look like during a normal practice?”

Mr. Continenza: “The whole team warms up together and then the whole team does their own workout which specializes in each event.”

As you can see, Indoor Track, along with Outdoor Track, can benefit students greatly and is a great addition to the Oak Hills sports roster. Other than the great physical benefits that

track can give a student, it can also be a great way to socialize with one's peers. I personally have made a great amount of lifelong friends during Track and Field, one being our very own Alex Taft. Track and Field also brings students from other schools together to compete and socialize. With the highly competitive meets almost every week, students from schools in the Greater Miami Conference have a chance to showcase their schools' abilities (Ours being the best of course).

To wrap it all up, Indoor Track has begun, and you should definitely give it a chance. I personally guarantee that it will improve your physical, mental, and social well-being. I know it has for me, so take it into consideration. You won't regret it!