

# Women's Track



Although I have experienced many different challenges in my life and college career, I must say that one of the most notable has been my experience on the SFC cross country and track teams.

Balancing school requirements along with practice and meets is a very difficult thing for any athlete. However, being a track athlete combined with honors student compounds it to an even greater extent. For one thing, unlike any other sport cross-country and track and field consist of three seasons with little or no breaks in between Competitions. Furthermore, because I have received an academic scholarship from the institution, I have to maintain a higher GPA than most athletes as well as participate in the honors program. Although this can be both physically and mentally draining it is definitely worth it. There is no secret to managing ones time. The key is to be disciplined, focused and very persistent. These qualities will not only help with school requirements, but also provide the stamina and perseverance to get through any race or life adversity.

In addition to keeping myself together, keeping the team together is another challenge. Starting from my freshmen year, I was disappointed to observe the sad truth that unity on this team was greatly lacking. Over the past four years, I have tried everything in my power to change this and to motivate others. My goal was not only to lead by words but more importantly by example. I never really thought I was successful, but this cross-country season I saw a major turn around for the women's team. At our last meet, we all joined hands and made a bond that we will always remain together in spirit and never let anything come between us as we so mistakenly did in the past. I feel that this was perhaps our biggest triumph. However, I myself do not take full credit for it. It was a true team effort.

I absolutely love what I do. If I had to start over, I wouldn't change a thing. Being a member of the SFC track team has been one of the most positive and meaningful experiences in my life. I have gotten so much out of it and at the same time was able to give back to the institution that has given so much to me. This is what it means to Live in the Franciscan spirit.

Although I have encountered obstacles at SFC, these hardships have actually enhanced rather than hindered my athletic and academic experience. It has taught me how to overcome adversity and most importantly, what you put into life is what you get out of it. I continue to carry and to share this spirit in the face of all life challenges and experiences.

Thank You SFC! It has been one heck of a ride, or should I say RUN!!!

Sabrina Kenny



# Men's Soccer

My name is Toure Carpette and I am a senior on the St. Francis College Soccer team. My time at St. Francis College and especially my time spent with the group of the soccer team has been absolutely fun filled. I admit that the combination of the academic aspects of college and the athletic demands placed on all athletics is sometimes quite difficult to balance. I cannot remember one single day during the season when I wasn't tired out of my mind. The only thing that kept me from completely losing it was the fact that I knew the other guys were going through exactly what I was and, as we all know, misery doesn't need company.

In the off season we would get together and strangely enough we didn't go out partying or drinking. We could play ball sometimes till late in the night and this would strengthen the already strong bonds that tied us. What I liked most about St. Francis College is the fact that the campus is small and all the students become familiar faces. When you go to school it almost feels like a second home and everyone chips in as surrogate parents: Don Hovey, Tom Thompson, Manella and Coach Irma Garcia, not to mention Nicole Hovey.

I believe that all these people that look out for us at the school from Sandra at the Security desk to all the professors take their guidance from the omnipresent Franciscan spirit. I only wish I could stay at this school a couple more years. It seems that the time went by too fast. I guess that's what happens when we're having fun.

