

Athlete of the Week, November 14th, 2016

Eli Smith, grade 8

I became an athlete in the second grade because one day my dad asked me if I wanted to run and I said yes. I have to say that the person I admire most is my Dad. He was once a runner and he inspired me. Running would be my first sport because it would get me fit and it would also get me to be determined on something.

A few years back I started weight lifting as my sister Molly Smith was doing it and I wanted to get stronger. I've now been running for six years and weight lifting for three. Some of my accomplishments include going to Youth Nationals and State Cross Country. My greatest achievements have been in running (state) and in weights (nationals).

I also have this poster that says "to give nothing than your best is a gift wasted" Remembering that and having the support of my friends and family keeps me going.



Nash Mills, grade 7



I started running in the first grade. The first 5K I ran was the shrimp run. I have been doing this for six years. Now that I am in the seventh grade, I can finally run on the High School team. I have waited forever to be on the high school team. Now, my first year on the Cross Country at Beaufort High team, we made it to the state finals.

My greatest achievement is probably when I first went under 19 minutes for a 5K. My dad has supported me the best. I had a huge throwback when I got injured for a year. It was horrible.

I have been inspired as an athlete by the movie Fire on the Track, about Steve Prefontaine. He once held the American record in seven different distance track events from the 2,000 meters to the 10,000 meters. The biggest life lesson I have learned from sports is to never give up. My goal is to be in the Olympics.