

## EAST JUNIATA TRACK AND FIELD

# Small staff means coaches are forced to scramble

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coaches that can travel to road meets, so it makes it hard, but we do the best we can and give the kids as much encouragement as possible.

“Occasionally we may miss something but I think the kids know that we try as hard as we can to be there for them. They also know it’s tough because there can be five events going on at the same time. The good news is those five events are all going on in the same area so it makes it a bit easier to see what’s going on.”

Ritzman knows that as much as he expects from his team, the team members will have to use the entire season to improve to get to that level and he doesn’t want him thinking they can go out and win anything without putting in the work during the season.

“I think if we go into the season thinking there’s no room to improve and that we can just win it all right now, then they’re crazy,” Ritzman said. “We have a good new group that’s promising and in order for us to reach our potential. We have to continue to get better as the season goes on and hopefully we can peak at just the right time.”



Sentinel photo by BUFFIE BOYER

Members of the East Juniata High School girls track and field team are, from left, front, Brynne Guyer, Kelsey Maneval, Courtney Peoples, Amelia Spade, Marisa Dunn, Molly Scholl, Amber Knouse, Cassidy Dillman and Megan Hart; middle, Amanda Weidner, Brittany Swartz, Brooke Kitting, Steph Dressler, Megan Onavage, Torrey Brubaker and Kelsey Leach; back, Val Leonard, Kasi Horning, Brooke Maneval, Jordan Crissman, Caitlin Hoover, Lydia Strawser, Serina Spancake, Anna Seaman and Sarah Ernest. Kelsey Hartmann is also a member.

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