

Athletic Physical Education Final

Name _____

Goals: Be Specific

A Winner Makes Commitment and a Loser makes promises!

“To give anything less than your best is to sacrifice the GIFT” Steve Pre

1. List your 3 most important goals for this year. Not just Track and Field. How will you achieve them?

2. What are your athletic goals for the upcoming year?

3. How can **YOU** better yourself this year?

4. What are some of your life goals?

5. How can you help another person(s) this year for the better?

6. Describe something about yourself that will help me understand or get to know you better as a person. You can feel free to ask me something also!

Logan Track and Field Trivia

1. Who was Logan's First State Champion?
2. Who was Logan's 1st World Champion?
3. Logan athletes have broken 28 National Hurdle Records in the past years. Name 3 of those athletes who have broken hurdle records and which hurdle records.
4. In 2007 Logan's men placed___ in the 400 Meter Relay and broke the school record. Name the team members of the relay team and their time.
5. Name 6 of Logan's 23 State Champions since 1987 and their events.
6. What group has sent the most athletes to the State Meet since 1984?
How many?
7. The State Meet is in what city this year?
8. The Junior Olympic Nationals are in what city this year?
The Junior Nationals are in what city this year?
9. Our Track and Field Clinic will be dedicated to Willie Davenport on Feb. 6. Tell me what you know about Willie.
10. How many times has a Logan relay or athlete led the their event Nationally?
11. Logan has crowned how many Jr. Nationals Champions? Who are they?
12. Name the 12 Logan athletes who qualified for the Olympic Trials-2012? Name 6 who were in the past Olympic Trials?
13. What events holds the highest all time ranking for Logan? Name 3
14. Name 5 athletes who went on the Top 10 list last year.
15. Who holds the most school records for the Men's team?
Women's team?
16. What former Logan athlete is the only athlete for women to win the 100 Meters and Long Jump @ the Jr. Nationals.
17. Name where 3 of Logan's athletes went to college from last years team.

18. What Logan Track and Field athlete was the first to graduate from a Ivy League School?
19. Name the Logan athletes who played Professional Football. One was All-Pro for 5 years. Which team did he play for?
20. Look at your event(s) and find who the school record holder is and what are the marks for your event(s).
21. What Logan male placed the highest at the State Meet last year?
22. Who led the Nation 2 straight years and was the State Champion 2 years in a row?
23. What former Logan Track and Field athletes play/played basketball in the PAC-10 for the same school? Which School? One coaches our women's basketball team.
24. Who were the first 2 athletes from Logan to compete on the World Junior Team? Who was the most recent?
25. Who is the youngest Logan athlete to make the Pan-American Jr. Team? What former Logan athlete made the Pan American Team in the long jump? His grandfather was an Olympic Champion in the long jump.
26. Which events were the National runner-ups in 2010 ? Top 10 in the nation?
27. Name Logan athletes who competed in the Junior Olympic Nationals last year. Which events medaled in the Junior Olympics.
28. Which two former Track and Field athletes played football for the National Champion USC Trojans ?
29. What former Logan Track and Field athlete was a Raiderette cheerleader ? She is 2nd all time in the high jump.
30. What athletes or relays have won indoor National Championships in High School?
31. What athletes have won multiple individual State Championships? How Many?
32. What 2 years in Track and Field is considered Logan's greatest teams ever?
33. What Logan former or current coaches have a son/daughter who hold school records for Logan?
34. Who won a Gold Medal for the US in the 2010 Pan American Games ? What event?
35. Who made the biggest improvement in the Triple Jump in the history of Logan Track and Field?

36. Who is Logan's only athlete to win a State Championships in 2 different sports?
What sports?
37. How many Logan athletes have won their events 2 years in a row at the State Meet?
Who?
38. What 3 pole vaulters have vaulted over 15'0"?
39. Who is your favorite athlete in the sport of Track and Field? Why?
40. When did the Men's Team win the State Meet? When did the Women's Team win the State Meet?
41. How many times has Logan Track and Field won the mythical National Championship Team title? How many times have they been National Runner-ups?
42. What athlete won Nationals for his team at the Indoor NCAA Championships?
43. Who was Logan's first state placer? In what event? what year?
44. What event has produced the most State Champions? How many?
45. How many Logan athletes have been a State Finalist in the history of the School?
46. Which year had the most State Placers? How many?
47. How many girls were part of the 2006 State Meet Team? Name 5.
They were inducted into the Logan Hall of Fame in 2015.
48. Who has been a State Finalist the most times in Logan and California history? How Many
49. Who has the most State Medals in Logan history? History of California?
50. How many times has the Cross Country team won North Coast? 2nd?
51. What athletes still hold National records?
52. Where are the next Olympics being held?
53. What athlete was on the last World Junior team
54. What former Logan 400 runner played for the Oregon Ducks and entered the pro football draft He coaches for the Philadelphia Eagles
55. What Logan athlete made the finals in the Triple Jump 3 years in a row? 4 years in a row?
56. Who was Logan's 1st North Coast Cross Country Champion? His brother was on the TEAM in 2010.

57. Name 2 athletes who were on the Cal Track and Field team. Name an athlete who went to Iowa St.?
Name 2 on the Sac State team?
58. 2 former NBA stars were on the Logan Track and Field Team. Who are they?
59. What school record holder has been there the longest? What event?
60. What family's have 3 members on the top 10 list?
61. What former Logan Track and Field athlete is now the Head Football Coach @ Stanford
62. Who(female) won the NCAA Division 2 400 meters at the outdoor nationals ?
63. What former athlete was a 14 Time All-American and 2 time World Champion?
64. What athletes placed/finaled at the state meet last year? What events?
65. What Logan athlete won the 400 meters 4 years in a row at the North Coast Championships?
66. Who holds the Cal 10,000 meter school record.?
67. Name 3 athletes who competed at Cal State Northridge?
68. What former athlete was a NCAA All-American @ San Diego State?
69. What former Logan athlete won 3 slam dunk contests?
70. What athlete won the California Junior College State Championship in 110 hurdles 2 years in a row? He holds the indoor school record at Cal in the high hurdles
71. Pick 1 quote in this final and describe how it relates to you and your life.
72. Who ran the 2nd fastest 400 time in Logan history in 2010?
73. Who ran the 6th fastest time in High School history in the 300 hurdles in 2010? What was the time? What place?
74. 2004 is considered one of the greatest team in High School history. How many Logan athletes placed that year at the State Meet? Name 5 or them.
75. In 2011 3 athletes on our team had the # 2 marks/times in the US? Who were they? What events?
76. How many times as a Logan Track and Field team won the North Coast Championship?
76. There are 3 Shiekh's on the Top 10 list. What company do they own?
77. What former Logan Track and Field athlete is the Logan's Women's basketball coach?

78. What Logan athletes competed at the Junior Olympic Nationals last year in Florida Name 10?
79. What Logan Track and Field coach was on the World Youth Staff considered the greatest team in US history in 2013
80. What Logan athlete won the 400 Hurdles at the Pan-American games in 2011
81. What athletes received scholarships last year? Who are they? Where did they go?
82. What Logan athletes have jumped over 50 feet in triple jump?
83. Who was Logan' first State Indoor Champion? What event?
84. Which relay team has run the 2nd fastest time ever indoors in the 4x200 meters?
85. Where is the State Indoor Meet for 2016?
86. What former Logan track and field athlete played for the Detroit Lions?
87. What athlete placed at the State Meet last year? What event?
88. Who was the Head coach for the 2013 World Youth Team? Where did the meet take place?
89. What former coach on our staff was Logan athlete of the year ?
90. Name the girls who have triple jumped over 40 feet.
91. Who was on the 4x200 relay team that ran 1.36.41 and are still ranked #2 all time indoors?
92. What 2 female Cross Country athletes have been All-League 3 years.
93. Who are the only female Cross country athletes to be the MVAL champion? Where do they go to school?
94. Name 4 Track and Field athletes who have been inducted into the James Logan Hall of Fame. Look in the Pavilion
95. What 3 athletes placed 6th in the Olympic Trials in 2012.
96. Who were on the 4x200 and 4x400 relays team who were National Champions?
97. Find your main event on the Top 10 board. What does it take to make the Logan Top 10 list?
98. Dick Fosbury comes to the Olympian Clinic each year. What did he do? Where did he go to school?
99. How many athletes have won the Nationals in the Triple Jump? Who?
100. Name some very successful siblings who have competed for the team?

101. What Freshman made the state meet last year? What event?
102. Who was on the greatest Cross Country **TEAM** ever at James Logan High School in 2014?
103. What former Logan athlete was 7 time All-American @ Academy of the Arts in 2014?
104. What Logan Athlete was ranked 2nd in the World last year indoors in the hurdles?
105. Who holds the world record in your event? the American record?
106. What Logan athlete is considered the greatest ever high hurdler from Cal Berkeley?
107. What former Logan athlete placed 3rd in the Logan at the World Youth Trials? He was a 2 time All-American I. He was the National leader outdoors for the Triple Jump in 2014
108. What athletes on our current team placed at the State Indoor meet in Fresno?
109. What 2 former Logan distance runners won their conference in Cross Country?
110. What former Logan thrower at Sacramento State is a school record holder?
111. Name a Logan athlete who coaches at Cal Berkeley?
112. Who was the Soph State leader in the Long Jump in 2014? His sister was a National Champion.
113. Who has the top female finish ever at the North Coast Cross Country Championships?
114. What school records were broken last year?
115. Who was the #1 US Triple jumper last year indoors Where did/does she go to college.
116. Who was the State leader in the Steeplechase last year 2014 Who were All-Americans in the steeplechase last year?
117. What athlete are our team placed in events at Junior Olympic Nationals.
118. The team has won how many North Coast Champions in school history? All since 1984. Boys? Girls
119. The team has won how many MVAL Championships?
120. Who is Remy Korchmeny?
121. The Olympian Clinic is dedicated to Reynaldo Brown this year. Tell me what you know about him?
122. Who was a National Champion last year in Florida at the Junior Olympics? What Event?
123. Who was an All-American in the Steeplechase this past year?

124. Who broke school records last year? What events?
125. What former athlete is on the Cleveland Cavaliers Basketball staff?
126. 3 former female athletes earned their PHD's this past year. Who are they?
127. Who is a National Champion in our class?
128. Who was voted Special Olympian of the Year for 2016?
129. What athlete was All-American at Cal State East Bay? Her father was selected to Cal State East Bay Hall of Fame? Her brother is in the class.
130. Who are the best race walkers in the history of James Logan High School?

“All alone we can do so little, All together we can do so much” Helen Keller

Where did they go: Write School next to the Name

Hadiya Green 38' Triple Jump 3 Sport Star
Danielle Price-2.11.93 800 Meters
John Lockard-47.77 400 Meters Cross Country Champion
Charlene Baldwin-55.12 400 Meters
Kelli White-14 Time All-American
Eddie House-Boston Celtics/Miami Heat
Jernae Wright-20'11 1/2" Long Jump 100 Meters-11.49 3 Time State Champion
Aaron Richberg-State 800 Meter Champion-1.48.40
Natasha Neal-Jr. National Champion 40.86 300 Hurdles
Allyson Chapelle-5'7" High Jumper Model
Rasheed Abdullah-48'9 Triple Jumper
Carla Estes-400-53.27 as Sop 19'9 Long Jumper
Michelle Kiyono-Distance star
Jennifer Bridgeman-2.11.75 800 Meters
Allia Hanson-39'3' Triple Jumper 1 year of jumping
Adrena Williams-11.74 100 Meters
Shaun Ross-Sprints
Scott McDonald-4.20 1600 Meters
Sky Baumbach-2.16 800 Meters
Charles Amey-14.11 110 High Hurdles
Fred Amey-Played in the East West Shrine Game Triple Jumper
Tyreina Henley-18'2" Long Jumper
NailahLugent-5'2" High Jumper
Melissa Reis-163'10" Discus 2 Time State Placer
Ron and Reggie Richardson-Sprint All-Americans
Kwesi Byrd 10.42 last year in the 100 Meters
Roy Williams-Sprint/Jumps All-Pro Dallas Cowboys
Gary Smith-Triple Jump All-American 51'+
Martin Boston Pan American Team-24'5" Long Jump
Odessa Balumbu-High Hurdles
Andrea Lacson-38'7" State Finalist TJ
Keisha Miller-All-American Hammer
Briana Hope-Sprinter Mrs. Hope daughter

Brooke Irvin-44.90 300 Hurdles Miss Irvin daughter
Gillian Ghebray-Ran 4.06 Mile Indoors last year
Damian Mackey-Jumps
Daniel Embaye-All-American Cross Country
Jamara Smith-All-American Jumps
Jason Castro-4.25 1600 Meters
Lavietra Stanton-14.2 100 Hurdles
Marcus Nicosia-49.7 400 Meters
Keith Nicosia-13'6 Pole Vault
Josh Mayfield-175' Discus
JJ Akins-Dunbar-48.7 400 Meters
Bahati Bodden-2.13.4 800 Meters
Landon Key-Cross Country/Distance
Angelina Camarillo-Cross Country/Distance
Cheri Craddock-Track and Field All-American Sprints
Allysa Jackson-Throws
Ryan and Brandon Ting-Sprints/Relays
Taila Stewart-3 Time State Champion Hurdles National Record
Brittani Dudley-NCS Champion 4 Years Straight Years
Nate Robinson-14.44 High Hurdles
Amna Shiekh-School Record Holder in Pole Vault Shiek Shoes
Kevin Craddock-24 National Hurdle Records Olympic Trials Finalist
Deontee Kaye-42'9" Triple Jump NCAA All-American
Yosef Ghebray-Logan's only State Cross Country Champion
Nkosinza Balumbu-National Triple Jump Leader-52'4" NCAA Champion
Jared Yuen-National Long Jump Competitor
Sean Blair-NCS 400 Meter Champion
Pearson Crichlow-School Record 200 Meters
Jaleesa Jeffery-Shot Put School Record
Kristina Davis-Pan American Team Member 2 Times
Teirra Ward-Placed in 4 events at the 2006 State Meet
Matt Cobette-School Record Holder in the Steeplechase
Tracey Stewart-All-American in the Triple Jump and Long Jump
Alex Yonas-Cross Country and Track and Field
Marcus Spencer-Logan's 1st Long Jump Male State Finalist
Lucas Liu-State Placer 4x400
Taven Parker-State Placer 4x400
Victoria Humphrey- 400 Meter State Finalist
Jackie Harrison- 400 Meter State Finalist
Josh Laureta-North Coast Runner-up Long Jump
Quentin Powell-North Coast 400 Champion
Keagan Wethington North Coast 400 Runner-up
Matt Harper- 400 Meter Pro Football Draft
Jami Hardy 800 Meter School Record
Briana Stewart-State Placer Triple Jump 100 Hurdles
Belal Mogaddedi-15'0" Pole Vault
Rashad Evans-Jumps State Qualifier
Itua Oiyemhonian- 6'4"High Jump
Monny and Sonny Singh-Twins Cross Country and Track and Field
Shaun and Nick Shutes-8 year letterman
Ray Stewart-State 110 Hurdles Champion
Donnise Powell-State 300 Hurdles finalist
Janelle Prothro-Discus State Finalist
Ronald Antoine-Throws and Football

Lauren and Nicole McGlory-2009 JumpsState Competitors
Belal Mogaddedi-15'0" Pole Vault
Monte Corley-# 2 time in the US in the 300 Hurdles
Thandi Stewart-#2 time in the US in the 300 Hurdles # 6 time ever run
Khalid Jones-#2 time ever run in Logan history 400 meters
Domininique Corley-37" Triple Jumper
Toni Pole-State qualifier in the discus
Erinn Jones-North Coast Champion Shot Put
Ciarra Brewer-2 time State Champion 2 time National Leader-Triple Jump
Tessa Runels-State Finalist North Coast Champion Long Jump
Dejon Gomes-4x100 relay state meet competitor Detroit Lions
Charlie Griffin-Athlete of the year 2001
Willie Latin-State Placer 400 meters
Ciarra Brewer-Florida
Abraham Espinoza-Chabot/Sacramento State
Sarah Perrin-Cal State East Bay
Jeffrey Porthro-Texas A&M
Morgan Jones-Sacramento State Throws
Rufus Wollo-3 sport athlete 400 meters
Amaris Clay-400/800 meters
Amihan Agustin-800 meters 2.14.44 State Qualifier in 2 sports
Alex Jones-Throws State Qualifier
Cristian Monsalud-USF 800 Meters North Coast Champion
Karsten Wethington-Cal Triple Jump National Leader

\$175 Varsity/\$155 Frosh/Soph-Team Contribution

***Olympian Clinic-Feb 6.-Come See the Olympians!!**
Physicals-Before Feb.8-First Official Day of Practice. Fill out
Family ID-Logan Website/Logan Athletics.

**“Champions are made in Training!!
Champions are made from something they have
deep inside themselves-A Desire, A Dream, A
Vision.”**

Quotes:

“Winning isn’t everything, wanting is”

“Winners make goals, loser make excuses”

**“A winner solves their problems, but a loser is
defeated by their problems”**

“If you can believe it, the mind can achieve it”

**Practice is 90% Physical 10% Mental
Championships Meets are 10% Physical 90% Mental**

“Show me a person who’s afraid to look bad and I’ll show you a person you can beat every time”

“Winners never quit and quitters never win”

“A minute lost in practice is never found”

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“A winner never whines”

“Winning is the science of being totally prepared”

“There is a big difference between involvement and commitment”

“The price of greatness is responsibility”

“Make each day your master piece”

“In order to get what you have never had, do what you have never done”

“Always reach higher than what you can touch”

“Winning is the science of being totally prepared”

“It is HARD to be a person who never gives up”

“A mans greatness is measured by the help he gives to others”

“Life is never as bad as regret”

“Preparation is the Key”

“When in Doubt Power OUT”

“Turn and Burn”

“Sweat plus sacrifice equals success”

“Its hard to beat a person who never gives UP”

“The only way to have a friend is be a friend”

“A faithful friend is the medicine of LIFE”

“If YOU judge people you have no time to love them”

“It takes no ability to work hard”

“The strength of the group is the strength of the leaders”

“ Defeat does not finish a person, quit does!

**Good Luck!!
Coach Webb**

BELIEVE!!! There Are No Limits

There is no substitute for Hard Work!!

Team quote 2016-"Believe to Achieve!!!

1st best score-Team contribution

2nd best score-\$100 towards Team contribution

3rd-5 best score-uniform

6th-10th-Team Sweatshirt-Hoodie

**We will continue to dedicate our Track
and Field seasons to ZAC Grow
In Loving Memory**

Sept. 6, 1982-Oct.14, 2009

Special Olympic Practice Starts in March

All-Comers Meet Jan. 9 Los Gatos Berkeley Jan.16

**Mission Valley Track and Field Practice Starts
January 11, 2016 @ 4:30 on the track. M,TU, TH**

“Seize the Day”

“The only game we want to win is the next one”

“SOME people are as reliable as the sunrise”

“When you lose say little, when you win say less”

“All the problems of the world are caused by people who do not listen”

“Follow your Dreams

2016 Season Dedicated to:

Malekita Balumbu

Alex Rhone-Former 4 year Track and Field /Cross Country Athlete.

Zac Grow

website:logantrackandfield.com

