

New season, new coach

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Marion cross country has been called many things, hard, relaxing, interactive, but the one thing that every cross country athlete or coach will tell you is that they have a whole lot of fun. By adding a new coach and an old coach to the program the team is ready to take on a new season.

Head cross country coach Matthew Thornton who is also a former coach at Marion is one of the many members of the team that is excited about what is to come. Thornton decided to come back for many reasons but his main reason for returning to Marion cross country is of course being with the athletes. "I missed the interaction with the kids." Said Thornton. Thornton has coached cross country for nine years and coached track for three years. He has always loved running, he ran track in high school, and continued to challenge himself with his own personal goals with running.

Cross country practices every-day. They usually start with a mile warmup, followed by stretching, and

then their practice usually consists of a different hour long workout and ends with a cool down workout and more stretching. While Thorntons says that his workouts are a little different than what the team may be used to, overall not much has changed. The team has still been pretty successful so far this year. The team has a lot of hard working athletes and they hope to continue their success. Thornton says that he hopes for both the girls and boys team to get through districts and attend the state championships this year.

So The coach himself has high expectations for his athletes this season but what about these athletes? Molly Schlitter 22' an experienced cross country runner, is ready for a slight change to the program and can't wait for what's to come this season for her and her teammates. "I love running with people and also it's relaxing." Says Molly Schlitter, a sophomore at Marion. Schlitter has been running cross country since she was in seventh grade. She loves how relaxing it is and she has also made many friends across the country through cross country. As this new season continues she hopes

to get better times or even to just get through the tough practices and hard meets. As far as having a new coach Schlitter doesn't see much of a difference. Practices and workouts may be a little different here and there but overall she still has a lot of fun with her teammates. After returning this season with a new coach she is excited about what is to come with the rest of the season.



Head cross country coach, Matthew Thornton, gives his team some words of wisdom before practice.

Red Nation lacking spirit

By: Mary Eichhorn @maryeichhorn3

Every high school has their rowdy, cheerful student section that hypes up the game and helps the players do their best. But, many believe our student section is dull, even boring. There has been talk going around that we, as fans, need more spirit.

Spirit is very important to the game in the way that it helps player's energy and excitement levels, makes the students get more involved and excited for the games, and, therefore, encourages more people to show up.

Jacob Wilkinson is a sophomore football player who believes the student section plays an important role in making the game more enjoyable and may even make the chances of winning higher. "I think the spirit affects how the game is played because the more hyped up the players are, the better they strive to be." says Wilkinson.

Many students are guilty of showing up to the games but not engaging and, instead, talking to

their friends and ignoring the game. Jazlyn Grosskreutz is a sophomore who enjoys going to games and tries to attend as many as she can. She describes the student section as not as great as it should be during games. "I feel like a lot of students show up to the games just to talk to their friends and don't actually get involved." says Grosskreutz.

This year's spirit, in comparison to last year has been described as close to none. While last year we were very spirited and involved in the game, this year we are not. "I feel like last year's spirit from the student section was way better because we had a better season and a reason to look forward to the games. Now I just hear everyone saying they don't want to go to the games because we are going to lose anyway." says Grosskreutz.

Overall, the student section and the amount of spirit is very important to the game. So go out there and cheer as loud as you can.



Red Nation cheer for the Indians during one of the Friday night football games.