

CONESTOGA

WINTER TRACK & FIELD • POST-SEASON AWARDS

Most Valuable Performer

- Male and Female
- Starts the season conditioned, consistent with maintaining a high standard of effort during practices, consistently finishes among the best on the team at meets (with preference given to championships), able to remain in decent standing with school and the team throughout the season.

Captain's Award

- Male and Female
- Chosen by the team captains
- Interest in the sport and teammates, loyalty, desire, courage, respect of teammates, etc

Senior Leadership Award

- Male and Female
- The senior who creates the best example for his/her teammates and provides the best leadership on the team.

Pioneer Spirit Award

- Coed award
- Presented to the boy or girl who best represents what it means to be a Pioneer.

Distance Runner Award

- Male and Female
- Presented to the top performing distance runner

Sprinter Award

- Male and Female
- Presented to the top performing sprinter

Field Athlete Award

- Male and Female
- Presented to the top performing field athlete (jumps/throws)

Outstanding Freshman Award

- Male and Female
- Presented to the top performing freshman.

Most Improved Athlete Award

- Coed
- Presented to the boy or girl who showed the greatest gains in performance (either from previous seasons or within the current season)

Lifter of the Year Award

- Male and Female
- Presented to the most dedicated in the weight room.

Competitor of the Year Award

- Coed Award
- Presented to the boy or girl who, regardless of ability, demonstrates the greatest qualities of a true competitor.

Most Outstanding Performance of the Year

- Coed Award
- Presented to the boy or girl who has the greatest or most memorable performance of the season.