

Cougar Runners Are "Tough"



Cross Country Team—from left Nichols, M. Carter, K. Lawhorn. back row: K. Kays, G. Stevens, B. Moffet, Coach Roach.

Cross Country seems to be a sport that is quite over looked at NPHS. No one knows how much mental and physical hours of practice it takes to run better than the coach and the athletes who participate in Cross Country Competition. The sport draws very few spectators. To all the runners, for their dedication to the sport, we appreciate you!



After a long day Coach Roach offers some enthusiasm.



Two trophies well earned!