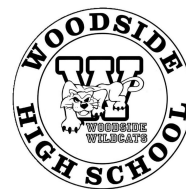


Woodside High School

Spring Athlete Senior Recognition

Girls Track & Field

Spring 2020



Congratulations to WHS girls Track & Field seniors - Kenza Aboulhouda, Samantha Brook, Kayla Fuhs, Clairese Muckel, Natalie Nessi, Sarah Perry, Allison Smith, Isabel de Oliveira

“With the 2020 season cut short it is hard to say what may have happened, but this year's Varsity Senior Athletes are definitely part of a Track and Field team that was going places. Many season bests were already reached by the first and only two meets of the season. Woodside Track and Field held the First Annual Woodside vs. Sequoia Dual meet on March 6th, 2020 and then hosted the first First Season Dual meet vs. Terra Nova on March 11th, 2020.” - WHS Track & Field Coaching Staff

Girls Track & Field Profiles

Kenza Aboulhouda

Kenza joined the Varsity Track and Field Team her Senior year. She quickly showed prowess in the Sprints and Long Jump with a personal best of 14'3" that ranked her 4th best in the Ocean Division.

Samantha Brook

Samantha is a 4 year Track and Field Athlete. She transferred to Woodside her junior year and has Personal Best in the Pole Vault of 9'6" from the CCS Semi-Finals in 2019. 2020 was definitely going to be a breakout year for her in that event. She also has a Personal best 14.68 in an early season 100 meter dash.

Kayla Fuhs

Kayla Fuhs joined Track and Field her Senior Year. She showed great attitude and willingness to try anything. An early season illness prevented her from making a mark in Shot Put, but she did participate early on in Long Jump and the 100 meters.

Clairese Muckel

Clairese is a 4 year Track and Field Athlete. Clairese has been a Sprinter and Jumper for all 4 years and added Shot Put her Senior Year with a season opening mark of 23'3". She was also part of past Sprint relay teams. Her other Season Bests in Long Jump and the 100 meters show she was on track to increase all marks again this year.

Natalie Nessi

Tillie is a 4 year Track and Field Athlete. Tillie has been a Sprinter in the 100m, 200m and recently added the 400 meters with a season opener of 1:17.5.

Sarah Perry

Sarah is a 4 Year Track and Field athlete, participating in Varsity all 4 years. She is co-team captain this year and got off to great start with personal bests in the 800 m (2:22.88) 1st in Ocean, rank 2nd in PAL; 1500m (4:54.85) rank 1st in PAL; 3200m (11:52.20) rank 1st in the PAL. Sarah is the School Record holder in the 1500 and the 3200. She is also part of the 4X400 relay team with an impressive early season time of 4:25.6.

Allison Smith

Allie is a 4 year Track and Field Athlete. She started off as a distance runner and then found her events in Pole Vault and in the Hurdles. She has personal bests in Pole Vault (7'0"), 300 meter hurdles (58.95), and the 100 meter hurdles (20.07). She improves her marks at every meet and is a team point contributor every time.

Isabel de Oliveira

Isabel is a 4 year Track and Field Athlete. She is co-team captain this year and got off to a great start with personal bests in the Discus (90'4") ranked 1st in Ocean 2nd in PAL; and in Pole Vault (10'0") ranked 1st in Ocean, 2nd in PAL. This was definitely going to be a breakout year for her in both of her main events. She is the School Record holder in the Pole Vault (10'0) and in the Discus (98'5").

Woodside Athletic Department
Study hard, practice hard, play hard!