



Kameron Jackson had a great HS career at Landmark Christian and is the 2019 A Private 800m State Champion.

### High School PR's

5k XC- 16:15

800m- 1:54.93

1600m-4:21.39

3200m-10:16.48

### **1) What were some of the highlights of your high school cross country and track careers?**

Winning the individual 800m, 4x400, and team 1A state championship this previous track season as well as winning the team title in cross country my freshman year were definitely the main highlights of my high school track and cross country career.

### **2) Did you encounter any struggles or adversity along the way that you had to overcome?**

My sophomore year I had an IT Band injury which prevented me from running or training for around a month. But when I came back, the injury made me the most determined I had ever been, and I was able to make it to state and PR in the 800. This experience allowed me to discover a new sense of work ethic I had not had before.



**3) Aside from the competition, what was the best thing about being a part of your school's program?**

Besides improving athletically, the best part about running at Landmark Christian School are the memories I get from my teammates and coaches. When I go to practice, not only do I expect to improve as a runner, but I also look forward to the laughs, long talks, and other memories I make my team. As I enter this next chapter of my life, the family-like bond I have with my teammates is something I will remember forever.





**4) Are there any coaches or teammates that you've worked with over the past four years that you'd like to thank?**

I would like to thank Coach Ross, Coach Thorn, Coach Caulfield, my summer track coaches, and all of my teammates. They have impacted me in a specific way and I can honestly say they believed in me at times when I couldn't believe in myself. They instilled confidence, determination, and a work ethic in me that was necessary for me to be successful not only in running, but also in life. I would not have been able to learn the important life lessons without them and I am grateful for the positive impact they have had on me.

**5) What are your plans and goals for the future? Do you intend on continuing with the sport in college or in another capacity?**

Next year I will be attending Kennesaw State University to further my academic and athletic career. At KSU, Coach Adam Bray made it obvious that he not only cared about me as a runner, but also a person. The environment and team immediately felt like home and I truly believe I will grow into a better person once I leave. I am thankful that I will have the opportunity to be a part of a growing program that will positively impact me these next four years.



**6) What advice would you give to a younger athlete who's hoping to have a successful and enjoyable high school career?**

I would tell a younger athlete to focus on the small things like eating correctly, getting enough sleep, etc. But most importantly, to enjoy the sport. The more you enjoy it, the faster your times will be. Although some days you won't perform or practice the way you want, it is important to keep a positive mindset through it all, because a positive mindset is essential for success.

**7) How have you been coping with COVID-19 and the prospect that your HS career may very well be over?**

With COVID-19, most places are closed and that makes my usual training regimen very difficult to accomplish. But at the end of the day, I'm making it work with what I have and still attempting to get the most out of this time of uncertainty. Although COVID-19 may be the reason for an abrupt stop to my high school career, I am still very grateful for the time I've had running as a high schooler. Evidently, this is a stressful time for the athletes as well as the coaches, but personally I have chosen to place emphasis on the aspects I can control during times like these. That being said, I will continue to focus on my training and improving as a runner regardless of the outcome of this season and I will forever be grateful for the memories I have made while running track and cross country in high school.