Biermann continues soaring pace

BY JOCelyn NEREL

Senior hurdler Katrina Biermann has jumped her way to school records and provisional marks during the past three seasons, and this year she continues to better herself.

“I think as a team we should say she natural talent, and it’s something I’ve always believed in,” said assistant coach Tim Schwegler.

Biermann began her jumping career in middle school when she joined an after-school track program and began to realize her athletic potential. She continued her progress into high school, where she began to set records and show promise.

Biermann practices earlier this season.

She was recruited into high school to become a pole vaulter, Biermann said she had participated in gymnastics for many years and that her father had been a pole vaulter.

“I was really excited to break into pole vaulting. But I thought that Coach Washburn, my high school coach, did a great job with me,” Biermann said.

Biermann began training with Washburn's assistant coach, who focused on technique and strategy. She continued her training throughout the years, working with Washburn and other coaches to improve her technique.

In the end, Biermann said her focus on technique paid off, as she was able to set records and reach new heights in her pole vaulting career.

“Things didn’t go as planned for the girls’ track season, but as you do you have to be more flexible and really go after everything so that when you’re done you have no excuses and no regrets,” head coach John Cochran said. “You can take whatever you can get, but you have to have no regrets.”

Cochran also said the athlete who listened to his advice and went out on her own to compete at a high level didn’t have any excuses and really went for it. She continued, “That’s the thing, last year when we wouldn’t get Dina Lee-Buhse on our team and Dasha Kelly on our team, it wouldn’t happen.”

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