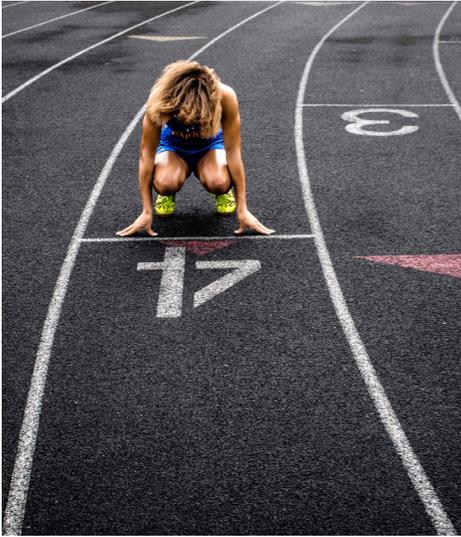


# Under the Noise



The hurdles event just finished. The fans are roaring, while the critics are bickering. She walks up to her lane number. Stares down the final destination. She hears "lets go Flash! Rah! Rah! Flash!" She loosens her body. The crowd is in a frenzy. She deeply inhales. Walks back to her position, places her feet on the blocks. Shakes out her hands one last time.

The noises abruptly cease. It's still. It's quiet. The only thing in her mind is to win. On your mark! She focuses, sets her game face. She erases all fear, and butterflies from her thoughts and body. Set! She lifts her body slightly, her head is down, determined. POP! Outbreaks Janii Jenkins sprinting past her competitors in the 100 meter dash, crossing the finish line in 12.73 seconds and capturing 4th place at state.

Janii! Janii! Flash! Flash!



Growing up, Janii Jenkins, was always the fastest girl in her neighborhood in Zion. Janii expressed that her nickname amongst peers quickly became the fastest superhero in DC comics, Flash, from her quick abilities. She played other sports like basketball, but track was what she was

best at. She started sports because she likes to take risk in the unknown.

No one in her family influenced her to start track, she likes to follow her own influence.

Jenkins likes to think of herself as a leader, not following what others plan for her. Her track coach at Warren, Ryan Dunn, also agrees that “she has been a cheerleader for everyone on the team, and has used her experience to help her teammates improve.” Considering Janii is one of the top track athletes on her team, and in the state, it speaks volumes that she remains humble, and encourages her teammates around her with the knowledge she has. She definitely has the aspect that if her team wins, she as well wins.

Track serves as her stress relief. No matter what's going on in her life, “when [she] walks on the track everything goes away and she switches to

a whole new mindset” (Janii Jenkins). She's able to shut out the fans, the critics, and other surrounding noises, to just focus on her game plan.



While running, her mindset is to remain focused on the task at hand. She does not try to out think herself. She believes if you over think, you already are losing. She competes with herself, not other around her.

Her mindset is “I have to win, I gotta win”.

Even coach Dunn believes its important “that Janii celebrates the successes, but

takes the setbacks in stride and learns from them without letting them get the better of her psychologically.” He wants her to remain focused on the things she can control. Sports is as physical as mental. Train you mind, the body will eventually catch up.

Brittney Ellis is one of Janii's idols, but also a rival. When Janii switched schools from Woodland, to Viking "She heard about her all the time" (Janii Jenkins). She was overshadowed with everything Ellis has done for Warren as well.

Janii admits, "I hate being compared to her because i'm my own person." Coach Dunn believes "It's important that Janii only views these comparisons as compliments, and doesn't in any way define her success based on any of

those comparisons." If she gets too caught up in comparisons, she may either under perform or be too full of herself. Either way it's no win.

