



Mauldin's Nia Wright stays positive after a 'bad

LOGIN RESULTS RANKINGS INSIDER CALENDAR VIDEOS PHOTOS NEWS TEAMS



Search

Login



2016 S.C. TF

John Olson

Mar 29, 2016

30 DAY NO COST RETURN
DIRT AND ALL



JOIN THE FREE
REVOLUTION

SHOP NIKE.C

TAGGED ATHLETES

Nia Wright

TAGGED MEETS

Bob Jenkins SCTCCCA Coaches Classic

2 more...

WHAT TO READ NEXT



Meet records set at Bell

Apr 9, 2016



Taco Bell Classic: replay

Apr 9, 2016



Taco Bell Classic's media updates

Apr 8, 2016



Lockwood's Lockd Looking at Taco Bell Classic

Apr 7, 2016



Hunter Jarvis look forward to Taco Bell Classic mile

Apr 7, 2016

Athlete name: Nia Wright

School: Mauldin High School

Year of graduation: 2016

Hobbies: Listening to music, reading, and watching youtube videos.

Best marks: Triple Jump: 37-8.25 Long Jump: 16-10

How do you look at your number number two (no. 1 at time of interview) triple jump ranking?

I see it as a great accomplishment, especially since I jumped 37-4 at the beginning of the season. It really set the tone for the season and gave me a positive outlook.

Training, how do you prepare for multiple events?

I usually just divide my time during practice. I'll work on hand-offs for the 4x100 and then I work on technique for jumps.

Do you have a favorite event, and why?

Triple jump! It's so fun, and I'm good at it so that makes it more fun.

How would you rate your performances so far this season?

Well I've been trying to save my legs for big meets, so I don't put any extra strain on my shins. So my marks have been satisfactory.

Where do you see yourself going the rest of the season after this past weekend?

I see myself setting a new PR at state stay and winning state.

What are your post high school plans?

I plan on going to four year university and entering the medical field. At one point I dreamed of competing at the Olympics, but who doesn't.

What are your goals for the the rest of the season?

Since freshman year, I've had the goal of jumping a 40 by my senior year. that's still the gold the realistically I would like to jump a 38 or 39 and obviously to win State.

What do you remember the most from the 2015 season?

I remember being at region and being on the verge of not qualifying. My first two jumps were not good, so I asked my coach if anything seemed off. He said my second phase was a little short, so when I jumped the final time I focused on holding my second phase and boom 37-2. I had not hit a 37 all season until then, so it re-energized me to go even further than that.

How did winter training going?

It went well. We did a lot of workouts. I didn't work on jumping at all.

How long have you been competing in track and field and how did you get started?

I started track in third grade when my YMCA counselor saw that I was beating the boys when we raced. He told my parents that I should get into track. However, I stopped in fifth grade and resumed in ninth grade.

Do you have a specific motivation?

Honestly, I just really love the sport. Of course I would love to get a scholarship from it, but that's not the sole motivation.

How do you look at competition?

Well one of the things I love the most about track, is the friendly competition. I think it's healthy competition.

Will you be competing out of state this season?

No.

What do you enjoy about the Mauldin team?

I love how all of my teammates support each other.

Do you have a pre-event tradition?

No

What event strategy works best for you?

Having mental toughness. Having the strength to recover after having a bad jump, and not letting it affect my next jumps. Keeping a positive mindset, not getting discouraged, and doing what I came to do.

Do you have a technique that you prefer or have been trained to use?

I learned a new technique over the summer that I wanted to use during the season, but haven't had the chance to. The only difference, between the new and the old, is the 1st phase. In the new one, I rotate my arm and leg simultaneously.

What has been your biggest challenge in the sport? How did you overcome the challenge?

The Region meet last year.

What (so far) is your favorite event in your high school career?

Triple jump.

What team responsibilities do you have on and off the track? How do you handle the responsibilities?

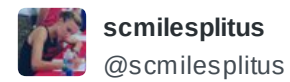
Well recently, we've had a change in coaches. Our new coach primarily works in throwing, so he doesn't know much about other events. He told the captains that there's going to be a lot on our shoulders, and he'll be relying on us. We've all had to step up and be leaders. People have even started calling me coach. I even carry a clipboard. It's a tough role, but I think I'm doing well, considering the circumstances.

Favorite track and field memory?

In fourth grade, a girl beat me in the 200. I was mad, so I took my frustration out on long jump, and became state champion.

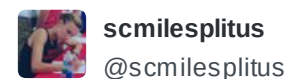


Tweets by @scmilesplitus



scmilesplitus
@scmilesplitus

#TacoBellClassic second day photos uploading
goo.gl/QUr41n #schstf #tbtc16 #sctweets. Lot more to come.



scmilesplitus
@scmilesplitus

Later @NCRunners team. Safe travels.
twitter.com/ncrunners/stat...



scmilesplitus
@scmilesplitus

Embed

View on Twitter

When you are not competing what is your favorite thing to do?

Watch You Tube.

Favorite quote?

If I believe I can then I will.

Do you see yourself coaching in the future?

No

If there is one thing you could do in the world what would it be and why?

Become a polyglot, because I could communicate with a wide variety of people.

MORE ARTICLES IN SERIES

COMMENTS

0 Comments

Sort by Oldest



Add a comment...

 Facebook Comments Plugin

**Join Verizon and we'll pay your costs to switch.
from your old contract when you trade in your phone.**

New smartphone device payment activation & port-in req'd. Get up to \$650 prepaid card for installment plan balance less trade-in value (or up to \$350 prepaid for early termination fees less trade-in value). Trade-in must be in good, working condition and be worth more than \$0. Line must remain active for 6 mos.

[Shop Now](#)

© 2016 Copyright FloSports, Inc.

MileSplit South Carolina Editor: John Olson, jolson@milesplit.us

[Contact Us](#) [Privacy Policy](#) [Terms of Use](#)

Generated by 10.1.2.250 fresh in 141 milliseconds