



Photo Credit: Tammy Schmeltz

Arman blossoms into dominant sprinter, team leader

By Kevin Gordon

Jack Arman patiently waited for his chance to become a major force on Eastwood's boys track and field team.

Once he earned the opportunity, he's been one of the Eagles' best sprinters.

Arman's a senior, and he's looking to fashion the best the season of his career. His goals include winning Northern Buckeye Conference championships in the 100 and the 200, and running career-best times in both events. Arman is an important member of Eastwood's sprint relay teams, too.

His career-best times are 11.72 in the 100 and 23.77 in the 200.

"I like where I'm at right now," Arman said. "I feel good. The good weather we've had has allowed us to

get quality work in."

Arman's come a long way since his first two seasons with the Eagles. He competed in Eastwood's junior varsity invitational late in his sophomore season.

But he's been turning heads since the start of last season, and competed in the team's biggest meets all season. He's also a team leader, serving as one of its captains this season.

"I'm a lot bigger and stronger, and I'm a lot more confident," Arman said. "I lifted a little early in my high school career, but now I'm doing it regularly, every other day in the summer and it's paid off.

"I had to get in the weight room for football," added Arman, who plays defensive end. "Lifting weights was big because it kept me active and not sitting around."

Now, Arman is Eastwood's most valuable 100 and 200 runner, and one of its most reliable relay team members.

"It's been an unbelievable joy to watch him grow and improve as a track athlete, and now elected as a captain," Eagle head coach Brian Sabo said. "It's a joy to watch him race and improve. He's just stuck with it."

Arman finished second in the 200 in last season's NBC meet. He also placed seventh in the 100 and helped the Eagles win the 4x100 relay. Arman ran on the 4x100 and 4x200 relay teams in the district meet, but didn't qualify for the regional.

"He's improved by leaps and bounds," said Eagle assistant coach Cody Seifert, who works with the sprinters. "He looks like a sprinter, instead of a straight-up guy who runs. Coming out of the blocks, he looks like he knows what he's doing, and his first two, three steps are covering a lot of ground."



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"He's really become a sprinter," Seifert added. "Before, I thought he was just a 200 guy who was fast, but now he's a 100 guy, a 200 guy, the relays, and he works hard to make sure his handoffs are done correctly. He's confident and he's stronger, more powerful. He knows, this year, he's the guy a lot of people are counting on."

Seifert believes Arman's times this season can drop to at least 11.5 in the 100, and the high 22s/low 23s in the 200.

"Being one of the key guys is what I've worked for because I always looked up to the guys who did three and four events when I was younger, and I always wanted to be in three or four events," Arman said.

"You have to stay patient when you're a freshman and a sophomore," Arman added. "You focus on what you have to do to get better, hitting your own PRs, and eventually your chances will start coming and coming. When you get those chances, you have to take advantage of them."

He praised former Eagle standouts Cooper Comes and Isaac Emahiser, who were seniors last season, for helping his development.

"They took me under their wing and taught me how to do things," Arman said. "That gives you a lot of confidence and boosts you when they help you. I really felt like I belonged last season."

And it's finally Arman's turn to be in three or the maximum four events each meet. He entered the spring outdoor season with a ton of confidence after a strong winter indoor season. He had PRs in the 200 and the 400, and helped Eastwood qualify for state in the 4x200 and 4x400 relays.

"The indoor season gave me a head start," Arman said.

Just as important to the Eagles is his leadership on and off the track.

"I try to lead by example," Arman said. "I'm really not a vocal person. If I work hard and show people how things are done, then they'll follow and do the same."

And Sabo has enjoyed watching Arman lead.

"He's very humble," Sabo said. "He laughs a lot. He's very easy to get along with. Just good humored. He never says anything mean or nasty about anyone. You appreciate that. That's why he was named a captain. To watch him lead now and watch him take care of the younger guys, that's what has been really enjoyable to watch."

Arman, who has a 3.6 grade-point average, is pursuing a career as an electrician. He's already completed his course work at Penta Career Center, and is working full-time for Hatas Electric in Pemberville. The company does residential and small business electrical work.



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Arman's dad, Steve, is a superintendent for Lake Erie Electric in Bowling Green. "I grew up around it and took a liking to it, and I went to Penta for it," Arman said. "It's hands on. I like being able to look at a whole section of lights you put up, and then flip a switch to turn them on and see if they work. That's a satisfying feeling."