

Brenot's hard work paying off

By Kevin Gordon - May 4th, 2017

Tyler Brenot's hard work is being rewarded.

The senior is enjoying his best season with the Eastwood boys track and field team.

Brenot already has helped the Eagles run the state's third-fastest Division III time in the 400 relay, and has posted personal bests of 13-0 in the pole vault and 6-1 in the high jump.

His success this season followed a strong finish to his junior season when he ran on Eastwood's 400 relay team which finished seventh in the state meet to earn All-Ohio recognition.

"Last year taught me to keep working hard," Brenot said. "If you have a goal, set it and work hard to achieve it. I never thought I'd compete in the state meet, but we had a great group of guys who worked hard to achieve our goals."

Brenot followed last season's finish in the 400 relay by working hard in the weight room during the summer and then being a starting defensive back and the punter on the Eastwood football team.

The football team finished 10-2 overall and advanced to the second round of the Division V state playoffs. Eastwood also won the Northern Buckeye Conference with a 7-0 record.

During the winter, he was a forward on the basketball team and continued his work in the weight room. The basketball team was 20-5 overall, advancing to a Division III district final and sharing the conference championship with a 12-2 record.

Brenot also ran indoor track during the winter, competing in the pole vault and the 4x200m Relay at the state meet.

Senior Landon Zura, junior Isaac Emahiser, senior Ryan Reiter and Brenot ran the state's second-fastest time in the 400 relay this season with a 44.1 clocking at the Whitmer Invitational on April 8. Gamble Montessori School in Cincinnati has the fastest-time at 43.86, followed by Cincinnati Purcell Marian at 43.92.

Last season, the team of Cooper Comes, Emahiser, Reiter and Brenot had a time of 44.02 in the state finals. The four had a time of 43.93 during the preliminaries, the fourth-fastest clocking of the nine finalists. Comes is a junior this season.

The Eagles' 400 relay team last season also won the NBC championship, finished second in the Gibsonburg district and fourth in the Tiffin regional.

“We can run in the 43s this season,” Brenot said.

Although the Eagles haven’t determined their 400 relay lineup for the district meet which starts May 18, they believe they’ll benefit from last season’s trip to state.

The top eight placers in each event at state earn All-Ohio honors and are recognized on the awards podium. Brenot said the Eagles’ goal in the 400 relay is to finish in the top three in the state.

“Just making it to state last year has given us more confidence,” Brenot said. “Last year was our first year there. We were all nervous, and it got into our heads too much. We had bad handoffs in the finals. Now, we’re used to the bigger meets, and everything will flow.”

Brenot’s best of 13-0 in the pole vault raised his personal best of 12-0 last season. He’s also hoping to qualify for state in that event.

The top nine heights in the state so far this season all feed into the Tiffin regional where the top four finishers will qualify for state. Eastwood senior Jacob Montag is second at 15-0, while Brenot is one of five jumpers tied for fifth at 13-6.

In the high jump, Brenot has improved significantly this season after failing to clear the opening height in both the NBC and district meets at the end of last season. His best entering was 5-8 last season.

“I’ve been practicing more, working harder and getting the right techniques in those events,” Brenot said of the pole vault and the high jump. “Technique is such a huge thing. If your technique is better, you’re going to get over higher heights in the long run.”

Brenot has benefited from using the Western roll in the high jump, an old-school approach. Most high jumpers use the Fosbury Flop which became popular in the late 1960s.

He compared using the Western roll to dunking a basketball because of its approach with the legs. The Fosbury Flop has jumpers going over the bar with their back to the pit. The Western roll is more of a face down jump.

“I saw it on the Internet and was messing around with it in practice one day, and it worked for me,” said Brenot, who is 6-foot-2, 175 pounds. “I figured out a way to make it work and I had success with it, so I kept doing it.”

Brenot also jumped 6-0 April 15 in the Whitmer Invitational.

Brenot is valuable because he can compete in the pole vault, high jump, the sprints and the sprint relays. After graduation from Eastwood, he's joining the Army and will report to boot camp in September.