

## Trombly making the most of his senior season



Photo Credit: Tammy Schmeltz

By Kevin Gordon

Daniel Trombly didn't even run in the Northern Buckeye Conference and district meets last season. Just 12 months later, the Eastwood senior is no longer struggling to earn a spot in the lineup. Instead, he's quickly becoming a reliable distance runner who the Eagle boys can't afford to keep off the track. Trombly enjoyed moments of success during his first three seasons, but he's running consistently well in his final season.

His best and favorite events are the 3,200 and the 4x800 relay, although he can run the 800, the 1,600 and the 4x400 relay, too.

"I had trained before, but I had never really taken the sport seriously," said Trombly, who finished fourth in the NBC 3,200 as a sophomore.

"This being my last year, I wanted to make it a big one and put in all of the work for it. I felt like I owed to all of the coaches for everything they've put into us since my freshman year. I'm just paying back the coaches and my teammates."

His improvement started at the end of last season after a conversation with coach Brian Sabo, who told Trombly more was expected and needed from him this season. The Eagles were hit hard by graduation after last season.

Trombly's career is typical of most Eagles. They watch and learn during their first two seasons and then start to fill key roles as juniors and seniors.

"I've never had this kind of role before, and I wanted to embrace it," Trombly said. "I've really put in the work since then, and it's worked out."

Trombly ran roughly 400 miles last summer, averaging 60 miles a week, to prepare for this season. He then averaged 30-40 miles a week during the winter, so he'd be ready for track's speed workouts.

"The biggest thing is before without running as much, I would get injured more," Trombly said. "Now, I feel confident I won't get injured. I'll bounce back and recover quicker. My confidence is definitely much greater."

"I definitely feel a lot better mentally and physically. I know I'm helping out my team. I like having my teammates depend on me."

Trombly's hard work last summer was first rewarded during the cross country season last fall when he helped Eastwood win NBC and district championships. He was a second-team All-NBC honoree after finishing eighth in the conference meet. He then placed fifth in the district meet.

"I wanted to put myself in the best possible position to help the team," Trombly said of his cross country season. "My biggest thing during the summer was to show the underclassmen what hard work can do for you, how much of a change you can make and not just sports, but in anything you do if you have the right attitude."

“Before, I had the attitude, ‘I don’t need to train that much.’ I thought I could go into the season and it would all work out. I knew I needed to make a change with how the last couple years went, not just for myself, but for my team.”

Trombly then turned in a solid indoor track season during the winter. He joined Billy Barker, Alex Boyer and Jack Chappuies to finish eighth in the 4x800 relay at the Division II-III state meet where they were timed in 8:25.23.

Barker, Boyer and Chappuies are returning state outdoor qualifiers from last season when they were 12th in 8:14.87. Barker is a senior, while Boyer and Chappuies are juniors.

“He’s really turned it on and is running with a lot of confidence,” Sabo said.

Trombly was selected as one of Eastwood’s track captains this season and was a captain in cross country last fall. He’s part of a rapidly-improving and solid group of distance runners, who have a good mix of youth and experience.

“He’s always been a great kid and has always treated others well,” Sabo said. “He’s worked hard and done a lot of running. He’s paid his dues. Now, it’s paying off. He had never broken through before. He’s always run a race here and there. He has a lot of experience, he respects everyone and treats others well. He helps other kids.”

One example of Trombly’s leadership came during a dual meet March 27 at Clay. He had already run the 4x800 relay and the 800, and then decided to run the 3,200, in part, to help sophomore Trey Tuttamore run a six-minute pace in the eight-lap, two-mile race.

All of that even though Trombly already was slated to run the 4x1,600 and the 4x800 relays, and a leg of the distance medley relay in the Liberty-Benton Relays only 48 hours later.

“You try to lead by example,” Trombly said. “I really like being able to help my teammates. I’m only going to be here another couple months, but (Tuttamore is) going to be here another two years. That’s going to help him and the program more in the long run. That was the best thing to do.

“You try to do the best you can every day and be ready when you’re needed,”

Trombly added. “I’m one of those guys who can run repeated laps and just have the endurance. That seems to have been the best fit for me.”

After graduating from Eastwood and the Penta Career Center, Trombly will pursue a career in heating and air conditioning. He has a 3.5 grade-point average.

“I wanted to pursue a career in construction, but I didn’t know what I wanted to do,” Trombly said. “There are a lot of openings, a lot of solid jobs in construction. I did some research because I didn’t know much about it, but I took a class in heating and air conditioning, and it ended up working out.

“I like the idea of not doing the same thing every day, being able to do something different and being able to do multiple things,” Trombly added. “Every day, you have a new obstacle in front of you.”