

Launstein excels athletically, academically

By Kevin Gordon - April 25th, 2017

Marisa Launstein generally is pleased with the way her season has started.

The Eastwood high jumper already has matched her personal best of 4-10. Now, the senior is looking for even more improvement.

Launstein's next goal is to clear 5-0, and she's striving to place in the Northern Buckeye Conference meet where she finished in a three-way tie for sixth place last season.

She jumped her personal best three times last season, and matched it again April 18 during a dual meet against Fostoria and Otsego. The jump of 4-10 last week followed an effort of just 4-2 at the Whitmer Invitational April 8.

"It's been a little bit of a struggle early on, but I'm getting back to where I was, and I'm really excited for the rest of the season," Launstein said. "I've been working on my approach and my technique, and it'll be good in the long run."

Eastwood coach Nikki Sabo believes Launstein is capable of jumping 5-0 or even 5-2 because Launstein has plenty of room between her body and the bar when she goes over it. She said Launstein often knocks down the bar with her calves or heels.

"There's a lot of height when she clears the bar," Sabo said. "You know 5-0 is there. You know 5-2 is there. It's a matter of making it happen. For four years, I've thought that because her speed has improved and her strength has improved."

Qualifying for the Division II regional is a goal, too, after she didn't clear the opening height of 4-6 at the district meet last season.

"I'm coming back stronger from that. Adversity helps me do better," said Launstein, who is one of the Eagles' captains. "The district meet last season has made me even more motivated and determined to give it my all this year and come back from that. That has me working harder."

Track and field isn't only the only school activity for Launstein, who has a 4.578 grade-point average.

Launstein was the field commander for the marching band last fall and plays the Alto Sax in the concert band. She's the vice-president of the National Honor Society and Tri-M, a music honor society.

She's a member of Senior Executive Council; and People Incorporated, the school's blood drive. She had a part in Eastwood's musical, The Little Mermaid, and was the

school's winter Homecoming queen. She's also active in her youth group at St. Aloysius Church in Bowling Green.

Launstein will attend the University of Michigan where he's planning on majoring in psychology.

"I've met so many different people through all of my activities," Launstein said. "I have a lot of different groups where I feel at home and comfortable. It keeps you busy and gives you different experiences, and it helps you make a difference and have a positive impact."