Famiek Cook wins Metro Spotlight Award

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Cedar Rapids Kennedy senior Famiek Cook is the winner of the Metro Spotlight Award for high school boys this week, the Metro Sports Report announced Sunday.

Cook won two events at the Mississippi Valley Conference indoor track meet in Cedar Falls last Monday. He captured the 200 meter dash in 23.21 seconds and won the long jump at 21 feet, 3 inches.

Cook enjoyed a highly successful season with the Kennedy track team last year as a junior. He helped the Cougars place second in the 4x200 relay and second in the shuttle hurdle relay at the Class 4A state meet and finished third in the long jump at 22-1 3/4. Kennedy finished fourth in the team standings.

Cook also fared well at the 2013 Drake Relays. He helped Kennedy finish second in the 4x200 relay and second in the shuttle hurdle relay and placed fifth in the long jump at 22-2.

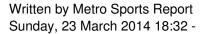
Cook was a prominent member of the Kennedy football team that reached the quarterfinals of the Class 4A playoffs last fall. He had 54 tackles and one interception on defense, caught five passes for 63 yards on offense, returned five kickoffs for 55 yards and had four punt returns for yards.

Cook also was a member of the Kennedy basketball team that reached the Class 4A state tournament this winter.

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MSR: What has been your favorite community service project?

FAMIEK: I haven't really done one yet. I do plan on doing a charity fundraiser for the children's hospital, but I have to talk to some of my teammates to plan it out.