

Famiek Cook wins Metro Spotlight Award

Written by Metro Sports Report
Sunday, 23 March 2014 18:32 -



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 68 yards.

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

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Here is our Question-&-Answer session with Famiek Cook:

MSR: What is your favorite individual highlight in sports?

FAMIEK: Running on the Blue Oval (at Drake University) against one of the best shuttle teams in Iowa.

MSR: What is your favorite team highlight in sports?

FAMIEK: Placing in the top-5 at state for track and becoming a three-time medalist.

MSR: What are your future goals in sports?

FAMIEK: Run track at the college level.

MSR: Who has had the biggest influence on your sports career?

FAMIEK: My grandma getting me started early in sports and coaches in school pushing me every day.

MSR: What are your favorite classes in school?

FAMIEK: History and math are my favorite two subjects.

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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.