

15-Questions Q&A with Falyn Reaugh of Dallas Highland Park HS

1. At the Coppell Relays (March 4, 2017), you PR'd not only in the High Jump, your signature event (5-11; US #1), but also in the 300H (46.83). You also triple jumped and ran the 100H. Will you concentrate on the high jump at the University of Oklahoma, or will you compete in more than one event?

I was recruited for high jump, and right now that's what I'll be competing in for OU, but I'll do whatever they ask.

2. As for the University of Oklahoma, why did you choose OU, and whom else did you consider for track & field?

I narrowed the schools that showed interest down to just five (OU, Arkansas, Kansas State, Texas, and Texas A&M) and then set out on a pretty intensive school visit schedule in order to make my decision. Oklahoma was the first school I visited, and the coaching staff (especially jumps coach Jerel Langley), the vision and goals they have for the track team, the proximity to Dallas, and the general feel I got on campus just felt right.

3. You originally committed to Clemson for volleyball. Can you take us through the decision process to commit for track & field over volleyball?

Yes, I had quite an unorthodox path to OU. Originally I was verbally committed to attend Clemson on a volleyball/track scholarship, but volleyball was never my #1 passion. I'm proud of what I was able to accomplish in volleyball, especially our National Championship at 16 with TAV, but after long, tough talks with my parents, I explained that I just couldn't see playing in college. That was tough. My mom played college volleyball, and my parents always stressed that we honor our commitments and never quit things, but I always felt like Track took a back seat to volleyball, and I wanted to see how far I could take high jump if I just did that. I also realized I wanted to be closer to home.

4. What would a high jump mark of 6-0 mean to you?

It's a goal, and I'm working hard to get there. But 6-1, 6-2, ... are also heights I dream of clearing.

5. Two years ago you cleared 5-10; last year, your Outdoor best was 5-08.75. What have you done training-wise to make the improvement to a new personal best?

Well, not having to commit to the hours of training for and playing volleyball has allowed me to train more specifically for high jump. Just more weight room and technical stuff, and energy.

6. When you're not competing in sports, what do you enjoy doing?

Just normal stuff, hang out with friends.

7. We know you're going to be a Sooner. Do you have an idea of what you plan on studying and/or what you'd like to enjoy as a career?

Right now I'm thinking Broadcast Journalism, but still not 100% sure.

8. You have been anointed the Commissioner of High School Track & Field for the US. What changes would you make to improve the sport?

I'd put a lot of focus on facilities, and I'd make a major commitment to ensure it's a fun, "Track-a-palooza" atmosphere at the Meets.

9. Do you have any superstitions or rituals prior to a meet, like wearing the same socks or listening to a specific song, etc.?

No, because I don't want to have a crutch that might not always be available. My friend and former teammate Gabby Crank said to just try to keep Meet Days like normal days, so that's what I do.

10. Favorite movie?

Mamma Mia

11. Favorite meal?

Sushi

12. Dream vacation spot?

Greek Islands

13. What's one thing few people know about you, perhaps a unique talent or quirky behavior?

I can dance. I mean, really dance! Haha.

14. Back to the 2017 Outdoor season, what are your individual / team goals?

Personally, I'd like to be at my best in high jump at State, and I'd also like to see how well I can do in hurdles. I've really been enjoying the challenge of hurdles.

As far as the team goals.

I'd like to see us hit our stride when it really counts, in District. Otherwise, just build and get better every day, every Meet. Coach Bailey always says to us, "You are who you represent," so I'd like for us to do everything we can to not let each other down and hopefully lift each other up. And I want the younger girls to really enjoy their season and the competitions.