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Dedrick Troxell

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Western Kentucky University Athletics



My Story: Cross Country/Track & Field's Dedrick Troxell

'My Story' is a new series on WKUSports.com of first-person feature articles written by WKU student-athletes. The student-athletes will be telling their own stories in their own words. Our sixth article in the series was written by cross country and track & field's Dedrick Troxell, who had just wrapped up a great indoor season and was primed for a dominant outdoor campaign.

Cross Country

Posted: 4/29/2020 10:19:00 AM

I would first like to thank Coach LeCompte, Coach Chumbley and the rest of the staff for the incredible work they've done during this pandemic. I would also like to thank my friends, family, and teammates for the amount of support I have received.

It's hard to fathom being in history while we're in the process of it. We're in the peak of one of the biggest pandemics in recent years; yet, we won't understand the true impact of it until years later.

Our team was coming off a great indoor championship season for the small unit we had. [Dartez Hamlin](#) just captured the 200 meter title for the first time since 2016, and I was coming off a fourth-place finish in the mile for the highest position since 2014. It seemed like every meet we were achieving personal bests and continuing to get better. The team was excited and looking forward to carrying this momentum outdoors to continue the new coaching era we were in.

On March 16th, Conference USA unanimously voted to cancel all spring sports competitions and championships. When I first heard of the news, I didn't have just one

first thought; I had an abundance. I was in the greatest racing shape of my life, yet I had nothing to show for it. This became detrimental to my motivation because I felt like there was no reasoning behind my training. Coach LeCompte immediately began communicating with us more, and tried to keep the team morale up. Some of the efforts though still weren't enough as I was slowly slipping the desire to run.

Then I started reading stories like Mary Joiner's and Ray Zuberer's, who at the time news broke, thought their entire career was over before the NCAA granted them another eligible year. Or stories like Sandra Skinner, who played their last ever game without even realizing it. Stories like theirs gave me hope because it made me feel grateful that I still have seasons ahead of me. It also taught me that the next game, match, or meet is never guaranteed.

I hope everybody reading this stays safe, healthy, and continues to practice social distancing. Everybody around the globe is suffering and in this pandemic together, so please stay strong.

Go Tops!

A handwritten signature in black ink that reads "D. Troxell". The signature is written in a cursive style with a large, looped "D" and a long, sweeping underline.

My Story Collection

[My Story: Women's Basketball's Sandra Skinner \(March 26\)](#)

[My Story: Men's Basketball's Taveion Hollingsworth \(April 1\)](#)

[My Story: Baseball's Ray Zuberer III \(April 8\)](#)

[My Story: Women's Golf's Mary Joiner \(April 15\)](#)

[My Story: Softball's Morgan McElroy \(April 22\)](#)

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