The Seacoast Post
Volume 1, Issue 3, May 2026

Seaside Race Canceled: School Spirit Still Shows Up!

Karina Nekrasova - Post Staff

The 24th annual Seaside School Half Marathon and 5K was canceled this year because of dangerous weather conditions, marking the first full cancellation in the event's history. Race organizers said the decision was mainly based on safety concerns. They worked closely with a meteorologist and the Town of Seaside to track an incoming storm.

As the storm developed, it became clear that conditions such as high winds, heavy rain, and unsafe roads could put runners, volunteers, and spectators at risk. Because of this, officials decided it was best to cancel the race.



"Each year, it raises over $500,000, which helps fund school programs, resources, and activities for students and staff."



"The weather conditions were the key factor," organizers explained. They also noted that not only runners, but staff and volunteers could have been in danger while setting up and running the event. In the end, safety was the top priority. The Seaside race has been held for 24 years and has never been fully canceled before. However, last year's race was affected by weather as well, forcing organizers to shorten the half marathon to a 10K due to a delayed start. The event is important to the school and the community. Each year, it raises over $500,000, which helps fund school programs, resources, and activities for students and staff. It also brings people together and supports local businesses by attracting visitors from across the country.

Even though the official race was canceled, some runners still chose to complete the course later in the day when conditions improved, or even after returning home.



These runs were not organized by the school, but organizers said they were inspired by the runners' dedication. Many participants later came to the high school to pick up their medals, showing strong community spirit despite the cancellation. Although the race didn't happen as planned, organizers and participants are already looking forward to next year, hoping for better weather and another successful event. -



Photos courtesy of Sharon Martin and Donna Armstrong

Careers on Campus: Spotlight on Health and Medicine

Aryana Patel - Post Staff

Since January, Seacoast has introduced a new initiative called Careers on Campus, giving students the opportunity to hear directly from professionals across a variety of fields. The program was created to help students better understand potential career paths and what different jobs look like in the real world, beyond what can be learned in a classroom.

The first session, held in January, focused on careers in health and medicine. Six professionals visited campus, including Nish Patel (Medical Imaging Specialist), Michele Hughes (Emergency Room PA), Rich Hughes (Emergency Room Physician), Jennifer Henry (ICU Nurse), Maddison Phillips (ER Nurse), and Lindsay Tanner (Dermatology Nurse). Each speaker shared insight into their daily responsibilities, the education required for their field, and the challenges and rewards that come with their work. They also offered advice for students interested in pursuing similar careers. "It's a challenging field, but if you're passionate about helping others, it's one of the most rewarding careers you can choose," said Rich Hughes (ER Physician), highlighting the realities of working in the medical field.



Students had the chance to ask questions and engage in meaningful conversations, making the experience both informative and interactive. Many left with a clearer idea of possible futures and the steps needed to achieve their goals. "I learned that the medical field isn't just about fixing people; it's also about communicating with your peers and listening to patients more than anything," said Sophomore McKenna Fowler, reflecting on what she learned from the event.

Careers on Campus will continue to be an important addition to student life at Seacoast's LATC, helping bridge the gap between education and future careers. Thank you to Nish Patel, Michele Hughes, Rich Hughes, Jennifer Henry, Maddison Phillips, and Lindsay Tanner for sharing their time and experiences, and to Mindy Larson for organizing this valuable opportunity for students. -

"Many left with a clearer idea of possible futures and the steps needed to achieve their goals."

Careers on Campus: An Array of Opportunity

Kincso Tischler - Post Staff

In February, Seacoast held its second monthly Careers On Campus event, focusing on jobs in environmental science. The speakers from this event were from the organizations Emerald Coast Dive Club (ECDC), South Walton Artificial Reef Association (SWARA), US Fish and Wildlife, Choctawhatchee Basin Alliance (CBA), Deep Trekker, FL Panhandle Marine Institute, and Icarus.

ECDC was founded by Bobby Morris to create a community for divers. As the program began to grow, Morris realized how the underwater world was untenable for many, especially

for young people. This realization led to the creation of Virtual Reef Explorers, a program that allows high school students to use remotely operated vehicles (ROVs) to capture and collect data without ever having to get into the water. SWARA is an organization that researches near-shore ecosystems. Their main focus is creating new structures for habitat reconstruction and seeing what is working and not working for the habitats.



This research led to the creation of multiple artificial reef systems throughout the Emerald Coast.

The US Fish and Wildlife Service is a federal agency that was created under the Endangered Species Act of 1973. Their main goal is to protect endangered animals such as the bald eagles, alligators, and our local ookalosa bird, as well as their habitats. They do this by collecting data and using statistical analysis to see if species are increasing or decreasing.

CBA, which is located right next to our school, is a program that promotes water conservation through education, research, monitoring, and restoration.

"...no pathway is linear, connections matter, volunteering builds experience, and knowing strengths leads to success."

Their main focus is on the Choctawhatchee watershed and rivers, where they are responsible for sustaining the healthy waterways. One of the most popular programs they are known for is their education program, Grasses in Classes. This is where they go to local schools to teach about smooth cord grass, a grass that helps with keeping the Choctawhatchee Bay healthy.

Deep Trekker is a company that takes on the manufacturing part of environmental science. They create underwater ROVs, like the ones mentioned earlier, for ocean science.



Mackenzie Normandeau gave a presentation on being in the sales part of this job. She stated that the goal for this job is to get ROVs everywhere that are needed, and the most important thing to remember is to understand the environment, customers, and know how the technology works.

The FL Panhandle Marine Institute is an institution that deals with responding, rescuing, and rehabbing marine animals. Their job is the one that deals with the most hands-on work, as they use hands-on protective species conservation. This actually helps with research as it allows scientists to really understand marine animals and everything that goes on with them biologically.



Icarus, the final program, is a group of ecological consultants. This means they deal with a lot of environmental permitting that includes species surveys, wetland delineation, tree surveys, and wetland mitigation. A lot of this permitting is on the state and federal level, meaning they work with the government to mitigate as much harm as possible.

While all these jobs and programs were different, the speakers emphasized the shared lessons: no pathway is linear, connections matter, volunteering builds experience, and knowing strengths leads to success. These takeaways show that a job in environmental science offers a wide range of opportunities. -

Careers on Campus photos courtesy of Mindy Larson

Calvin Chilton - Liberty Signing

Grace Whitlock - Post Staff





“Countless hours of relentless dedication and hard work led Calvin to the moment he signed with Liberty University.”

On Friday, April 24, 2026, Seacoast Collegiate High School student Calvin Chilton signed a document to continue his academic and athletic career at Liberty University in Lynchburg, Virginia. Calvin signed with Liberty’s track team and will start competing next year. For witnesses of the event, the signing ceremony seemed like just another commitment announcement; however, to Calvin, this has been a long sought after endeavor.

Beginning at Seaside Neighborhood School (SNS), Calvin was involved in many activities. SNS had an established cross country team, which Calvin had been a part of, but in 2022, they created a track team when Calvin was in eighth grade.

Led by Coach Catherine “Cat” Ryland, the SNS track team allowed for athletes to explore new horizons, as many on the team had never done track before.

Track began something new for Calvin. He decided to continue his track journey in high school. Throughout his high school career, Calvin competed for 9:24 Athletics with Coach Parker. In his four years of high school alone, Calvin would qualify for several national meets (for both indoor and outdoor track), place top eight at Nike Outdoor Nationals in 2023, finished in 4th at AAU Junior Olympics in 2024, and qualified for Nike Indoor Nationals and New Balance Indoor Nationals last year and this year.

Though the school year has come to an end, Calvin worked hard to finish out his high school academic and track career strong. School-wise, Calvin has a 4.0 college GPA and a weighted high school GPA of 4.426. For track, he plans to compete at Under Armour Outdoor Nationals at the very end of May, and hopefully qualify for USA Under 20 Nationals in Eugene, Oregon in June.

Countless hours of relentless dedication and hard work led Calvin to the moment he signed with Liberty University. While to most, this was just another signing, to Calvin and all of those close to him, this was years in the making. We know you’ll continue to do great things, Calvin! -

Photos courtesy of Penny Blank

Girls Lacrosse

Elle Nycamp - Post Staff



Positive, supportive, and competitive are all words to describe the Seacoast girls lacrosse team this season.

The girls lacrosse team experienced both the highs and lows of the season in its first few games. While the team has celebrated important victories, it has also faced tough challenges.

The first game of the season on March 3 against North Bay Haven ended in an important victory, with the score ending in 17-9.

When asked about the team's goals this season, team captain and Senior Fernanda Leyva stated, "Our goals this season were definitely to improve as a team and get better at our skills overall. We're planning to accomplish this by staying consistent at practice, working on communication during games, and really focusing on our strengths while improving our weaknesses."

"Being able to work well with your teammates and understand the game is just as important as individual skill."

The team's Homecoming game was dubbed as the highlight of the season. The excitement and strong team spirit from friends and family on the sidelines helped the girls beat Milton with a score of 21-5. Senior Fernanda Leyva adds, "In lacrosse, I think it's important to have a lot of communication, trust, and determination within yourself as well as your teammates. Being able to work well with your teammates and understand the game is just as important as individual skill." As the team approached the end of season and playoffs, the Seacoast girls lacrosse team was focused on improving their skills and building momentum, but most especially, creating memories that would last a lifetime. -





Photos courtesy of Amy Ward

Boys Weightlifting

Elle Nykamp and Ruby Grice - Post Staff

"A big misunderstanding about weightlifting is that you're on your own, however that is far from true. We all push each other to do the best we can, and help each other out when needed," says Hudson Green, a Sophomore, and a two-year member on the Seacoast Boys Weightlifting Team. Many believe that to be a weightlifter you must only be very tough and strong, but those aren't the only characteristics needed to be a great weightlifter. Remaining calm and focused are actions that are just as important in this sport.

As Hudson Green says, "Competitions are filled with a constant mix of competitiveness, focus, and intensity. It is very competitive and you need to be able to remain focused and calm through it."

The boys team had four matches this season, the first being on February 10 against Destin High School at Sand Dunes gym, and the last being on March 24 against Walton at Walton High School.

To prepare for the meets, the boys practiced every week on Monday, Wednesday, and Friday from 3:15 to 4:15 PM after school. A typical practice starts with warming up for about 10 to 15 minutes before jumping into the core workout. Depending on the day, the core workout could be focused around the snatch, clean and jerk, or other accessory work.



"The boys team has also made a strong impact this season, showing impressive results and setting the bar high for the future."







Ruby Grice, Staff Writer and Girls Weightlifting Team member wrote end-of-year stats for the Seacoast Post: The boys team has also made a strong impact this season, showing impressive results and setting the bar high for the future.

Carter Schnader earned 1st place in Olympic weightlifting in his class and 4th in traditional, while Hudson Green placed 4th in Olympic lifting. Kai Rodriguez added to the team's success with a 10th place finish in Olympic lifting. All three athletes qualified for regionals and are continuing their season, representing Seacoast at the next level. For anyone considering joining next year, Seacoast's weightlifting team offers more than just a workout, it's a place to belong, improve, and succeed together. -



Photos courtesy of Michelle Schnader

GIRLS WEIGHTLIFTING

Ruby Grice - Post Staff



Seacoast's girls weightlifting team is quickly becoming one of the most inspiring and welcoming groups on campus, offering students a chance to grow stronger both physically and mentally. Having only become a team last year, with a supportive environment, dedicated teammates, and experienced coaching, it's become a team that continues to attract athletes looking to challenge themselves and be part of something meaningful.

Many team members joined for different reasons, but all found more than they expected. Senior Parker Evans shared, "I joined the weightlifting team because I wasn't able to be on the South Walton team anymore, and due to the fact that we were having a team. It turned out better than I could have expected and changed a lot of the habits that I had in my life for the better. It also gave me a sense of community and a place that I could go that was like a second home."

Senior Nora Crowe had a similar experience, explaining, "I wanted to join the weightlifting team because I wanted to improve my confidence and skill level in the gym. I think it wasn't what I expected, but in a good way!" Sophomore Brycelyn Stubbs added that she joined to support her main sport and ended up seeing "a considerable improvement."



A big part of the team's success comes from its environment. Evans described it as "welcoming and supportive, and always uplifting," while Crowe said it's "a good mix of both" competition and encouragement, adding that "it feels like a family as well as a team." Stubbs agreed, noting that "everyone cheers each other on" and celebrates each other's achievements.

The team is led by coach Evan Chelini, a former professional weightlifter who now owns the gym where the team trains. His experience and guidance help athletes improve their technique, build confidence, and stay motivated throughout the season.



Team members also shared how they've grown through challenges. Evans talked about learning to balance leadership with personal goals, and Crowe explained how she developed patience and learned to appreciate small wins, and Stubbs described pushing through mental hurdles like overthinking by staying focused and trusting her training.

For anyone considering joining next year, Seacoast's weightlifting team offers more than just a workout, it's a place to belong, improve, and succeed together. -



Photos by Ava Schaekel, Post Staff