



Ultimate FRISBEE

Senior sets career numbers in 4-7 varsity football season

by / Josh Conner / Editor-in-Chief

Scanning the final stat sheet after a high scoring game against an undefeated Mountain Heritage football team, senior Peyton Frisbee could not help but look in shock at the paper. Frisbee finished the game with 304 rushing yards and six touchdowns in front of a packed stadium at Johnson Field.

Both stats were career highs for the running back.

"I knew I had a great game that night, but I did not think I had those kinds of stats," Frisbee said. "When I saw the final stat line I was in disbelief. I was so excited."

His dominant performance earned Frisbee the Asheville *Citizen-Times* player of the week honor.

Frisbee has helped carry the Falcon offense this fall with 1,490 yards and 14 rushing touchdowns with an impressive 6.1 yards per carry average. This is the running back's second year as a starter for the varsity team.

Frisbee said he believes he has taken a big step from his junior to senior season because of a new mindset in the offseason.

"My first three years I never came to the summer workouts because I didn't think they were important," Frisbee said. "This summer I came to every one, trying to get ahead of every other team."

Frisbee's teammates have taken notice of his new focus. Senior offensive lineman Alex Browning believes it is the mental, not the physical, aspect of Frisbee's game that has made him successful.

"He is a very coachable player, he is able to adapt to all the changes we have made this season," Browning said. "He does not try to do too much. He does what

he needs to do, and he does what he needs to do really well."

Frisbee ended the regular season with a strong finish against county rival East Henderson with 266 rushing yards and four touchdowns. The team won the game 48-14.

The Falcons put together a 4-7 overall record, including conference wins over county rivals North Henderson and East Henderson. The team has suffered a large number of injuries to key players. Head Coach Paul Whitaker knows his team must improve with playoffs starting on Nov. 18. Playoff matchups will be announced on Nov. 12.

"We need to get more consistent on both sides of the ball," Whitaker said. "Hopefully, we can set ourselves up for a possible run for the playoffs at the end of the season."

Frisbee has not only been a spark for the offense this season, as he has been a starter at outside linebacker for the defense as well.

"Since he has been here, he has been a hard worker. He has done everything we have asked him to do," Whitaker said. "He is able to play multiple positions on both offense and defense. He is just an overall good football player and athlete, and it shows on both sides of the ball."

Frisbee said he realizes a lot of players have helped him have such a strong senior season. "I honestly could not have done as well as I have without my teammates. They all work just as hard as I do every week," Frisbee said.

Frisbee does not plan to play college football while he pursues a degree in wildlife management.

"Sports in college is pretty much a full-time job," Frisbee said. "I do not really want that added pressure while I'm in college."

Senior Peyton Frisbee breaks through a hole to pick up a first down for his team. Frisbee ran for 74 yards in a 28-12 loss to Hendersonville. "It was a disappointing game, but it was early in the season. We learned a lot," Frisbee said.