

Welcome to the 2006 Cross Country Season. I hope you are looking forward to a good season. Many of us have worked hard this summer to help us be successful this Fall. Cross Country is a TEAM sport. We are only as good as our last runner. There are no short cuts or easy miles. We are glad you want to participate in cross-country. It's a great sport. Coach Shadle Coach Carlson

Thursday Aug31 Wisner Invite at Beemer Country Club 5:30 p.m.  
Tuesday Sept 5 Wayne Dual at Wayne Country Club 4:30 p.m.  
Friday Sept 17 Vermillion Invitational TBA 4:00 p.m.  
Tuesday Sept 19 City Meet TBA 4:00 p.m.  
Friday Sept 22 Crofton Invite at Lewis and Clark Golf Course Crofton 4:15 p.m.  
Thursday Sept 28 SSC Invite Marsha Koebernick at Covnigton Golf Course 4:30 p.m. (can use helpers)  
Thursday Oct 5 River Cities Conference at Omaha Skutt TBA  
Thursday Oct 12 District Meet TBA TBA  
Friday Oct 20 Nebraska State Meet at Kearney Country Club B Boys at 1:30 p.m.

### **Practice Guidelines**

AN ATHLETE MUST ACT LIKE A CHAMPION EVERY IF HE/SHE EXPECTS TO BE A CHAMPION SOMEDAY.

Practice -You are expected to be at practice on time each day. Any sport requires sacrifice and dedication. We try to work around your school, work, jobs and appointments; we expect you to do the same. If you have a conflict we need to know as soon as possible. Practice cannot be skipped without sacrificing your proper preparation. Workouts must be made up in advance. If you fall three workouts behind and make no effort to train, you will be dropped from the team.

Training Rules- During practice we tear our body down. When we rest our body rebuilds. Rest is a major part of proper training cycle. We expect you to be home by midnight on weekends and 10:00 p.m. the two nights before a meet. Conduct and personal appearance - As an athlete you are a representative of your fellow students, your community, your school and your team. Make sure your conduct reflects this responsibility. Remember you are the models for the youngsters in this community. Your example will be followed. You are the best young people in our community.

Classroom - In the classroom you have the responsibility to make a determined effort to achieve your personal and class goals. Your first responsibility is to your classroom work. Athletics prepares you for a short competitive season. Your classroom work prepares you for a lifetime. Work hard in order to be prepared for the many opportunities life will present. We occasionally miss class time; be sure your work is made up in advance.

Equipment - You are expected to provide your own running equipment for practice. You will be responsible for a running uniform and meet sweat. Any equipment check out to you is your responsibility. Keep track of your equipment it's too expensive to lose. You will replace at full cost any items lost.

Competition - We travel to and from competitions on school transportation. Exceptions will be considered if arrangements are made in advance through the building principal or athletic director.

Alcohol/Tobacco/other drugs - The greatest challenge to you as a young person is to

avoid the usage of these chemicals. Any use/suspected use will result in a referral to the SCIP Team or other chemical evaluation. Further decisions will be based on the best interest of the TEAM.

Diet - The most neglected element of training. The idea "You are what you eat" is very true in athletics. Carbohydrates form the base of the energy system. The four basic food groups are the grain group, fruit-vegetable group, milk group and meat group. Please note there is no sugar group or fat group. You must restrict the intake of simple sugars and fats. What should you eat? According to FOOD POWER from the Grain Group: cereals, breads, pasta, muffins, pancakes, rolls, tortillas, bagels, and rice. Fruit-Vegetable Group: all fruits and vegetables. Milk - milk, cheese, yogurt, frozen yogurt, Cocoa (made with milk) and ice milk. Meat group consists of- lean meat, chicken, fish, dried beans, peas, refried beans, baked beans or black-eyed peas. Most athletes eat too much sugar, fat and protein. Training is not something that is done only before or after school.

### **Team Goals**

1. Run at least seven workouts a week.
2. Complete an hour or ten mile run.
3. Qualify our Teams for the Nebraska State Meet.
4. Practice every day and improve at every meet.
5. Have fun with running and training.

### **Awards**

Varsity Letter - Run as a varsity athlete in 1/2 the meets or have one of the top eight times in 1/2 the meets. Qualify as a member or alternate to the Nebraska State Meet.

Most Valuable Runner- To the athlete who by example, leadership, and meet success demonstrates he/she is the Most Valuable.

Most Consistent Runner - To the runner that has the highest finish average during the season and not chosen Most Valuable.

Most Improved/Hardest Working - To the athlete that shows the most improvement from one season to the next or from the beginning to the end of the season

Best in the Weight Room- To the athlete that is selected by teammates as being the most disciplined and dedicated in the weight room.

### **Season Awards**

## **Cross Country Award Winners**

77

Most Valuable Frank Boeshart  
Most Consistent Bob Porter  
Hardest Working Mark Barber Mike Northrup

78

Most Valuable Mike Northrup  
Most Consistent Kerry Dean  
Hardest Working Mike Northrup

79

Most Valuable Dana Hirschbach  
Most Consistent Les Smith  
Hardest Working/Most Improved Dana Hirschbach Les Smith

80

Most Valuable Gina Croxen Scott Boyd  
Most Consistent Les Smith  
Most Improved Hardest Working Scott Boyd Mark Meier

81

Most Valuable Gerald Harder Scott Boyd Kelly Smith  
Most Consistent Mark Meier Penny McIntosh  
Hardest Working/Most Improved Bill Hulse Darrel Schademan

82

Most Valuable Kelly Smith Gerald Harder  
Most Consistent Lisa Edmisten Scott Boyd  
Hardest Working/Most Improved  
Shelia Warnock Scott Miller Rob Engel

83

Most Valuable Lori Hubbard  
Most Consistent Mark Meier Lisa Edmisten  
Hardest Working/Most Improved  
Scott Krei Scott Miller Chele Wostoupal

84

Most Valuable John DePriest  
Most Consistent Jon Wren  
Hardest Working/Most Improved Jon Wren Joe Wren

85

Most Valuable Takayuki Nakata  
Most Consistent Jon Hoag  
Hardest Working/Most Improved Tom Everett

86

Most Valuable Jon Hoag  
Most Consistent Tom Everett Joe Wren  
Hardest Working/Most Improved  
Robert Surber Ron Schurr Amalia Litras

87

Most Valuable Jon Hoag Michelle Montange  
Most Consistent Curt Krei Ron Schurr  
Hardest Working/Most Improved  
Todd Stephan Jeremy Archer Corrina Leiding

88

Most Valuable Jon Hoag Amalia Litras  
Most Consistent Chris Wanamaker Jenny Mullen  
Hardest Working/Most Improved Marni Bergstrom

89

Most Valuable Shane Denny Marni Bergstrom  
Most Consistent Shaun Vanderloo Shelly DeAnda Paige Hansen  
Hardest Working/Most Improved Shaun Vanderloo Casey Meinen Amy Clausen

90

Most Valuable Matt Rose Paige Hansen  
Most Consistent Casey Meinen Amy Clausen  
Hardest Working/Most Improved  
Jason Everett Cory Brodersen Amy Clausen

91

Most Valuable Matt Rose Paige Hansen  
Most Consistent Dan Carlson Tiffany Persinger  
Hardest Working/Most Improved  
Paige Hansen Beth Gecewich Cory Brodersen

92

Most Valuable Matt Rose Paige Hansen  
Most Consistent Eric Fugelberg Trish Martin  
Most Improved  
Brain Reed Andy Fugleberg Leesa Barh Missy Cook  
Hardest Working  
Matt Rose Dan Carlson Paige Hansen Trish Martin

93

Most Valuable Eric Fugleberg Leesa Bahr  
Most Consistent Dan Carlson Trish Martin  
Hardest Working/Most Improved Dan Carlson Missy Cook  
Trevor Soyk Willie Meinen

94

Most Valuable Trevor Soyk Leesa Bahr  
Most Consistent Jon Feauto Nikki Tierney  
Most Improved Jeremy Moore Nikki Tierney  
Hardest Working Jerrid Washburn Kathy Bechtloff

95

Most Valuable Trevor Soyk Nikki Tierney  
Most Consistent Jeremy Moore Missy Cook  
Most Improved Nick Rector April Sailors  
Hardest Working Jeremy Moore Nikki Tierney

96

Most Valuable Nick Rector Laura Kennedy  
Most Consistent Jeremy Moore Kelly Yacevich  
Most Improved Ryan Cantrell Kelly Yacevich  
Hardest Working Jason Jensen Mickey Bengston

97

Most Valuable Nick Rector Anne Shadle  
Most Consistent Jason Jensen Laura Kennedy  
Most Improved Jamie Stapleton Kelly Yacevich  
Hardest Working Jason Jensen Laura Kennedy

98

Most Valuable Nick Rector Anne Shadle  
Most Consistent Abel Olmstead Laura Kennedy  
Most Improved Abel Olmstead Kelly Yacevich Adreinne Hoffman Ashley Yacevich  
Hardest Working Laura Kennedy Abel Olmstead  
Best in Weightroom Able Olmstead Robbie Stapleton Jamie Stapleton  
Anne Shadle Laura Kennedy

99

Most Valuable Jamie Stapleton Anne Shadle  
Most Consistent Mike Vermilyea Kelly Yacevich  
Hardest Working Adrienne Hoffman Stephanie Donnelly  
Best in Weightroom  
Jamie Stapleton-Robbie Stapleton-Danny Pfister  
Laura Kennedy Anne Shadle

2000

Most Valuable Anne Shadle Mike Bleil  
Most Consistent Ashley Yechvich Mike Vermilyea  
Hardest Worker Chad Anderson Wade Reed Stephanie Donnley  
Most Improved Austin Bren Tom Freeman Reanna Cantrell Tina Bowman  
Best in Weighroom Matt Ullrich Anne Shadle

2001

MVP Brooke Flynn Mike Vermilyea  
Most Consistent Ashley Yacevich Mike Bleil  
Hardest Worker Mike Bleil, Cody Tyler  
Most Improved Stephanie Jensen Cody Tyler  
Best in Weighroom Brooke Flynn Cody Tyler

2002

MVP  
Most Consistent Sergio Castellanos Bridgette Schram  
Hardest Worker Matt Ullrich  
Most Improved Jose Gomez Ivonnet Torres  
Best in the Weighroom Juan DeAnda

2003

MVP- Sergio Castellanos  
Most Consistent- Cesar Juarez Stephanie Clausen  
Hardest Working- Cesar Juarez Juan Vasquez  
Most Improved- Martin Guzman Jose Hernandez Ivonete Torres  
Best In Weighroom- Amber Ross Cody Gill Juan Vasquez

2004

MVP Gerardo Marin Kelsie Knudson  
Most Improved Jose Hernandez David Romo Courtney McGinty  
Hardest Working Team

2005

MVP Autumn Boyer Gerardo Marin  
Most Consistent Sidney Thesenga Alejandro Guerrero  
Hardest Working Katie Frank David Romo  
Most Improved Jordan Peterson  
Best in the Weighroom Donald Ferris

**Modern Records**

Wisner-Pilger Invitational

Jon Hoag 17:33 Anne Shadle 15:56  
JV Joe Wren Robert Surber 19:45 Ashley Yacevich 19:22  
Freshmen Ron Schurr 19:04 Trish Martin 17:04

Galva-Holstein

Jon Hoag 16:08 Amalia Litras 13:20  
JV Paige Hansen 14:07  
Shaun Vanderloo 18:28 Marni Bergstrom 14:48

Norfolk Invitational

Nick Rector 17:20 Anne Shadle 15:53  
JV Jerrid Washburn 19:28 Kelly Everett 18:33  
Freshman Jon Hoag 18:04 Trish Martin 16:46

Doug Hendershot at West High

Matt Rose 16:49 Paige Hansen 13:49  
JV Brian Reed 17:55 Missy Cook 14:57  
Fresh/Soph Eric Fugleberg 18:51  
Freshman Andy Fugleberg 18:37 Tiff Persinger 14.13

East Invite at Green Valley

Jon Hoag 17:58 Michelle Montangué 13:51  
JV Jeremy Archer 20.18 Cricket Cowden 15.05  
F/S Chris Wanamaker 19.21  
Freshman 2 miles Jason Mahnke 13.16

East Invite at Morningside CC

Matt Rose 17.15 Paige Hansen 13.18  
JV 2miles Missy Cook 14.30 Cory Brodersen 12:22  
Freshman Brain Reed 12.18 Trish Martin 13:22

Crofton Invitational Kube Farm 2+

Gerald Harder 10:26 Michelle Montange 13:52  
JV Mark Meier 11:31 Joan Oberg 15:56  
Freshmen Marni Bergstrom 14.56 Jon Hoag 11.16

Crofton at Lewis and Clark Golf Course

Nick Rector 18:40 Brooke Flynn  
JV Wade Reed 20.27 Stephanie Jensen 21.26  
Freshmen Austin Bren 20.22 Tonya Lee 17.38

Tom Rivers at Two Rivers Golf Course

Matt Rose 16:35 Paige Hansen 13.26  
JV Oscar Gomez 18.31 Traci Redler 16.02  
F/S Eric Fugleberg 17.09  
Freshman Berto Campos 18.38 Tiff Persinger 14.04

Tom Rivers at Sioux City Country Club  
Matt Rose 18:02 Leesa Bahr 12:43  
JV Brain Reed 19:23 Tiff Persinger 14:10  
Freshman Andy Fugleberg 19:40 April Sailors 13:56

South Sioux City Invitational at Covington  
Nick Rector 16.12 Anne Shadle 14:29  
JV Stephanie Donnelly 16:47 Jason Marquis 17:38  
Fresh/Soph Adrienne Hoffman 16:15 Jamie Stapleton 18:40  
West Sioux Invitational Haywarden  
Trevor Soyk 16:32 Nikki Tierney 12:29  
JV Nick Rector 17:38 Victoria Rameriz 14:21  
Freshman Ryan Cantrell 17:55 Angie Cain 14:26

SSC Invite at Bacon Creek  
Jon Hoag 14:04 Michelle Montange 16:52  
JV Joe Wren Robert Surber 15:50 Amalia Litras 19:47  
Frosh Jon Hoag 15:11 Marni Bergstrom 18:48

Northern Activities Conference Meets  
at Wayne  
Tom Everett 15:52 Leesa Bahr 16:12  
JV David Oorlog 17:39 Bethann Gecewich 18:19  
Freshmen Thad Brand 18:18 April Sailors 16:44

at ONeil  
Jon Hoag 16:13 Michelle Montange 16:15  
JV Todd Stephan 18:16 Cricket Cowden 19.21  
Freshman Chris Wanamaker 23:08

At Covington SSC Jon Hoag 16:04 Leesa Bahr 16.17  
JV Aric Lane 20:12 Carrie Hansen 19.53  
Frosh Shane Denney 17:41 Tiff Persinger 17.38

Rivers Cities at Seymour Park  
Nick Rector 16:55 Anne Shadle 14.36  
JV Jason Marquis 18:31 Bridgette Schram 17.37  
Frosh Justin Merchant 17:46 Kelly Yacevich 15:42  
River Cities at Skutt Sergio Castellanos 17.52 Autumn Boyer 16.45

River Cities at Omaha Skutt

Gerardo Marin 18.33  
Autumn Boyer 16.45

City Meet at Boat Club

Jon Hoag 16:04 Leesa Bahr 12:08  
JV Jerrid Washburn 17:56 Kelly Everett 13:19  
Frosh Andy Fugleberg 18:18 April Sailors 12:32

At Two Rivers

Trevor Soyk 18:16 Leesa Bahr 13.42  
JV Andy Hovey 20:50 Jennifer Heil 17:56  
Frosh Jeremy Moore 20:49 Angie Anderson 16:35

At Riverside

Nick Rector 16:41 Anne Shadle 12:07  
JV Ryan Cantrell 18:33 Diane Broyhill 14.37 14:42  
Frosh Austin Bren 17.32 Tonya Lee 13.29

***District Meets and District Champs***

Sky-View Norfolk Matt Rose 17:47 Paige Hansen 17.03

Bellevue West Gerald Harder 16:47 Michelle Montange 15:57

Walnut Grove Scott Miller 17:55 Lori Hubbard 17:18

Covington Jon Hoag 16:38 Anne Shadle 15.10 1st

At Moses Merrill 1<sup>st</sup> Gerald Harder 17:47 Lisa Edmisten 18:55

At Memorial Park Matt Rose 16:49 Paige Hansen 15:59

At Elkhorn 1<sup>st</sup> Trevor Soyk 15:54 1<sup>st</sup> Leesa Bahr 15:48  
1<sup>st</sup> Nikki Tierney 1<sup>st</sup> Nick Rector 17:38 1<sup>st</sup> Anne Shadle 17:46  
1<sup>st</sup> Anne Shadle 15.49

At Blair Sergio Castellanos 17.43 1<sup>st</sup> Autumn Boyer 16.48

At Seymour Smith Jason Jensen 17:17 1<sup>st</sup> Anne Shadle 1st 15:24 Laura Kennedy 2nd  
15:49 Kelly Yacevich 3rd 15:50 1997

Duals Wayne Jon Hoag 16:02 Leesa Bahr 15:49  
JV Robert Surber 18:15 Stephanie Donnelly 17:55  
Frosh John Miller 18:07 Ashley Yacevich 17:32

at Bacon Creek Leesa Bahr 18:02 Eric Fugleberg 15:05

JV Jon Feauto 16:50 Traci Redler 23:34  
Frosh April Sailors 18:54 Brain Reed 18:21

at SSC Riverfront Jamie Stapleton 20.16 Anne Shadle 18.09  
Dan Pfister 23.49 Ashley Yacevich 21.50

Frosh Alejandro Reyes 21.53 Bridgette Schram 21.30

State Meet Records State Champions

Gerald Harder 16:21 Jon Hoag 16:21

Anne Shadle State Champ 14:54.7 (3rd All Time)

Anne Shadle State Champ 15.20

Anne Shadle State Champ 15.05

Hour Run Senior

Scott Boyd Gerald Harder 10 miles 110 yards

Kelly Smith 7 miles 770 yards

Juniors

Scott Miller 9 miles 550 yards

Kelly Smith 6 miles 100 yards

Sophomores

Mark Meier 9 miles 50 yards

Penny McIntosh 7 miles 300 yards

Freshman Augie DeAnda 8 miles 1100 yards

Winona Mathenia 6 miles 470 yards

Marathon Mike Northrup 3 hours 40 minutes 10 seconds

Ten Mile Relay

Boys Jamie Stapleton Robbie Stapleton 51.10

Girls Laura Kennedy Anne Shadle 58.08

Co-Ed Nick Rector Anne Shadle 54.02

EVERYBODY SOMEBODY ANYBODY NOBODY This is a story about four people named **Everybody**, **Somebody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it. **Somebody** got angry about that because it was **Everybody's** job. **Everybody** thought **Anybody** could do it, but **Nobody** realized that **Everybody** wouldn't do it. It ended up that **Everybody** blamed **Somebody** when **Nobody** blamed **Somebody** when **Nobody** did what **Anybody** could have done.

Unkown

MORAL; EXPECT TO BE A LEADER

They tell us, Sir, that we are weak, unable to cope with so formidable an adversary. But when shall we be strong? Will it be next week? Will it be next year?... Shall we gather strength by irresolution and inaction? Sir, We are not weak if we make proper use of those means which the God of nature has placed in our power.

Patrick Henry

MORAL: BELIEVE IN YOURSELF; FOCUS ON YOUR STRENGTHS; ACT NOW

**MEET WARM-UP** In order to run our best race we must warm-up and warm down properly. The basic warm-up rule is to try and duplicate the intense effort your body will make during the race. We try to arrive at the race site one hour before the first race is scheduled to run. This is the time for light stretching walking/jogging over the course. 30 to 40 minutes before the race you begin to plan your race as a team. Talk to your teammates, who will stay together? For how long? Partner stretch and run 2-4 600 yard runs at an easy to moderate pace. 10 to 15 minutes before a race you begin to focus on your own race. 4-6 100 meter turnarounds this is hard running. It should produce a good sweat, heavy legs and some hard breathing (if you think you are too tired you're about right,) 10 minutes before your race get off your feet, relax and stretch. Review your race plan and meet goal. Check your equipment and make sure everything is ready to go. 1-3 minutes get to the starting line, check equipment, encourage your teammates jog and stretch lightly. Starting line- We start as a team. The commands are "Runners take your mark" and the gun. The first 400 meters of any race is too fast but you must get yourself in a decent race position by 800/1200 meters. 800 to 2000 meters the race pace slows and runners establish a position that seldom changes after the 2000 meter mark. After 2000 meters your mind and body begin to play tricks on you. You have real and imagined pains. You worry about going out too fast, that you will never finish, if only you could step in a hole and have an excuse to quit, you hate cross-country, the coach is stupid...(other suggestions?) The running between 3000 to 5000 meters is mostly will, determination and pain. It is not possible to run 4000 or 5000 meters and feel great the whole way. You will become physically or emotionally tired. During the final stages of a race concentrate and drive yourself to the finish. We must try to run through the finish line. One place is very important. Finish Chute - Once you cross the finish line move quickly through the finish chute. Be alert and listen to directions of the finish judges. You will have raced hard, will feel tired, possibly light headed. After you leave the finish chute report your place if necessary to the coach. Try to jog. Jogging helps the body recover more quickly than standing around or lying on the ground. Congratulate yourself, your teammates and other runners on a good race. Get a drink, continue to jog, stretch and encourage your teammates during their races.

#### **RULES FOR SAFE RUNNING**

1. When running on the road always assume the car does not see you even if they are looking right at you. Run into the traffic and be as close to the curb as possible. Use the sidewalk if at all possible (it's usually a flatter surface).
2. Always run the course the coach expects you to run. Try to have a training partner.
3. Stay off yards and short cuts through yards.
4. Always drink plenty of water before you run. Remember it takes at least an hour for water to get into the body tissue. If you need a drink during a run: get one.
5. If at anytime you feel lightheaded, dizzy or sick tell someone and stop running. Never leave a teammate alone if they are feeling sick. Try to get into shade, get a drink, put your feet up and check your pulse. Talk about how you are feeling.
6. Call a parent, coach or other ride; don't assume anything.

# **FOUR REQUIREMENTS**

FOR SUCCESS

WANT TO BE  
SUCCESSFUL

BELIEVE YOU CAN BE  
SUCCESSFUL

DO WHAT IS NECESSARY  
TO BE SUCCESSFUL

ACCEPT HELP