



A semi-annual newsletter
for the
alumni, family and friends
of
Carroll Cross Country

Summer / 1997

COACH'S CORNER

- John Agnew

Welcome! Over the years the Carroll Cross Country program has received tremendous support from parents, friends and alumni. This newsletter is being established to assist in keeping you in touch with the program. We plan to highlight our team accomplishments, list our meet schedules, announce upcoming events and share brief updates on some of our alumni.

We just finished another exciting track season and are in our summer preparations for the upcoming cross country season. We once again lost some great talent to graduation, but I am excited about the talented and motivated young men and women that we have returning. Hopefully you will be able to see the team in action sometime this fall. Please read on for info about the alumni race / party (we would love to see you), the All-Ohio Catholic Cross Country Championships and other exciting stories.

I hope you enjoy the newsletters!

John

MEET THE STAFF

John Agnew is entering his 13th year as head coach of the Patriots. An '80 CHS alum and OSU grad, John works as an engineer at Wright Patt.

Matt Sableski has been the assistant coach for 6 years. A '91 alum, Matt graduated from Wright State just over a year ago and is starting his 2nd year as an elementary teacher at Precious Blood.

Gary Ostdiek begins his 2nd year as coach of the 7th/8th grade Patriot Cross Country team. Gary, '88 alum, competed in cross

country at UD where he earned a Masters in Mechanical Engineering. Gary works in Dayton at Spectra Physics.

ALUMNI RACE

Dig out those old running shoes and cut down on the brews, the alumni race is fast approaching! The 2 mile race/run through the fields behind Carroll will start at 10:00am on Sat., 16 Aug. There will be a pool party/cook-out following the run at Bob and Betty Agnew's house in Beaver creek. Maps will be available at the run.

TRACK HIGHLIGHTS

Missy Belcher - State Runner-up!

Senior Missy Belcher capped off an outstanding high school career by finishing runner-up in the Division I State Championship 1600 meter run. Her finish makes her the highest placing female athlete in Carroll High School history! Missy's impressive time of 5:01.3 broke the old school record of 5:10.1 set by Susan Blommel in 1992. Missy will be attending the University of Kentucky on a track scholarship.

Missy Belcher leads the pack in the State Championship 1600m race at Ohio State. She finished 2nd in 5:01.

More Track Highlights:

- The Patriot women claimed their 6th consecutive Mid Miami League Team Championship. The men came through with some outstanding efforts to claim the Runner-up trophy.
- School Records were set by Missy Belcher (800m - 2:19.2, 1600m - 5:01.3), Charles Barnes (200m - 22.3), Alex Neidhard (800m - 1:58.4)
- Division I Regional qualifiers: (Women) Leigha Ingham (100m), Missy Belcher (800m, 1600m), Nichole Moorman (3200m), Marilyn Rupp (300m hurdles), 3200m Relay of Debbie McManamon, Lynda Wourms, Meghan Sayer, Missy Belcher. (Men) Charles Barnes (100m, 200m, Long Jump), Alex Neidhard (800m), Kevin Flaute (3200m).
- Division I State qualifiers: Missy Belcher - 1600m Regional Champion, Charles Barnes - 100m Regional Champion, 200m qualifier.

CROSS COUNTRY FEVER

Before you know it the autumn leaves will be bright and colorful and the crisp air will be filled with the thrilling sounds of cross country! Cross country is alive and booming at Carroll these days - last year's team consisted of 25 girls and 30 guys and we expect a few more this fall. We are looking forward to another fun and exciting year.

Pre-season expectations are high for both the men's and women's teams. We have several top runners back from last year and are looking for great things from seniors Melissa Holmes, Erika McEwan, Leigh Pfeil and Marilyn Rupp, junior sensations Nichole Moorman and Denise Schutte and the future superstar sophomores Lynda Wourms, Leighann Kramer and Amanda Laidley. The guys should be led by a strong senior trio of Matt Leonard, Rick Bruhn and Kevin Flaute. Other strong returnees are juniors James Tokarz and Scott Holbrook, and sophomores Mike LaSelle, Mark DiSalvo and Nick Culver.

The Patriot men and women cross country teams have built a strong tradition of success and plan to continue their winning ways this fall. Both teams have won the Mid Miami League Championship for 6 consecutive years. The men's team has qualified for Regionals for 10 years in a row and the women for

7 years. The men have qualified a team to the State Championships in 5 of the last 8 years. The women have qualified teams to State in 2 of the last 4 years. Good luck to the 97 teams! Here's our 97 schedule, come on out and support the team!

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>	<u>TIME</u>
8/25	Beavercreek Inv.	Rotary Park	5:00
8/30	Treaty City Inv.	Greenville City Park	11:00
9/5	C-J Dual (women)	Half-time of Carroll vs. C-J	
Football			
9/6	Heritage Days Classic	Trotwood Jr. High	11:00
9/13	McDonough Inv.	Cleveland St. Joe's	10:00
9/20	All Ohio Catholic	Indian Riffle Park, Kett.	10:00
10/1	Wayne Inv.	Tom Cloud Park, Huber	5:00
10/4	Elder Inv.	Rapid Run Park, Cincy	11:00
10/11	Mid Miami League	TBD	11:00
10/18	Districts	Trotwood Jr. High	11:00
10/25	Regionals	Troy H.S.	11:00
11/1	State Championships	Sciota Downs, Col.	11:00

ALL OHIO CATHOLIC

The All Ohio Catholic Cross Country Championships were initiated three years ago. One of our parents, Tom McEwan, came up with the brilliant idea and with a lot of hard work from other parents, alumni and friends it has evolved into a first class, prestigious event. All the Catholic schools in Ohio are invited to compete for the title. We host a pasta dinner for the athletes the night before the races. The races are contested in beautiful Indian Riffle Park in Kettering. This year's meet will be held on Sat. 20 Sept. Please come out and cheer your team on Or if you would like to help, we could use the volunteers! Please call John Agnew at 848-4255.

COLLEGE SCENE

Good luck to several of our alumni who are gearing up for their collegiate cross country seasons. Charlie Middleton ('94) at Princeton Univ., Christin LaCroix ('94) at Bowling Green, Ryan McCrate ('94) at Case Western, Dan Flaute ('95) at Bowling Green, Michelle Holbrook ('96) at Bowling Green, Elizabeth Middleton ('96) at Miami Univ., Mike Triola ('96) at Bowling Green, Missy Belcher ('97) at Univ. of Kentucky, Cara DiSalvo ('97) at Bowling Green, Brian Scanlon ('97) at Bowling Green and Mike Bir ('97) at Wright State.

