



A semi-annual newsletter
for the
alumni, family and friends
of
Carroll Cross Country
Summer / 1998

COACH'S CORNER

- John Agnew

The upcoming cross country season will be my 14th as the Head Coach at Carroll. The past 13 years have been a blast and I am very thankful for all the wonderful memories. I certainly could not have enjoyed all these years as coach without lots of help and support from countless others. I have always been fortunate to have a great group of energetic parents and the alumni support has also been tremendous, but my greatest help has always come from my assistant coaches. I am truly grateful for the quality assistants that have helped so much with this program over the years. **Doug Keller** ('82), **Mike Schlater** ('85), **Chuck Vogel** ('86), **Rick Shaffer**, **Lisa Lichtenberg** ('86) and **Dan Kramer** ('92) were all awesome assistant coaches for one or more years over the past 13 seasons.

In recent years I have relied heavily on **Matt Sableski** ('91) who has been my assistant for the past 7 years in track and cross country. Matt ran on the team during his high school years and earned the Patriot Award his senior year. He started helping with the team right after graduation and all during his college years. He graduated from Wright State in education and began teaching at Precious Blood and continued coaching at Carroll. Matt has done more for the Carroll Cross Country Program than I could ever describe in this newsletter. Unfortunately for me and the team, Matt will be pursuing a great opportunity at Miami University where he will earn his masters degree starting this fall. Matt is a great coach and a great friend and I will certainly miss him this coming season and beyond. I wish Matt the best of luck and I know he will be back in coaching soon and those kids will be very lucky to have Matt as their coach.

You are all invited to a Going Away Party for Matt – please read on for details and other exciting news and stories!

Have a safe and fun summer!

PARTY FOR MATT SABLESKI

What: Going Away Party For Matt

Who: Matt's friends – anyone he coached, ran with, or befriended during his long relationship with Carroll Cross Country.

When: Sat. 11 July, 8:30pm - ??? (in conjunction with the 24 hour relay/car wash – see below)

Where: Carroll Track Stadium (Cafeteria if raining)

24 HOUR RELAY

Our annual fund-raiser will be held from 8:00am Sat. 11 July – 8:00am Sun. 12 July. As a team builder we will have a continuous running relay on the Carroll track for this 24 hour period. A car wash will be held for the first 12 hours, until 8:00pm on Sat. Please bring those dirty cars over and support your team!

TRACK SEASON SUMMARY

- ANOTHER SUCCESSFUL YEAR

John Fantauzzo's inaugural year as head coach proved to be a successful one. The ninety four member team set a total of 15 school records and 13 class records and placed in the top 5 at 11 invitationals,

The men won their first Mid Miami League (MML) Championship since 1993. Individual MML champions were: Charles Barnes (100, 200, Long Jump), Scott Holbrook (800, 1600), and Brian Williams (Shot Put, Discus). The 400m and 3200m relays also took home league titles.

Highlighting the year in the distance events, Rick Bruhn posted the best 800m time of 1:59.6 and qualified for the Regional Finals. Also in the 800, Seth Chaney set a Freshman record of 2:04.3. Scott Holbrook set a Junior record in the 1600m with a 4:22.6 at the Regional Finals to qualify for the State Championships. Scott placed an impressive 10th in the Division I State Meet. Mike LaSelle was our next fastest miler. He ran a Sophomore record 4:34.4 at Districts to qualify for Regionals. Senior Kevin Flaute finished the year with a 10:05.3 for the 3200m and qualified to Regionals in that event. The 3200m relay team of Holbrook, LaSelle, Flaute, and Bruhn had a season's best time of 8:09.7, placed 1st at League, 2nd at Districts,

and 6th in a very competitive Regional race. The same four individuals combined for a school record 18:39.9 in the 6400m relay for a 1st place finish at the LaSalle Invitational.

The women fell short in their bid for an 8th consecutive MML Championship, but with only two seniors on the entire team they are sure to be chasing the title again next year. The very young women distance runners posted some great times during the season which should bode well for the upcoming cross country season. Lynda Wourms set a Sophomore record in the 800m with a time of 2:22.5. Lynda was also our fastest miler with a time of 5:30.8, and was followed closely by fellow sophomore Leighann Kramer, who ran 5:34.8. These times placed the ladies 2nd and 4th at the MML Championships. Denise Schutte set a Junior record in the 3200m with a time of 11:49.1 while Nichole Moorman, another junior posted the next fastest time at 12:05.6. Moorman and Schutte were joined by Wourms and Freshman Dana Duckro on a 3200m relay team that set a junior record of 9:55.9 and placed 2nd at the League Meet. Another freshman, Jamie Levy, replaced Duckro at Districts where the team finished 4th and qualified to Regionals.

Congratulations to all of the athletes and coaches who helped make the 1998 season a memorable one!

PATRIOT CROSS COUNTRY CLUB

The Patriot Cross Country Club is Carroll's junior high cross country team. The team is open to all interested junior high runners, and seeks to introduce them to the sport... and have fun in the process. The team is coached by Gary Ostdiek, '88.

The team completed its second season in October 1997 and it was again a successful year. The runners practiced from early August through late October, and competed in six meets. The team tries to attend as many of Carroll's meets as possible, and accompanied the high school team to Greenville, Trotwood, and the John Bryan meets. They also ran in the Bellbrook and West Milton meets, and in the Southwest Ohio Junior High Championship meet at the Kettering Rec. Center.

The boys team was hampered by short numbers and often had to run as individuals. The team was led by James Borchers, and included Charlie Must, Jason Steeber, and Chris Tobias. Josh Pottinger also competed with the team for the Greenville meet. The girls team was led by Katie Flaute and Julie Norckauer, and included Sara Bertke, Jenelle Borchers, Pam Daley, Maggie LaSelle, and Stephanie VanDerSluijs. Highlights of this year were second place trophies at the SW Ohio Junior High Championships and at the John Bryan meet.

The team is always looking for new members and invites any new or experienced runners who will be in the 7th or 8th grade this Fall to run with them. Please call Gary Ostdiek at 643-1254 for more information.

ALL OHIO CATHOLIC

The All Ohio Catholic Cross Country Championships were initiated four years ago. With a lot of hard work from 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. 26 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.

'98 SEASON OUTLOOK

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 7 consecutive years. The men's team has qualified for Regionals for 11 years in a row and the women for 7 of the past 8 years. The men have qualified a team to the State Championships in 5 of the last 9 years. The women have qualified teams to State in 2 of the last 5 years.

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 Nichole Moorman, Denise Schutte, and Molly Middleton, junior standouts Lynda Wourms, Leighann Kramer, and Rachel Phillips. In addition, freshman sensation Katie Flaute should also make an impact. The guys should be led by seniors James Tokarz and Scott Holbrook, juniors Mike LaSelle, Mark DiSalvo and Nick Culver and sophomore Seth Chaney. Freshmen James Borchers and Tim LaSelle also look promising. Good luck to the 98 teams!

ALUMNI UPDATE

- ❖ Congratulations to **Ryan McCrate**, '94 (Case Western), **Christin Lacroix**, '94 (BGSU) and **Charlie Middleton**, '94 (Princeton) on earning your college degrees.
- ❖ **Dan Flaute**, '95, a junior at BGSU, placed a very respectable 8th in the 10,000m at the Mid-America Conference Champs!
- ❖ Congratulations to the newlyweds!
 - ❖ **Michelle Briedenbach**, '93 married Brian Deep, '92
 - ❖ **Matt Blake**, '94 married Jennifer Malinowski

Carroll Cross Country

C/O John Agnew

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