

COACH'S CORNER

- John Agnew

(e-mail me at: carrollcross@yahoo.com)

We just completed the last cross country season of the millenium and it was definitely a fun-filled journey. We had a record 70 athletes on the team this year - 30 women and 40 men! We're going for the big 100 in the near future! It all started with a summer of training, the annual car wash fund raiser, Sauk Valley Cross Country Camp in Michigan, our 2nd annual varsity team camp at Lake Hope State Park near Hocking Hills, and the annual Alumni Run/Party. All were successful and very fun! The season highlights included a trip to the prestigious Tiffin Invitational with a day of fun at Cedar Point Amusement Park; our own All Ohio Catholic Championships, which have grown to become a premier event in Ohio cross country; a trip with the varsity to compete in Chicago and tour the windy city; hosting the Mid Miami League Cross Country Championships and successfully defending both titles; and men's and women's Division I Dayton District Runner-ups. Another fun and successful year!

Now it's time to rest up and enjoy the holidays. I hope you enjoy yours!

ALUMNI XMAS PARTY

We're going to try something a little different for this year's Alumni Christmas Party. You are all invited to join us in celebrating the holidays at **Fricker's** (restaurant and bar) at 1818 Woodman Dr. on **Thursday 23 Dec.** from 8:30pm until close (2:00am). Call up some old teammates and stop on in for a good time. All cross country alumni (from the 1969 team to last year's 1998 team) are invited. Hope to see you there!

COACHING STAFF UPDATE

Cross Country - Matt Sableski, assistant coach from 1991-97, returned to the team after a year at Miami University for his master's degree. Mary Kate Geraghty, last year's assistant coach, became head cross country coach at Valley View Jr. High where she also teaches. Welcome back Matt and we miss you Mary Kate!

Track and Field -

MEET THE TEAM

SR Jessica Hoying ☺
SR Michele Jacobs ☺
SR Leighann Kramer V,*,#,+☺
SR Kat Mihlbachler
SR Christy Pastor
SR Rachel Phillips ☐
SR Lynda Wourms V,*,#,☺
JR Katie Ballman V,%
JR Molly Holbrook V
JR Katie Middleton
JR Katie Must
JR Mandy Reigelsperger
JR Gabrielle Stout
JR Beth Torgeson
SO Vanessa Beall
SO Melissa Bertolo
SO Ryan Anne Burns V
SO Pam Daley
SO Kathryn Davis
SO Katie Flaute V
SO Christy Jenkins %
SO Bethany Notestine
SO Ashley Peeden
SO Jessica Stickel V
SO Stephanie VanDerSluijs
SO Amber Zimmer
FR Jenelle Borchers
FR Maggie LaSelle V
FR Mary Phillips V
FR Colleen Scott

V Varsity
* Team Captains
Patriot Award
+ Most Valuable Runner
% Most Improved Runner
☐ Coach's Award
☺ 4 Year Member

SR David Bereda V,☐
SR Steven Brooks
SR Nick Buschur
SR Peter Christoff ☐
SR Nick Culver V,☺
SR Aaron Davis
SR James Harrigan
SR Derrick Himmelberg V,*,%
SR Matt Isaacs
SR Mike LaSelle V,*,#,☺
SR Michael Nartker ☺
SR Jonathan Pyles
SR Danny Rush *,☺
SR Joe Russ
SR Ron Tipton ☺
JR Brad Bassong
JR Seth Chaney V,+
JR Anthony Kulhanek
JR Andy Meyers
SO James Borchers V
SO Matt Doran
SO Ed Gemin
SO Craig Luehrs
SO Casey Miller V,%
SO Charlie Must
SO Chris Romer
SO Kyle Rush
SO Joshua Shields
SO Kevin Woeste
SO Mike Yerman
FR Corey Aubel
FR Paul Carter V
FR Joe Donohue
FR Charles Guy
FR Kyle Holbrook
FR Tony Holtvoigt V
FR Patrick Johnson
FR Tom Kleinhenz
FR Joe Pastor
FR Matt Rush
FR Eric Wyskiver

SEASON WRAP-UP

- MML CHAMPS FOR 9 YEARS IN A ROW!!!

Carroll hosted this year's Mid Miami League Championships at Indian Riffle Park in Kettering. Our parent's group, along with many alumni and friends, put on a first class event. Both teams successfully defended their titles and extended the Patriot streak to 9 consecutive MML titles. **Leighann Kramer** led the women's team with a 1st place finish in 19:46. All 7 varsity runners earned All MML Team Selection with **Leighann, Katie Flaute, and Lynda Wourms** receiving 1st Team honors and **Maggie LaSelle, Molly Holbrook, Katie Ballman, and Ryan Anne Burns** receiving 2nd Team honors. **Seth Chaney** led the men's team with a 2nd place finish and was joined by **Mike LaSelle and Derrick Himmelberg** in receiving 1st Team All MML honors. **James Borchers** also earned 2nd Team honors.

- DISTRICT RUNNER-UPS FOR MEN AND WOMEN!!!

Strong performances up front by **Leighann, Katie, and Lynda** (3rd, 4th, 8th) and **Seth and Mike** (2nd, 4th) led the Patriot women and men to Runner-up finishes in the Division I Dayton District, earning both teams return trips to the Southwest Regional. At Regionals, the teams finished a respectable 9th (men) and 11th (women) among the biggest and best teams in southwest Ohio. Congratulations to the team!

JUNIOR HIGH WINS MML

The Patriot Junior High team just completed its fourth season and capped it off with a team victory at the first junior high Mid Miami League meet. Congratulations to coach **Gary Ostdiek** ('88) and his team: Candace Klemens, Nancy Rupp, Aaron Beach, Chris Hodapp, Todd Holbrook, Tom Middleton, Mike Mozes, Kevin Norckauer, Curt Reigelsperger, Tony Seibert, Luke Thibault, and Mike Wourms.

WEB PAGE COMING SOON

We are setting up a Carroll Cross Country web page which will include schedules, results, team bios, articles, announcements, pictures, and alumni news. The address will be: <http://www.hcst.net/~nielandt/CarrollXC> and we will also have a link from the Carroll High School page. Please check out the site and let me know what you think.



Carroll Cross Country