

### 2010 Waterford Mott Cross Country

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### Coaches' Perspectives

Looking back on this season, I have a hard time believing how fast it went by. This season was one I will never forget for a number of reasons. From the day we left for camp, things seemed to fall into place naturally and gracefully between these girls. The team chemistry was there, the talent was there. The mutual support and admiration between the boys' and girls' teams was there. All that we needed was leadership and confidence in ourselves. Several times throughout the season we found that leadership and gained that confidence just in the nick of time. Our performance at the regional is one that will stay with me for the rest of my career, because it was so unexpected, and whenever a group of girls performs that well across the board, it is rare and unforgettable. Every bit of sacrifice from July to that day was made worth it when the results went up, and Waterford Mott was among the state qualifiers for the third year in a row. Our first team camp at Walloon Lake, our first "Champion's Walk," and our first trip to the State Finals with the boys' team will be unfading memories for me.

I think it's also worth mentioning that one of the best athletes, if not the best, I will ever coach is graduating this year, and she will be greatly missed. I would like to thank her parents and Shannon herself for putting trust and faith in me four years ago. I had only been coaching for two years at the time, and there were times that I doubted my capabilities. But as she learned from me, I learned from her, and the legacy she leaves our team will stand as long as the team stands. We have elevated ourselves as a program over the past four years with her help. The challenge we will face in the future will be to remain an elite, successful program without the so-called "bullet in the gun."

When I think about what the legacy of this team will be, I will think about one word that we talked about the day before the regional meet-- BELIEF. We talked about how belief means "faith", faith in the fact that just because you've never beaten someone before, doesn't mean you can't do it this time. It was the ability of this team to believe in themselves that carried them to the State Finals this year. And it will be belief in themselves that will carry these very special young women to various high places throughout their lives. As for the seniors, I know this team will always have their support, as they will always have ours, and I look forward to seeing what the next chapter for them will hold for each of them.

Coach Coughlin

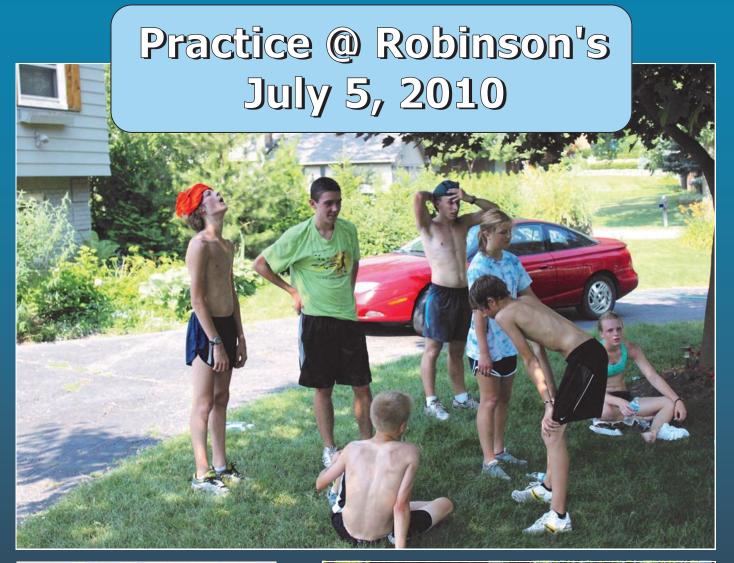
From my perspective I have a tremendous amount to be grateful for surrounding the 2010 Cross Country season. Starting with summer practices and moving into the competitive season, the boys came together to form a strong bond with increasingly ambitious goals. Not one to get too excited too quickly, I found myself listening, but not contributing too much, to the discussion of the team's goals. The senior leaders took charge and brought the team together far more successfully than I could have hoped. I learned a lot from them and will be forever thankful for this lesson and for their contribution to my coaching and the Mott Cross Country program.

I am grateful for all of the individuals who made our success a possibility. With all of the hiccups that will occur during the normal course of a season, I felt nothing but tremendous support from my team and their parents. To create a set of experiences as special as this season takes far more than a well-planned workout and race schedule. It takes a group of people supporting a common goal and filling in when they deem it necessary. In all of my athletic and coaching experiences I have never been a part of a TEAM that so completely fulfilled my vision of what I thought was possible for this program. From my perspective, I'm the luckiest coach in the world and I feel blessed to have this experience to look back upon and draw inspiration for years to come.

The personalities on the team, and I mean ALL the personalities (parents, supporters and team members), will be my longest lasting memory of the 2010 season. We have never enjoyed a more enthusiastic, supportive and colorful group of people who together generated the excitement that was contagious to an entire community. I can't thank everyone who was a part of this team enough for providing me the most enjoyable coaching experience of my career.

60 seconds of Robinson's recall on the 2010 season:

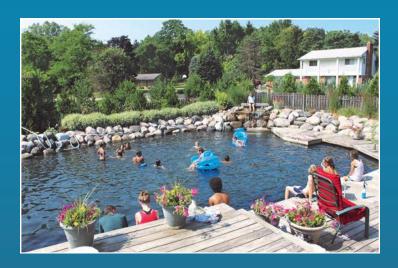
Seeing your kids run P.R.'s (very fast P.R.'s) when it was expected of them; not having "the talk" under "the tree" after Oakland County Championships; McDonald's means fast-food (but usually it will be McDonalds); winning our own invitational and having the coolest t-shirts at any cross country meet ever; seeing so many people learning about cross country and getting excited about it; having so many of you ask me if I needed any help and having so many veterans just do it without asking; getting camp exactly perfect; experimenting with the goofiest racing strategies I have ever attempted and having them executed to near perfection; embracing new training techniques (bounding and barefoot running) without any resistance; running workouts alone on weekends or when meetings came up for both coaches; driving, driving, driving (to practices, to dinners, to meets...); just being good natured, having fun, and embracing each of our individual differences and idiosyncrasies the way a family would. We were perfect harmony - and I will remember you most for this.



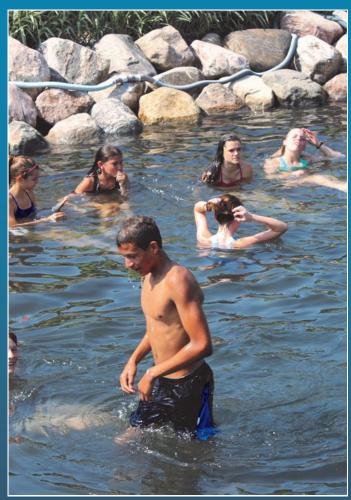




















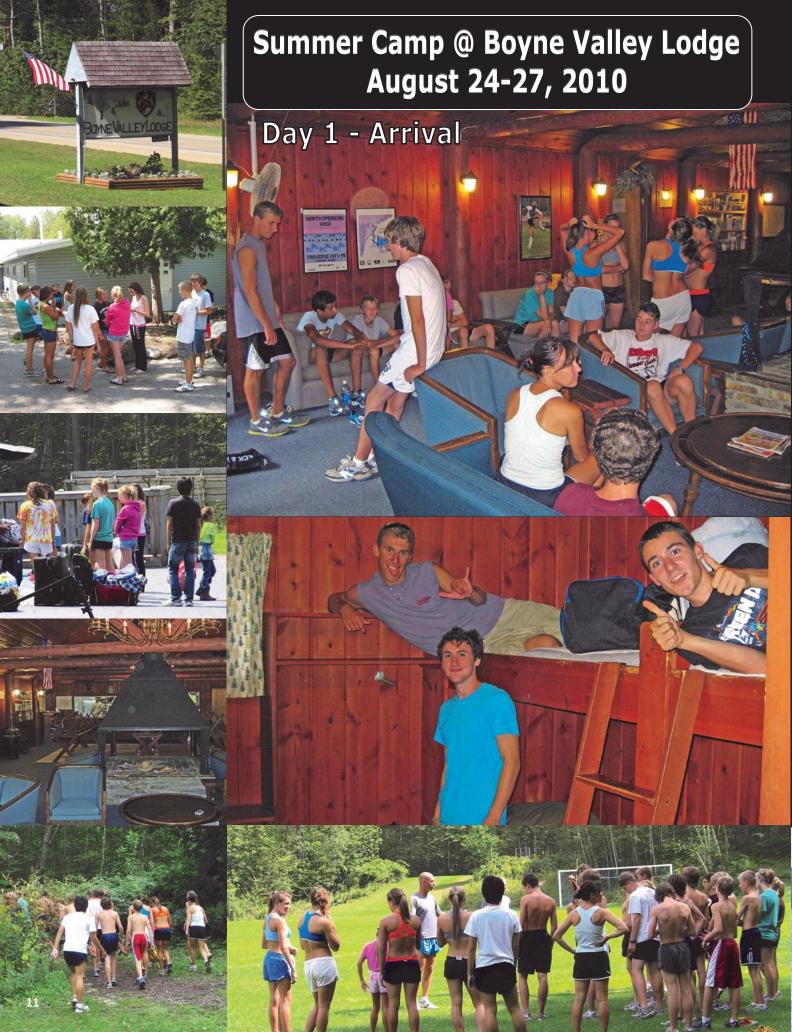


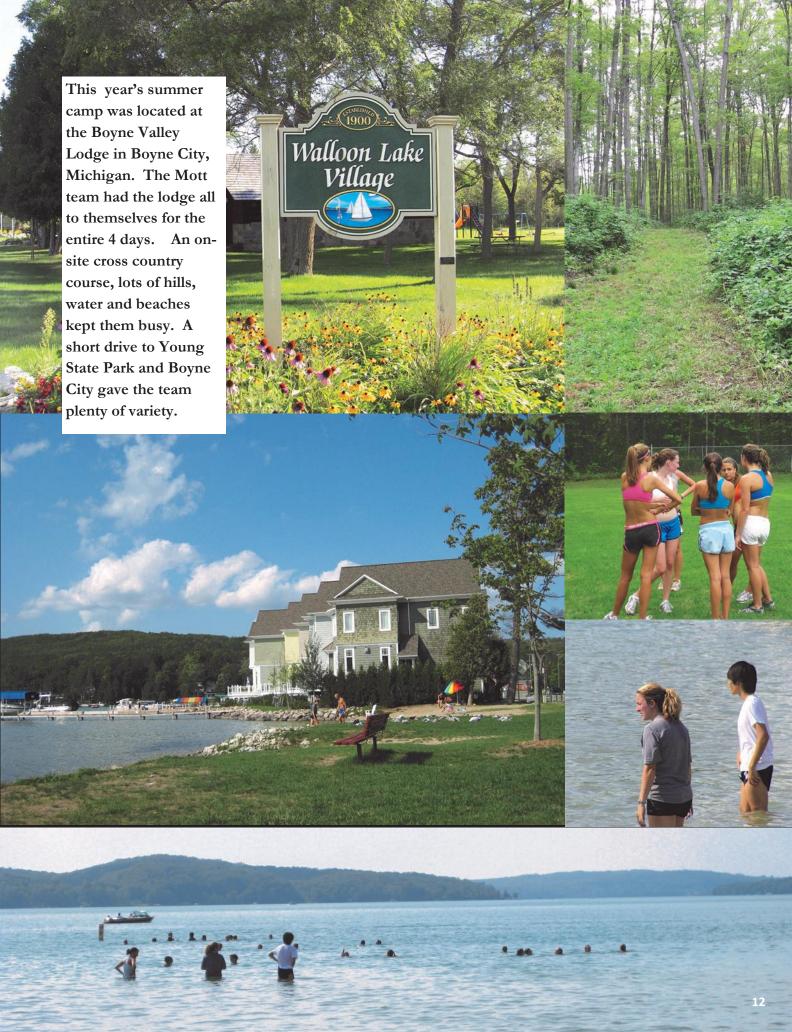


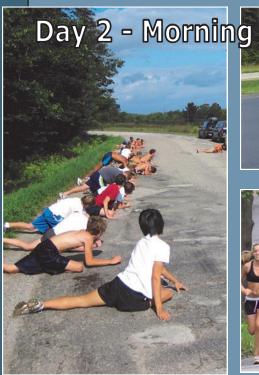








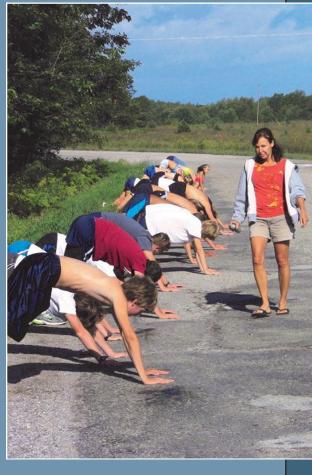


















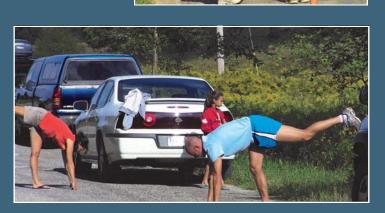


This hilly road was very close to the lodge on the north shore of Walloon Lake. The team was driven to a location several miles out so they would only have

to run the hills once on the way back.

A yoga session at the side of the road was quite a site for passing motorists.











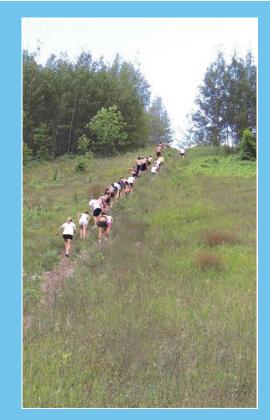


The afternoon training run on the second day was located in Boyne City at the site of an abandoned Frisbee golf course. There were three options to access the wonderful view of Lake Charlevoix from the top of this very steep hill: a 'gradual' climb around the perimeter; a very difficult climb up the face; or the stairs. Most of the run was up the hill

from the perimeter, but the final challenge for the team was one last run straight up the face. Of course, the best way down from that effort was a quick run or walk down the stairs.









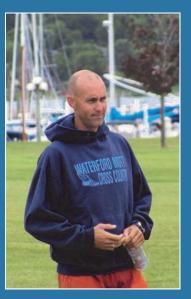




















The morning run on the third day took the team from the lodge to Walloon Lake's South Shore Dr. It was much less hilly than the north shore.















The beach at Young State Park, on the shores of Lake Charlevoix, was a great place to spend time before and after the second training run through the narrow and confusing trails at the park.

















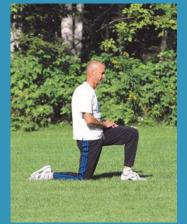
The last night at camp was no time to rest. After dinner, a fast game of ultimate frisbee and then a trip to Boyne City for some ice cream and 'dancing in the street'. The performance was good enough for some photos and an interview by a local reporter.















The last morning at camp gave everyone a good workout at Boyne Valley Lodge's 'home course'. One final set of fast intervals for Scott and Ian drew applause and cheers from all who lined the course. It was a great way to end a fun and productive week. The Mott team will be back in 2011.





### Golden Grizzly Invitational

@ Oakland University

09/03/2010

Boys' Champion: Scott Albaugh

Girls' Champion: Shannon Osika

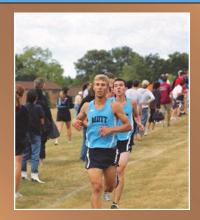






Team Place:	4th of 14
Team Score:	100

		Overall
Name	Time	Place
Scott Albaugh	16:07	1
Ian Hackbarth	17:04	7
Nate Burnand	17:09	9
Matthew Degraeve	18:18	34
Dane Falberg	19:01	58
Tommy Osika	18:42	49
Kevyn Robinson	20:49	75
Jo Greiser	20:55	
Ji Sang Kim	23:02	
Todd Bonnivier	23:02	
Satchel Aleman	22:33	
Justin Gardner	dnr	
Kou Chang	dnr	
David Jackson	dnr	
Seth Byle	dnr	

















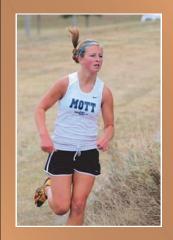














Team Place: 3rd of 11
Team Score: 112

Name	Time	Overall Place
Shannon Osika	18:44	1
Courtney Munley	21:10	14
Hannah Rhoades	21:29	17
Katelynn Carver	22:49	36
Amanda Schoonover	23:58	44
Rachel Mendoza	24:00	45
Savannah Schaeffer	24:23	
Megan Maxwell	29:40	



# Mott vs. Walled Lake Western @ Gilbert-Willis Park 09/14/2010









Ί	'eam	Place:	1st

Team Score: WM 15, WLW 47

T Calli Score.	W IVI 13,	WLW T/
		Overall
Name	Time	Place
Scott Albaugh	17:46	1
Ian Hackbarth	17:47	2
Nate Burnand	17:48	3
Matthew Degraeve	18:26	4
Dane Falberg	19:00	7
Tommy Osika	18:55	5
Kevyn Robinson	20:00	9
Jo Greiser	21:02	13
Ji Sang Kim	22:37	17
Todd Bonnivier	23:18	19
Satchel Aleman	23:55	20
Justin Gardner	25:37	21
Kou Chang	27:06	22
David Jackson	dnr	
Seth Byle	dnr	
Seth Byle	dnr	







Team Place: 2nd

Team Score: WLW 24, WM 32

Name	Time	Overall Place
Shannon Osika	19:27	2
Courtney Munley	22:03	5
Hannah Rhoades	22:56	8
Katelynn Carver	22:20	6
Amanda Schoonover	23:59	11
Rachel Mendoza	24:42	14
Savannah Schaeffer	24:41	13
Megan Maxwell	30:28	17
Catrina Cortese	dnf	
Kaity Ward	dnr	

















## Spartan Invitational @ MSU's Forest Acres East Golf Course 09/17/2010

75 degrees, sunny







Team Place:	11th (2	7 Teams	- Elite Rac
Team Score:	318		
		Overall	
Name	Time	Place	
Scott Albaugh	15:56	3	
Ian Hackbarth	16:33	26	
Nate Burnand	16:35	28	
Matthew Degraeve	17:44	115	
Dane Falberg	18:13	146	
Tommy Osika	dnr		
Kevyn Robinson	dnr		
Jo Greiser	20:03	156	JV
Ji Sang Kim	dnr		
Todd Bonnivier	21:41	280	JV
Satchel Aleman	dnf		
Justin Gardner	23:18	354	JV
Kou Chang	24:12	378	JV
David Jackson	dnr		
Seth Byle	dnr		





















Team Place: 24th (31 Teams - Elite Race)
Team Score: 561

Name	Time	Overall Place	
Shannon Osika	18:13	4	
Courtney Munley	20:53	107	
Hannah Rhoades	21:01	118	
Katelynn Carver	21:35	147	
Amanda Schoonover	22:50	185	
Rachel Mendoza	24:06	122	JV
Savannah Schaeffer	23:57	111	JV
Megan Maxwell	26:29	266	JV
Catrina Cortese	dnr		
Kaity Ward	dnr		



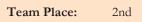
## Mott vs. Walled Lake Northern @ Hess-Hathaway 09/21/2010

85 degrees, windy, sunny









Team Score: WLN 26, WM 29

Name	Time	Overall Place
Scott Albaugh	17:22	1
Ian Hackbarth	18:09	6
Nate Burnand	17:44	3
Matthew Degraeve	18:38	9
Dane Falberg	19:01	10
Tommy Osika	20:32	15
Kevyn Robinson	dnr	
Jo Greiser	dnr	
Ji Sang Kim	dnf	
Todd Bonnivier	23:40	20
Satchel Aleman	dnr	
Justin Gardner	25:40	27
Kou Chang	24:59	24
David Jackson	28:19	28
Seth Byle	dq	





















Team Place:	2nd	
Team Score:	WLN 25, WM 31	
Name	Time	Overall Place
Shannon Osika	20:19	1
Courtney Munley	21:29	2
Hannah Rhoades	22:46	8
Katelynn Carver	23:09	9
Amanda Schoonover	24:27	11
Rachel Mendoza	25:19	14
Savannah Schaeffer	26:13	15
Megan Maxwell	32:12	22
Catrina Cortese	dnr	
Kaity Ward	dnr	





### Mott vs. Kettering @ Hess-Hathaway 09/28/2010

55 degrees, Rainy all day, clearing up, course soggy and slow



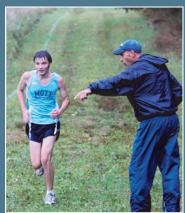


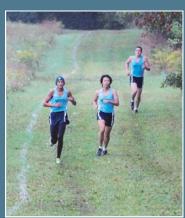
_	Team Place:	1st	
	Team Score:	WM 15	5, WK 46
			Overall
	Name	Time	Place
	Scott Albaugh	17:50	1
	Ian Hackbarth	17:51	2
	Nate Burnand	17:54	3
	Matthew Degraeve	18:30	4
	Dane Falberg	18:52	5
	Tommy Osika	19:07	6
	Kevyn Robinson	20:01	11
	Jo Greiser	21:33	16
	Ji Sang Kim	24:36	23
	Todd Bonnivier	22:09	19
	Satchel Aleman	22:30	20
	Justin Gardner	24:34	22
	Kou Chang	dnr	
	David Jackson	24:38	24
	Seth Byle	26:33	25
1			























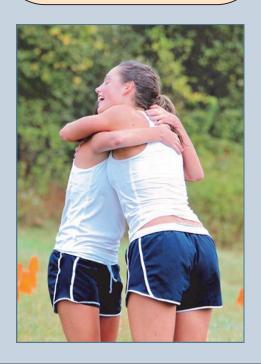




Team Place: 1st
Team Score: WM 17, WK 41

		Overall
Name	Time	Place
Shannon Osika	20:53 *	1
Courtney Munley	21:18	2
Hannah Rhoades	21:33	3
Katelynn Carver	22:44	4
Amanda Schoonover	23:18	7
Rachel Mendoza	23:33	8
Savannah Schaeffer	23:41	10
Megan Maxwell	26:43	14
Catrina Cortese	23:41	9
Kaity Ward	25:17	13

\*Started 2 min. after gun.



## Mott Fall Classic @ Hess-Hathaway 10/01/2010

65 degrees, sunny, breezy

MOTT











MOTT

Team Place: 1st (6 Teams)
Team Score: 22

		Overall	
Name	Time	Place	
Scott Albaugh	17:04	1	
Ian Hackbarth	17:13	3	
Nate Burnand	17:12	2	
Matthew Degraeve	17:53	7	
Dane Falberg	18:07	9	
Tommy Osika	18:49	13	
Kevyn Robinson	19:44	22	
Jo Greiser	nrt		
Ji Sang Kim	nrt		
Todd Bonnivier	nrt		
Satchel Aleman	nrt		
Justin Gardner	nrt		
Kou Chang	nrt		
David Jackson	nrt		
Seth Byle	nrt		
			Open
Brandon Carson	nrt		Race

#### **Team Scores**

- 1. Mott 22
- 2. Oxford 38
- 3. Avondale 104
- 4. Groves 115
- 5. Kettering 127
- 6. WOLL



















2nd (6 Teams)		
32		
	Overall	
Time	Place	
18:46	1	
20:47	3	
20:55	5	
21:40	7	
22:51	17	
22:53	19	
24:30	49	JV
25:49	59	JV
22:45	16	
24:47	59	JV
		Open
20:29	4	Race
	Time 18:46 20:47 20:55 21:40 22:51 22:53 24:30 25:49 22:45 24:47	Overal Place 18:46 1 20:47 3 20:55 5 21:40 7 22:51 17 22:53 19 24:30 49 25:49 59 22:45 16 24:47 59

### Mott vs. Lakeland @ Lakeland 10/05/2010

65 degrees, sunny, breezy





**Team Place:** 1st

**Team Score:** WM 26, L 29

Name	Time	Overall Place
Scott Albaugh	16:35	1
Ian Hackbarth	16:59	4
Nate Burnand	16:45	3
Matthew Degraeve	17:46	8
Dane Falberg	17:59	10
Tommy Osika	19:07	
Kevyn Robinson	19:33	
Jo Greiser	20:31	
Ji Sang Kim	21:23	
Todd Bonnivier	21:31	
Satchel Aleman	22:36	
Justin Gardner	22:57	
Kou Chang	23:00	
David Jackson	21:37	
Seth Byle	26:47	

























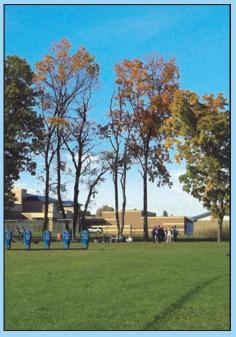




Team Place: 1st
Team Score: WM 26, L 30

Name	Time	Overall Place
Shannon Osika	18:26	1
Courtney Munley	20:27	3
Hannah Rhoades	20:52	5
Katelynn Carver	21:15	6
Amanda Schoonover	23:23	17
Rachel Mendoza	23:38	18
Savannah Schaeffer	22:53	14
Megan Maxwell	26:01	24
Catrina Cortese	22:37	11
Kaity Ward	24:42	23





## Oakland County Championships @ Kensington Metropark 10/09/2010

70 degrees, sunny

Boys' Champion: Scott Albaugh









**Team Place:** 4th (41 Teams) **Team Score:** 197

		Overall		
Name	Time	Place		
Scott Albaugh	16:17	1		
Ian Hackbarth	16:59	18		
Nate Burnand	16:49	14		
Matthew Degraeve	17:40	47		
Dane Falberg	18:40	117		
Tommy Osika	18:43	123		
Kevyn Robinson	20:05	209		
Jo Greiser	21:44	158	JV	
Ji Sang Kim	dnr			
Todd Bonnivier	23:14	210	JV	
Satchel Aleman	dnf			
Justin Gardner	22:44	197	JV	
Kou Chang	dnr			
David Jackson	22:25	183	JV	
Seth Byle	24:49	231	JV	
D 1 C	,	1	Ope	
Brandon Carson	nrt	1	Race	































		Overall	
Name	Time	Place	
Shannon Osika	18:27	3	
Courtney Munley	20:13	19	
Hannah Rhoades	21:23	51	
Katelynn Carver	22:02	79	
Amanda Schoonover	23:45	156	
Rachel Mendoza	23:26	140	
Savannah Schaeffer	23:43		JV
Megan Maxwell	25:40		JV
Catrina Cortese	dnf		
Kaity Ward	dnr		
			Oper
Daya Wagh	20:59	1	Race







## Mott vs. Walled Lake Central @ Hess-Hathaway 10/13/2010

59 degrees and falling, intermittent rain







Team Place:

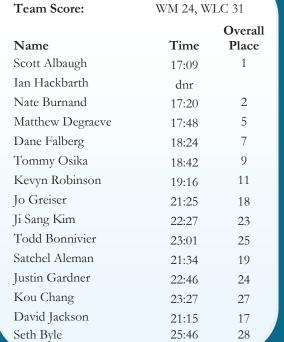




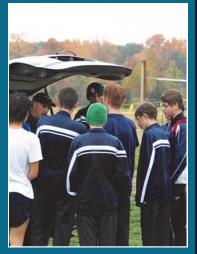














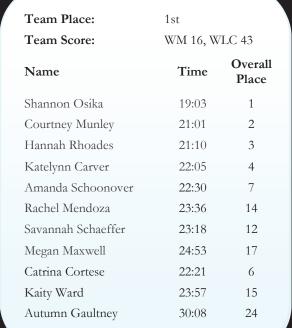








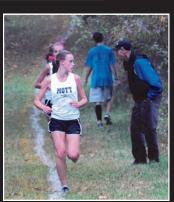
















## KLAA Lakes Conference Championships @ Island Lake State Recreation Area 10/21/2010

Chilly (low 50's), breezy, slight rain









6th (12 teams) Team Place:

Team Score: 131

Name	Time	Overall Place	
Scott Albaugh	15:56	2	
Ian Hackbarth	16:41	23	
Nate Burnand	16:20	10	
Matthew Degraeve	17:20	42	
Dane Falberg	17:45	54	
Tommy Osika	18:04	63	
Kevyn Robinson	19:20	81	
Jo Greiser	20:19	101	JV
Ji Sang Kim	dnf		
Todd Bonnivier	21:24	138	JV
Satchel Aleman	22:14	150	JV
Justin Gardner	22:21	152	JV
Kou Chang	22:30	155	JV
David Jackson	20:01	89	JV
Seth Byle	22:52		







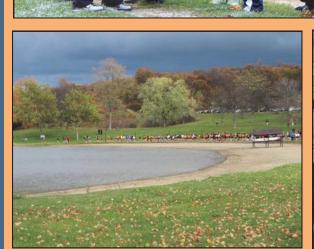








Team Place: Team Score:	7th (12 team	s)	
Name	Time	Overal Place	1
Shannon Osika	17:48	2	
Courtney Munley	19:49	16	
Hannah Rhoades	20:31	34	
Katelynn Carver	20:58	43	
Amanda Schoonover	22:31	77	
Rachel Mendoza	22:48	41	JV
Savannah Schaeffer	22:14	74	
Megan Maxwell	24:36	97	JV
Catrina Cortese	21:26	53	
Kaity Ward	23:51	82	JV
Autumn Gaultney	31:37	150	ΙV









## MHSAA Regional Championships (9-1) @ Goodells County Park 10/30/2010

Low 50's, windy

Boys' Champion: Scott Albaugh

Girls' Champion: Shannon Osika



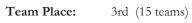












Team Score: 89

Name	Time	Overall Place	
Scott Albaugh	15:40	1	
Ian Hackbarth	16:40	16	
Nate Burnand	16:14	3	
Matthew Degraeve	17:09	31	
Dane Falberg	17:43	53	
Tommy Osika	17:20	40	
Kevyn Robinson	18:49	87	
Jo Greiser	20:00		Open
Ji Sang Kim	nrt		
Todd Bonnivier	20:42		Open
Satchel Aleman	20:44		Open
Justin Gardner	20:40		Open
Kou Chang	20:46		Open
David Jackson	18:45		Open
Seth Byle	23:13		Open
Brandon Carson	16:42	1	Open





















		Overall
Name	Time	Place
Shannon Osika	17:23	1
Courtney Munley	19:43	13
Hannah Rhoades	19:52	17
Katelynn Carver	20:37	36
Amanda Schoonover	20:44	40
Rachel Mendoza	21:54	Open
Savannah Schaeffer	21:51	62
Megan Maxwell	23:29	Open
Catrina Cortese	21:12	49
Kaity Ward	dnr	
Autumn Gaultney	31:54	Open
Daya Wagh	19:26	1 Open















# MHSAA State Finals @ Michigan International Speedway Brooklyn, Michigan 11/06/2010

 $48\ degrees, sunny, very\ slight\ breeze$ 

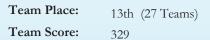
2010 Boys' State Champion: Scott Albaugh



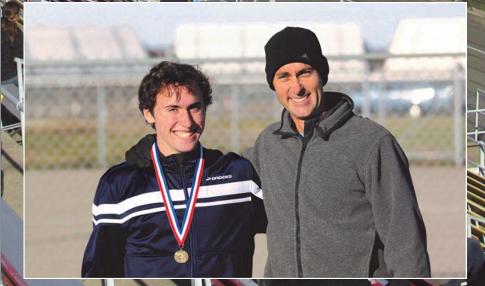








Name	Time	Overall Place
Scott Albaugh	15:13	1
Ian Hackbarth	16:16	77
Nate Burnand	15:45	17
Matthew Degraeve	17:09	194
Dane Falberg	17:08	191
Tommy Osika	17:02	176
David Jackson	19:06	246



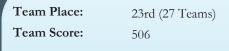












	Overall
Time	Place
17:38	5
19:22	56
20:04	120
20:49	151
21:22	176
22:26	184
dnf	
	17:38 19:22 20:04 20:49 21:22 22:26









## Waterford Mott Cross Country Records - Boys

## **School Records**

Scott Albaugh	15:13	2010
Jeff Ferrell	15:30	1994
Chris Langton	16:07	1986
Ryan Robinson	16:15	1983
Mark Davis	14:49 (3M)	1978

## **Junior Records**

Jeff Ferrell	15:39	1994
Joe Murphy	16:56	1987
Rusty Robinson	16:56	1984
Tony Peters	17:14	1981
Matt Barnard	15:35 (3M)	1977
Fred Leinenger	16:06 (3M)	1976





## **Sophomore Records**

Nate Burnand	15:45	2010
Jeff Ferrell	16:04	1992
George Fotineas	17:09	1981
Rick Schaefer	16:13 (3M)	1977
Matt Barnard	16:21 (3M)	1976
Curtis Carter	16:51 (3M)	1975

## Freshman Records

Tommy Osika	17:02	2010
Jeff Ferrell	17:14	1991

## Waterford Mott Cross Country Honors - Boys

## All-State

Scott Albaugh 2010 Champion

Nate Burnand 2010

Scott Albaugh 2009

Jeff Ferrell 1994 Champion

Jeff Ferrell 1993 Champion

Matt Barnard 1978

## All-State Honorable Mention

Chris Langton 1986

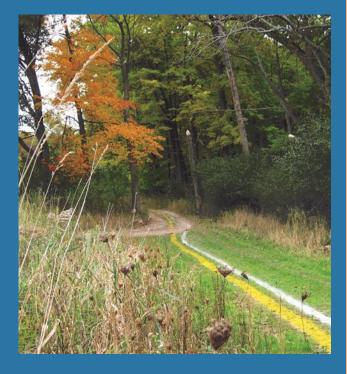
Ryan Robinson 1984

Mark Davis 1978

## Academic All-State

Jesse Johnson 1995







## Waterford Mott State Finalists - Boys

## **Individuals**

Team - 2010

Scott Albaugh	2010, 2009, 2008
Nate Burnand	2010
Anthony Spray	2006
David Clingan	1999
Jesse Johnson	1995
Chris Langton	1985
George Fotineas	1983
Mark Timm	1981

Scott Albaugh, Ian Hackbarth, Nate Burnand, Matthew Degraeve, Dane Falberg, Tommy Osika, David Jackson

Academic All-State: Avg. G.P.A. = 3.365

## Team - 1977

Mark Carter, Matt Barnard, Mark Davis, Phil Fotineas, Eric Pierre, Eric Pelton, Rick Schaefer, Bob Fisher

## All-Oakland County

1979

Scott Albaugh 2009, 2010 Champion

Nate Burnand 2010

Rick Schaefer

Ian Hackbarth 2010

Jeff Ferrell 1992, 1993, 1994 Champion

Chris Langton 1986

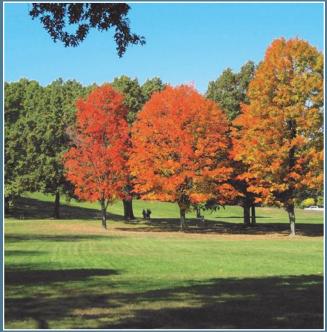
Ryan Robinson 1983

Matt Barnard 1977, 1978

Mark Davis 1978

Bill Bowles 1978







## All-Conference - Boys

Western 6 1969-1980 Greater Oakland Activities League 1981-1994 Oakland Activities Association 1995-2007 Kensington Lakes Athletic Association 2008

### 2010

Scott Albaugh (runner-up) Nate Burnand

### 2009

Scott Albaugh

### 2008

Scott Albaugh Ryan Chute Ian Hackbarth

### 2007

Maxime Bellemare Ryan Chute Scott Albaugh

### 2006

**Anthony Spray** 

### 2005

Anthony Spray Kyle Evans

## 2004

Jared Dean Joey Lopez

#### 2003

Jared Dean Joey Lopez

### 2002

Jared Dean Joey Lopez

### 2001

Joe Pritchett

### 2000

Jeff Hagen

### 1999

David Clingan (runner-up) Jeff Hagen David Renne

#### 1998

David Clingan David Renne

### 1997

David Clingan Michael Wilanowski

### 1996

Richard Monk

### 1995

David Barth Jessie Johnson

### 1994

Jeff Ferrell (Champion) David Webster David Barth Richard Monk

### 1993

Jeff Ferrell (Champion) David Webster Charlie Anderson

### 1992

Jeff Ferrell (runner-up) Joe Condon David Webster

### 1990

Mark Papenhagen

### 1988

Chris Newman (Champion) Mark Papenhagen Frank Puddy Steve Kelty Joe Murphy

### 1987

Chris Newman Joe Murphy

### 1986

Chris Langton (runner-up) Joe Murphy

### 1985

Chris Langton Rustyn Robinson Greg Marinak

### 1984

Rustyn Robinson

### 1983

Ryan Robinson (Champion) George Fotineas

### 1981

Ilie Hentes Ryan Robinson

### 1980

Ilie Hentes Doug Roggenbaum

#### 1979

Eric Pierre Rick Schaeffer Tim Goodwin

### 1978

Matt Barnard (Champion) Mark Davis Eric Pierre

### 1977

Matt Barnard Mark Davis Mark Carter

### 1975

**Curtis Carter** 

### 1974

Bill Bowles (runner-up) John Saunders



## Waterford Mott Cross Country All-Time List - Boys

Academic All-State

Place	Name	Time	Date	
1	Scott Albaugh	15:13	2010	5K Record State Champion Regional Champion 2x All-State
2	Jeff Ferrell	15:30.4	1994	
3	Nate Burnand	15:45	2010	All-State
4	Chris Langton	16:07		
5	Ryan Robinson	16:15		
6	Ian Hackbarth	16:16		
7	Mark Timm	16:23		5K Record
8	Brandon Carson	16:25	2010	
9	David Clingan	16:28	1999	
10	Elie Hentes	16:44	1981	
11	Joe Murphy	16:53	1987	
12	George Fotineas	16:55	1983	
13	Rusty Robinson	16:56	1984	
	Ryan Chute	16:56	2008	
14	Chris Newman	16:58	1988	
15	Tommy Osika	17:02	2010	
	Josh Robinson	17:02	2009	
16	Jesse Johnson	17:04	1995	Academic All-Sta
17	Dane Falberg	17:08	2010	
18	Matthew Degraeve	17:09	2010	
	David Renne	17:09	1999	
19	Kyle Evans	17:10	2007	
20	Anthony Spray	17:12	2006	
	Joey Lopez	17:12	2004	
21	Tony Peters	17:14	1981	
22	Maxime Bellemare	17:17		
23	Jared Dean	17:19	2004	
	Mark Papenhagen	17:19	1989	1
2.4	Paul Richards	17:19	1983	
24	Tim Samson	17:23	1981	The state of the s
25	Richard Monk	17:24	1996	
26	Joe Pritchett	17:26	2001	
27 28	Greg Marinak David Webster	17:27	1985 1994	13
28 29	Jeff Hagen	17:28 17:29	1994	
30		17:29	2009	NEL CONTRACTOR
30	Hayden Schaeffer	17:31	2009	







## All-Time List - Cont.

Place	Name	Time	Date
31	Donald Hyde	17:34	1999
32	David Barth	17:40	1995
33	Michael Wilanowski	17:41	1997
34	Brian Ritter	17:42	1983
35	Joe Condon	17:46	1992
36	Richard Bray	17:48	1996
	Randy Robinson	17:48	1986
37	Mark Ruckey	17:52	1984
38	Chris Wisniewski	17:53	1999
39	Steve Kelty	17:55	1988
40	Josh Sterns	17:58	1998
41	Brandon Hahn	17:59	2001
	Mike Taylor	17:59	1985
42	Frank Puddy	18:00	1988
	Charlie Anderson	18:00	1994
43	Dana Houle	18:03	1981
44	John Hurley	18:04	1981
45	Nick Schoonover	18:10	2006
46	Mark Stechow	18:11	1994
47	Scott Herriman	18:15	1988
	Rob McConkey	18:15	2008
48	Victor Huerta	18:18	1991
49	Matt Grundy	18:23	2005
50	Rob Wilson	18:24	1985
51	Kurien Thomas	18:37	1995
52	Justin Spaysky	18:41	1991
53	David Jackson	18:45	2010
	Zach Sheck	18:45	1996
54	Kevyn Robinson	18:49	2010
55	Dan Ressnell	18:51	1993
56	Jeremy Janson	18:52	1998
57	Zach Behler	18:53	1997
	Robert Vogt	18:53	1991
58	Lukasz Paszek	18:54	1993
59	Rob Stafford	18:57	1990
60	Jon Kelty	18:58	1986
61	Rich Delong	18:59	1984







## Waterford Mott Cross Country Records - Girls

## **School Records**

Shannon Osika 17:17 2008

## **Junior Records**

Shannon Osika 17:50 2009 Jennifer Walczuk 19:27 1996



## All-League OAA

Shannon Osika 2007 (champion) 2007 Lauren Gagnon Christine Lindsay 2006, 2007 Kelsey Chapman 2006, 2007 Alyssa Osika 2006 Lizzy Jones 2004, 2005, 2006 Ornela Mirashi 2005, 2006 Megan Coughlin 1998, 1999, 2000, 2001 1999, 2000, 2001 Jennifer Klausing Alicia Hebel 2001 Kristen Klebba 2000

2000

## Sophomore Records

Shannon Osika	17:17	2008
Courtney Munley	19:22	2010
Jennifer Walczuk	19:26	1995
Megan Coughlin	19:30	1999
Katelynn Carver	19:52	2009

## Freshman Records

Shannon Osika 17:35 2007 Hannah Rhoades 19:59 2008



Nikki Baxter	1997, 1998, 1999
Amy Coughlin	1995, 1996,
	1997 (runner-up), 1998
Jennifer Walczuk	1995 (runner-up),
	1996 & 1997 (champion)
Michelle Lazenby	1992
Mary Mick	1989 (champion)
Stephanie Tasca	1986
Traci Rooney	1983
Pam Swain	1981
Tina Fotineas	1980

Lauren Madrigal

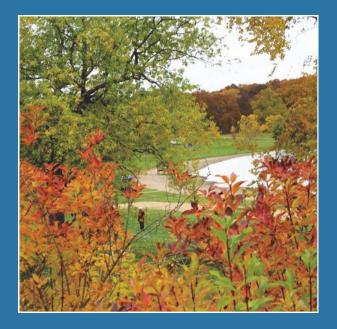
## Waterford Mott **Cross Country Honors - Girls**

## All-Conference (2008 joined KLAA Lakes Conference)

Shannon Osika 2008, 2009,

2010 (2x Conference Champion)

Courtney Munley 2010 Alyssa Osika 2008 Lauren Gagnon 2009 Katelynn Carver 2009



## All-Oakland County

2007, 2008, 2009, 2010 Shannon Osika

Courtney Munley 2010 Amy Coughlin 1998

Jennifer Walczuk 1995, 1996, 1997

1989 2<sup>nd</sup> team Mary Mick

## MITCA Dream Team

Shannon Osika 2007, 2008, 2010



## League Championship Teams

2007 (OAAII): Shannon Osika, Kelsey Chapman, Alyssa Osika, Christine Lindsay,

Lauren Gagnon, Maylani Siemasz, Amanda Schoonover, Rachel Mendoza

2008 (OAAII): Lizzy Jones, Ornela Mirashi, Alyssa Osika, Kelsey Chapman,

Christine Lindsay, Kristin Matsumoto, Liz Dachs

## Waterford Mott State Finalists - Girls

## **Individuals**

Courtney Munley 2010

Shannon Osika 2007 (Regional Champion),

2008, 2009,

2010 (Regional Champion)

Lizzy Jones 2006

Megan Coughlin 1999, 2000

Amy Coughlin 1995, 1996, 1997, 1998

Jennifer Walczuk 1994, 1997

Mary Mick 1989

## All-State

Shannon Osika 2007 (State Champion),

2008 (State Runner-Up),

2009, 2010

Jennifer Walczuk 1995

## Academic All-State

2010 TEAM Avg. G.P.A. = 3.655

Courtney Munley 2010

2009 TEAM Avg. G.P.A. = 3.766

Lauren Gagnon 2009

2008 TEAM Avg. G.P.A. = 3.94

Kelsey Chapman 2008

Megan Coughlin 1999, 2000

Amy Coughlin 1996, 1997, 1998

## Teams

### **2010 TEAM**

Shannon Osika, Courtney Munley, Hannah Rhoades, Katelynn Carver, Catrina Cortese, Amanda Schoonover, Savannah Schaeffer

## 2009 TEAM (Regional Champions)

Shannon Osika, Lauren Gagnon, Katelynn Carver, Hannah Rhoades, Maylani Siemasz, Amanda Schoonover, Rachel Mendoza

### **2008 TEAM**

Shannon Osika, Kelsey Chapman, Alyssa Osika, Hannah Rhoades, Christine Lindsay, Maylani Siemasz, Amanda Schoonover, Lauren Gagnon









Look who's still winning races at the Rock & Road 5k-10k in West Bloomfield on 9/12/2010: Male 10K Overall Winner! Rylee won her race, too. Daya and Brandon also earned some awards at the Stoney Creek UEA Run on 9/19/2010.















## Waterford Mott Cross Country All-Time List - Girls

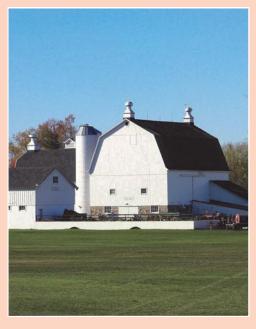
Place	Name	Time	Date
1	Shannon Osika	17:17	2007 State Champion (17:35.8), 2008 State Runner-Up, 2009, 2010 All-State
2	Amy Coughlin	19:09	1998 Academic All-State 3X
3	Courtney Munley	19:22	2010 Academic All-State
4 T	Daya Wagh	19:26	2010
4 T	Jennifer Walczuk	19:26	1995 All-State
6	Megan Coughlin	19:30	1999 Academic All-State 2X
7	Kelsey Chapman	19:39	2008 Academic All-State
8	Alyssa Osika	19:40	2008
9	Lauren Gagnon	19:41	2009 Academic All-State
10 T	Hannah Rhoades	19:52	2010
10 T	Katelynn Carver	19:52	2009
12	Lizzy Jones	19:58	2006
13	Mary Mick	20:09	1989
14	Pam Swain	20:20	1981
15	Ornela Mirashi	20:29	2005
16	Nikki Baxter	20:30	1999
17	Marki Dillon	20:05-20:35	1978 3m Record
18	Amanda Schoonover	20:44	2010
19	Clare Pierre	20:47	1981
20	Jennifer Klausing	20:50	1999
21	Christine Lindsay	21:05	2007
22	Robin Rapelje	21:10	1998
23	Maylani Siemasz	21:11	2009
24	Catrina Cortese	21:12	2010
25	Traci Rooney	21:14	1983
26	Alicia Hebel	21:19	2001
27	Savannah Schaeffer	21:22	2010
28	Val Theisen	21:28	1984
29	Tina Fotineas	21:03-21:33	1980
30 T	Lauren Madrigal	21:43	2000
30 T	Roslyn Frontiera	21:13-21:43	1980

## All-Time List - Cont.

Place	Name	Time	Date
32	Gail Hoult	21:17-21:47	1977
33 T	Kristin Klebba	21:48	2000
33 T	Cindy Borquist	21:18-21:48	1977
35	Rachel Mendoza	21:54	2010
36	Erin McCaffery	22:02	2002
37	Stephani Tasca	22:03	1986
38	Emily Croitori	22:10	1995
39	Amanda Lack	22:22	2002
40	Kristin Matsumoto	22:24	2005
41	Jovey Haves	22:27	1998
42 T	Katie Scholler	22:28	2004
42 T	Michelle Lazenby	22:28	1992
44	Denise Cecil	22:34	1983
45	Beth Webster	22:05-22:35	1983
46	Kristen Weiland	22:50	2003
47	Kristen Klingbeil	22:51	2000
48	Brittany Bays	22:55	1995
49	Betsy Bowser	22:57	1993
50	Kelly Boyle	22:29-22:59	1977
51	Amy Braunsteiner	23:00	1988
52	Melanie Hook	23:05	1986
53 T	Rosemary Keane	23:06	1986
53 T	Rachel Tater	23:06	1983
55	Kristie Greene	23:11	1987
56	Nichole Kunkle	23:13	2004
57	Kelly Alexander	23:17	1988
58	Courtney Anglin	23:20	2000
59	Jianna Hair	23:25	2001
60	Shannon Donnelly	23:28	1985
61	Megan Maxwell	23:29	2010
62	Hennika Klykken	23:43	1993
63	Tara Twyman	23:46	1997
64	Rebecca Dickerson	23:50	1999
65	Kaitlyn Ward	23:51	2010
66	Marci Walter	23:56	1995
67	Sara Stolnicki	23:56	1997
68	Kathleen Rooney	23:59	2005







## Waterford Mott Cross Country - 2010 Boys' Results Summary

Name	O.U.Inv.	WLW	Spartan	WLN	Kettering	Mott Inv.
Scott Albaugh	1 - 16:07	17:46	3 - 15:56	17:22	17:50	1 - 17:04
Ian Hackbarth	7 - 17:04	17:47	26 - 16:33	18:09	17:51	3 - 17:13
Nate Burnand	9 - 17:09	17:48	28 - 16:35	17:44	17:54	2 - 17:12
Matthew Degraeve	34 - 18:18	18:26	115 - 17:44	18:38	18:30	7 - 17:53
Dane Falberg	58 - 19:04	19:00	146 - 18:13	19:01	18:52	9 - 18:07
Tommy Osika	49 - 18:42	18:55	dnr	20:32	19:07	13 - 18:49
Kevyn Robinson	75 - 20:49	20:00	dnr	dnr	20:01	22 - 19:44
Jo Greiser	20:55	21:02	20:03	dnr	21:33	nrt
Ji Sang Kim	23:02	22:37	dnr	dnf	24:36	nrt
Todd Bonnivier	23:02	23:18	21:41	23:40	22:09	nrt
Satchel Aleman	22:33	23:55	dnf	dnr	22:30	nrt
Justin Gardner	dnr	25:37	23:18	25:40	24:34	nrt
Kou Chang	dnr	27:06	24:12	24:59	dnr	nrt
David Jackson	dnr	dnr	dnr	28:19	24:38	nrt
Seth Byle	dnr	dnr	dnr	dq	26:33	nrt
Brandon Carson						1 - nrt *
	4th	15-47 W	11th	26-29 L	15-46 W	1st

Name	Lakeland	Oak. Cty.	WLC	KLAA	Regional	State
Scott Albaugh	16:35	1 - 16:17	17:09	2 - 15:56	1 - 15:40	1-15:13
Ian Hackbarth	16:59	18 - 16:59	dnr	23 - 16:41	16 - 16:40	77-16:16
Nate Burnand	16:45	14 - 16:49	17:20	10 - 16:20	3 - 16:14	17-15:45
Matthew Degraeve	17:46	47 - 17:40	17:48	42 - 17:20	31 - 17:09	194-17:09
Dane Falberg	17:59	117 - 18:40	18:24	54 -17:45	53 - 17:43	191-17:08
Tommy Osika	19:07	123 - 18:43	18:42	63 - 18:04	40 - 17:20	176-17:02
Kevyn Robinson	19:33	209 - 20:05	19:16	81 -19:20	87 - 18:49	
Jo Greiser	20:31	21:44	21:25	20:19	20:00	
Ji Sang Kim	21:23	dnr	22:27	dnf	nrt	
Todd Bonnivier	21:31	23:14	23:01	21:24	20:42	
Satchel Aleman	22:36	dnf	21:34	22:14	20:44	
Justin Gardner	22:57	22:44	22:46	22:21	20:40	
Kou Chang	23:00	dnr	23:27	22:30	20:46	
David Jackson	21:37	22:25	21:15	20:01	18:45	246-19:06
Seth Byle	26:47	24:49	25:46	22:52	23:13	
Brandon Carson		1 - nrt *			1 - 16:42 *	
	26-29 W	4th	24-31 W	6th	3rd	13th

<sup>\*</sup> Open Race





## Waterford Mott Cross Country - 2010 Girls' Results Summary

Name	O.U.Inv.	WLW	Spartan	WLN	Kettering	Mott Inv.
Shannon Osika	1 - 18:44	19:27	4 - 18:13	20:19	20:53*	1 - 18:46
Courtney Munley	14 - 21:10	22:03	107 - 20:53	21:29	21:18	3 -20:47
Hannah Rhoades	17 - 21:29	22:56	118 - 21:01	22:46	21:33	5 - 20:55
Katelynn Carver	36 - 22:49	22:20	147 - 21:35	23:09	22:44	7 - 21:40
Amanda Schoonover	44 - 23:58	23:59	185 - 22:50	24:27	23:18	17 - 22:51
Rachel Mendoza	45 - 24:00	24:42	24:06	25:19	23:33	19 - 22:53
Savannah Schaeffer	24:23	24:41	23:57	26:13	23:41	24:30
Megan Maxwell	29:40	30:28	26:29	32:12	26:43	25:49
Catrina Cortese	dnf	dnf	dnr	dnr	23:41	22:45
Kaity Ward	dnr	dnr	dnr	dnr	25:17	24:47
Daya Wagh						20:29 *
	3rd	24-32 L	24th	25-31 L	17-41 W	2nd

Name	Lakeland	Oak. Cty.	WLC	KLAA	Regional	State
Shannon Osika	18:26	3 - 18:27	19:03	2 - 17:48	1 - 17:23	5 - 17:38
Courtney Munley	20:27	19 - 20:13	21:01	16 - 19:49	13 - 19:43	56 - 19:22
Hannah Rhoades	20:52	51 - 21:23	21:10	34 - 20:31	17 - 19:52	120 - 20:04
Katelynn Carver	21:15	79 - 22:02	22:05	43 - 20:58	36 - 20:37	151 - 20:49
Amanda Schoonover	23:23	156 - 23:45	22:30	77 - 22:31	40 - 20:44	184 - 22:26
Rachel Mendoza	23:38	140 - 23:26	23:36	22:48	21:54	
Savannah Schaeffer	22:53	23:43	23:18	74 - 22:14	62 - 21:51	176 - 21:22
Megan Maxwell	26:01	25:40	24:53	24:36	23:29	
Catrina Cortese	22:37	dnf	22:21	53 - 21:26	49 - 21:12	dnf
Kaity Ward	24:42	dnr	23:57	23:51	dnr	
Daya Wagh		1 - 20:59 *			1 - 19:26 *	
Autumn Gaultney			30:08	31:37	31:54	
	26-30 W	11th	16-43 W	7th	3rd	23rd

<sup>\*</sup> Open Race

dnr = did not race

dnf = did not finish

nrt = no recorded time

dq = disqualified

nts = no team score



## 2010 Spartan Invitational @ MSU's Forest Acres East Golf Course September 17, 2010

### **TEAM RESULTS - ELITE BOYS**

**TEAM RESULTS - ELITE GIRLS** 

1	144	DEX	ΓER

- 2 149 PINCKNEY
- 3 179 SALINE
- 4 188 HIGHLAND MILFORD
- 5 217 SAGINAW HERITAGE
- 6 235 TEMPERANCE BEDFORD
- 7 265 MASON
- 8 279 STONEY CREEK
- 9 300 GRAND HAVEN
- 10 316 GRAND RAPIDS CHRISTIAN

### 11 318 WATERFORD MOTT

- 12 320 HARTLAND
- 13 335 GRAND RAPIDS FOREST HILLS NORTHERN 13 395 DEXTER
- **14 342 MATTAWAN**
- 15 348 MIDLAND H H DOW
- 16 367 ROCKFORD
- 17 376 PORTAGE CENTRAL
- 18 395 ROCHESTER ADAMS
- 19 428 AUBURN BAY CITY WESTERN
- 20 454 LANSING CATHOLIC
- 21 512 SHEPHERD
- 22 526 ROMEO
- 23 541 TRAVERSE CITY CENTRAL
- 24 595 GRAND LEDGE
- 25 635 TROY
- 26 732 FAIR HAVEN ANCHOR BAY
- 27 752 GOODRICH

- 1 147 GRAND HAVEN
- 2 189 TRAVERSE CITY CENTRAL
- 3 191 ROCKFORD
- 4 220 MIDLAND H H DOW
- 5 229 PINCKNEY
- 6 241 GROSSE POINTE SOUTH
  - 7 249 CANTON SALEM
- 8 266 SALINE
- 9 345 LIVONIA CHURCHILL 10 371 GRAND BLANC 11 372 TEMPERANCE BEDFORD
  - 12 376 TROY

  - 14 399 LIVONIA FRANKLIN
- 15 408 GRAND RAPIDS C...
  16 436 STONEY CREEK
  17 449 ROCHESTER
  18 470 EAST LANSING
  19 481 HARTLAND
  20 496 ROCHESTER ADAMS
  21 512 BIRMINGHAM SEAHO 15 408 GRAND RAPIDS CHRISTIAN

  - 21 512 BIRMINGHAM SEAHOLM
  - 22 530 ROMEO
  - 23 543 LANSING CATHOLIC

### 24 561 WATERFORD MOTT

- 25 572 MATTAWAN
- 26 588 GRAND LEDGE
- 27 590 ALPENA
- 28 603 HIGHLAND MILFORD
- 29 715 FOWLER
- 30 789 GOODRICH
- 31 869 FAIR HAVEN ANCHOR BAY





## Oakland County Championships @ Kensington Metropark October 09, 2010

## **Boys' Team Results**

39

40

Roeper

Clawson

## **Girls' Team Results**

1	Novi-Detroit Catholic Central	99	1	Troy	173
2	Milford	115	2	Stoney Creek	194
3	Stoney Creek	136	3	Oxford	196
4	Waterford Mott	197	4	Walled Lake Northern	229
5	Lake Orion	202	5	Milford	230
6	Lakeland	223	6	Walled Lake Western	232
7	Walled Lake Northern	251	7	Birmingham Seaholm	251
8	Brother Rice	261	8	Novi	253
9	Farmington	280	9	Rochester	282
10	Novi	281	10	Rochester Adams	285
11	Birmingham Seaholm	333	11	Waterford Mott	292
12	Oxford	334	12	Lake Orion	302
13	Clarkston	380	13	Clarkston	316
14	Troy Athens	405	14	North Farmington	344
15	Rochester	427	15	Andover	359
16	Troy	445	16	Lakeland	376
17	Rochester Adams	474	17	Marian	387
18	West Bloomfield	487	18	Farmington	413
19	South Lyon	519	19	Lahser	418
20	Walled Lake Central	567	20	Mercy	548
21	Royal Oak	602	21	Notre Dame Prep	564
22	Lamphere	607	22	Walled Lake Central	582
23	Bloomfield Hills Lahser	628	23	West Bloomfield	616
24	North Farmington	660	24	Avondale	682
25	Berkley	691	25	Detroit Country Day	726
26	Southfield Christian	708	26	Berkley	735
27	South Lyon East	760	27	Birmingham Groves	786
28	Detroit Country Day	776	28	Oakland Christian	832
29	Andover	800	29	Waterford Kettering	891
30	Walled Lake Western	816	30	Royal Oak	900
31	Avondale	848	31	Southfield Christian	905
32	Hazel Park	853		Lamphere	NTS
33	Birmingham Groves	924		Cranbrook Kingswood	NTS
34	Waterford Kettering	953		Roeper	NTS
35	Orchard Lake St. Mary's	953		Troy Athens	NTS
36	Cranbrook Kingswood	975			100
37	Oakland Christian	1072			
38	Notre Dame Prep	1116			
39	Southfield Lathrup	1172		<b>2.0.3</b> (1.0.1)	

1214 NTS



## KLAA Lakes Conference Championships @ Island Lake State Recreation Area 10/21/2010

#### **Boys' Team Results Girls' Team Results** 1 Pinckney 61 1 Pinckney 70 2 Highland Milford 79 2 Brighton 85 3 Grand Blanc 95 3 Grand Blanc 87 4 Walled Lake Western 4 Brighton 97 131 5 Hartland 5 Hartland 133 125 **6 Waterford Mott** 131 6 Highland Milford 143 7 Walled Lake Northern 136 7 Waterford Mott 148 8 White Lake Lakeland 8 Walled Lake Northern 175 218 9 Walled Lake Central 232 9 White Lake Lakeland 185 10 Howell 288 10 Howell 221 11 Walled Lake Western 352 11 Walled Lake Central 289

## KLAA Lakes Conference - Boys KLAA Lakes Conference - Girls

12 Wateford Kettering

363

364

12 Wateford Kettering

North Division	W	L	North Division	W	L
Walled Lake Northern *	5	0	Walled Lake Western *	5	0
Waterford Mott	4	1	Walled Lake Northern	4	1
Lakeland	3	2	Waterford Mott	3	2
Walled Lake Central	2	2	Lakeland	2	3
Walled Lake Western	1	4	Walled Lake Central	1	4
Waterford Kettering	0	5	Waterford Kettering	0	5
* Indicates Division Champion			* Indicates Division Champion		



## MHSAA Regional Championships (9-1) @ Goodells County Park 10/30/2010

### **Boys' Team Results**

#### Stoney Creek Stoney Creek Lake Orion 6th - 42 Lake Orion **Waterford Mott** 6th - 52 **Waterford Mott** Clarkston Rochester Rochester Adams Oxford Clarkston Romeo **Rochester Adams** Oxford Rochester Romeo Utica Shelby Township Utica Eisenhower Port Huron Northern Fair Haven Anchor Bay Ortonville Brandon Waterford Kettering Shelby Township Utica Utica Eisenhower Port Huron Port Huron Fair Haven Anchor Bay Ortonville Brandon Port Huron Northern Waterford Kettering







**Girls' Team Results** 

## MHSAA State Finals

## @ Michigan International Speedway Brooklyn, Michigan 11/06/2010

### **Boys' Team Results**

- 2 114 Dexter
- 3 146 Pinckney
- 4 155 Highland Milford
- 5 180 Saline
- 6 258 Rockford
- 7 282 Temperance Bedford
- 8 295 Saginaw Heritage
- 9 298 Brighton
- 10 303 Grand Haven
- 11 326 Grand Blanc
- 12 327 Rochester Hills Stoney Creek

### 13 329 Waterford Mott

- 14 377 Macomb Dakota
- 15 388 White Lake Lakeland
- 16 400 Bay City Western
- 17 408 Lake Orion
- 18 426 Traverse City West
- 19 439 Walled Lake Northern
- 20 449 Plymouth
- 21 456 Okemos
- 22 523 Portage Central
- 23 541 Ann Arbor Pioneer
- 24 587 Caledonia
- 25 601 Ann Arbor Huron
- 26 627 Macomb L'Anse Creuse North
- 27 733 Grosse Pointe South

### **Girls' Team Results**

- 1 135 Grand Haven
- 2 154 Traverse City Central
- 3 167 Rockford
- 4 169 Northville
- 5 174 Pinckney
- 6 200 Grosse Pointe South
- 7 224 Saline
- 8 274 Midland Dow
- 9 305 Grand Blanc
- 10 318 Salem
- 11 340 Rochester Hills Stoney Creek
- 12 344 Midland
- 13 355 Troy
- 14 381 Highland Milford
- 15 382 Dexter
- 16 448 Brighton
- 17 448 Caledonia
- 18 471 Monroe
- 19 474 Livonia Franklin
- 20 481 Lake Orion
- 21 481 Hudsonville
- 22 488 Ann Arbor Pioneer

## 23 506 Waterford Mott

- 24 508 Walled Lake Northern
- 25 624 Grand Ledge
- 26 651 Grosse Pointe North
- 27 675 Sterling Heights Stevenson











 ${\it Practice @ Oakland \ County \ Grounds, Drayton \ Nature \ Center}$ 

& Picture Day @ Hess-Hathaway

























Practice at Diehl's Cider Mill 09/25/2010









Champion's Walk
11/05/2010

## 2010 Waterford Mott High School Cross Country Team



### Thank You's

Special thanks to everyone who contributed to the 2010 season, including:

**The Albaugh & Falberg Families-** Thank you so much for running the concessions at our meets, arranging our tailgates, and everything else you did for us throughout the fall. And thank you for tie-dying all of those T-shirts!

**Paul Degraeve-** Thank you for putting together an unparalleled booklet and season DVD, as well as all of your help this season. Thanks to Rachel Albaugh for her State Meet photos.

**Jo Schoonover and Kelly Cortese-** Thank you for our hallway decorations!

**EVERYONE who hosted a pasta dinner-** We had some of the biggest, best, most delicious pasta dinners in history this season—it made a difference!

**Mr. Dorn, Mr. Blomquist, and School Board Members**- Thank you for your support of us all season long, especially your efforts for the "Champion's Walk."

Marvin Goodwin at the Oakland Press, Roy Akers (Media Network), High School State Champs! T.V. Show- Thank you for your thoughtful coverage of the team this fall.

Coach Pachla and Mr. Kutchey- Thank you for helping to make our invitational such a success.

**Paul and Linda Coughlin-** Thank you for being at every meet, scoring our dual meets, making sure that we are always taken care of.

**Coyote Grill-** Thanks for a great post-meet party!

**Michelle Robinson** – Thank you for letting us share your home, pool and coming to camp with us. You make our team a true family.

**The Team-** Thanks for believing in this season, and taking us as far as we could go.

Coach Robinson & Coach Coughlin



Prepared by MagCloud for Paul Degraeve. Get more at pjdmpd.magcloud.com.