

## 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

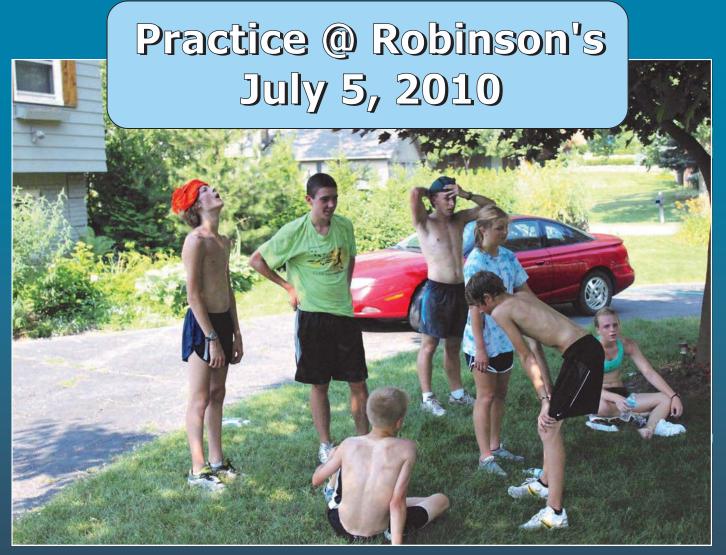
From my perspective I have a tremendous amount to be grateful for surrounding the 2010 Cross Country season. Starting with summer practices and moving into the competitive season, the boys came together to form a strong bond with increasingly ambitious goals. Not one to get too excited too quickly, I 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.

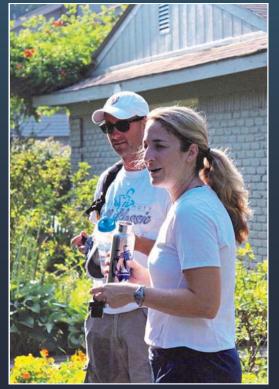
I am grateful for all of the individuals who made our success a possibility. With all of the hiccups that will occur during the normal course of a season, I felt nothing but tremendous support from my team and their parents. To create a set of experiences as special as this season takes far more than 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.



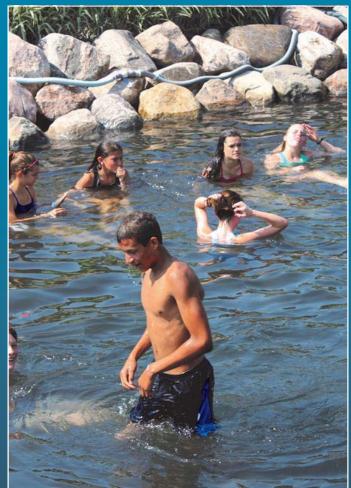




















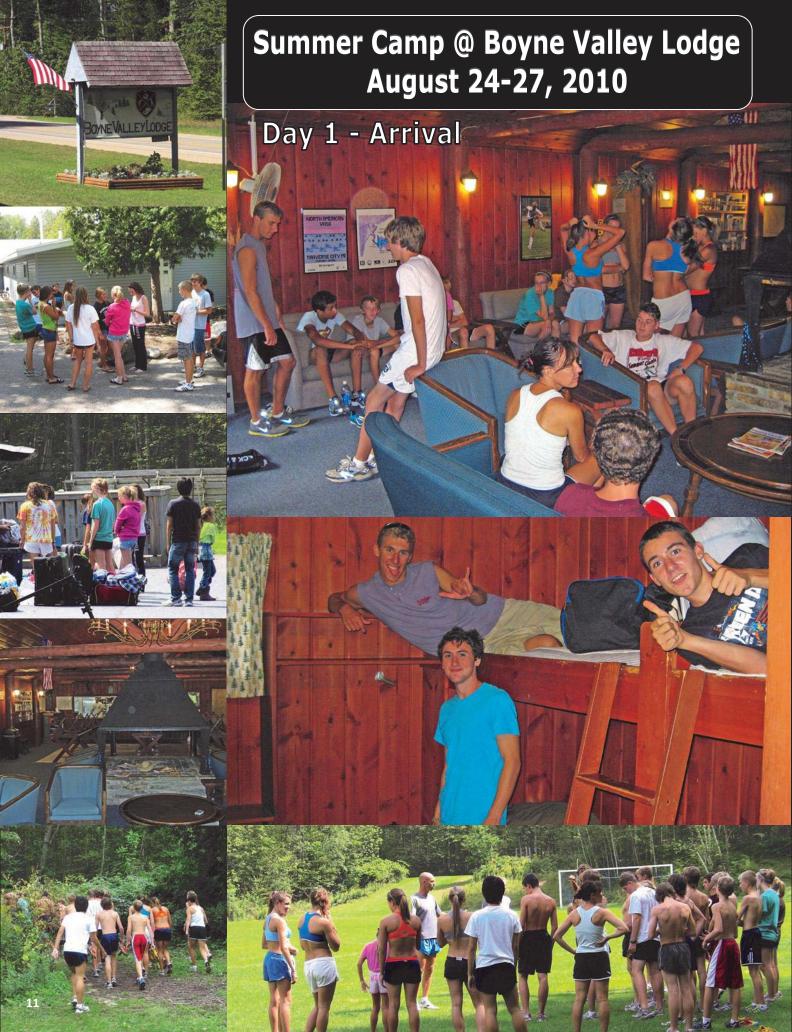


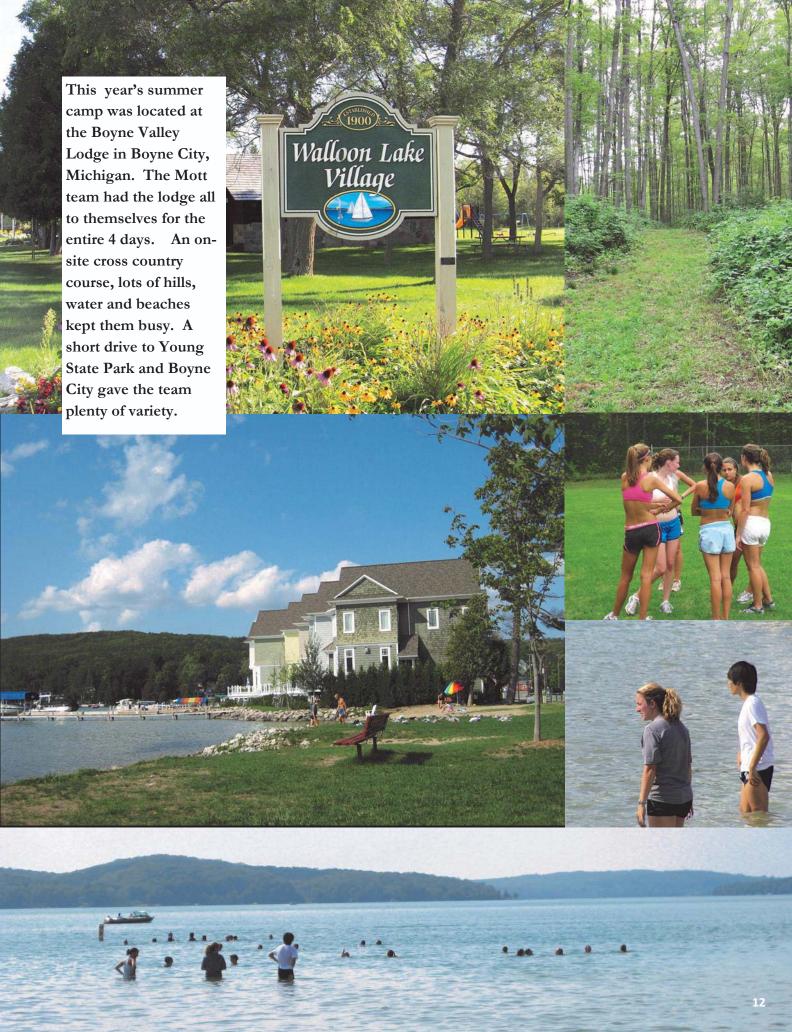


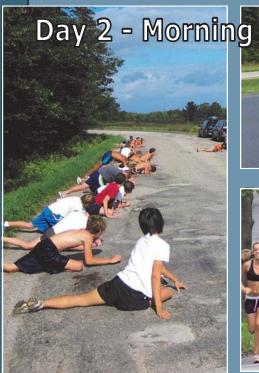








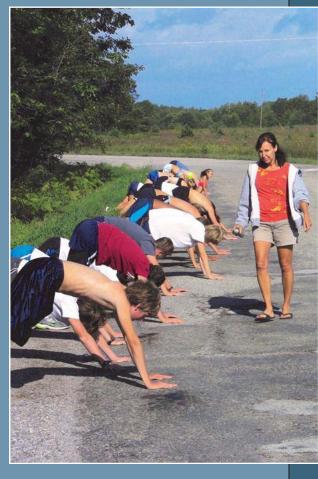




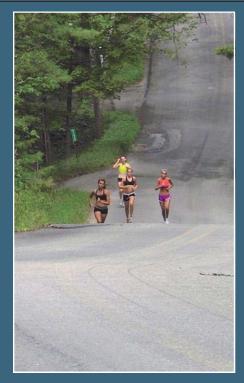












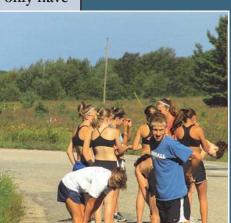


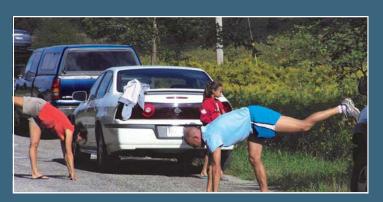


This hilly road was very close to the lodge on the north shore of Walloon Lake. The team was driven to a location several miles out so they would only have

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.

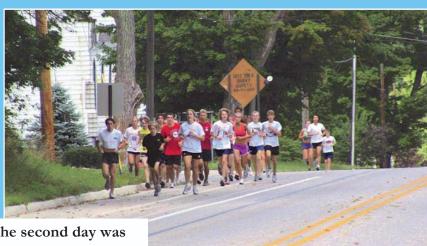










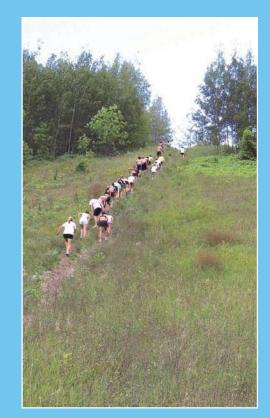


The afternoon training run on the second day was located in Boyne City at the site of an abandoned Frisbee golf course. There were three options to access the wonderful view of Lake Charlevoix from the top of this very steep hill: a 'gradual' climb around the perimeter; a very difficult climb up the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









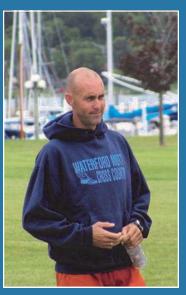








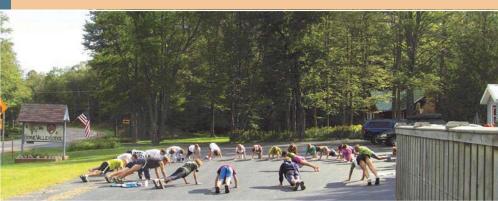












The morning run on the third day took the team from the lodge to Walloon Lake's South Shore Dr. It was much less hilly than the north shore.









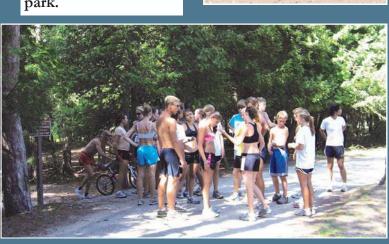






The beach at Young State Park, on the shores of Lake Charlevoix, was a great place to spend time before and after the second training run through the narrow and confusing trails at the park.

















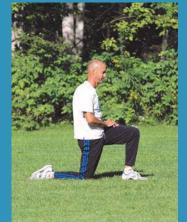
The last night at camp was no time to rest. After dinner, a fast game of ultimate frisbee and then a trip to Boyne City for some ice cream and 'dancing in the street'. The performance was good enough for some photos and an interview by a local reporter.



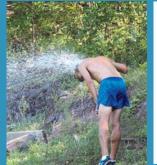












The last morning at camp gave everyone a good workout at Boyne Valley Lodge's 'home course'. One final set of fast intervals for Scott and Ian drew applause and cheers from all who lined the course. It was a great way to end a fun and productive week. The Mott team will be back in 2011.





### Golden Grizzly Invitational

@ Oakland University

09/03/2010

Boys' Champion: Scott Albaugh

Girls' Champion: Shannon Osika

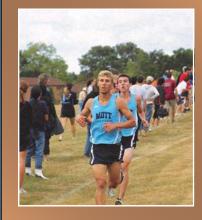






| Team Place: | 4th of 14 |
|-------------|-----------|
| Team Score: | 100       |

|                  |       | 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 11 112 Team Score:

| Name               | Time  | Overall<br>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









**Team Score:** WM 15, WLW 47

|                  | ,     |                  |
|------------------|-------|------------------|
| Name             | Time  | Overall<br>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   |                  |
|                  |       |                  |







**Team Place:** 2nd

Team Score: WLW 24, WM 32

| Name               | Time  | Overall<br>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







|                  |         |         |           | 100     |
|------------------|---------|---------|-----------|---------|
| Team Place:      | 11th (2 | 7 Teams | s - Elite | e Race) |
| 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     |         | -         |         |

23:18

24:12

dnr

dnr

354

378

JV

JV









Justin Gardner

David Jackson

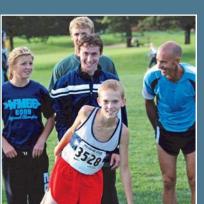
Kou Chang

Seth Byle













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

| Name               | Time  | Overall<br>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   |                  |    |



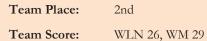
# Mott vs. Walled Lake Northern @ Hess-Hathaway 09/21/2010

85 degrees, windy, sunny

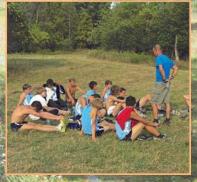








| 27               | <b></b> | Overall |
|------------------|---------|---------|
| Name             | Time    | Place   |
| Scott Albaugh    | 17:22   | 1       |
| Ian Hackbarth    | 18:09   | 6       |
| Nate Burnand     | 17:44   | 3       |
| Matthew Degraeve | 18:38   | 9       |
| Dane Falberg     | 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      |         |











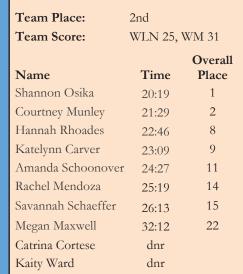
















### Mott vs. Kettering @ Hess-Hathaway 09/28/2010

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



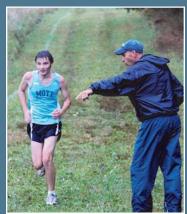


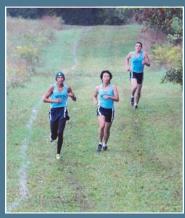
| / |                  |       |          |
|---|------------------|-------|----------|
|   | Team Place:      | 1st   |          |
|   | Team Score:      | WM 15 | 5, WK 46 |
|   |                  |       | Overall  |
|   | Name             | Time  | Place    |
|   | Scott Albaugh    | 17:50 | 1        |
|   | 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       |
|   |                  |       |          |



























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

|                    |         | 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 a Hess-Hathaway 10/01/2010

65 degrees, sunny, breezy

MOTT











Mott 22
 Oxford 38

3. Avondale 104

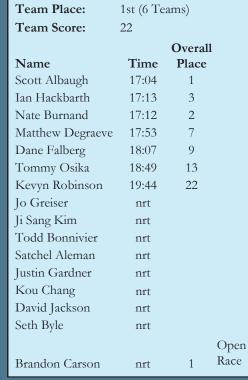
4. Groves 115

5. Kettering 127

6. WOLL



MOTT





















| Team Place:        | 2nd (6 Teams) |        |              |
|--------------------|---------------|--------|--------------|
| Team Score:        | 32            |        |              |
|                    |               | Overal | 1            |
| Name               | Time          | Place  |              |
| Shannon Osika      | 18:46         | 1      |              |
| Courtney Munley    | 20:47         | 3      |              |
| Hannah Rhoades     | 20:55         | 5      |              |
| Katelynn Carver    | 21:40         | 7      |              |
| Amanda Schoonover  | 22:51         | 17     |              |
| Rachel Mendoza     | 22:53         | 19     |              |
| Savannah Schaeffer | 24:30         | 49     | JV           |
| Megan Maxwell      | 25:49         | 59     | JV           |
| Catrina Cortese    | 22:45         | 16     |              |
| Kaity Ward         | 24:47         | 59     | JV           |
| Daya Wagh          | 20:29         | 4      | Open<br>Race |

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

65 degrees, sunny, breezy





**Team Place:** 1st

Team Score: WM 26, L 29

| Name             | Time  | Overall<br>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 |                  |
|                  |       |                  |























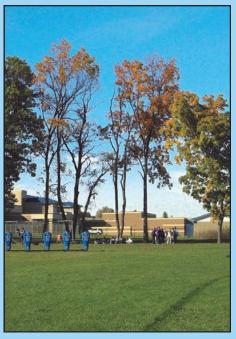






| Name               | Time  | Overall<br>Place |
|--------------------|-------|------------------|
| Shannon Osika      | 18:26 | 1                |
| Courtney Munley    | 20:27 | 3                |
| Hannah Rhoades     | 20:52 | 5                |
| Katelynn Carver    | 21:15 | 6                |
| 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

| Name             | Time  | Overall<br>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   |
|                  |       |                  | Ope  |
| Brandon Carson   | nrt   | 1                | Race |

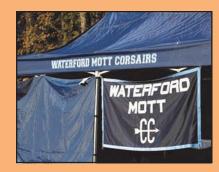






























|                    | Overall |       |      |
|--------------------|---------|-------|------|
| Name               | Time    | Place |      |
| Shannon Osika      | 18:27   | 3     |      |
| Courtney Munley    | 20:13   | 19    |      |
| Hannah Rhoades     | 21:23   | 51    |      |
| Katelynn Carver    | 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





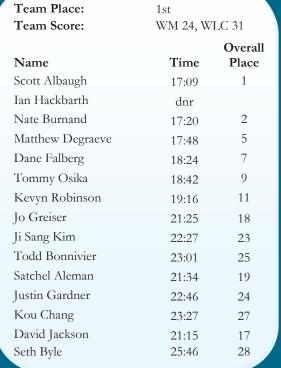




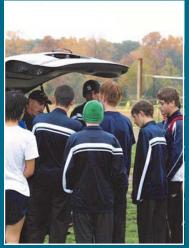














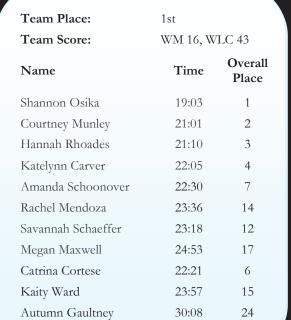
























## KLAA Lakes Conference Championships @ Island Lake State Recreation Area 10/21/2010

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









6th (12 teams) Team Place:

Team Score: 131

| Name             | Time  | Overal<br>Place | 1  |
|------------------|-------|-----------------|----|
| 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 |                 |    |















7th (12 teams)

Team Place:

| Team Score:        | 148   |                  |
|--------------------|-------|------------------|
| Name               | Time  | Overall<br>Place |
| 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 JV           |









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

Low 50's, windy

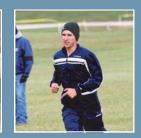
Boys' Champion: Scott Albaugh

Girls' Champion: Shannon Osika















Team Score: 89

|                  | ~ -   |                  |
|------------------|-------|------------------|
| Name             | Time  | Overall<br>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









Team Place: 13th (27 Teams)
Team Score: 329

| Name             | Time  | Overall<br>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              |



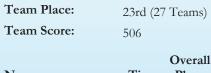












|                    |       | Overall |
|--------------------|-------|---------|
| Name               | Time  | Place   |
| Shannon Osika      | 17:38 | 5       |
| Courtney Munley    | 19:22 | 56      |
| Hannah Rhoades     | 20:04 | 120     |
| Katelynn Carver    | 20:49 | 151     |
| Savannah Schaeffer | 21:22 | 176     |
| Amanda Schoonover  | 22:26 | 184     |
| Catrina Cortese    | dnf   |         |
|                    |       |         |









## Waterford Mott Cross Country Records - Boys

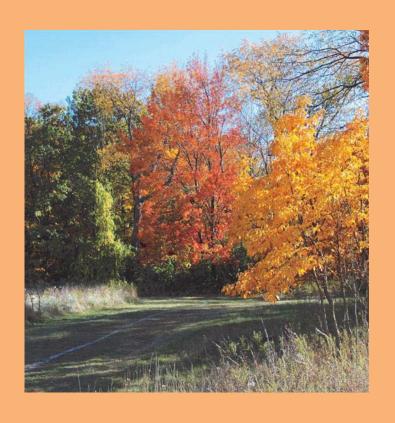
## **School Records**

| 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

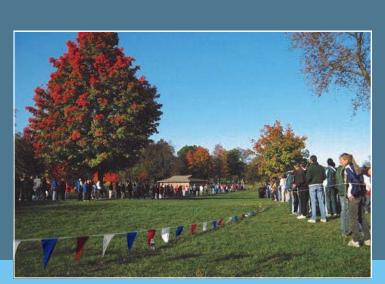
Chris Langton 1986

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<br>State Champion<br>Regional Champi<br>2x All-State |
| 2        | Jeff Ferrell     | 15:30.4        | 1994         |  |
| 3        | Nate Burnand     | 15:45          | 2010         |  |
| 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          |              |  |
| 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          | 2007         |  |
| 23       | Jared Dean       | 17:19          | 2004         |  |
|          | Mark Papenhagen  | 17:19          | 1989         |  |
| 2.4      | Paul Richards    | 17:19          | 1983         |  |
| 24       | Tim Samson       | 17:23          | 1981         |  |
| 25       | Richard Monk     | 17:24          | 1996         |  |
| 26       | Joe Pritchett    | 17:26          | 2001         | Min  |
| 27       | Greg Marinak     | 17:27          | 1985         |  |
| 28<br>29 | David Webster    | 17:28<br>17:29 | 1994<br>1999 |  |
| 30       | Jeff Hagen       |                | 2009         |  |
| 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

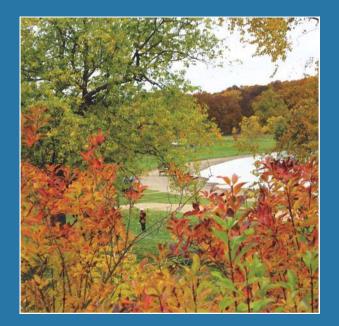
## Waterford Mott **Cross Country Honors - Girls**

## 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

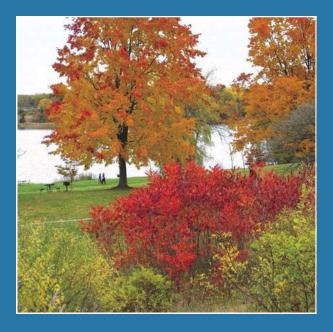
Courtney Munley 2010 Amy Coughlin 1998

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

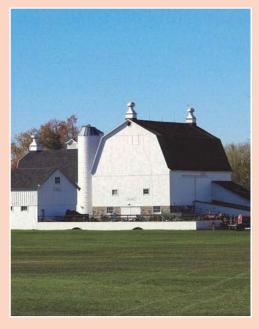
| Place | Name               | Time        | Date  |
|-------|--------------------|-------------|---|
| 1     | Shannon Osika      | 17:17       | 2007 State Champion (17:35.8),<br>2008 State Runner-Up,<br>2009, 2010 All-State |
| 2     | Amy Coughlin       | 19:09       | 1998 Academic All-State 3X  |
| 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       | 2010 |
| 37    | Stephani Tasca    | 22:02       | 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       | DEXTER |  |
|---|-----------|--------|--|
| _ | T + T + T | DLAILI |  |

- 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 CHRISTIAN
  - 16 436 STONEY CREEK
    - 17 449 ROCHESTER
    - 18 470 EAST LANSING
  - 19 481 HARTLAND
    - 20 496 ROCHESTER ADAMS
      - 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**

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  | 1. 1. 1. 1. 1. 1. | 19 March 19 19 19 19 19 19 19 19 19 19 19 19 19 |        |
| 37 | Oakland Christian             | 1072 |                   |   |        |
| 38 | Notre Dame Prep               | 1116 |                   |   |        |
| 39 | Southfield Lathrup            | 1172 |                   |   | - part |

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  | Brighton              | 97  | 4  | Walled Lake Western   | 131 |
| 5  | Hartland              | 125 | 5  | Hartland              | 133 |
| 6  | <b>Waterford Mott</b> | 131 | 6  | Highland Milford      | 143 |
| 7  | Walled Lake Northern  | 136 | 7  | <b>Waterford Mott</b> | 148 |
| 8  | White Lake Lakeland   | 218 | 8  | Walled Lake Northern  | 175 |
| 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 |
| 12 | Wateford Kettering    | 364 | 12 | Wateford Kettering    | 363 |

## KLAA Lakes Conference - Boys

## KLAA Lakes Conference - Girls

| 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 |   |   |



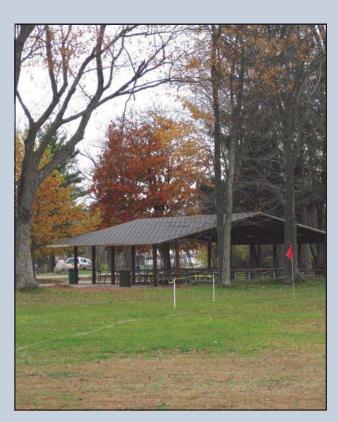
## MHSAA Regional Championships (9-1) @ Goodells County Park 10/30/2010

## **Boys' Team Results**

| _  | 0. 0. 1               | 70  |          |    |                       | 0.6 |
|----|-----------------------|-----|----------|----|-----------------------|-----|
| 1  | Stoney Creek          | 79  |          | 1  | Stoney Creek          | 86  |
| 2  | Lake Orion            | 89  | 6th - 42 | 2  | Lake Orion            | 91  |
| 3  | Waterford Mott        | 89  | 6th - 52 | 3  | Waterford Mott        | 107 |
| 4  | Clarkston             | 117 |          | 4  | Rochester             | 113 |
| 5  | Rochester Adams       | 124 |          | 5  | Oxford                | 118 |
| 6  | Romeo                 | 125 |          | 6  | Clarkston             | 126 |
| 7  | Oxford                | 153 |          | 7  | Rochester Adams       | 127 |
| 8  | Rochester             | 169 |          | 8  | Romeo                 | 134 |
| 9  | Utica                 | 278 |          | 9  | Shelby Township Utica | 175 |
|    |                       |     |          |    | Eisenhower            |     |
| 10 | Port Huron Northern   | 302 |          | 10 | Fair Haven Anchor Bay | 320 |
| 11 | Ortonville Brandon    | 302 |          | 11 | Waterford Kettering   | 357 |
| 12 | Shelby Township Utica |     |          | 12 | Utica                 | 369 |
|    | Eisenhower            | 333 |          |    |                       |     |
| 13 | Port Huron            | 337 |          | 13 | Port Huron            | 387 |
| 14 | Fair Haven Anchor Bay | 357 |          | 14 | Ortonville Brandon    | 391 |
| 15 | Waterford Kettering   | 391 |          | 15 | Port Huron Northern   | 405 |
|    |                       |     |          |    |                       |     |







**Girls' Team Results** 

### MHSAA State Finals

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

### **Boys' Team Results**

| 1 | 103 Detroit Catholic Central |
|---|------------------------------|
| 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



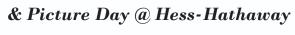








 ${\it Practice @ Oakland \ County \ Grounds, Drayton \ Nature \ Center}$ 























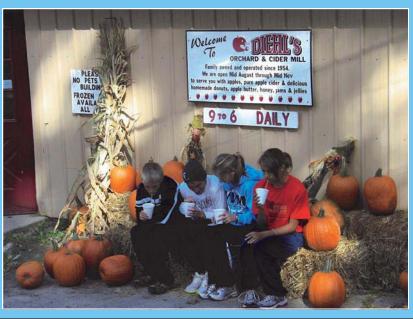




Practice at Diehl's Cider Mill 09/25/2010









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.