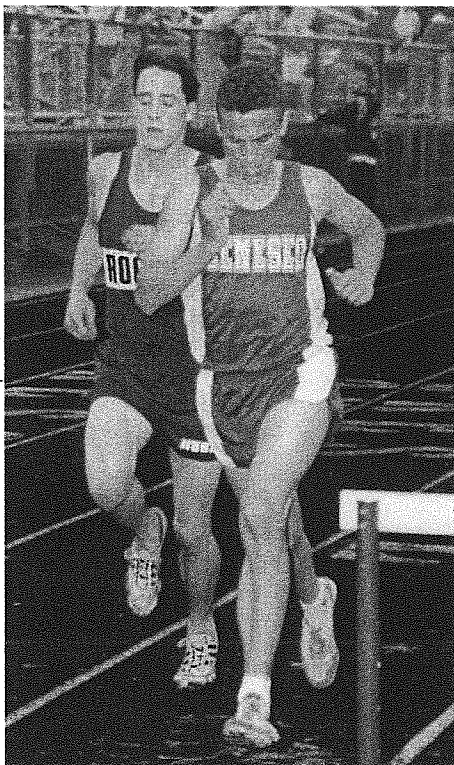


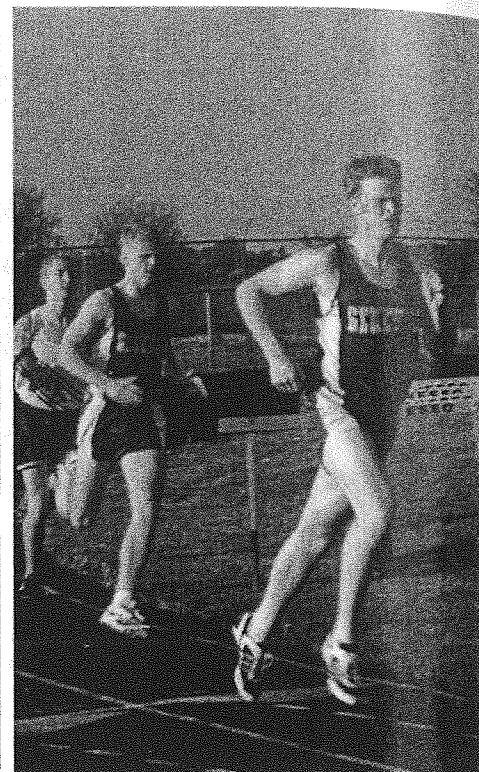
2000

Crossing the Finish Line

Boys' Track



Tim Nelson concentrates to keep his lead.



Wil McCombs and Grant Venema stride out to place.

NCIC Placing: 3rd
Dual Meet Record:

5-2

Captains: Cory Parrish, Jeff Bowling, Tim Nelson

MVP: Cory Parrish

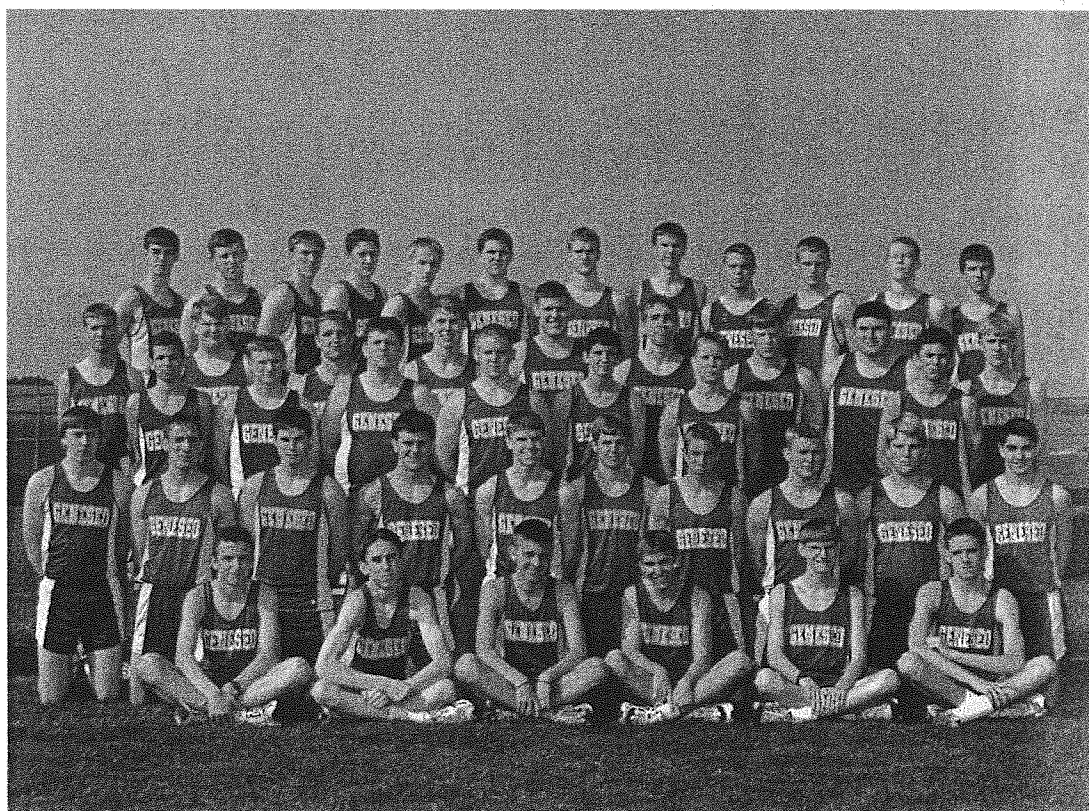
Most Inspirational:

Mike Sunstrom

Most Improved: Josh Franks, Kyle Wickwire

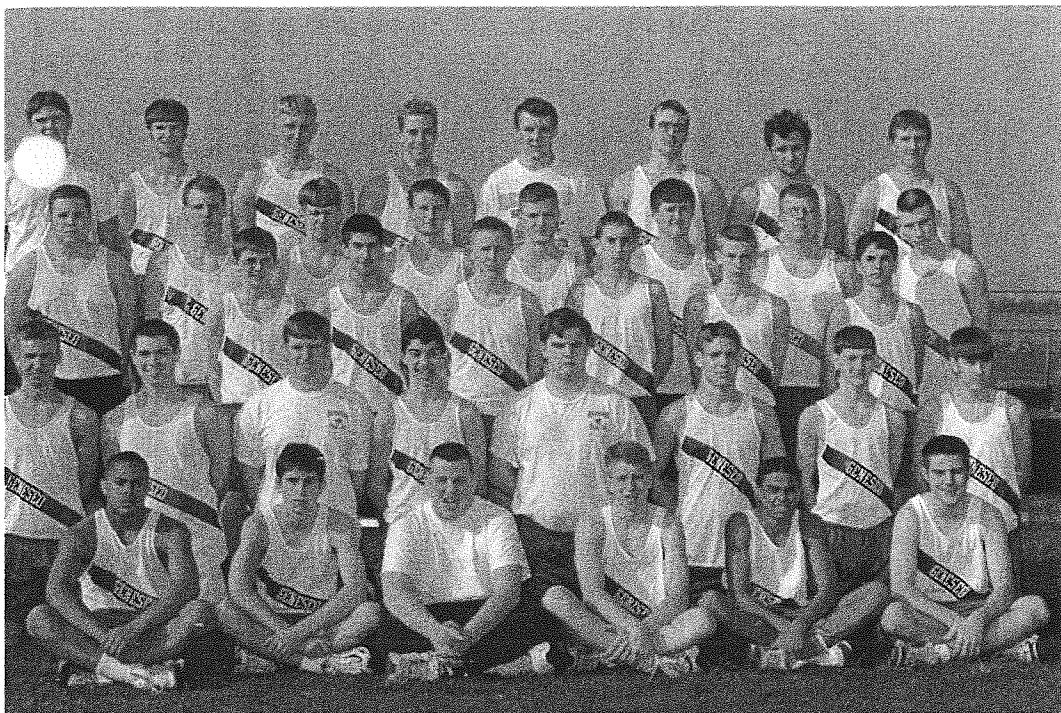
100 Point Club: Cory Parrish-140.75, Dave Bopp-117.25

School Record: Cory Parrish-300 IH 39.18



Varsity front row: Tim Nelson, Ian Malmstrom, Andy Beuster, Dave Bopp, Josh Franks, Bill Bean. Second row: Mike Roelens, Noel Powers, Ben Mooney, Andrew Henry, Mike Sunstrom, Jeremy Heaton, Travis Puckett, Joe Johnson, Nik Nilsson, Brandon Sandoval. Third row: Randy Baugh, Mike Dietsch, Tim Kabatra, Jake Willet, Joel Basken, Brian Haars, Chris Castelein. Fourth row: Matt Travis, Gary Jahns, Jeff Bowling, Mike Strohman, Jake VerStraete, Aaron Anderson, Grant Venema, Ben Gerhardt, Bob Ristau. Fifth row: Josh Watson, Joe Curnyn, Corey Rothrock, David Mattie, Pat Schwigen, Mike Gawrysiak, Kyle Reade, Brad Palmgren, Dallas Drummond, Cory Parrish, Marc Brunner, Mike Stone. Absent: Wil McCombs, David Roys.

99/2000

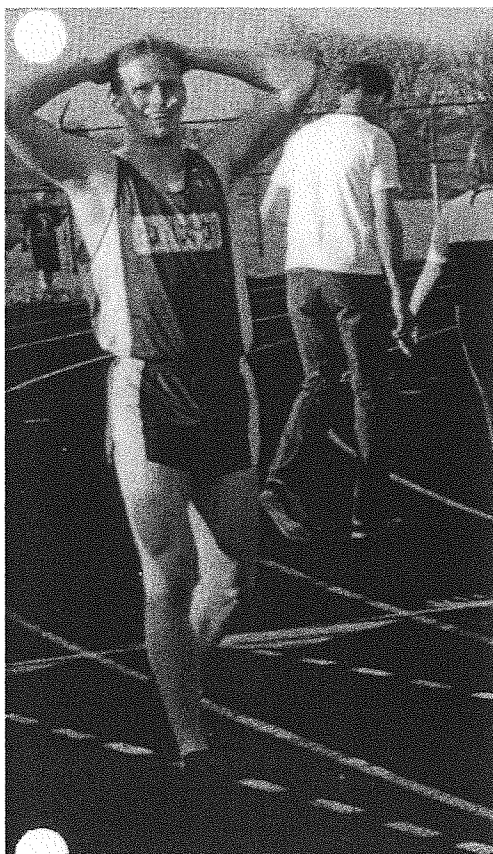


Soph front row: Andre Jackson, Aaron Kuban, Mike Kabatra, Grant Wyffels, Eric VanEarwage, Erik Norin. Second row: Thurman, Ryan Braund, Grant DeSmith, Mike Akey, Steve Griffith, Adam Hock, Derek Wahlheim, Kyle Fluck. Third row: Arwin, Chris Burk, Eric Wallace, Josh Reschke, Kyle Wickwire, Grant Jobe. Fourth row: Anthony Rokis, Garrick Wayne, Jey, Adam Blank, Alex DePauw, David Mapes, Bruce Henry, Justin Nowland. Fifth row: Kory Klemmer, Paul Kretschmar, Berhardt, John Rule, Brian Blank, Kyle Sullivan, A.J. Reynolds, Chris Springer. Absent: Justin Kempfer, Matt Biondi, Loftus.

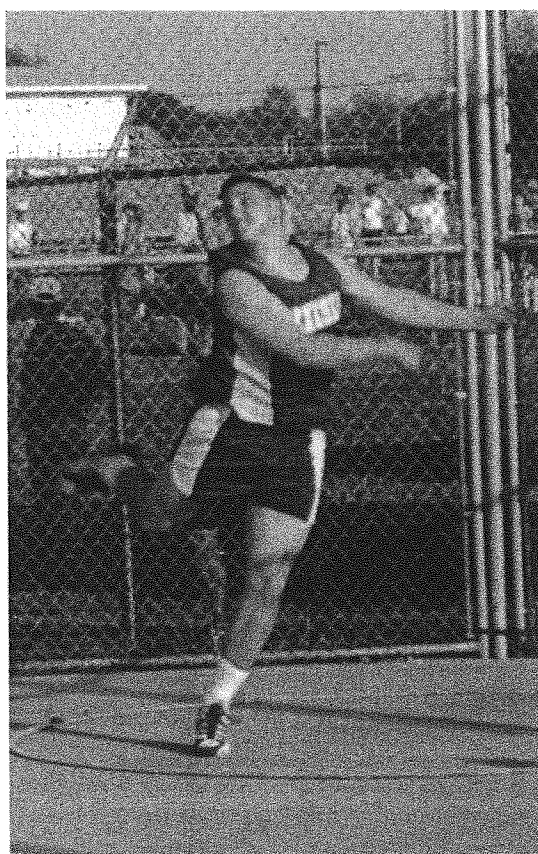
2000



Jeremy Heaton hands the baton off to Andy Beuster.



Cory Parrish relaxes after the race.



Jeff Bowling follows through with his throw.

NCIC Champions:

Cory Parrish-110 HH
Dave Bopp-400 Dash
Cory Parrish, Grant Venema, Mike Sunstrom, Dave Bopp-1000 Relay

State Qualifiers:

Wil McCombs, Grant Venema, Dave Bopp, Andy Beuster-3200 Relay

Tim Nelson-3200meter
Jeff Bowling-shot put
Cory Parrish-100,300 hurdles events
Dave Bopp-400 meter

"We've offset our losses."

—Coach Mel Snook

In addition to the two varsity letter winners, 14 other sophomores are out to fill some of the open positions. On the roster are Adam Blank, Clayton Conrad, Alex DePauw, Mike Dietsch, Nick Eberhardt, Bruce Henry, Paul Kretschmar, A. J. Reynolds, Anthony Rokis, John Rule, Kyle Sullivan, Andy Thurman, Kyle Wickwire and Grant Wyffels.

Coach Snook also has a good number of freshmen out for the 2000 season. Among the 19 newcomers are Matt Brondi, Brian Blank, Chris Burk, Joe Derwin, Kyle Fluck, Steve Griffith, Andre Jackson, Grant Jobe, Kory Klemmer, Aaron Kuban, Steve Loftus, Justin Nowland, Josh Reschke, Zac Riley, Kris Stahl, Eric Van Earwange, Derek Wahlheim, Eric Wallace and Garrick Wayne.

As in the past, the distance and weight classes seem to be the core of the Leafs' attack.

"That hasn't changed that much," explained Coach Snook in reference to the loss of graduating seniors.

"But we're still working on all aspects of the event."

Coach Snook receives a lot of support from his coaching staff. Don Fredericks, Larry Johnson and Jon Murray.

"We work well together," he stated. While Coach Snook guides the sprinters and hurdlers, Coach Freder-

icks has been a great coach for us his first year out and is back to help again.

"We all work well together and with our respective units. That's what makes our teams work," Coach Snook explained.

"Each year our goals are the same," the coach noted. "Try to peak at the end in time for the McCormick and the conference meet. At sectionals we work not only to place well as a team but focus on qualifying as many individuals for state as we can."

"That week between conference and sectional we really work on individual and relay efforts," he further explained.

Last year's varsity squad took third in the NCIC meet and fifth at the Sectional. The Leafs qualified for state in three events.

"We're looking good going into this first meet," surmised Coach Snook, looking at the Tuesday March 14 indoor event with Dixon at the Westwood facility in Sterling.

"The last couple of years we've had a strong frosh-soph team. We have a good number of freshmen on this year which seem to have a good core. Our frosh-soph won conference last year by a big margin."

"These all add up to us having a strong, contending team this year," calculated Coach Snook.

"We have sophomores stepping up to fill key rolls which makes us have a better run at the varsity NCIC title."

"There is the possibility of us getting first if things fall into place," he added.

"We're light on sprinters, but that's usual. But we have a good group to work with."

"We'll know a lot more after the first few meets," Coach Snook added.

Just like the head coach of the girls' squad Kelley Timmerman, Coach Snook too looks to give the first few competitors an unexpected look.

"The first few meets are used to help us see where athletes fit in. Sometimes we let them (the athletes) choose which events they want to compete in. Then, as the meets and season progress, we work them into the field they do best at."

"So, yes, you can expect a little shake-up at the beginning. Then we'll get things pinned down and concentrate on the end goal," Coach Snook concluded.

The Leafs open the 2000 season with back-to-back trips to the Westwood indoor facility. A week after the thincats make the trip to compete against Dixon, Geneseo returns for a Sterling meet.

The outdoor season begins in Princeton in a triangular meeting with the Tigers of Princeton and Sherrard.

Bowling and Andy Beuster are both three-year varsity letter winners in track. Other seniors on the roster include Aaron Anderson, Dave Bopp, Marc Brunner, Ben Gerhardt, Andy Henry, Gary Jahns, Wil McCombs, Tim Nelson, Cory Parrish, Bob Ristau, Mike Roelens, Matt Travis, Grant Venema and Jake Ver Straete.

Anderson, Bopp, McCombs, Nelson, Parrish, Venema and VerStraete are all two-year varsity letter winners.

Kyle Reade is one of 26 juniors on this year's roster and also a two-year varsity letter recipient.

Other returning letter winners, in addition to seniors Gerhardt, Travis and Henry are Dallas Drummond and Mike Sunstrom, both juniors and sophomores, David Mattie and Jeremy Heaton.

aspects of the event.

Coach Snook receives a lot of support from his coaching staff, Don Fredericks, Larry Johnsen and Jon Murray.

"We work well together," he stated. While Coach Snook guides the sprinters and hurdlers, Coach Fredericks takes over with the distance runners.

"Don has strengths throughout the running, especially the distance." Coach Snook serves as Fredericks' assistant in cross country so the pair are familiar with each other's styles.

"Jon (Murray) has been helping out basically since he started here. He works with our jumpers. He took a small break but came back last year to help out and is back again this year.

"Larry (Johnsen) has worked with the weight people for the past two

wood indoor facility. A week after the thinclads make the trip to compete against Dixon, Geneseo returns for a Sterling meet.

The outdoor season begins in Princeton in a triangular meeting with the Tigers of Princeton and Sherrard.

Only three meets will be held in Geneseo, two for the varsity and one for the frosh soph.

Galesburg and Alleman will come to J. D. Darnall for a triangular on Thursday, April 13.

The annual John McCormick Invitational, featuring teams from 13 schools, will be held on Friday, May 5, one week before the NCIC meet.

The only other home competition will be the annual Geneseo Frosh-Soph Invite on Monday, April 24 featuring 10 teams.