

FREDERICKS, DON	CROSS-COUNTRY (GIRLS)	_1989 (FALL)	ALL
Name of Coach	Sport	Year	Lev
Last Name First Name			
VARSITY AWARD	35.		
RENEE CLIFTON	36.		
KIRSTIN KEMMIS	37.		
KARMEN ROEHRS	38.		
JULIE GHYS	39.		LANGE CO.
KELLI MILLER .	40.		40.0
JILL MINNAERT	41.		100
WENDY WASSELL	42.		
SUZANNE PATTON	43.		1. 100
MICHELLE EAGLES	44.		Land College
AIMEE ELLIS	45.	Or The State of Friday	No. Merci
JENNY WURSLIN	46.	est fore excess.	N STAGE
	47.		As alles
SOPHOMORE AWARD	48.		
OLLY BOARDMAN	49.		
TINA BLUNT	50.	Variation to the Control	ar ar haration

VARSITY	35.	SOPHOMORE AWARD
Michael Bell	36.	Darin Lavery
Jim Henderson	37.	Matt Lotz
Justin VanOpdorp	38	Mike McVietty
Jason VanVooren	39.	Micah Miller
Brian Walsh	40.	Jeff Patchin
Adam Boardman	41.	Mitch Pray
Bryant Crawford	42.	Chris Steinkopf
Bryan Glass	43.	George Stone
Gary Martin	44.	Chris Walters
	45.	Scott Durian
Shane McKibbon	46.	Kris Keegan
	47.	Bill Loftus
Travis Stroh Justin VanVooren	48.	Alan Sand
	49.	2
A A A CAPACITO CONTRACTOR A	50.	FRESHMAN AWARD
	51.	English to the
JUNIOR VARSITY AWARD	52.	Chris Kutsunis
Ryan Alexander		Craig Thompson
David Benhart	53.	Dan Yarger
Jason Jolly	_ 54.	Dall Jarker "
Steve Miller	55.	
Roger Sheets	56.	

Girls Cross Country



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Cross Country

The 1989 Cross Country team had an outstanding season, highlighted by winning the conference "Tri-Crown." Winning the boys varsity, girls varsity, and boys frosh-soph was an amazing accomplishment. At regionals, the girls placed third and the boys placed second. The girls 'Cross Country team were seventh at sectionals. This eliminated them from state competition. The boys 'Cross Country team qualified for state by receiving fourth at sectionals. In the state competition, the boys finished twentieth.

The team is coached by Don Fredericks and his assistants, Coach Snook and Coach Moore. Renee Clifton and Jason VanVooren were elected captains. Special award winners were elected by the runners and presented trophies at the Cross Country banquet. The Most Improved Athlete awards went to Julie Ghys and Travis Stroh. The Most Inspirational Athlete awards went to Karmen Roehrs and Michael Bell. The Most Valuable Athlete awards were presented to Wendy Wassell and Jason VanVooren.

by Michael Bell, Senior

Varsity Cross Country



J.V. Cross Country

