

2005 PANTHER CROSS COUNTRY

The 2005 cross country season saw an increase of 5 in the total number of participants, with both the boys and girls fielding full teams. Twenty-eight athletes in grades 7-12 participated. The breakdown was 14 girls (increase of 3 from 2004) and 14 boys (increase of 2 from 2004). There were 3 senior girls (Nicole Hager, Kelsey McAtee, Mandy Stout) and 5 senior boys (Chad Haugen, Ben Iversen, Ethan St. Michel, Matthew Wangler, Ryan Wissink).

The teams participated in 12 meets. The varsity girls won 4 meets and finished in the top five as a team in all 12 meets. The girls were Region Champions and 4th at State. The varsity boys finished in the top five as a team 8 times. The boys were 3rd at Regionals and 5th at State. This is the first time since 1997 that the girls have been Region Champions and the first time since 1993 that both teams have finished in the top 5 at State at the same time. Both the girls and the boys teams received the Team Scholar Award given by the NDHSAA.

The girls placed five runners on the All-Region team (Kirsten Welk - 3rd - 1st year, Chelsea Halvorson - 8th - 2nd year, Danielle Wangler - 16th - 2nd year, Kelsey McAtee - 18th - 1st year, Crystal Hovland - 19th - 1st year) and two runners on the All-State team (Kirsten Welk - 9th - 1st year, Chelsea Halvorson - 15th - 1st year). The boys had two All-Region runners (Dylan Yoder - 4th - 2nd year, Matthew Wangler - 18th - 3rd year) and one runner on the All-State team (Dylan Yoder - 13th - 2nd year). Chad Haugen was chosen as one of the East Region nominees for the State Outstanding Senior Cross Country Athlete of the Year award.

An elementary race was run at the 12th Annual Rugby Booster Club Invitational for the 7th straight year. 6 girls and 10 boys from Rugby participated in the elementary race of 1600 meters which was open to all the schools that attended the meet. A total of 23 girls and 30 boys ran in the races. Aubrey Hovland was the top Rugby elementary girl finishing in 12th place. David McAtee was the top Rugby elementary boy finishing in 6th place.

Coach Bill Jansen

AWARDS

	Girls	Boys
Most Valuable	Kirsten Welk (Sophomore).....	Matthew Wangler (Senior) Dylan Yoder (8th Grade)
Most Dedicated	Nicole Hager (Senior)	Chad Haugen (Senior)
	Kelsey McAtee (Senior)	
Most Improved	Mandy Stout (Senior)	Dustin Jundt (8th Grade)
	Mariya Bernhardt (8th Grade)	
Sportsmanship	Stephanie Friestad (Junior High)	Aaron Teigen (Junior High)
	Danielle Wangler (Varsity)	Ethan St. Michel (Varsity)

LETTER WINNERS

	Girls	Boys
	Nicole Hager - Senior (2 years)	Chad Haugen - Senior (5 years)
	Kelsey McAtee - Senior (1 year)	Ben Iversen - Senior (2 years)
	Mandy Stout - Senior (1 year)	Ethan St. Michel - Senior (3 years)
	Vanessa Friestad - Sophomore (1 year)	Matthew Wangler - Senior (5 years)
	Danielle Wangler - Sophomore (4 years)	Ryan Wissink - Senior (3 years)
	Kirsten Welk - Sophomore (2 years)	Tyler Haugen - Sophomore (3 years)
	Kristi Black - Freshman (3 years)	Jeshua Buckmeier - Freshman (1 year)
	Shelby Deckert - Freshman (3 years)	Caleb Cooper - Freshman (2 years)
	Joclyn Seiler - Freshman (3 years)	Jeremy Johnston - Freshman (2 years)
	Mariya Bernhardt - 8th Grade (1 year)	Dustin Jundt - 8th Grade (1 year)
	Chelsea Halvorson - 8th Grade (2 years)	Aaron Teigen - 8th Grade (2 years)
	Crystal Hovland - 7th Grade (1 year)	Dylan Yoder - 8th Grade (2 years)
	Mike Ostrem - 7th Grade (1 year)	
Non-Lettering Participants -	Stephanie Friestad - 8th Grade	
	Paige Haman - 8th Grade	
	Eric Kuntz - 7th Grade	