

## 2014 PANTHER CROSS COUNTRY

The 2014 cross country season saw a increase of 6 in the total number of participants, with both the boys and girls fielding full teams. Twenty-seven athletes in grades 7-12 participated. The breakdown was 16 girls (an increase of 2 from 2013) and 11 boys (an increase of 4 from 2013). There were 6 senior girls (Jessica Blessum, ReeAnn Christianson, Canya Fly, Allison Foster, Bailey Nelson, Alexis Thompson) and 4 senior boys (Tanner Bernhardt, Brady Fossum, Nolan Hovland, Noah Kraft).

The teams participated in 11 meets. The varsity girls won 1 meet and finished in the top five as a team 9 times. The girls were Region Runner-Up for the seventh time in school history, forth year in a row, and 8th place at State. The varsity boys won 5 meets and finished in the top five as a team 11 times. The boys were second place at Region and fifth at State. This is the ninth time the boys have finished in the top five at state. This was the tenth year in a row that we have had a top 5 team finisher on either the girls or boys side. The girls team received the Team Scholar Award given by the North Dakota High School Activities Association.

The girls placed 2 runners on the All-Region team (Tristin Lunde - 11th - second year, Allison Foster - 14th - third year) and one runner on the All-State team (Tristin Lunde - 20th - first year). The boys had 3 All-Region runners (Tanner Bernhardt - 4th - third year, Nolan Hovland - 10th - second year, and Brady Fossum - 17th - first year) and no runners on the All-State team. This was the tenth year in a row that we have had an All-State runner on either the girls or boys team.

We did not host our home meet this season because of a conflict with the state preview meet in Minot on the same date. An elementary race was run on Friday, October 3 for the 15th straight year. 44 girls and 44 boys from Rugby participated in the elementary race of 1600 meters which was open to only Rugby elementary runners. Mykell Heidlebaugh was the top Rugby elementary girl. Rylan Tofte was the top Rugby elementary boy. Coach Bartsch and Coach Grove held elementary practices for about a month before.

Head Coach - Bill Jansen

Assistant Coach - Christine Schmaltz

Volunteer Elementary Coach - Jennifer Bartsch

Volunteer Elementary Coach - Jessica Grove

### AWARDS

#### Girls

Most Valuable..... Tristin Lunde (Freshman)

Most Dedicated ..... Allison Foster (Senior)  
Bailey Nelson (Senior)

Most Improved..... Taylor Nelson (7th Grade)

#### Boys

Tanner Bernhardt (Senior)

Nolan Hovland (Senior)

Brady Fossum (Senior)  
Noah Kraft (Senior)

### LETTER WINNERS

#### Girls

Jessica Blessum - Senior (3 years)

ReeAnn Christianson - Senior (3 years)

Canya Fly - Senior (3 years)

Allison Foster - Senior (5 years)

Bailey Nelson - Senior (4 years)

Alexis Thompson - Senior (4 years)

Hannah Voeller - Student Manager - Senior (3 years)

Karin Selland - Sophomore (2 years)

Dessa Denich - Freshman (1 year)

Tristin Lunde - Freshman (3 years)

Ariana Hoffart - 8th Grade (2 years)

Jenna Wangler - 8th Grade (2 years)

Ellie Duchscherer - 7th Grade (1 year)

Taylor Nelson - 7th Grade (1 year)

#### Boys

Tanner Bernhardt - Senior (6 years)

Brady Fossum - Senior (3 years)

Nolan Hovland - Senior (4 years)

Noah Kraft - Senior (4 years)

Dillion Fly - Junior (1 year)

John Mueller - Sophomore (4 years)

Joey Brossart - Freshman (1 year)

Gabe Clements - Freshman (1 year)

Kyler Odden - Freshman (2 years)

Dawson Schepp - 7th Grade (1 year)

Non-Lettering Participant - Brittany Loughman - 8th Grade  
Brooke Radomski - 7th Grade  
Lilly Schmidt - 7th Grade  
Trenton Sanford - 7th Grade