

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, fourth 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 Schmalz
Volunteer Elementary Coach - Jennifer Bartsch
Volunteer Elementary Coach - Jessica Grove

AWARDS

| | <u>Girls</u> | <u>Boys</u> |
|----------------------|---|--|
| Most Valuable..... | Tristin Lunde (Freshman) | Tanner Bernhardt (Senior) |
| Most Dedicated | Allison Foster (Senior) Bailey Nelson (Senior) | Nolan Hovland (Senior) |
| Most Improved..... | Taylor Nelson (7th Grade) | Brady Fossum (Senior) Noah Kraft (Senior) |

LETTER WINNERS

| | <u>Girls</u> | <u>Boys</u> |
|---|--|-------------------------------------|
| | Jessica Blessum - Senior (3 years) | Tanner Bernhardt - Senior (6 years) |
| | ReeAnn Christianson - Senior (3 years) | Brady Fossum - Senior (3 years) |
| | Canya Fly - Senior (3 years) | Nolan Hovland - Senior (4 years) |
| | Allison Foster - Senior (5 years) | Noah Kraft - Senior (4 years) |
| | Bailey Nelson - Senior (4 years) | Dillion Fly - Junior (1 year) |
| | Alexis Thompson - Senior (4 years) | John Mueller - Sophomore (4 years) |
| Hannah Voeller - Student Manager - Senior (3 years) | | Joey Brossart - Freshman (1 year) |
| | Karin Selland - Sophomore (2 years) | Gabe Clements - Freshman (1 year) |
| | Dessa Denich - Freshman (1 year) | Kyler Odden - Freshman (2 years) |
| | Tristin Lunde - Freshman (3 years) | Dawson Schepp - 7th Grade (1 year) |
| | Ariana Hoffart - 8th Grade (2 years) | |
| | Jenna Wangler - 8th Grade (2 years) | |
| | Ellie Duchscherer - 7th Grade (1 year) | |
| | Taylor Nelson - 7th Grade (1 year) | |
| Non-Lettering Participant - | Brittany Loughman - 8th Grade | |
| | Brooke Radomski - 7th Grade | |
| | Lilly Schmidt - 7th Grade | |
| | Trenton Sanford - 7th Grade | |