

2016 PANTHER CROSS COUNTRY

The 2016 cross country season saw an increase of 1 in the total number of participants, with both the boys and girls fielding full teams. Thirty-one athletes in grades 7-12 participated. The breakdown was 15 girls (no change from 2015) and 16 boys (an increase of 1 from 2015). There was 1 senior girl (Karin Selland) and 3 senior boys (Jacob Blessum, John Mueller, and Brett O'Connell). This was the second year of our co-op with Benson County and the seventh year with TGU - Towner.

The teams participated in 13 meets. The varsity girls won 2 meets and finished in the top five as a team 13 times. The girls were Runner-Up at Region for the 8th time and 3rd Place at State for the 7th time. This is the 15th time the girls have finished in the top five at state. The varsity boys won 7 meets and finished in the top five as a team 13 times. The boys were Region Champions for the 6th time and State Runner-Up for the 4th time. This is the 12th time the boys have finished in the top five at state. This was the 12th year in a row that we have had a top 5 team finisher on either the girls or boys side and the 5th time both the girls and boys finished in the top 5 at state. The girls and boys teams received the Team Scholar Award given by the North Dakota High School Activities Association.

The girls placed 3 runners on the All-Region team (Kristina Brossart - 12th - second year, Tristin Lunde - 16th - fourth year, Quinn Neppi - 17th - first year) and 1 All-State runner (Kristina Brossart - 19th - first year). The boys had 7 All-Region runners (Dawson Schepp - 4th - second year, Kadin Neppi - 5th - second year, Brett O'Connell - 6th - first year, Riley Zachmeier - 11th - first year, John Mueller - 12th - second year, Gabe Clements - 15th - second year, and Cole Wentz - 19th - first year) and 3 All-State runners (Brett O'Connell - 8th - first year, Riley Zachmeier - 12th - first year, and Dawson Schepp - 18th - first year). This was the 12th year in a row that we have had an All-State runner on either the girls or boys team. Brett O'Connell was selected as a nominee for the state Outstanding Senior Athlete Award from the East Region.

An elementary race was run at the 22nd Annual Rugby Booster Club Invitational for the 17th year. 49 girls and 58 boys from the Rugby co-op participated in the elementary race of 1600 meters which was open to all the schools that attended the meet. A total of 134 girls and 127 boys ran in the races. Sara Schmaltz was the top Rugby girl finishing in 7th place. Paige Jones from Maddock was the top Benson County elementary girl finishing in 23rd place. Sydney Schock was the top TGU-Towner girl finishing in 48th place. Rylan Tofte was the top Rugby boy finishing in 4th place. Paxton Neppi was the top Benson County boy finishing in 19th place. There were no boy runners from TGU-Towner. Coach Bartsch and Coach Schepp held elementary practices for the Rugby runners for about a month before our home meet.

Head Coach - Bill Jansen, Assistant Coach - Jennifer Bartsch, Volunteer Elementary Coach - Alyson Schepp

AWARDS

	<u>Girls</u>	<u>Boys</u>
Most Valuable.....	Tristin Lunde (Junior) Ellie Duchscherer (Freshman)	Dawson Schepp (Freshman) Kadin Neppi (Freshman)
Most Dedicated	Tristin Lunde (Junior)	Riley Zachmeier (Sophomore) Dawson Schepp (Freshman)
Most Improved.....	Quinn Neppi (7th Grade) Anna Clements (8th Grade)	Riley Zachmeier (Sophomore)

LETTER WINNERS

<u>Girls</u>	<u>Boys</u>
Karin Selland - Senior (4 years)	Jacob Blessum - Senior (2 years)
Dessa Denich - Junior (3 years)	John Mueller - Senior (6 years)
Tristin Lunde - Junior (5 years)	Brett O'Connell - Senior (1 year)
Karsyn Hager - Sophomore (2 year)	Gabe Clements - Junior (3 years)
Jenna Wangler - Sophomore (4 years)	Kyler Odden - Junior (4 years)
Kristina Brossart - Freshman (2 years)	Landon Rost - Sophomore (1 year)
Ellie Duchscherer - Freshman (3 years)	Riley Zachmeier - Sophomore (2 years)
Taylor Nelson - Freshman (3 years)	Jacob Arnold - Freshman (2 years)
Anna Clements - 8th Grade (2 years)	Kadin Neppi - Freshman (2 years)
Andrea Arnold - 7th Grade (1 year)	Trenton Sanford - Freshman (1 year)
Keely Arnston - 7th Grade (1 year)	Dawson Schepp - Freshman (3 years)
Quinn Neppi - 7th Grade (1 year)	Warren Walker - 8th Grade (2 year)
Rylie Suchor - 7th Grade (1 year)	Cole Wentz - 8th Grade (1 year)

Non-Lettering Participant - Braelynn Oppen - 8th Grade, Tesha Sobolik - 8th Grade, Malachi Dosch - 8th Grade
Colin Adam - 7th Grade, Ridley Odden - 7th Grade