

LHSAA STATE CROSS COUNTRY CHAMPIONSHIPS

NATCHITOCHEs - Results from Tuesday's races at the 2011 State Farm/Louisiana High School Athletic Association Cross Country Championships hosted by Northwestern State at the Walter P. Ledet Track Complex.

CLASS C

Boys

Team scores: 1. Elizabeth 29. 2. Georgetown 85. 3. Holy Rosary 86. 4. Johnson Bayou 128. 5. Family Christian 139. 6. Claiborne Christian 153. 7. Assembly Christian 169. 8. First Baptist 212. 9. Plainview 219. 10. Pleasant Hill 243.

Individual Top 10

1. Harry Wiggins, Family Christian, 17:30.88. 2. Michael Alphonse, Holy Rosary, 18:14.29. 3. Houston Brady, Elizabeth, 18:21.06. 4. Corey Plumlee, Elizabeth, 18:48.69. 5. Beau Bennett, Claiborne Christian, 19:02.04. 6. Jordan Sutterfield, Elizabeth, 19:04.07. 7. Colin McClellan, Elizabeth, 19:06.84. 8. Darion Obanion, Assembly Christian, 19:12.12. 9. Trent Myers, Elizabeth, 19:19.38. 10. Bradley Barnes, Claiborne Christian, 19:22.68.

Girls

Team scores: 1. Georgetown 44. 2. Elizabeth 46. 3. First Baptist 48. 4. Claiborne Christian 105. 5. Johnson Bayou 119.

Individual Top 10

1. Gabrielle Jennings, First Baptist, 18:34.56. 2. Kennedy Sutterfield, Elizabeth, 22:30.63. 3. Madelyn Jennings, First Baptist, 22:57.12. 4. Karlie Sanders, Pleasant Hill, 23:34.63. 5. Leah Braheiman, First Baptist, 23:45.52. 6. Brooke

Kendrick, Georgetown, 24:00.44. 7. Morgan Bruce, Georgetown, 24:13.14. 8. Haylee Thornhill, Elizabeth, 25:21.60. 9. Allison Black, Elizabeth, 25:28.76. 10. Katie Rountree, Claiborne Christian, 25:33.03.

CLASS B

Boys

Team scores: 1. Midland 35. 2. Anacoco 62. 3. Patrick Taylor Academy 118. 4. Choudrant 135. 5. Hornbeck 151. 6. Bell City 191. 7. Grace Christian, 203. 8. Oak Hill, 255. 9. Rapides 304. 10. Episcopal of Acadiana 305. 11. Avoyelles Public Charter 310. 12. Negreet 310. 13. Quitman 337. 14. Glenmora 337.

Individual Top 10

1. Michael Primeaux, Midland, 16:50.48. 2. Evan Michel, Patrick Taylor, 16:55.74. 3. Sam Turnipseed, Anacoco, 17:08.51. 4. Aaron Koenck, Anacoco, 17:16.02. 5. Cody Stutes, Midland, 17:28.08. 6. Milton Houy, Negreet, 17:37.75. 7. Jesse Pender, Westop, 17:48.07. 8. Travis Thibeaux, Bell City, 18:07.42. 9. Julio Gomez, Rapides, 18:11.81. 10. Chase Vincent, Midland, 18:12.52.

Girls

Team scores: 1. Anacoco 73. 2. Grace Christian 102. 3. Lacassine, 111. 4. Bell City 132. 5. Avoyelles Public Charter 148. 6. Choudrant 150. 7. Sacred Heart 153. 8. Converse 162. 9. Hornbeck 200. 10. Glenmora 275. 11. Negreet 291. 12. Episcopal of Acadiana 298. 13. Pitkin 350. 14. Patrick Taylor Academy 385. 15. Evans 410. 16. Quitman 418. 17. Castor 434.

Individual Top 10

1. Kathleen Boulet, Sacred Heart, 19:38.67. 2. Hayley Guidry, Lacassine, 20:50.46. 3. Clarissa Smith, Holden, 20:50.46. 4. Haley Cooley, Lacassine, 21:13.81. 5. Marissa Bennett, Choudrant, 21:19.24. 6. Georgie Powell, Oak Hill, 21:20.19. 7. Angela Ortiz, Anacoco, 21:20.80. 8. Leann Bennett, Simpson, 21:30.67. 9. Christina Scheub, Sacred Heart, 21:43.43. 10. Tia Simms, Anacoco, 21:44.57.

CLASS 1A

Boys

Team scores: 1. Ascension Catholic 35. 2. Metairie Park Country Day 39. 3. St. Martin's 109. 4. Catholic-Pointe Coupee 150. 5. Westminster Christian 161. 6. St. Edmund 180. 7. Cedar Creek 193. 8. St. Mary 208. 9. Hanson 215. 10. Hourma Christian 221. 11. Sacred Heart-Ville Platte 302. 12. St. Frederick 305. 13. Vermillion Catholic 325. 14. Central Catholic-Morgan 343.

Individual Top 10

1. Zach Capello, Ascension Catholic, 16:26.08. 2. Connor Fagan, Metairie Park, 17:03.08. 3. Joe Edwards, St. Frederick, 17:10.14. 4. Adam Goldberg, Metairie Park, 17:15.96. 5. Jesse Hood, Ascension Catholic, 17:27.92. 6. Austin Luke, Hanson, 17:54.01. 7. Cameron Falgout, Westminster, 17:58.83. 8. Crawford Steck, Metairie Park, 18:00.62. 9. Patrick Brou, Ascension Catholic, 18:01.70. 10. Trey Capello, Ascension Catholic, 18:22.58.

Girls

Team scores: 1. Metairie Park Country Day, 52. 2. Christian Life, 69. 3. Catholic-Pointe Coupee, 71. 4. Westminster Christian, 96. 5. Ascension Catholic, 110. 6. St. Edmund Catholic, 119. 7. Hanson, 152. 8. Sacred Heart-Ville Platte, 211. 9. St. Mary, 278. 10. Houma Christian, 284.

Individual Top 10

1. Anna Katherine Devitt, Christian Life, 18:33.96. 2. Lane Porter, Metairie Park Country Day, 19:29.35. 3. Addie Burleigh, Catholic-Pointe Coupee, 20:13.97. 4. Leigh Allen, Christian Life, 20:30.21. 5. Victoria Olivier, Westminster Christian, 20:42.06. 6. Breanna Elliott, Christian Life, 21:13.05. 7. Briana Ramirez, St. Edmund, 21:20.98. 8. Meredith Witty, Catholic-Pointe Coupee, 21:37.74. 9. Whitney Eure, Ascension Catholic, 21:52.08. 10. Bailey LeBlanc, Ascension Catholic, 21:56.37.

CLASS 2A

Boys

Team scores: 1. Episcopal 37. 2. St. Thomas More 57. 3. Lakeside 87. 4. Isadore Newman 134. 5. Runnels 174. 6. University Lab 180. 7. Menard 186. 8. John Curtis 198. 9. Delcambre 307. 10. North Webster 314. 11. Pine Prairie 331. 12. Catholic-New Iberia 344. 13. Rosepine 353. 14. Haynes Academy 360. 15. Mamou 406. 16. Northlake Christian 407. 17. Pope John Paul II 428. 18. Fisher 440. 19. Many 449. 20. Thomas Jefferson 555.

Individual Top 10

1. Enrique Soto, Lakeside, 15:41.25. 2. Christian Johnson, Episcopal, 15:54.15. 3. Scott Wheat, St. Thomas Aquinas, 16:13.30. 4. Zachary Levesque, Lakeside, 16:24.98. 5. Bryan Stamey, Episcopal, 16:24.98. 6. Hank Patrick, University Lab, 16:39.19. 7. Corbett Ourso, St. Thomas Aquinas, 16:40.71. 8. James Taylor, Lakeside, 16:56.58. 9. Ben Murrey, Episcopal, 17:09.74. 10. Wesley Brown, Episcopal, 17:14.00.

Girls

Team scores: 1. Holy Savior Menard, 89. 2. Episcopal, 70. 3. Sacred Heart-New Orleans, 73. 4. Louise McGehee, 101. 5. Isadore Newman, 143. 6. University Lab, 148. 7. St. Thomas Aquinas, 177. 8. Calvary Baptist, 213. 9. John Curtis, 288. 10. Rosepine, 297. 11. Catholic-New Iberia, 323. 12. Fisher, 361. 13. North Webster, 367. 14. Redemptorist, 407. 15. Pine Prairie, 421. 16. Ville Platte, 425. 17. Delcambre, 426.

Individual Top 10

1. Mallory Robichaux, Menard, 18:45.82. 2. Hailey Hesterman, Calvary Baptist, 18:59.20. 3. Katie Keller, Episcopal, 19:52.84. 4. Anna Davidson, Lakeside, 20:16.51. 5. Alissa Landers, Lakeside, 20:20.11. 6. Haley Johnson, Isadore Newman, 20:24.30. 7. Morgan Martin, Louise McGehee, 20:38.90. 8. Ainsley Pittman, Episcopal, 20:43.00. 9. Grace Cary, Isadore Newman, 20:47.85. 10. Hayley Schwab, University Lab, 20:51.68.

ADVOCATE 1/16

it up."

Led by Devitt, the CLA girls scored 69 points to edge an area team, New Roads-based Catholic-Pointe Coupee (71), for second place. Country Day won with 52. CHSPC's Addie Burleigh (third, 20:13.97) was the next highest local finisher.

Leigh Allen (fourth, 20:30.21) and Breanna Elliott (sixth, 21:13.05) were also in the top 10 for Christian Life, which fielded a full team for the first time.

Ascension Catholic (110) was fifth, led by Whitney Eure (ninth, 21:52.08) and Bailey LeBlanc (10th, 21:56.37).

"When I came here, only three of these girls had ever run a race," CLA coach Aaron Nasers said. "This is an awesome group. I'm so happy for them."

Menard-Alexandria won the

2A girls title with 59 points, with Episcopal (70) in second. University (148) was sixth.

"Of all the finishes, this may have been the most improbable," Episcopal coach Eddie Cole said.

"The competition was so good. I didn't know if we were sixth, fourth, or second. We talked about everybody running their best race, and they came through."

Menard's Mallory Robichaux (18:46.82) was the individual champion/Katie Keller (third, 19:52.84) and Ainsley Pittman (eighth, 20:43.00) led Episcopal. U-High's Hayley Schwab (20:51.68) was 10th.

Cross Country

**Cross Country is a sport you don't play,
One in which you let nothing stand in your
way.**

**Practice is sometimes a hard place to go,
But come race time your work will show.**

**In these races your goal is the finish line.
Something you hold in your mind under each
passing pine.**

**When the air is hot as fire,
It is your only desire.**

**Run with all your might,
And you will be proud you put up such a fight.
Whether you end the day with victory or
defeat,
The feeling of accomplishment is always
sweet.**

Elise Wyatt '07

**HOLY SAVIOR MENARD CROSS COUNTRY
COURSE RECORDS (Girls 3 mile)**

As of October 29, 2011

ACADIANA PARK BOYS

GIRLS

Top 10 Overall

1. M Landreseau (11)	15:30	01
2. O'Kelly (12)	15:41	96
3. J Holcombe (12)	16:04	03
4. Dotson (11)	16:20	07
5. J Landreseau (11)	16:30	99
6. Petrus (12)	16:43	02
7. F Vanderlick (12)	16:55	03
8. Pettione (10)	17:05	00
9. Garner (10)	17:05	02
10. Ellis (12)	17:15	11

7th Grade

1. Jenoune	19:05	03
2. J Adams	19:13	96
3. Profflet	20:07	00
4. J Holcombe	20:08	98
5. Upton	20:31	00

8th Grade

1. Filieck	17:23	96
2. O'Kelly	17:54	92
3. J Holcombe	18:01	99
4. F Vanderlick	18:05	99
5. Taylor	18:13	07

9th Grade

1. J Holcombe	17:07	00
2. Garner	17:13	01
3. M Landreseau	17:17	99
4. O'Kelly	17:24	93
5. Taylor	17:42	08

10th Grade

1. M Landreseau	16:08	00
2. J Holcombe	16:59	01
3. Dotson	17:00	06
4. Pettione	17:05	00
5. Garner	17:05	02

11th Grade

1. M Landreseau	15:30	01
2. O'Kelly	16:11	95
3. Dotson	16:20	07
4. J Landreseau	16:30	99
5. Jenoune	17:20	07

12th Grade

1. O'Kelly	15:41	96
2. J Holcombe	16:04	03
3. Petrus	16:43	02
4. F Vanderlick	16:55	03
5. Ellis	17:15	11

**HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)**

As of November 9, 2011

DISTRICT MEET BOYS

GIRLS

Top 10 Overall

1. Smith (12)	15:05	86
2. O'Kelly (12)	15:33	96
3. J Landreseau (10)	16:17	99
4. M Landreseau (11)	16:17	01
5. Dotson (11)	16:29	07
6. L Carr (11)	16:37	87
7. J Holcombe (12)	16:37	03
8. Petrus (12)	16:46	02
9. Garner (10)	16:46	02
10. F Vanderlick (12)	16:53	03

7th Grade

1. Jenoune	18:29	03
2. J Adams	18:35	96
3. Bowie	18:37	06
4. O'Kelly	18:51	91
5. D Vanderlick	20:00	90

8th Grade

1. Filieck	17:29	96
2. J Holcombe	17:35	99
3. O'Kelly	17:43	92
4. Taylor	17:57	07
5. Jenoune	17:59	04

9th Grade

1. M Landreseau	17:04	99
2. O'Kelly	17:26	93
3. Petrus	17:30	99
4. Demarco	17:38	01
5. Garner	17:40	01

10th Grade

1. Smith	16:26	84
2. O'Kelly	16:32	94
3. Garner	16:46	02
4. J Holcombe	16:56	01
5. L Carr	17:24	86
5. J Landreseau	17:24	98
5. Dotson	17:24	06

11th Grade

1. O'Kelly	16:06	95
2. J Landreseau	16:17	99
3. M Landreseau	16:17	01
4. Smith	16:20	85
5. Dotson	16:29	07

12th Grade

1. Smith	15:05	86
2. O'Kelly	15:33	96
3. J Holcombe	16:37	03
4. Dotson	16:43	08
5. Petrus	16:46	02

GIRLS

1. Robichaux (9)	18:17	11
2. Bodeaux (10)	20:38	04
3. Engelman (9)	20:48	11
4. Jeanne (12)	21:04	06
5. Marchison (12)	21:07	05
6. Baker (12)	21:18	07
7. Vaughan (10)	21:20	11
8. Bartow (10)	21:26	11
9. K Robichaux (9)	22:02	11
10. Rabalais (9)	22:17	11

1. Robichaux	20:54	09
2. Bartow	21:43	08
3. Vaughan	21:43	08
4. Engelman	22:49	09
5. Hawborne	23:42	11

1. Robichaux	20:44	10
2. Engelman	21:40	10
3. Bartow	22:02	09
4. Vaughan	23:00	09
5. Tarpley	23:44	05

GIRLS

1. Robichaux	18:17	11
2. Engelman	20:48	11
3. K Robichaux	22:02	11
4. Baker	22:17	04
5. Rabalais	22:17	11

1. Bodeaux	20:38	04
2. Vaughan	21:20	11
3. Bartow	21:26	11
4. Jeanne	21:35	04
5. Baker	22:42	05

1. Bodeaux	21:34	05
2. Jeanne	22:26	05
3. Aanon	23:07	05
4. Baker	22:24	06
5. Morrison	22:29	11

1. Bodeaux	20:51	06
2. Jeanne	21:04	06
3. Marchison	21:07	05
4. Baker	21:18	07
5. Sensing	22:44	07

**HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)**

As of November 9, 2011

BOYS		GIRLS	
Top 10 Overall	1. Dotson (12) 15.49 08	1. Robichaux (09) 18.17 11	1. Robichaux (09) 18.17 11
	2. M Landreseau (11) 16.01 01	2. Engelmann (07) 19.40 09	2. Engelmann (07) 19.40 09
	3. J Holcombe (12) 16.13 03	3. Vaughan (09) 20.11 10	3. Vaughan (09) 20.11 10
	4. Petrus (12) 16.37 02	4. Jenne (12) 20.31 06	4. Jenne (12) 20.31 06
	5. F Vanderlick (12) 16.52 03	5. Murchison (12) 20.34 05	5. Murchison (12) 20.34 05
	6. Garner (10) 17.12 02	6. Badeaux (12) 20.45 06	6. Badeaux (12) 20.45 06
	7. Jenne (10) 17.13 06	7. Bartow (10) 21.04 11	7. Bartow (10) 21.04 11
	8. Pepitone (11) 17.21 01	8. Baker (12) 21.18 07	8. Baker (12) 21.18 07
	9. B Adams (12) 17.22 01	9. Marshall (08) 22.06 10	9. Marshall (08) 22.06 10
	10. Alexander (11) 17.26 09	10. K Robichaux (9) 22.02 11	10. K Robichaux (9) 22.02 11

7th Grade	1. Bouie 18.37 06	1. Robichaux 20.57 09
	2. Jenne 18.51 03	2. Engelmann 21.25 09
	3. Taylor 18.52 06	3. Bartow 21.29 08
	4. Juncos 20.19 11	4. Vaughan 21.43 08
	5. Noren 20.20 06	5. Hawthorne 23.42 11

8th Grade	1. Taylor 17.57 07	1. Robichaux 19.16 10
	2. Jenne 18.25 04	2. Vaughan 21.28 09
	3. Kajor 19.02 02	3. Engelmann 21.58 10
	4. T Holcombe 19.25 01	4. Marshall 22.06 10
	5. Baker 19.26 07	5. Shackelford 23.40 06

9th Grade	1. Garner 17.30 01	1. Robichaux 18.17 11
	2. Taylor 17.35 08	2. Vaughan 20.11 10
	3. Dotson 17.36 05	3. Engelmann 20.48 11
	4. Demarco 17.38 01	4. Bartow 21.34 10
	5. Jenne 17.40 05	5. K Robichaux 22.02 11

10th Grade	1. J Holcombe 16.47 01	1. Badeaux 20.57 04
	2. Dotson 16.53 06	2. Vaughan 21.04 11
	3. Garner 17.12 02	3. Bartow 21.04 11
	4. Jenne 17.13 06	4. Baker 21.43 05
	5. Demarco 17.28 02	5. Jenne 21.55 04

11th Grade	1. M Landreseau 16.01 01	1. Jenne 21.20 05
	2. Dotson 16.20 07	2. Badeaux 21.30 05
	3. Petrus 17.21 01	3. Baker 21.49 06
	4. Pepitone 17.21 01	4. Deworth 22.25 11
	5. Alexander 17.26 09	5. Morrison 22.29 11

12th Grade	1. Dotson 15.49 08	1. Jenne 20.31 06
	2. J Holcombe 16.13 03	2. Murchison 20.34 05
	3. Petrus 16.37 02	3. Badeaux 20.45 06
	4. F Vanderlick 16.52 03	4. Baker 21.18 07
	5. B Adams 17.22 01	5. Sensing 22.44 07

There have been 6 cross country courses at the Fort Babbow Recreation complex.

- Babbow1 1984 - 86 Start at highway, out and back. 3 mile went to airport entrance; 2 mile went to park entrance.
- Babbow2 1987 - 92 Red River Park opens. Start at observation point. 2 miles does full loop including parking lot, 3 mile does this loop plus cross in tracks and out and back to airport entrance.
- Babbow3 1993 - 93 Long off road course, only used for one Centa Champ meet.
- Babbow4 1993 - 96 Start at low end. 2 mile does full loop including parking lot, 3 mile does full loop plus gravel road loop.
- Babbow5 1997 - 00 Off road course starting and finishing at lower end; incorporated paved trails in woods.
- Babbow6 Current Modification of Babbow5 incorporating trigger hill and minor course change in last mile.

**HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)**

As of October 15, 2011

BOYS		GIRLS	
Top 10 Overall	1. Mark Dotson (12) 15.49 08	1. Robichaux (9) 18.55 11	1. Robichaux (9) 18.55 11
	2. O'Kelly (11) 15.52 95	2. Vaughan (9) 20.11 10	2. Vaughan (9) 20.11 10
	3. M Landreseau (11) 16.01 01	3. Engelmann (7) 20.19 09	3. Engelmann (7) 20.19 09
	4. L Carr (12) 16.28 88	4. Murchison (12) 20.34 05	4. Murchison (12) 20.34 05
	5. Petrus (12) 16.37 02	5. Jenne (12) 20.39 06	5. Jenne (12) 20.39 06
	6. J Landreseau (11) 16.42 95	6. Badeaux (12) 20.45 06	6. Badeaux (12) 20.45 06
	7. Perez (11) 16.47 99	7. Bartow (10) 21.17 11	7. Bartow (10) 21.17 11
	8. J Holcombe (10) 16.47 01	8. Baker (12) 21.28 07	8. Baker (12) 21.28 07
	9. Pepitone (10) 16.51 00	9. Deworth (11) 22.26 11	9. Deworth (11) 22.26 11
	10. F Vanderlick (12) 16.52 03	10. Sensing (10) 22.38 05	10. Sensing (10) 22.38 05

7th Grade	1. Jenne 18.51 03	1. Robichaux 19.59 09
	2. Taylor 18.52 06 <td>2. Engelmann 20.19 09</td>	2. Engelmann 20.19 09
	3. O'Kelly 19.08 91 <td>3. Bartow 22.07 08</td>	3. Bartow 22.07 08
	4. Upton 19.26 00 <td>4. Vaughan 24.36 08</td>	4. Vaughan 24.36 08
	5. Proffitt 19.42 00 <td>5. Hawthorne 24.40 11</td>	5. Hawthorne 24.40 11

8th Grade	1. Garner 17.36 00	1. Robichaux 20.27 10
	2. J Holcombe 17.44 99 <td>2. Vaughan 20.44 09</td>	2. Vaughan 20.44 09
	3. Taylor 18.10 07 <td>3. Bartow 22.20 09</td>	3. Bartow 22.20 09
	4. O'Kelly 18.12 92 <td>4. Marshall 23.13 10</td>	4. Marshall 23.13 10
	5. Jenne 18.25 04 <td>5. Tarpley 24.12 05</td>	5. Tarpley 24.12 05

9th Grade	1. M Landreseau 16.56 99	1. Robichaux 18.55 11
	2. J Holcombe 17.08 00 <td>2. Vaughan 20.11 10</td>	2. Vaughan 20.11 10
	3. Taylor 17.30 01 <td>3. Baker 22.42 04</td>	3. Baker 22.42 04
	4. F Vanderlick 17.35 00 <td>4. Rabalais 22.51 11</td>	4. Rabalais 22.51 11
	5. Dotson 17.36 05 <td>5. Engelmann 23.18 11</td>	5. Engelmann 23.18 11

10th Grade	1. M Landreseau 16.05 00	1. Badeaux 20.57 04
	2. O'Kelly 16.15 94 <td>2. Vaughan 21.04 11</td>	2. Vaughan 21.04 11
	3. J Holcombe 16.47 01 <td>3. Bartow 21.17 11</td>	3. Bartow 21.17 11
	4. Pepitone 16.51 00 <td>4. Baker 21.43 05</td>	4. Baker 21.43 05
	5. Dotson 16.53 06 <td>5. Sensing 22.38 05</td>	5. Sensing 22.38 05

11th Grade	1. O'Kelly 15.52 95	1. Jenne 21.20 05
	2. M Landreseau 16.01 01 <td>2. Badeaux 21.30 05</td>	2. Badeaux 21.30 05
	3. Dotson 16.20 07 <td>3. Baker 21.49 06</td>	3. Baker 21.49 06
	4. J Landreseau 16.42 99 <td>4. Deworth 22.26 11</td>	4. Deworth 22.26 11
	5. Perez 16.47 95 <td>5. Wyatt 23.82 06</td>	5. Wyatt 23.82 06

12th Grade	1. Dotson 15.49 08	1. Murchison 20.34 05
	2. L Carr 16.28 88 <td>2. Jenne 20.39 06</td>	2. Jenne 20.39 06
	3. Petrus 16.37 02 <td>3. Badeaux 20.45 06</td>	3. Badeaux 20.45 06
	4. F Vanderlick 16.52 03 <td>4. Baker 21.28 07</td>	4. Baker 21.28 07
	5. Hugenroth 17.18 88 <td>5. Sensing 22.55 07</td>	5. Sensing 22.55 07

**HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)**

As of September 21, 2011

CENLA CHAMPS BOYS

Top 10 Overall

1. Smith (12)	15.00	86
2. M Landreseau (11)	15.45	01
3. J Holcombe (12)	16.13	03
4. O'Kelly (10)	16.27	94
5. Engelman (8)	16.45	08
6. Allen (12)	16.52	86
7. J Landreseau (11)	16.56	99
8. L Carr (10)	17.04	86
9. F Vanderlick (12)	17.10	03
10. McHugh (11)	17.30	89

7th Grade

1. Taylor	18.59	06
2. Jenoune	19.46	03
3. O'Kelly	20.01	91
4. J Adams	20.30	96
5. Blalock	20.57	92

8th Grade

1. Filsek	18.01	96
2. O'Kelly	18.14	92
3. Jenoune	19.10	04
4. Garner	19.12	00
5. Taylor	19.13	07

9th Grade

1. M Landreseau	16.47	99
2. J Holcombe	17.47	00
3. O'Kelly	18.05	93
4. F Vanderlick	18.11	00
5. Garner	18.18	01

10th Grade

1. M Landreseau	16.23	00
2. O'Kelly	16.27	94
3. Smith	16.32	84
4. J Holcombe	16.34	01
5. L Carr	17.04	86

11th Grade

1. M Landreseau	15.45	01
2. O'Kelly	16.31	95
3. J Landreseau	16.56	99
4. Doon	17.21	07
5. Pepitone	17.34	01

12th Grade

1. Smith	15.00	86
2. J Holcombe	16.13	03
3. Doon	16.45	08
4. O'Kelly	16.50	96
5. Allen	16.52	86

GIRLS

1. Robichaux (9)	20.24	11
2. Jenne (12)	20.31	06
3. Badeaux (12)	21.26	06
4. Bartow (9)	21.34	10
5. Engelman (8)	21.58	10
6. Baker (11)	22.05	06
7. Vaughan (9)	22.19	10
8. Marchison (12)	22.44	05
9. Sansing (11)	23.19	06
10. Wyatt (11)	23.35	06

1. Robichaux	21.30	09
2. Bartow	23.29	08
3. M Bartow	32.40	10
4.		
5.		

1. Robichaux	21.50	10
2. Engelman	21.58	10
3. Vaughan	22.23	09
4. Shackelford	25.21	06
5. Beard	25.31	09

1. Robichaux	20.24	11
2. Bartow	21.50	10
3. Vaughan	22.19	10
4. Engelman	22.36	11
5. Baker	23.14	04

1. Bartow	22.26	11
2. Badeaux	22.42	04
3. Baker	22.51	05
4. Jenne	23.01	04
5. Sansing	25.08	05

1. Baker	22.05	06
2. Badeaux	23.02	05
3. Morrison	23.13	11
4. Sansing	23.19	06
5. Wyatt	23.35	06

1. Jenne	20.31	06
2. Badeaux	21.26	06
3. Baker	22.21	07
4. Marchison	22.44	05
5. LaCroix	25.19	07

**HOLY SAVIOR MENARD CROSS COUNTRY
COURSE RECORDS (Girls 3 mile)**

As of October 8, 2011

HIGHLAND PARK BOYS

Top 10 Overall

1. O'Kelly (12)	15.25	96
2. J Holcombe (12)	15.32	03
3. M Landreseau (11)	15.36	01
4. Doon (12)	15.38	08
5. Smith (11)	15.41	85
6. F Vanderlick (12)	16.27	03
7. Pepitone (11)	16.44	01
8. Petrus (12)	16.51	02
9. Jenoune (11)	16.50	07
10. J Landreseau (11)	16.54	99

7th Grade

1. Taylor	18.13	06
2. Jenoune	18.51	03
3. O'Kelly	19.01	91
4. J Adams	19.21	96
5. J Holcombe	20.41	98

8th Grade

1. Filsek	17.02	96
2. O'Kelly	18.27	92
3. Jenoune	18.34	04
4. D Vanderlick	18.41	91
5. Taylor	18.24	07

9th Grade

1. J Holcombe	16.44	00
2. M Landreseau	16.52	99
3. Garner	17.12	01
4. O'Kelly	17.20	93
5. Doon	17.12	05

10th Grade

1. M Landreseau	16.02	00
2. Doon	16.15	06
3. O'Kelly	16.39	94
4. J Holcombe	16.46	01
5. J Landreseau	17.17	98
5. Pepitone	17.17	00

11th Grade

1. M Landreseau	15.36	01
2. Smith	15.41	85
3. Doon	15.43	07
4. O'Kelly	16.06	95
5. Pepitone	16.44	01

12th Grade

1. O'Kelly	15.25	96
2. J Holcombe	15.32	03
3. Doon	15.38	08
4. Smith	15.53	86
5. F Vanderlick	16.27	03

GIRLS

1. Robichaux (9)	18.44	11
2. Badeaux (12)	19.58	06
3. Engelman (8)	20.19	10
4. Vaughan (10)	20.22	11
5. Marchison (12)	20.27	05
6. Bartow (9)	20.28	10
7. Jenne (11)	20.32	05
8. Baker (11)	21.06	06
9. Deworth (11)	21.24	11
10. Morrison (11)	22.09	11

1. Robichaux	20.09	09
2. Engelman	20.53	09
3. Bartow	22.37	08
4. Vaughan	24.50	08
5. M Bartow	25.25	10

1. Robichaux	19.19	10
2. Engelman	20.19	10
3. Vaughan	21.41	09
4. Tarpley	22.36	05
5. Shackelford	23.07	06

1. Robichaux	18.44	11
2. Bartow	20.28	10
3. Vaughan	20.57	10
4. Engelman	20.58	11
5. Shackelford	22.27	07

1. Vaughan	20.22	11
2. Badeaux	20.37	04
3. Jenne	21.19	04
4. Baker	21.31	05
5. Bartow	21.32	11

1. Badeaux	20.27	05
2. Jenne	20.32	05
3. Baker	21.06	06
4. Deworth	21.24	11
5. Morrison	22.09	11

1. Badeaux	19.58	06
2. Marchison	20.27	05
3. Jenne	20.53	06
4. Baker	21.07	07
5. Sansing	22.27	07

**HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)**

As of October 8, 2011

**HOLY SAVIOR MENARD CROSS COUNTRY
COURSE RECORDS (Girls 3 mile)**

As of November 15, 2011

CATHOLIC / ST JOE

BOYS

GIRLS

Top 10 Overall

1. O'Kelly (12)	15.25	96
2. Dolson (12)	15.38	08
3. J Holcombe (12)	15.42	03
4. M Landreneau (11)	15.43	01
5. Smith (12)	15.53	86
6. Peppone (11)	16.44	01
7. Jenkinson (11)	16.50	07
8. Petrus (12)	16.51	02
9. Filasek (8)	17.02	96
10. F Vanderliak (12)	17.07	03

1. Robichaux (9)	18.44	11
2. Badcaux (12)	19.38	06
3. Engelsman (8)	20.19	10
4. Vaughan (10)	20.22	11
5. Marchison (12)	20.27	05
6. Jenne (11)	20.32	05
7. Baker (11)	21.06	06
8. Bartow (9)	21.25	10
9. Morrison (11)	22.09	11
10. Deworth (11)	22.28	11

7th Grade

1. Taylor	18.13	06
2. Jenkinson	18.51	03
3. J Adams	19.21	96
4. O'Kelly	19.40	91
5. J Holcombe	20.41	98

1. Robichaux	20.12	09
2. Engelsman	20.53	09
3. Bartow	22.37	08
4. Vaughan	24.50	08
5. M Bartow	25.25	10

8th Grade

1. Filasek	17.02	96
2. O'Kelly	18.27	92
3. Taylor	18.28	07
4. Baker	18.44	07
5. D Vanderliak	19.03	91

1. Robichaux	19.19	10
2. Engelsman	20.19	10
3. Vaughan	22.25	09
4. Tarpley	22.44	05
5. Shacketford	23.07	06

9th Grade

1. J Holcombe	16.44	00
2. Garner	17.12	01
3. O'Kelly	17.20	93
4. Jenkinson	17.27	05
5. Dolson	17.32	05

1. Robichaux	18.44	11
2. Vaughan	20.57	10
3. Bartow	21.25	10
4. Baker	22.31	04
5. Lemone	22.32	10

10th Grade

1. M Landreneau	16.02	00
2. Dolson	16.15	06
3. O'Kelly	16.39	94
4. J Holcombe	16.45	01
5. J Landreneau	17.17	98
5. Peppone	17.17	00

1. Vaughan	20.22	11
2. Badcaux	20.37	04
3. Jenne	21.38	04
4. Baker	21.42	05
5. Bartow	22.32	11

11th Grade

1. M Landreneau	15.43	01
2. Dolson	15.43	07
3. Smith	16.07	85
4. Peppone	16.44	01
5. Jenkinson	16.50	07

1. Jenne	20.32	05
2. Baker	21.06	06
3. Badcaux	21.16	05
4. Morrison	22.08	11
5. Deworth	22.26	11

12th Grade

1. O'Kelly	15.25	96
2. Dolson	15.38	08
3. J Holcombe	15.42	03
4. Smith	15.53	86
5. Petrus	16.51	02

1. Badcaux	19.58	06
2. Marchison	20.27	05
3. Jenne	20.54	06
4. Baker	21.06	07
5. Samsing	22.27	07

NORTHWESTERN BOYS

GIRLS

Top 10 Overall

1. Dolson (12)	15.40	08
2. M Landreneau (11)	15.49	01
3. O'Kelly (12)	15.55	96
4. Smith (12)	16.23	86
5. J Holcombe (9)	16.36	00
6. Petrus (12)	16.41	02
7. J Landreneau (11)	16.42	99
8. Garner (10)	16.42	02
9. F Vanderliak (12)	16.53	03
10. Peppone (11)	16.58	01

1. Robichaux (9)	18.46	11
2. Engelsman (8)	19.42	10
3. Bartow (7)	20.04	08
4. Marchison (12)	20.34	05
5. Badcaux (10)	20.38	04
6. Baker (12)	20.50	07
7. Jenne (11)	20.56	05
8. Vaughan (7)	21.03	09
9. Tarpley (8)	21.41	05
10. Morrison (11)	21.56	11

7th Grade

1. Jenkinson	18.29	03
2. J Holcombe	19.42	98
3. Lintpage	19.47	01
4. Upton	19.54	00
5. Boaic	20.01	06

1. Engelsman	19.51	09
2. Robichaux	20.02	09
3. Bartow	20.04	08
4. Vaughan	21.06	08
5. Tarpley	23.18	04

8th Grade

1. Filasek	17.16	96
2. J Holcombe	17.50	99
3. Jenkinson	17.59	04
4. O'Kelly	18.03	92
5. Baker	18.17	07

1. Engelsman	19.42	10
2. Robichaux	19.45	10
3. Vaughan	21.03	09
4. Tarpley	21.41	05
5. Bartow	21.48	09

9th Grade

1. J Holcombe	16.36	00
2. M Landreneau	16.53	99
3. Dolson	17.02	05
4. Garner	17.12	01
5. Taylor	17.20	08

1. Robichaux	18.46	11
2. Vaughan	21.08	10
3. Engelsman	21.11	11
4. Bartow	21.24	10
5. Baker	21.53	04

10th Grade

1. O'Kelly	16.28	94
2. J Holcombe	16.36	01
3. Garner	16.42	02
4. M Landreneau	16.43	00
5. Peppone	17.18	00

1. Badcaux	20.38	04
2. Baker	20.56	05
3. Jenne	21.09	04
4. Vaughan	21.20	11
5. Bartow	21.25	11

11th Grade

1. M Landreneau	15.49	01
2. O'Kelly	15.59	95
3. Dolson	16.12	07
4. Smith	16.41	85
5. J Landreneau	16.42	99

1. Jenne	20.56	05
2. Badcaux	21.03	05
3. Morrison	21.56	11
4. Baker	22.04	06
5. Aaron	22.10	05

12th Grade

1. Dolson	15.40	08
2. O'Kelly	15.55	96
3. Smith	16.23	86
4. J Holcombe	16.37	03
5. Petrus	16.41	02

1. Marchison	20.34	05
2. Baker	20.50	07
3. Jenne	20.58	06
4. Badcaux	21.23	06
5. Ponthie	23.10	08

**HOLY SAVIOR MENARD CROSS COUNTRY
EVENT RECORDS (Girls 3 mile)**

As of November 15, 2011

**STATE MEET
Top 10 Overall**

BOYS	TIME
1. Smith (11)	15:41 85
2. M Landreseau (11)	15:49 01
3. Dotson (11)	15:49 08
4. O'Kelly (11)	16:06 95
5. J Holcombe (9)	16:36 00
6. Jesse Petrus (12)	16:41 02
7. J Landreseau (11)	16:42 99
8. Garner (9)	16:42 02
9. Pepitone (11)	16:58 01
10. L Carr (12)	17:02 88

GIRLS	TIME
1. Robichaux (9)	18:46 11
2. Engelsen (8)	19:42 10
3. Marchison (12)	20:34 05
4. Bartow (7)	20:36 08
5. Baker (12)	20:50 07
6. Bodeaux (10)	20:53 04
7. Jenne (11)	20:56 05
8. Vaughan (7)	21:03 09
9. Terpley (8)	21:41 05
10. Morrison (11)	21:56 11

7th Grade

1. O'Kelly	19:01 91
2. J Holcombe	19:42 98
3. Reute	20:01 06
4. J Adams	20:19 96
5. Pippin	21:12 98

1. Engelsen	19:51 09
2. Robichaux	20:02 09
3. Bartow	20:36 08
4. Vaughan	21:06 08
5. Terpley	23:18 04

8th Grade

1. J Holcombe	17:55 99
2. O'Kelly	18:03 92
3. Filasck	18:09 96
4. Jenkinson	18:10 04
5. Baker	18:17 07

1. Engelsen	19:42 10
2. Robichaux	19:59 10
3. Vaughan	21:03 09
4. Terpley	21:41 05
5. Bartow	21:48 09

9th Grade

1. J Holcombe	16:36 00
2. Dotson	17:02 05
3. M Landreseau	17:06 99
4. Garner	17:12 01
5. Taylor	17:21 08

1. Robichaux	18:46 11
2. Vaughan	21:08 10
3. Engelsen	21:11 11
4. Bartow	21:24 10
5. Baker	21:53 04

10th Grade

1. J Holcombe	16:36 01
2. Garner	16:42 02
3. O'Kelly	16:43 94
4. M Landreseau	16:43 00
5. Pepitone	17:18 00

1. Bodeaux	20:53 04
2. Baker	20:56 05
3. Jenne	21:09 04
4. Vaughan	21:20 11
5. Bartow	21:28 11

11th Grade

1. Smith	15:41 85
2. M Landreseau	15:49 01
3. O'Kelly	16:06 95
4. Dotson	16:12 07
5. J Landreseau	16:42 99

1. Jenne	20:56 05
2. Bodeaux	21:03 05
3. Morrison	21:56 11
4. Baker	22:04 06
5. Aaron	22:10 05

12th Grade

1. Dotson	15:49 08
2. O'Kelly	16:10 96
3. Smith	16:23 86
4. Petrus	16:41 02
5. J Holcombe	16:49 03

1. Marchison	20:34 05
2. Baker	20:50 07
3. Jenne	20:58 06
4. Bodeaux	21:23 06
5. Ponthie	23:10 08

What is a Team?

A team is a group of competitors that stick together until the end.
A team is a family of close and very good friends.

A team is a bond that can never be broken,
A team is a speaker who is never outspoken.

A team is a bond that cost not a dime,
A team is a treasure until the end of time.

A team is something we will always share,
A team has its accessories that will always be there.

A team has its goals we strive to achieve,
A team has its losses though hard to conceive.

A team becomes closer through its defeats,
A team is made one as a group of athletes.

Monday, September 12, 2011

ANNOUNCEMENT

CROSS COUNTRY WAS AT THE HIGHLAND PARK COURSE IN BATON ROUGE SATURDAY RUNNING AGAINST SOME OF THE STATE'S FINEST TEAMS. THE CROSS COUNTRY GUYS PLACED 11TH OF 22 TEAMS AND THE GIRLS PLACED 7TH OF 15 TEAMS, LOSING ONLY TO 5A STATE CHAMP ST JOSEPH'S OF BATON ROUGE. MALLORY ROBICHAUX WAS THE INDIVIDUAL RUNNER-UP OUT OF 135 GIRLS.

SCORING FOR THE GUYS WERE:

TUCKER BAKER
ANDREW LEMOINE
BRENNAN VIDRINE
DANIEL SEESER
AND COLE ROBICHAUX

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX
LINDSAY VAUGHAN
HANNAH DEWORTH
RACHEL ENGELSMAN
AND MALLORY BARTOW

CARSON RABALAIS PLACED 8TH OR 62 GIRLS IN THE JV RACE.

Monday, September 19, 2011

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE EPISCOPAL INVITATIONAL IN BATON ROUGE SATURDAY.

THE GIRLS PLACED 3RD OF 19 SCHOOLS AND FIRST OF THE 2A SCHOOLS. THE BOYS PLACED 11TH OF 29 SCHOOLS AND THIRD OF THE 2A SCHOOLS.

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX
LINDSAY VAUGHAN
RACHEL ENGELSMAN
MALLORY BARTOW
AND MEG MORRISON

SCORING FOR THE BOYS WERE:

ISAAC EILTS
TUCKER BAKER
ANDREW LEMOINE
BRENNAN VIDRINE
AND CHRISTIAN TAYLOR

MALLORY ROBICHAUX RAN 18 MINUTES, 45 SECONDS TO SET AN ALL-TIME MENARD RECORD FOR THREE MILES.

Thursday, September 22, 2011

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE CENLA CHAMPIONSHIPS YESTERDAY.

THE GIRLS WERE FIRST OF 12 TEAMS, WINNING BY 33 POINTS, INCLUDING THE TOP 3 RUNNERS. THE BOYS WERE 4TH OF 16 TEAMS. ALSO CONGRATULATIONS TO MALLORY ROBICHAUX FOR WINNING THE GIRLS RACE. OTHER TOP ELEVEN RUNNERS INCLUDED MALLORY BARTOW - 2nd, RACHEL ENGELSMAN - 3rd, MEG MORRISON - 11TH, ISAAC EILTS - 4th, AND ANDREW LEMORNE - 10TH.

ALSO SCORING FOR THE GIRLS WAS:

KELLEY ROBICHAUX

ALSO SCORING FOR THE BOYS WERE:

BRENNAN VIDRINE
WILL WEHRLE
AND DANIEL SEESER

Monday, September 26, 2011

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE SACRED HEART INVITATIONAL SATURDAY IN GRAND COTEAU.

THE GIRLS DOMINATED, WINNING OVER 6 TEAMS BY 48 POINTS. THE BOYS ALSO DOMINATED, WINNING BY 27 POINTS. ALSO CONGRATULATIONS TO MALLORY ROBICHAUX, WHO EASILY WON THE GIRLS RACE.

ALSO SCORING FOR THE GIRLS WERE:

MALLORY BARTOW
LINDSAY VAUGHAN
MEG MORRISON
AND RACHEL ENGELSMAN

SCORING FOR THE BOYS WERE:

ISAAC EILTS
ANDREW LEMOINE
TUCKER BAKER
BRENNAN VIDRINE
AND WILL WEHRLE

Monday, October 10, 2011

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT PERFORMANCES AT THE CATHOLIC HIGH INVITATIONAL IN BATON ROUGE SATURDAY. THIS IS THE BIGGEST CROSS COUNTRY RACE IN THE STATE, HOSTING OVER 2000 RUNNERS.

THE GIRLS PLACED 4th OF 29 SCHOOLS AND EASILY BEAT ALL THE 2A SCHOOLS. THE BOYS PLACED 16th OF 49 SCHOOLS AND WERE SECOND OF THE 2A SCHOOLS. BOTH RACES WERE DOMINATED BY 5A SCHOOLS. THERE WERE 231 RUNNERS IN THE GIRLS RACE AND 322 RUNNERS IN THE GUYS RACE.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX, 2ND PLACE
LINDSAY VAUGHAN, 17TH PLACE
MEG MORRISON
HANNAH DEWORTH
AND MALLORY BARTOW

SCORING FOR THE BOYS WERE:
ISAAC EILTS
TUCKER BAKER
ANDREW LEMOINE
BRENNAN VIDRINE
AND WILL WEHRLE

Thursday, October 20, 2011

ANNOUNCEMENT

CROSS COUNTRY COMPETED AT THE JOHN MILLER INVITATIONAL AT BUHLOW YESTERDAY. THE GIRLS WON FOR THE 4TH TIME THIS YEAR, THIS TIME BEATING 4A STATE CHAMP BENTON AND 12 OTHER TEAMS. THE BOYS PLACED 3RD OF 19 TEAMS.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
RACHEL ENGELSMAN
MALLORY BARTOW
HANNAH DEWORTH
AND CARSON RABALAIS

SCORING FOR THE BOYS WERE:
ISAAC EILTS
TUCKER BAKER
BRENNAN VIDRINE
ANDREW LEMOINE
AND WILL WEHRLE

Monday, October 17, 2011

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE MENARD INVITATIONAL SATURDAY. MENARD HOSTED NEARLY 50 SCHOOLS FROM ALL OVER THE STATE SATURDAY AT THE PORT BUHLOW RECREATION COMPLEX.

THE GIRLS AGAIN DOMINATED, WINNING BY OVER 50 POINTS AND PLACING ALL FIVE SCORERS IN THE TOP 15. THE BOYS ALSO WON EASILY, PLACING FOUR IN THE TOP 15.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
LINDSAY VAUGHAN
MALLORY BARTOW
HANNAH DEWORTH
AND CARSON RABALAIS

SCORING FOR THE BOYS WERE:
ISAAC EILTS
TUCKER BAKER
ANDREW LEMOINE
BRENNAN VIDRINE
AND CHRISTIAN TAYLOR

Monday, October 24, 2011

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE NORTHWESTERN STATE INVITATIONAL SATURDAY.

THE GIRLS WERE 4TH OF 27 TEAMS. THE BOYS WERE 13TH OF 27 TEAMS.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
MALLORY BARTOW
LINDSAY VAUGHAN
RACHEL ENGELSMAN
AND HANNAH DEWORTH

SCORING FOR THE BOYS WERE:
ANDREW LEMOINE
WILL WEHRLE
BRENNAN VIDRINE
CHRISTIAN TAYLOR
AND COLE ROBICHAUX

Thursday, October 27, 2011

ANNOUNCEMENT

THE BOYS AND GIRLS CROSS COUNTRY TEAMS CONTINUE TO DOMINATE LOCAL CROSS COUNTRY. THE GIRLS BEAT ALL 12 SCHOOLS TO WIN AT THE BUCKEYE INVITATIONAL YESTERDAY. THE BOYS PLACED SECOND TO 4A BENTON FROM SHREVEPORT. ALSO CONGRATULATIONS TO MALLORY ROBICHAUX, WHO WON HER 4TH RACE OF THE YEAR.

SCORING FOR THE BOYS WERE:

ISAAC EILTS
TUCKER BAKER
BRENNAN VIDRINE
WILL WEHRLE
AND CHRISTIAN TAYLOR

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX
MALLORY BARTOW
RACHEL ENGELSMAN
KELLEY ROBICHAUX
AND CARSON RABALAIS

Monday, October 31, 2011

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SHOWING AT THE COMEAUX INVITATIONAL SATURDAY IN LAFAYETTE. THE GIRLS WERE SECOND OF 14 SCHOOLS, LOSING ONLY TO 5A STATE CHAMP ST JOSEPH. THE GUYS WERE SEVENTH OF 21 SCHOOLS.

SCORING FOR THE BOYS WERE:

ISAAC EILTS
TUCKER BAKER
BRENNAN VIDRINE
ANDREW LEMOINE
AND WILL WEHRLE

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX
RACHEL ENGELSMAN
MALLORY BARTOW
LINDSAY VAUGHAN
AND CARSON RABALAIS

MALLORY ROBICHAUX WON THE GIRLS RACE, AND BROKE HER OWN SCHOOL RECORD, RUNNING 18:39 FOR THE THREE MILES.

Thursday, November 3, 2011

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE PARISH CHAMPIONSHIPS AT BUHLOW YESTERDAY.

BOTH TEAMS WON FOR THE SECOND YEAR IN A ROW, THIS TIME BEATING 8 OTHER RAPIDES PARISH SCHOOLS.

THE GIRLS DOMINATED, WITH MALLORY ROBICHAUX FINISHING 1st, RACHEL ENGELSMAN 4th, LINDSAY VAUGHAN 5th, MALLORY BARTOW 8th, AND KELLEY ROBICHAUX 11th.

THE BOYS ALSO DOMINATED, WITH ISAAC EILTS 3rd, TUCKER BAKER 4th, ANDREW LEMOINE 11th, CHRISTIAN TAYLOR 14th, AND BRENNAN VIDRINE 22nd.

THURSDAY, November 10, 2011

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE DISTRICT MEET AT BUHLOW YESTERDAY.

ISAAC EILTS IS THE GUYS DISTRICT CHAMPION AND MALLORY ROBICHAUX IS THE GIRLS DISTRICT CHAMPION.

ALSO SCORING FOR THE GIRLS WERE:

RACHEL ENGELSMAN
LINDSAY VAUGHAN
MALLORY BARTOW
AND KELLEY ROBICHAUX

ALSO SCORING FOR THE BOYS WERE:

ANDREW LEMOINE
TUCKER BAKER
BRENNAN VIDRINE
AND CHRISTIAN TAYLOR

MALLORY ROBICHAUX AGAIN SET THE GIRLS 3-MILE RECORD, RUNNING 18 MINUTES 17 SECONDS.

TUESDAY, November 16, 2011

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR GREAT SEASONS JUST ENDED, AND FOR THEIR RESULTS AT THE STATE MEET IN NATCHITOCHEs YESTERDAY.

IN THE SUPER TOUGH 2A CLASSIFICATION, THE GIRLS WON IT ALL, BEATING EPISCOPAL OF BATON ROUGE BY 13 AND 16 OTHER SCHOOLS. THE BOYS PLACED 7th OF 20 SCHOOLS. MALLORY ROBICHAUX FINISHED HER AWESOME SEASON BY EASILY WINNING THE INDIVIDUAL TITLE.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
RACHEL ENGELSMAN
LINDSAY VAUGHAN
MALLORY BARTOW
AND MEG MORRISON

SCORING FOR THE BOYS WERE:
ISAAC HILTS
TUCKER BAKER
CHRISTIAN TAYLOR
BRENNAN VIDRINE
AND ANDREW LEMOINE

Don't Quit

When things go wrong as they sometimes will;
 When the road you're running seems all uphill;
 When the energy is low, and the hills are high;
 And you want to smile, but have to sigh;
 When care is pressing you down a bit --
 Rest if you must, but don't you quit.

Success is failure turned inside out;
 The silver tint of the clouds of doubt;
 And you can never tell how close you are;
 It may be near when it seems afar.

So, stick to the fight when you're hardest hit --
 It's when things go wrong that

you must not quit.

SEASON 2011! TRAINING PHASE Base Building ①

GROUP	MON 15	TUES 16	WED 17	THURS 18	FRI 19	SAT 20	SUN 21	TOTL
AUGUST	1	TEAM MEETING NOYON	1:3xM:1 EASY (5)	EASY (3) 1-1-2 (4)	EASY (3) EASY (4)	Kincaid TAM COACH'S (6/B)	OYO	
	2	✓	1:2xM:1 EASY (5)	EASY (3) 1-1-1	EASY (4)	Kincaid	OYO	
	3	✓	1:1xM:1 EASY (3)	EASY (3) 1/2-1-1/2	EASY (3)	OYO	OYO	
	4	✓	1/2:1xM:1/2 EASY (2)	EASY (2) 1/2-1-1/2	EASY (2)	OYO	OYO	

*Gross Laps "Easy" means race pace + 120 or faster

GROUP	MON (22)	TUE (23)	WED (24)	THU (25)	FRI (26)	SAT (27)	SUN (28)	TOTAL
AUGUST	1	BUTLOW 2+10	2+2+2 TT Course	EASY (4)	TWO MILE TT 1-2-1	EASY (4)	Kimcoid 7AM Coach's	OYO
	2	BUTLOW 2+10	2+2 TT Course	EASY (3)	TWO MILE TT 1-2-1	EASY (3)	Kimcoid 7AM Coach's	OYO
	3	BUTLOW 1+10	2+1 TT Course	EASY (3)	TWO MILE TT 1/2-2-1/2	EASY (2)	Kimcoid 7AM Coach's	OYO
	4	BUTLOW 1+6	1+1 Tree Lops	EASY D+B (2)	ONE MILE TT 1/2-1-1/2	EASY (2)		OYO
	5	BUTLOW 1/2+6	1+1 Tree Lops	EASY TL'S (2)	ONE MILE TT 0-1-1/2	EASY (2)		OYO

SWIM & EAT!
SESSOL'S

4
Don't skip
Mandatory
Groups 1-3

GROUP	MON (29)	TUE (30)	WED (31)	THU (1)	FRI (2)	SAT (3)	SUN (4)	MON (5)
AUGUST ~ SEPTEMBER	1	BUTLOW 2+10 (3)	EASY 4 (4)	1/2 3xmile (5)	TEMPO (3)	4+2+2 or better (8)	minimum 6 OYO	OYO
	2	BUTLOW 2+10 (3)	EASY 3 (3)	1/2 2xmile (4)	TEMPO (2)	3+3 or better (6)	minimum 6	
	3	BUTLOW 1+10 (2)	EASY (2)	1/2 1xmile (3)	EASY (2)	2+2 or better (4)	minimum 4	
	4	BUTLOW 1+6 (1/2)	EASY TL'S (2)	TL'S (2)	EASY TL'S (2)	1+1+1 or better (3)	minimum 4	
	5	HALF DAY						

SWIM & EAT ~ EILTS

GET ALL THE MILES!
POT LUCK
SUPPER!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
SEPTMBER	(5)	(6)	(7)	(8)	(9)	(10)	(11)	
	1	800's 1/2-6-1/2 RP (4)	EASY INCLUDE 6X60 RP (4)	sub 50 (6)	5min strides 5min (1 1/2)	ST MIKE 1-3-1 (5)	OYO 4 min.	
	2	800's 1/2-6-1/2 RP (4)	EASY INCLUDE 4X60 RP (3)	sub 34 (4)		ST MIKE 1-3-1 (5)	OYO 3 min.	
	3	800's 1/2-4-1/2 FAST (3)	EASY (3)	(3)	(3)		ST MIKE 1-2-1 (4)	OYO 2 min.
	4	800's 1/2-2-1/2 FAST (2)	EASY (2)	(2)	(2)		ST MIKE 1/2-2-1/2 (3)	OYO 2 min.
5								

SWIM & EXT PEARSON'S
HIGHLAND PARK

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
SEPTMBER	(12)	(13)	(14)	(15)	(16)	(17)	(18)		
	1	Bullaw 3+12 (4)	Easy 32min (4)	800's 1/2-6-1/2 (4)	sub 50 (6)	5+8+5 (1 1/2)	Episcopal 1-3-1 (5)	OYO 4 minimum	28 1/2
	2	2+12 (3)	Easy 26min (3)	1/2-6-1/2 (4)	sub 34 (4)	(1 1/2)	Episcopal 1-3-1 (5)	OYO 3 minimum	23 1/2
	3	1+12 (2)	Easy 20min (2)	1/2-4-1/2 (3)	sub 30 (3)	(1 1/2)	Episcopal 1-2-1 (4)	OYO 2 minimum	17 1/2
	4	0+12 (1)	No walk (2)	1/2-3-1/2 (2 1/2)	No walk (2)	(1 1/2)	Episcopal 1/2-2-1/2 (3)	OYO 2 minimum	14
5									

Highland Park
Get all the miles!

GROUP	MON (19)	TUE (20)	WED (21)	THU (22)	FRI (23)	SAT (24)	SUN (25)	TOTAL
1	7:45 pace (6)	5-8-5 (1 1/2)	CONLA CITAAMPS! (5)	8:15 pace (6)	5-8-5 (1 1/2)	SACRED HEART! (5)	0/0 (6)	31
2	8:00 pace (4)	5-8-5 (1 1/2)	(5)	8:30 pace (4)	5-8-5 (1 1/2)	(5)	0/0 (4)	25
3	9:00 pace (3)	5-8-5 (1 1/2)	(4)	10:00 pace (3)	5-8-5 (1 1/2)	(4)	0/0 (3)	20
4								
5								

MISS 7TH & 8TH PERIODS

MONARD AT 6AM

GET ALL THESE MILES!

GROUP	MON (26)	TUE (27)	WED (28)	THU (29)	FRI (30)	SAT (1)	SUN (2)	TOTAL
1	8:30 pace 68 min (8)	Buflow 3+12 (4)	8:30 pace 34 min (4)	8:00's 6 (4)	8:30 pace 34 min (4)	Coach's 9AM (4)	6 max (2)	
2	9:00 pace 64 min (6)	Buflow 2+12 (3)	9:00 pace 36 min (4)	6 90 sec (4)	8:30 pace 25:30 (3)	Coach's 9AM (3)	6 max (3)	
3	no walk! (4)	Buflow 1+12 (2)	10:00 pace 30 min (3)	4 90 sec (3)	no walk (3)	Coach's 9AM (3)	4 max (3)	
4				1/2 W/U 1/2 C/D		Mandatory		

SEPTEMBER

GROUP	MON (3)	TUE (4)	WED (5)	THU (6)	FRI (7)	SAT (8)	SUN (9)	TOTAL	
OCTOBER	1	Buhlow 3+12 (4)	EASY (4)	400'S 15sec 12 (4)	EASY (6)	5-8-5 (7 1/2)	CATHOLIC (5)	EASY (4)	28 1/2
	2	2+12 (3)	(3)	12 (4)	(4)	5-8-5 (7 1/2)	(5)	(3)	23 1/2
	3	1+12 (2)	(3)	8 (3)	(3)	5-8-5 (1 1/2)	(4)	(2)	18 1/2
	4	1/2 w-u 1/2 c-d							
	5	~~~~~							

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| GROUP   | MON (10) | TUE (11)              | WED (12)    | THU (13)                    | FRI (14)                      | SAT (15)                      | SUN (16)      | TOTAL      |    |
|---------|----------|-----------------------|-------------|-----------------------------|-------------------------------|-------------------------------|---------------|------------|----|
| OCTOBER | 1        | Buhlow<br>3+12<br>(4) | EASY<br>(6) | 400'S<br>10sec<br>12<br>(4) | TEMPO<br>8min<br>Miles<br>(4) | No Practice<br>No Run<br>(14) | MENARD<br>(5) | OYO<br>(4) | 27 |
|         | 2        | 2+12<br>(3)           | (4)         | 12<br>(4)                   | 8:30<br>Miles<br>(3)          | }                             | (5)           | (3)        | 22 |
|         | 3        | 1+12<br>(2)           | (3)         | 8<br>(3)                    | 9:30<br>Miles<br>(3)          |                               | (4)           | (2)        | 17 |
|         | 4        | 1/2 wu<br>1/2 c-d     |             |                             |                               |                               |               |            |    |
|         | 5        | ~~~~~                 |             |                             |                               |                               |               |            |    |

TOP 10 AT MENARD MERC!

Be at Buhlow at 8 AM

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GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
	(17)	(18)	(19)	(20)	(21)	(22)	(23)		
1	400's 45 sec 12 (4)	EASY Group Run 32 min (4)	John Miller (5)	EASY See Tuesday (4)	No Practice	Northwestern (4)	0/0 (4)	26 1/2	
2	12 (4)	Group Run 25:30 min (3)	(4) OR (5)	(3)	}	(3) OR (4)	0/0 (3)	23 1/2	
3	8 (3)	Group Run 20 min (2)	(4)	(2)		(4)	(2)	0/0	18 1/2
4	1/2 w-u 1/2 c-d								
5		STAY WITH GROUP							

STATE IN
4 WEEKS!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	24	25	26	27	28	29	30	
1	400's 45 sec 12 (4)	Box Lunch! Day (4)	Buckeye (5)	EASY + 4 Grass (3)	5-8-5 (1 1/2)	Commonwealth (5)	0/0 (4)	22 1/2
2	10 (3 1/2)	}	(5)	EASY + 4 Grass (2)	5-8-5 (1 1/2)	(5)	0/0 (3)	20 1/2
3	8 (3)		(4)	EASY + 4 Grass (2)	5-8-5 (1 1/2)	(4)	0/0 (2)	16 1/2
4								
5								

2 OCTOBER 2

SPORTS WEDNESDAY

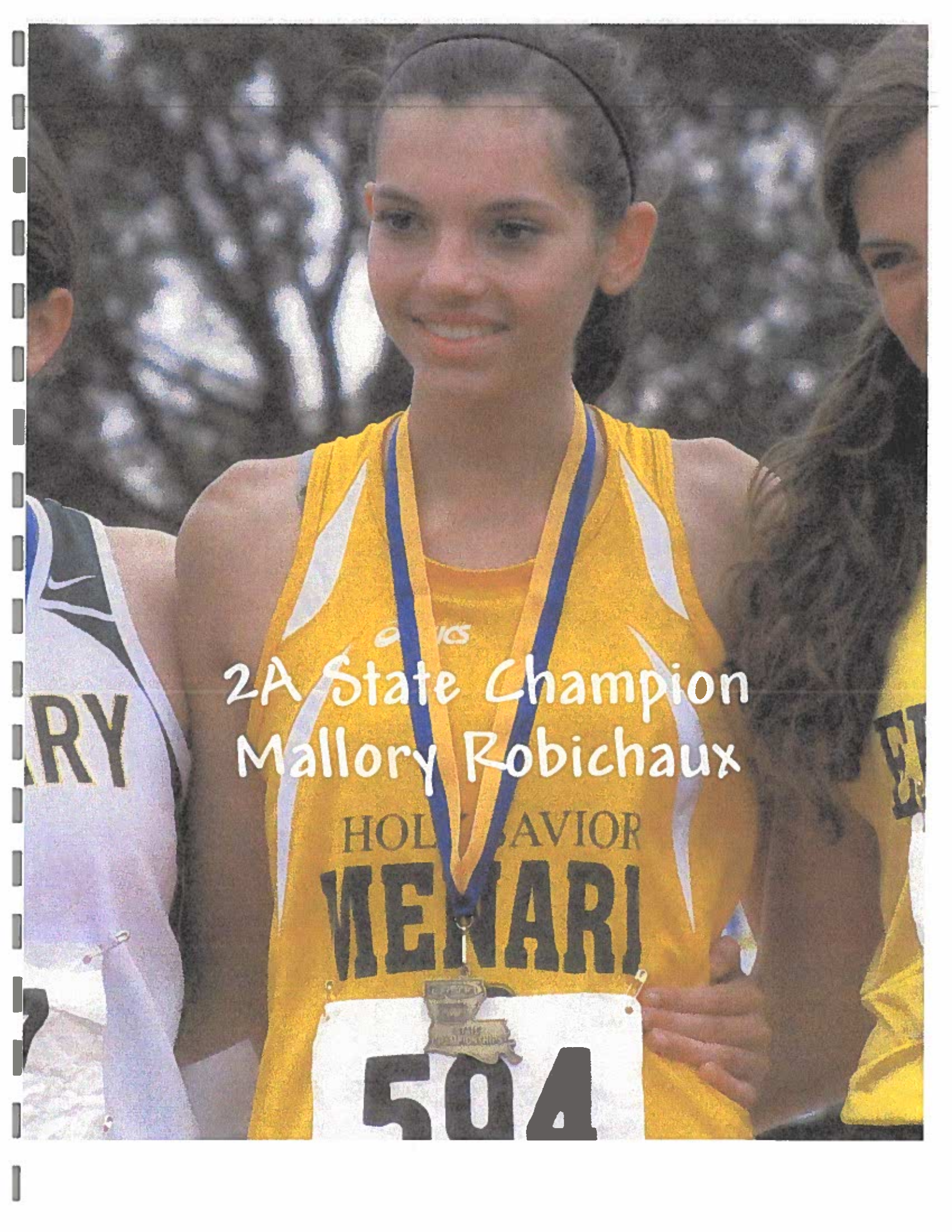
WWW.THETOWNTALK.COM/SPORTS

WEDNESDAY, NOVEMBER 16, 2011



Members of the Holy Savior Menard cross country team celebrate with coach Wally Smith after winning the State 2A Champions at Northwestern State University on Tuesday. LEANDRO HUEBNER/LHUEBNER@THETOWNTALK.COM





2A State Champion
Mallory Robichaux

HOLY SAVIOR
WENARI

504







END OF THE SUMMER PRACTICE SCHEDULE

DAY OF WEEK DATE GR LTH PACE DETAILS

THURSDAY	4-Aug	AM	1	6	EASY	
			2	5	EASY	
			3	4	EASY	
			4	3	EASY	
			5	2	EASY	
THURSDAY	4-Aug	PM	1	4	EASY	1+C+3
			2	3	EASY	1+C+2
			3	2	EASY	1+C+1
			4	2	EASY	1+C+1
			5	1	EASY	1+C
FRIDAY	5-Aug	AM	1	3	REPEATS	4 X 800 PANCAKES!
			2	3	REPEATS	4 X 800 PANCAKES!
			3	3	REPEATS	4 X 800 PANCAKES!
			4	3	REPEATS	4 X 800 PANCAKES!
			5	2	REPEATS	2 X 800 PANCAKES!
SATURDAY	6-Aug	AM	1	4	EASY	OYO
			2	3	EASY	OYO
			3	2	EASY	OYO
			4	2	EASY	OYO
			5	1	EASY	OYO
SUNDAY	7-Aug	AM	1	4	EASY	OYO
			2	3	EASY	OYO
			3	2	EASY	OYO
			4	2	EASY	OYO
			5	1	EASY	OYO
MONDAY	8-Aug	AM	1	8	HILLS	KINCAID
			2	8	HILLS	KINCAID
			3	5	HILLS	KINCAID
			4	3	HILLS	KINCAID
			5	2	HILLS	KINCAID
TUESDAY	9-Aug	AM	1	4	EASY	
			2	3	EASY	
			3	2	EASY	
			4	2	EASY	
			5	1	EASY	
TUESDAY	9-Aug	PM	1	4	EASY	1+C+3
			2	3	EASY	1+C+2
			3	2	EASY	1+C+1
			4	2	EASY	1+C+1
			5	1	EASY	1+C

WEDNESDAY	10-Aug	AM	1	5	TEMPO	RP + 75
			2	4	TEMPO	RP + 75
			3	3	TEMPO	RP + 75
			4	2	TEMPO	RP + 75
			5	2	EASY	
THURSDAY	11-Aug	AM	1	6	EASY	
			2	5	EASY	
			3	4	EASY	
			4	3	EASY	
			5	2	EASY	
THURSDAY	11-Aug	PM	1	4	EASY	1+C+3
			2	3	EASY	1+C+2
			3	2	EASY	1+C+1
			4	2	EASY	1+C+1
			5	1	EASY	1+C
FRIDAY	12-Aug	AM	1	3	REPEATS	4 X 800 PANCAKES!
			2	3	REPEATS	4 X 800 PANCAKES!
			3	3	REPEATS	4 X 800 PANCAKES!
			4	3	REPEATS	4 X 800 PANCAKES!
			5	2	REPEATS	2 X 800 PANCAKES!
SATURDAY	13-Aug	AM	1	6	HILLS	KINCAID
			2	6	HILLS	KINCAID
			3	6	HILLS	KINCAID
			4	2	EASY	
			5	2	EASY	
SUNDAY	14-Aug	AM	1	3	EASY	OYO
			2	3	EASY	OYO
			3	3	EASY	OYO
			4	2	EASY	OYO
			5	2	EASY	OYO

TEASY" MEANS RP + 90
"OYO MEANS ON YOUR OWN

Holy Savior Menard Cross Country 2011!

August 21, 2011 #2

TIME TRIALS

The one mile time trial was last Thursday, August 18, on the track in what must have been 110 degrees. The two mile will be August 25. It's always a great opportunity to see where we're at and where we have to get to. Here's the results from the one mile TT plus previous year's results for current runners.

ONE MILE TRIALS

TWO MILE TRIALS

		2011	2010	2009	2008	2007	2006	2010	2009	2008	2007
		8/18	8/26	8/13	8/14	Aug 16	Aug 24	9/1	8/20	8/20	8/27
1 Robicheaux, Mallory	F	6:10	6:51	7:00				12:38	13:40		
2 Engelstman, Rachel	F	6:26	6:18	7:38					14:20		
3 Barlow, Mallory	F	7:09	6:17	6:54	7:47			13:19	16:43		
4 Morrison, Meg	F	7:09									
5 Deworth, Hannah	F	7:12									
6 Vaughn, Lindsay	F	7:38	6:39		10:50			15:08	14:57		
7 Vargas, Nellie	F	7:52	6:35								
8 Robicheaux, Kelley	F	7:54									
9 Marshall, Jessica	F	8:22	8:15					18:03	19:14		
10 Rabalais, Carson	F	8:22									
11 Jones, Madeline	F	8:37	9:11								
12 Robicheaux, Regan	F	8:49									
13 Travis, Abbey	F	9:10									
14 Erickson, Cameron	F	9:42	9:11								
15 Jeanfreau, Grace	F	10:34	9:48					19:18			
16 Zimmerman, Cans	F	11:18	9:10								
17 Dohard, Anna	F	11:31									
18 Jeanfreau, Rebecca	F	11:44									
19 Larnoine, Alyse	F		6:56	7:22	9:41			15:55	19:04	18:58	
20 Pearson, Claire	F		6:39	6:50	8:28				13:57	17:40	
1 Lemoine, Andrew	M	5:16	5:50	6:10	6:55	6:42	7:17	12:04	12:05	15:29	18:03
2 Baker, Tucker	M	5:28	5:44	5:53	5:59	5:59	7:09	12:31	12:16	13:27	14:18
3 Taylor, Christian	M	5:32	5:43	5:51	5:50	5:49	8:02		12:06	12:56	
4 Vidrine, Brennan	M	5:38	5:44	6:22	7:06			12:03	13:28	15:67	
5 Wehrle, Will	M	6:17	6:09	6:35	6:57			12:59	14:18		
6 Robicheaux, Cole	M	6:29	6:51					15:43			
7 Seaser, Daniel	M	6:54	6:30	6:38	8:04	8:46		13:26	13:43	16:35	20:07
8 McMickens, Quent	M	7:17									
9 Hilton, Heath	M	7:28									
10 Mathews, Tyler	M	8:13									
11 Odom, Victor	M	8:53									
12 Ellis, Isaac	M		5:39	5:40	6:12			11:48	12:49	13:24	
13 Mathews, Paul	M		7:42	7:41	7:59	10:23		17:58	15:41	18:16	
14 Book, Noah	M		9:05								

Holy Savior Menard Cross Country 2011! August 21, 2011

KICK OFF THE SEASON POT LUCK SUPPER WEDNESDAY, August 31, MENARD CAFETERIA, 6 PM

Put it on your calendar! Wednesday, August 31, 6 PM in the cafeteria. This is mandatory for all runners and fans (at least one parent!), especially our new runners and their families. This is where you can meet the other runners and parents, learn something about this sport called cross country, and have a great meal. We will have lots of information pass out that night, so try hard not to miss this important get together. *It is not back, so bring your favorite dish.*

SHOES, LOGS AND WATCHES!

All runners are required to keep their running log up to date DAILY. Once the races start, the log book will contain completed race reviews. Parents - check out your runners' logbook!

All runners are required to wear a digital stop watch at every practice. You can get fancy and spend a lot of money you can spend around \$6.00 - both keep the same time!

The only big expense a runner has are running shoes (and possibly racing flats and spikes). Runners have a wide of feet issues (arches, pronation, supination, etc) that require the correct shoe to avoid possible injuries. The two can have disastrous results. Coach's recommendation: go to *Run Wild* on Jackson Street (in front of Mac's) who will put you in the proper shoe.

AFTER SCHOOL PRACTICE

Practice starts promptly at 3:20 behind the school. For scheduling, count on practice lasting until 5 PM, usually a earlier. We practice Monday thru Friday (and Saturday for some) no matter what the weather.

PRACTICE DRESS CODE

The practice dress will be black shorts (your choice) and a gold jersey. The jerseys have been ordered and are \$1 each. *Now is the time to be getting SES to Coach!* Until the jerseys come in, no skimpy shorts or t's please.

SWIM & EAT THIS WEEK

This week we're at the Seaser's, Wednesday, August 24. We will practice after school as we normally do. Then take the bus to the Seaser's, and - you guessed it - swim and eat! Parents can pick runners up there (5237 Laik I later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work getting ready for these events attendance is MANDATORY for all runners.

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE ORDERED SOON!

Voting for this year's slogan is now open! All parents and runners are eligible to vote! Vote by emailing Coach. our traditions is to provide a t-shirt (free) to every runner. Each year the shirt slogan is unique. It's also a tradition our parents wear these shirts to the meets we travel to. Sorry, but all non-runners must purchase their shirts.

WATER!!!!!!

It's really too hot most days to run - at least the people in Alaska would say so. Not drinking enough water - no would be 8 glasses a day minimum - is nothing less than dangerous. So runners MUST TAKE CARE TO DRINK HOME AND AT SCHOOL (before school, during breaks, during lunch, and at practice). Besides being dangerous your health, it slows you down!

TRAINING GROUPS

Not everyone is on the same page when it comes to CC training runs. We have 5 year veterans and brand new rookies, and lots in between. To deal with this we have 5 different training groups (levels). Group 1 might do 6 or even 8 miles on long run day, and Group 5 will do no more than 2. Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 2 or 3 groups! Here's the groups as of today (notice the new names and the promotions!):

GROUP 1 Tucker Baker, Isaac Ellis, Andrew Lemoine, Daniel Seeser, Christian Taylor, Breanna Vidrine, Mallory Robichaux

GROUP 2 Mallory Bertow, Hannah Deworth, Rachel Bogolman, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Cole Robichaux, Will Wehrle

GROUP 3 Heath Hilton, Lane Beard, Grace Jeanfrans, Madeline Jones, Jessica Marshall, Carson Rabelais, Nellie Vargas

GROUP 4 Anna Deberd, Cameron Erickson, Miranda Hawthorne, Abbey Travis, Cam Zimmerman, Noah Book, Dong Juneau, Chance Kelley, Tyler Mathews, Victor Odum, Scott Ishmael

GROUP 5 Rebecca Jeanfrans, Regan Robichaux, Erika Shook

GROUP 1 Claire Pearson, Alyse Lemoine

MANAGERS Kaelya Rachall, Tristes Kramer

RUNNING IN THE MEETS

We want all CC runners to participate, but the reality of race day with its 4 to 6 races means a runner must be able to complete the 2 or 3 mile race in a reasonable amount of time or the next race will be held up. Here's the criteria for us:

Girls 2 mile sub 21 minutes Boys 2 mile sub 18 minutes

Look at these times as goals - goals to be reached ASAP! Any runner, any day, can request a time trial at practice to see if they have improved to the point they can join the races.

Runners who aren't ready for the races should still come! We need lots of help with water, split times, etc - and the races are always exciting!

CENLA CHAMPS SPONSOR NEEDED!

We have a need for a sponsor for the CENLA CHAMPS trophies and t-shirts. This will amount to \$500. Your company name will be placed on the back of the t-shirts. If the companies you represent might be interested, please contact Coach. We will need to put this together fairly soon in order to get the t-shirts printed.

ST MICHAEL THE ARCHANGEL (Saturday, September 10)

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many times. Maps will be available Saturday morning. If you're planning on driving, line up as if you were dropping off students before school. There will be more info as we get closer to the meet. All who meet the minimum times will race, and all should plan on coming. Menard has a great reputation for spirited parents attending the meets - plan on coming!

THE 2011 CROSS COUNTRY SCHEDULE - SO FAR!

Most of the dates are finalized. The current schedule will be published in this newsletter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RACE
** WEDNESDAY	August 24	SWIM & EAT #11	Seeser's	(After Practice)
** THURSDAY	August 25	Two Mile TT	Menard	3:30 PM
** TUESDAY	August 30	SWIM & EAT #21	Ellis'	(After Practice)
** WEDNESDAY	August 31	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
** THURSDAY	September 8	SWIM & EAT #31	Pearson's	(After Practice)
** SATURDAY	September 10	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** SATURDAY	September 17	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** WEDNESDAY	September 21	CENLA CHAMPS	Fort Bablow Recreation Area	3:00 PM
?? SATURDAY	September 24	SACRED HEART	Grand Coteau	8:30 AM
** SATURDAY	October 1	WEST FLORIDA	Pensacola, FL (Selected runners only)	
?? WEDNESDAY	October 5	JOHNNY MULLER	Fort Bablow Recreation Area	
** SATURDAY	October 8	CATHOLIC	Highland Park, Baton Rouge	
** SATURDAY	October 15	MENARD	Fort Bablow Recreation Area	9:00 AM
** SATURDAY	October 22	NSU	NSU, Natchitoches	
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	ASU	Fort Bablow Recreation Area	
** SATURDAY	October 29	ST THOMAS MORE or RUSTON		
** WEDNESDAY	November 2	DISTRICT	NSU or Fort Bablow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Lee J's	6:00 PM
** WEDNESDAY	November 9	PARISH CHAMPIONSHIPS	Fort Bablow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:15 PM
** TUESDAY	November 15	Post State Race Meal	????????		
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria		6:00 PM

UMBRELLAS!

We still have around 35 umbrellas to sell - left over from last year's fund raiser. We will try to sell them at the OPEN HOUSE Tuesday, August 23. We will need a volunteer to handle sales in the mall area that day.

FORMS, FORMS, FORMS!!!

LHSAA requires each athlete to have a folder with a variety of information in it. Incomplete folders mean a student can not run! There are three LHSAA forms parents must take care of: PARTICIPATION, DRUGS, AND PHYSICAL. Again, no forms means no one competes.

Physicals Needed: Beard, Hawthorne, Marshall, Shook, Travis, Juneau, Kelley, Odum, Scott
 Drug Forms Needed: Hawthorne, Shook, Juneau, Scott, Taylor
 Participation Forms Needed: Beard, Hawthorne, Shook, Juneau, Scott, Taylor

Please do not procrastinate in getting these completed forms to Coach.

FINAL RANKINGS 2010 SEASON

2A is TOUGH!!! The girls have fought hard the last 2 years - 3rd in 2009 and 2nd last year at state, and of course want to improve on that this year. The guys dropped to 5th last year, but are working hard to improve on that this year. We'll see most of these teams in our travels - some right away at St Michael's on September 10th!

COMPOSITE RANKINGS

BOYS' TEAMS		GIRLS' TEAMS	
SCHOOL	CLASS	SCHOOL	CLASS
1 Jesuit	5A	1 St Joseph's	5A
2 Catholic, BR	5A	2 Dominican	5A
3 Episcopal, BR	2A	3 Mt Carmel	5A
4 St Paul's	5A	4 St Scholastica	4A
5 Brother Martin	5A	5 Episcopal, BR	2A
6 Holy Cross	4A	6 Benton	4A
7 St Thomas Aquinas	2A	7 Sacred Heart, NO	3A
8 Mandeville	5A	8 MENARD	2A
9 Parkway	4A	9 Fountainsbleau	5A
10 West Monroe	5A	10 Ruston	5A

SMALL SCHOOL

BOYS TEAMS		GIRLS TEAMS	
SCHOOL	CLASS	SCHOOL	CLASS
1 Episcopal, BR	2A	1 Episcopal, BR	2A
2 St Thomas Aquinas	2A	2 MENARD	2A
3 Metairie Park CD	1A	3 St Thomas Aquinas	2A
4 Runnels	2A	4 McGehee	2A
5 Lakeside	2A	5 Hanson	B
6 Ascension Cath	1A	6 University	2A
7 Choudrant	B	7 Calvary Baptist	2A
8 University	2A	8 Metairie Park CD	1A
9 Newman	2A	9 Choudrant	B
10 Anacoco	2A	10 Newman	2A

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!
 School 445-8233 will need to leave voice mail here - not recommended!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wcmenard@suddenlink.net anytime!

BUSY WEEK!

It's not even race season yet, but there's a lot going on!
 TUESDAY Swim & Eat #2 at the Ells
 WEDNESDAY POT LUCK SUPPER
 THURSDAY HALF DAY

SWIM & EAT #2

Swim & Eat #2 is scheduled for Tuesday of this week - at the Ells' (4213 Wakefield - across from Compton Park). We will practice after school as we normally do Tuesday. Then we'll take the bus to the Ells'. Parents can pick runners up there no later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work getting ready for these events, so attendance is MANDATORY for all runners.

KICK OFF THE SEASON POT LUCK SUPPER WEDNESDAY, August 31, MENARD CAFETERIA, 6 PM

Put it on your calendar! Wednesday, August 31, 6 PM in the cafeteria. This is mandatory for all runners and families (at least one parent!), especially our new runners and their families. This is where you can meet the other runners and parents, learn something about this sport called cross country, and have a great meal. We will have lots of information pass out that night, so try hard not to miss this important get together. **It is not luck, so bring your favorite dish.**

Sissy Jones is coordinating the set up. If you'd like to help out, contact her. 446-1690 (C) 445-4175 (H)

THURSDAY HALF DAY

School dismissal is at 12:17 - we'll practice right away and be done by 1:30.

PRACTICE DRESS CODE

The practice dress will be black shorts (your choice) and a gold jersey. The jerseys have been ordered and are \$15.00 each. Now is the time to be getting \$\$\$ to Coach! Until the jerseys come in, no skimpy shorts or t's please.

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE ORDERED SOON!

Voting for this year's slogan is now open! All parents and runners are eligible to vote! Vote by emailing Coach. One our traditions is to provide a t-shirt (free) to every runner. Each year the shirt slogan is unique. It's also a tradition the our parents wear these shirts to the meets we travel to. Sorry, but all non-runners must purchase their shirts.

SHOES, LOGS AND WATCHES!

All runners are required to keep their running log up to date DAILY. Once the races start, the log book will contain completed race reviews. Parents - check out your runners' logbook!

All runners are required to wear a digital stop watch at every practice. You can get fancy and spend a lot of money, or you can spend around \$6.00 - both keep the same time!

The only big expense a runner has are running shoes (and possibly racing flats and spikes). Runners have a wide variety of feet issues (arches, pronation, supination, etc) that require the correct shoe to avoid possible injuries. The wrong it can have disastrous results. Coach's recommendation: go to **Run Wild** on Jackson Street (in front of Mac's) where they will put you in the proper shoe.

TRIALS!

The one mile time trial was Thursday, August 18, and the two mile (or repeat one mile depending on the training group) was last Thursday. Here's the results for both. Check it out!

ONE MILE TRIALS

TWO MILE TRIALS

		2011	2011	2010	2009	2008	2007	2006	2011	2010	2009	2008	2007
		8/25	8/16	8/28	8/13	8/14	Aug 16	Aug 24	8/25	8/1	8/20	8/20	8/27
1 Robichaux, Mallory	F		6.10	5.51	7.00				12.34	12.38	13.40		
2 Deworth, Hannah	F		7.12						14.13				
3 Bartow, Mallory	F		7.00	6.17	6.54	7.47			14.35	13.19	16.43		
4 Vaughan, Lindsay	F		7.38	6.39		10.50			14.35	15.08	14.57		
5 Morrison, Meg	F		7.09						14.48				
6 Engelsman, Rachel	F		6.26	6.18	7.30				14.49		14.20		
7 Robichaux, Kelley	F		7.54						16.15				
8 Rabalais, Carson	F		8.22						16.36				
9 Jones, Madeline	F		8.37	9.11					18.41				
10 Jeanfreau, Grace	F		10.34	9.46					19.37	19.16			
11 Vargas, Nellie	F		7.52	8.35					21.19				
12 Travis, Abbey	F	7.49	9.10										
13 Hawthorne, Miranda	F	8.04											
14 Erickson, Cameron	F	8.32	8.42	9.11									
15 Zimmerman, Cama	F	8.48	11.18	9.10									
16 Robichaux, Regan	F	9.04	8.49										
17 Dobard, Anna	F	9.18	11.31										
18 Marshall, Jessica	F		8.22	8.15					18.03	19.14			
20 Lemoine, Alysa	F		6.56	7.22	9.41				15.55	19.04	19.58		
21 Pearson, Claire	F		6.39	6.50	9.28					13.57	17.40		
1 Lemoine, Andrew	M		5.18	5.50	6.10	6.55	6.42	7.17	11.41	12.04	12.05	15.29	16.03
2 Vidrine, Brennan	M		5.38	5.44	6.22	7.06			12.09	12.03	13.28	15.57	
3 Baker, Tucker	M		5.28	5.44	5.53	5.58	5.59	7.09	12.27	12.31	12.16	13.27	14.18
4 Taylor, Christian	M		5.32	5.43	5.51	5.50	5.49	6.02	13.21		12.08	12.88	
5 Robichaux, Cole	M		6.29	6.51					13.58	15.43			
6 Wehrle, Will	M		6.17	6.09	6.35	6.57			14.22	12.59	14.19		
7 McMickens, Quent	M		7.17						14.58				
8 Juneau, Doug	M								14.58				
9 Hilton, Heath	M		7.28						18.42				
10 Mathews, Tyler	M		7.28	8.13									
11 Odom, Victor	M		8.00	9.53									
12 Soesser, Daniel	M		6.54	6.30	6.38	6.04	6.48		13.28	13.43	16.35	20.07	
13 Elts, Isaac	M			5.38	5.40	6.12			11.48	12.49	13.24		
15 Book, Noah	M			9.05									

TRAINING GROUPS

We now have 4 different training groups (levels). Runners, as they progress, are encouraged to move up to higher groups (Sometimes Coach promotes!) By the end of the season we'll probably only have 3 groups! Here's the groups as of today (notice the new names and the promotions!):

- GROUP 1** Tucker Baker, Isaac Elts, Andrew Lemoine, Daniel Soesser, Christian Taylor, Brennan Vidrine, Mallory Robichaux
 - GROUP 2** Mallory Bartow, Hannah Deworth, Rachel Engelsman, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Cole Robichaux, Will Wehrle
 - GROUP 3** Heath Hilton, Doug Juneau, Quent McMickens, Liza Beard, Grace Jeanfreau, Madeline Jones, Jessica Marshall, Carson Rabalais, Nellie Vargas
 - GROUP 4** Anna Dobard, Cameron Erickson, Miranda Hawthorne, Rowan McConville, Regan Robichaux, Abbey Travis, Cama Zimmerman, Noah Book, Chance Kelley, Tyler Mathews, Victor Odom
 - GROUP 5** Disappeared!!!
 - GROUP 6** Claire Pearson, Alysa Lemoine
- MANAGERS** Kaelyn Rachall, Tristan Kramer

RUNNING IN THE MEETS

We want all CC runners to participate, but the reality of race day with its 4 to 6 races means a runner must be able to complete the 2 or 3 mile race in a reasonable amount of time or the next race will be held up. Here's the criteria for

Girls 2 mile	sub 21 minutes	Boys 2 mile	sub 18 minutes
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Look at these times as goals -- goals to be reached ASAP! Any runner, any day, can request a time trial at practice if they have improved to the point they can join the races.

Runners who aren't ready for the races should still come! We need lots of help with water, split times, etc -- and they are always exciting!

CENLA CHAMPS SPONSOR NEEDED!

We have a need for a sponsor for the CENLA CHAMPS trophies and t-shirts. This will ar to \$500. Your company name will be placed on the back of the t-shirts. If the companies represent might be interested, please contact Coach. We will need to put this together fairly soon in order to get the t-shirts printed.

ST MICHAEL THE ARCHANGEL (Saturday, September 10)

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many times will be available Saturday morning. If you're planning on driving, line up as if you were dropping off students before school. There will be more info as we get closer to the meet. All who meet the minimum times will race, and all a plan on coming. Menard has a great reputation for spirited parents attending the meets -- plan on coming!

THE 2011 CROSS COUNTRY SCHEDULE - STILL UNDER CONSTRUCTION!

Look close -- still changing a little bit. Most of the dates are finalized. The current schedule will be published in this newsletter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	FIRST RACE
** TUESDAY	August 30	SWIM & EAT #21	Eltz'	(After Practice)
** WEDNESDAY	August 31	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
** THURSDAY	September 8	SWIM & EAT #31	Pearson's	(After Practice)
** SATURDAY	September 10	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** SATURDAY	September 17	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** WEDNESDAY	September 21	CENLA CHAMPS	Fort Bulow Recreation Area	3:00 PM
** SATURDAY	September 24	SACRED HEART	Grand Coteau	8:30 AM
** SATURDAY	October 1	WEST FLORIDA	Pensacola, FL (Selected runners only)	
** SATURDAY	October 8	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 15	MENARD	Fort Bulow Recreation Area	9:00 AM
** WEDNESDAY	October 19	JOHNNY MILLER	Fort Bulow Recreation Area	3:30 PM
** SATURDAY	October 22	NSU	NSU, Natchitoches	
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	ASH	Fort Bulow Recreation Area	
** SATURDAY	October 29	COMEAUX	Acadians Park, Lafayette	9:00 AM
** WEDNESDAY	November 2	DISTRICT	NSU or Fort Bulow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Lee J's	6:00 PM
** WEDNESDAY	November 9	PARISH CHAMPIONSHIPS	Fort Bulow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:15 PM
** TUESDAY	November 15	Post State Race Meal	?????????		
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria	6:00 PM	

UMBRELLAS!

Thanks to some very enthusiastic sales numbers, we sold almost 40 of last year's umbrellas at the Open House last Tuesday. We have a few left. They will be available at the Pot Luck Supper. Don't miss out!

FORMS FORMS FORMS!!!

LHSAA requires each athlete to have a folder with a variety of information in it. Incomplete folders mean a student can not run! There are three LHSAA forms parents must take care of: PARTICIPATION, DRUGS, AND PHYSICAL. Again, missing forms means no can compete. ALL FORMS ARE DUE NOW!

- Physicls Needed: Beard, Hawthorne, McConville, Kelley
- Drug Forms Needed: Hawthorne, McConville
- Participation Forms Needed: Beard, Hawthorne, McConville

Please do not procrastinate in getting these completed forms to Coach.

MISSING PRACTICE

All runners should be at all practices. Try hard to schedule doctors and dentists on half Thursdays (best) or on Fri (next best). If it is necessary to miss any practice, Coach should be told no later than lunch that day. Otherwise it unexcused. Unexcused practices will lead to being suspended from meets. Continued unexcused practices can't be tolerated!

CHECK IT OUT!

Coach now has a CC "class" If it works right, the workouts for the week will be listed under "homework."

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

School	445-8233	will need to leave voice mail here - not recommended!
Home	487-8887	evenings
Cell	446-8887	whenever!
Email	wcmenard@suddenlink.net	anytime!

Holy Savior Menard Cross Country 2011!

September 3, 2011 #4

ST MICHAEL THE ARCHANGEL (Saturday, September 10) MEET DETAILS

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many times. Maps will be available Saturday morning. If you're planning on driving, line up as if you were dropping off students before school.

4:30 AM Meet at Menard - **BE ON TIME**
8:45 AM JH Boys & Girls (2 miles)
9:15 AM Girls Varsity (3 miles)
10:00 AM Boys Varsity (3 miles)
10:30 AM JV Boys & Girls (2 miles)
11:15 AM Awards
Back at Menard ground 2:30 PM

Please be on time at Menard. Parking is a real problem at Highland Park, and registration takes a while and the first race runners need time to warm up.

We will take I-49 south to I-10 (due to construction on US 190); to LA 415 (we will stop at the McDonald's right before crossing the Mississippi River for bathrooms); I-10 to Siegan Lane; Siegan Lane to Highland Road; Highland Road to Highland Park. Parking is available in the parking lot to the right of Highland Road and in the upper parking lot to the left. We have been warned that cars parking on the streets will be towed!

We will have our tent and flag set up near the scoring tent. All runners are expected to stay for the awards ceremony.

What to bring? It may rain - it may be muggy. Change of clothes, towel, clean shoes, McDonald's \$, wear your race stuff. We will have water like we do at practices. There will be no chairs available - parent might want to bring chairs.

Race Line up: Race 1 (8:45 AM) JH Boys/Girls Dobard, Erickson, Hawthorne, R. Robichaux, Hilton, Juness, Kelley, Mathews, Odum
Race 2 (9:15 AM) Varsity Girls Bartow, Deworth, Engelsman, Morrison, K. Robichaux, M. Robichaux, Vaughan
Race 3 (10:00 AM) Varsity Boys Baker, Ellis, Lemoine, Robichaux, Seaser, Vidrine, Wehrle
Race 4 (10:30 AM) JV Boys/Girls Jones, Lemoine, Rabalais, Travis, Zimmermann

Thanks in advance to the Bakers, who transport the tent, banner, flag, and water coolers to the meets. As Tucker is a senior, Coach is VERY interested in someone helping out this year and taking on this great service next year. Any volunteers????

RUNNING IN THE MEETS

It appears that all our runners have met the minimum time criteria for joining the races! St Michael's here we come!

PRACTICE DRESS CODE

The practice dress will be black shorts (your choice) and a gold jersey. The jerseys have been ordered and are \$15.00 each. Now is the time to be getting \$\$\$ to Coach! Here's the list of those who own for the practice shirts: Dermoth, Dobard, Ellis, Engelsman (2), Erickson, Kelley, Mathews, McMickens, Morrison, Odum (2), Pearson (2), Robichaux (6), Robichaux (2), Taylor, Vaughan, Wehrle, Zimmermann. Until the jerseys come in, no skimpy shorts or t's please.

CHECK IT OUT!

Coach now has a CC "class"! The workouts for the week will be listed under "homework."

Holy Savior Menard Cross Country 2011!

September 3, 2011 #4

THE 2011 CROSS COUNTRY SCHEDULE - STILL UNDER CONSTRUCTION!

Look close - still changing a little bit. Most of the dates are finalized. The current schedule will be published in this newsletter each week. Dates with asterisks are confirmed. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon.

DAY	DATE	EVENT	LOCATION	WEST BACK (After Practice)
** THURSDAY	September 8	SWIM & EAT #3!	Pearson's	8:45 AM
** SATURDAY	September 10	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** SATURDAY	September 17	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** WEDNESDAY	September 21	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 24	SACRED HEART	Grand Cotman	8:30 AM
** SATURDAY	October 1	WEST FLORIDA	Pensacola, FL (Selected runners only)	
** SATURDAY	October 8	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 15	MENARD	Fort Buhlow Recreation Area	9:00 AM
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** SATURDAY	October 22	NSU	NSU, Natchitoches	
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Holy Savior Menard Cross Country 2011!

September 3, 2011 #2

SWIM & EAT #3

Swim & Eat #3 is scheduled for Thursday, September 8th at the Pearson's (4313 Wakefield - across from Compton Park). We will practice after school as we normally do, then we'll take the bus to the Pearson's. Parents can pick runners up there no later than 5:45 PM or meet us back at school at 6 PM. Our best parents do a lot of work getting ready for these events, so attendance is MANDATORY for all runners.

KICK OFF THE SEASON POT LUCK SUPPER

A great success! If you missed it, see Coach for stuff.

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE ORDERED SOON!

Voting for this year's slogan is now open! All parents and runners are eligible to vote! Votes by emailing Coach. One of our traditions is to provide a t-shirt (free) to every runner. Each year the shirt slogan is unique. It's also a tradition that our parents wear these shirts to the meets we travel to. Sorry, but all non-runners must purchase their shirts (\$6.00). Here's the families who have not ordered t-shirts: Baker, Deworth, Engelsman, Erickson, Kramer, Marshall, Mathews, McMickens, Odum, Pearson, Taylor, Travis, Vaughan, Zimmermann. No one of course is required to buy t-shirts.

SHOES, LOGS AND WATCHES!

All runners are required to keep their running log up to date DAILY. Once the races start, the log book will contain completed race reviews. Parents - check out your runners' logbook!

All runners are required to wear a digital stop watch at every practice. You can get fancy and spend a lot of money, or you can spend around \$6.00 - both keep the same time!

The only big expense a runner has are running shoes (and possibly racing flats and spikes). Runners have a wide variety of foot issues (arches, pronation, supination, etc) that require the correct shoe to avoid possible injuries. The wrong shoe can have disastrous results. Coach's recommendation: go to Run Wild on Jackson Street (in front of Man's) where the will put you in the proper shoe.

MISSING PRACTICE

All runners should be at all practices. Try hard to schedule doctors and dentists on half Thursdays (best) or on Fridays (next best). If it is necessary to miss any practice, Coach should be told no later than lunch that day. Otherwise it will be unexcused. Unexcused practices will lead to being suspended from meets. Continued unexcused practices can't be tolerated!

CENLA CHAMPS SPONSOR NEEDED!

We have a need for a sponsor for the CENLA CHAMPS trophies and t-shirts. This will amount to \$500. Your company name will be placed on the back of the t-shirts. If the companies you represent might be interested, please contact Coach. We will need to put this together fairly soon in order to get the t-shirts printed.

FROM STEPHANIE ROBICHAUX

I am an EAGLE and I am driven. I am the power, the speed. I am a warrior. The race course is my coliseum. I am driven. Focused. The food, it nourishes me. The time clock controls me. The team pushes me. The course is my zone. I am driven. The starting gun ignites me. The crowd moves me. The finish line defines me. The race is my way. I am an EAGLE, and I am driven.

Holy Savior Menard Cross Country 2011!

September 10, 2011 #5

ST MICHAEL THE ARCHANGEL (Saturday, September 10) MEET RESULTS

What a great day! September in Baton Rouge means (usually) rain and mud or super hot. Not today (at least until the varsity boys race). Today was actually nice! We had 12 rookie runners and lots of experienced runners. No PR's but many great first- meet-of-the-season times. Congrats to the girls varsity, who caught a lot of attention with their solid runner-up, second only to super power SA state champ St Joe of BR. The guys, without fiasco and Christian still get a respectable 11 of 18 team finish. Also congrats to Malloy R for an awesome 19.14 (Highland Park record) and runner-finish (t-shirt AND medal!); to Lindsay (t-shirt); and our two "secret weapons" Hannah and Meg who ran GREAT first race times. Still more congrats to Carson (t-shirt) in the JV race. Look out BR - we're coming back next week! The PR results are (or will be) on the St Michael website and LArunning.com

Thanks as always to the Bakers, who transport the tent, banner, and flag to the meets. As Tucker is a senior, Coach is VERY interested in someone helping out this year and taking on this great service next year. Any volunteers????

Girls Varsity (135 runners) Team Time 105.21 Gap Time 2:42

Place	Runner	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
2	Robichaux, Malloy	6:05	6:36	6:32	19:14	+6	T + Medal 20:30
14	Vaughan, Lindsay	6:38	7:28	7:06	21:13	+61	T-shirt 22:36
17	Deworth, Hannah	6:46	7:20	7:17	21:24		FRI
19	Engelsman, Rachel	6:36	7:30	7:33	21:40	+122	22:07
23	Bartow, Malloy	6:51	7:33	7:30	21:56	+110	20:58
35	Morrison, Meg	6:57	8:01	7:40	22:39		FRI
	Robichaux, Kelley	7:12	8:09	dnf			FRI

Boys Varsity (189 runners) Team Time 102.10 Gap Time 6:06

Place	Runner	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
40	Baker, Tucker	5:43	6:18	6:06	18:08	+30	18:27
57	Lemoine, Andrew	5:54	6:11	6:26	18:31	+44	20:36
67	Vidrine, Brennan	5:49	6:32	6:29	18:50	+12	20:23
145	Seaser, Daniel	6:42	7:40	7:46	22:09	+145	23:19
171	Robichaux, Cole	7:09	8:27	8:58	24:14	+240	14:35

Team Standings

Boys Varsity (18 Teams)		Girls Varsity (12 Teams)					
1 St Paul (5A)	36	6 St Michael (4A)	190	1 St Joseph (5A)	28	6 E Ascension (4A)	1
2 Catholic, BR (5A)	38	7 Thibodaux (5A)	203	2 MENARD (2A)	65	7 Christian Life (1A)	2
3 Episcopal, BR (2A)	70	8 Choudum (8)	234	3 Newman (2A)	93	8 Assumption (4A)	2
4 Newman (2A)	148	9 E Ascension (4A)	279	4 St Michael (4A)	122	9 St Ann's (2A)	2
5 Ascen Cath (1A)	149	10 Rumrills (2A)	312	5 Episcopal, BR (2A)	175	10 Ascen Cath (1A)	2
		11 MENARD (2A)	322				

JV Girls (62 runners)

Place	Runner	Mile 1	Mile 2	Finish	PR +/-	Last Yr
8	Rabalais, Curtin	7:41	8:10	15:46		FRI T + Medal
19	Travis, Abbey	8:01	8:34	16:31		FRI
30	Lemoine, Alyse	8:18	9:32	17:38	+205	23:19
32	Jones, Madeleine	8:30	9:21	17:50	+59	21:17

JH Boys (182 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	
63 Mathews, Tyler	7.24	7.49	15.13		FRJ
98 Hilton, Heath	7.32	8.29	16.05		FRJ
100 Kelley, Chance	7.37	8.27	16.09		FRJ
110 Odum, Victor	7.57	8.34	16.31		FRJ

JH Girls (125 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
33 Hawthorne, Mirzoda	7.56	8.37	16.33		FRJ
68 Robichaux, Regan	8.20	9.19	17.42		FRJ
76 Erickson, Cameron	8.48	9.21	18.14	+30	20.26
111 Dobard, Anna	9.32	10.45	20.20		FRJ

RECORDS SET AT ST MICHAEL'S

Grade Records (St Michael's or Episcopal)

Mallory Robichaux	#1 9th grade	Rachel Engelsman	#4 9th grade
Lindsay Vaughan	#4 10th grade	Mallory Bartow	#5 10th grade
Hannah Deworth	#9 All Grades; #4 11th grade	Meg Morrison	#19 All Grades; #8 11th grade
Tucker Baker	#19 12th grade		

Highland Course Records

Mallory Robichaux	#1 All Grades; #1 9th grade	Hannah Deworth	#9 All Grades; #4 11th grade
Rachel Engelsman	#4 9th grade	Lindsay Vaughan	#2 10th grade
Mallory Bartow	#5 10th grade		

SPM & EAT:

Swim & Eat #3 at the Pearson's was a great success (as all the S&E's are)! Thanks, Seeser's, Elits', and Pearson's for your generosity with your time, money and homes!

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE ORDERED THIS WEEK!

Voting for this year's slogan is still open (but not for long)! All parents and runners are eligible to vote! Vote by emailing your favorite slogan to Coach. One of our traditions is to provide a t-shirt (free) to every runner. Each year the shirt slogan is unique. It's also a tradition that our parents wear these shirts to the meets we travel to. Sorry, but all non-runners must purchase their shirts (\$6.00). Here's the families who have not ordered t-shirts: Engelsman and Taylor. Here's the families who (according to Coach's records) haven't paid for shirts yet: Elits, Engelsman, Hilton, Jones, Mathews, M Robichaux, Taylor, Vaughan.

LOG BOOK RACE REVIEWS

All runners keep a log of their miles in their Menard CC log book. All runners complete a race review (found in the very back of the log book) for every race. This is a chance to do a little reflection on your race, and set some goals for the next race. Coach will read and comment on each of them. This is one of those "little things" that make each runner a better runner. Please take some time, give it some thought, and be honest with yourself.

At the end of this newsletter is a summary of every runner's miles so far this year. Take a look - interesting!

CENLA CHAMPS RACE

Not this Wednesday, but the next Wednesday (the 21st) is the Cenla Champs race that we sponsor. We will need every parent who can possibly be there (at 2 PM). There will be a workers' meeting after practice Monday, September 19th.

TRAINING GROUPS

We now have 4 different training groups (levels). Runners, as they progress, are encouraged to move up to higher groups (Sometimes Coach promotes!) By the end of the season we'll probably only have 3 groups! Here's the groups as of today (notice the promotions!):

- GROUP 1** Tucker Baker, Isaac Elits, Andrew Lemoine, Christian Taylor, Brannon Vidrine, Mallory Robichaux
- GROUP 2** Mallory Bartow, Hannah Deworth, Rachel Engelsman, Meg Morrison, Claire Pearson, Kelley Robichaux, Lindsay Vaughan, Cole Robichaux, Daniel Seeser, Daniel Wehrle
- GROUP 3** Heath Hilton, Doug Jones, Quent McMickens, Miranda Hawthorne, Grace Jeanfrean, Madeline Jo Alyse Lemoine, Jessica Marshall, Carson Rabalais, Abbey Travis
- GROUP 4** Anna Dobard, Cameron Erickson, Regan Robichaux, Cera Zimmerman, Chance Kelley, Tyler Mathews, Victor Odum

MANAGERS Rebecca Jeanfrean, Tristan Kramer, Kaelyn Rachal

FOOTBALL GAME CONCESSION VOLUNTEERS NEEDED!

Every year the CC team parents volunteer to man the concession stand at one football game! Our night is Friday, September 23 (the Jena game). We need 8 parents who get there by PM. Mickie Seeser is coordinating this for us. Contact her at 447-4411 or seeser@suddenlink.net if you can help out.

PRACTICE DRESS CODE

Don't forget! The practice dress will be black shorts (your choice) and the new gold jersey. Here's the list of those own for the practice shirts: Deworth, Elits, Engelsman (2), Mathews, Odum (2), Taylor. Please cooperate by wearing proper clothes to practice. Stinky shirts and shorts work well - it's cross country!

CHECK IT OUT!

Coach now has a CC "class!" The workouts for the week will be listed under "homework."

CENLA CHAMPS SPONSOR!

We have a sponsor for the CENLA CHAMPS trophies and t-shirts: Farm Bureau Insurance! Thanks to Steven Vu and Willie Cranford (ex Menard runner dad!). THANKS!!!

MISSING PRACTICE

All runners should be at all practices. Try hard to schedule doctors and dentists on half Thursdays (best) or on Fri (next best). If it is necessary to miss any practice, Coach should be told no later than lunch that day. Otherwise it's unexcused. Unexcused practices will lead to being suspended from meets. Continued unexcused practices can't be tolerated!

Also, we practice 5 days a week - INCLUDING THE DAY BEFORE RACES!

THE 2011 CROSS COUNTRY SCHEDULE - FINAL (PROBABLY!)

Look close - last changes! The dates are finalized. The current schedule will be published in this newsletter each week. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon. Look close, Geynell!

DAY	DATE	EVENT	LOCATION	FIRST RACE
** SATURDAY	September 17	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** WEDNESDAY	September 21	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 24	SACRED HEART	Grand Coteau	8:30 AM
** SATURDAY	October 1	WEST FLORIDA	Pensacola, FL (Selected runners only)	
** SATURDAY	October 8	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 15	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 19	JOHNNY MILLER	Fort Buhlow Recreation Area	3:30 PM
** SATURDAY	October 22	NSU	NSU, Natchitoches	
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	BUCKEYE	Fort Buhlow Recreation Area	
** SATURDAY	October 29	COMEAUX	Acadians Park, Lafayette	9:00 AM
** WEDNESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Lee J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	NSU or Fort Buhlow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:15 PM
** TUESDAY	November 15	Post State Race Meal	77777777		
** THURSDAY	November 17	25th Annual CC Banquet	Menard Cafeteria	6:00 PM	

CONTACT COACH????

Contact Coach Smith ANYTIME you need to!
 School 445-8233 will need to leave voice mail here - not recommended!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wsmenard@suddenlink.net anytime!

EPISCOPAL AT HIGHLAND PARK (Saturday, September 17th)

The Episcopal meet is one of the big ones! It's run at Highland Park - just like the St Michael meet except bigger. A quality meet - lots of very good teams will be there. Maps will be available Saturday morning. Here's the schedule:

4:30 AM	Meet at Menard - BE ON TIME
4:40 AM	Leave for Baton Rouge
8:20 AM	Junior Varsity Boys and Girls (2 or 3 miles)
9:00 AM	Girls Varsity (3 miles)
9:40 AM	Boys Varsity (3 miles)
10:10 AM	Girls Junior High (2 miles)
10:40 AM	Boys Junior High (2 miles)
11:10 AM	Awards
	Back at Menard around 3:00 PM

Please be on time at Menard. Registration takes a while and the first race runners need time to warm up.

Just like for St Mike's, we will take I-49 south to I-10 (we will again stop at the McDonald's at the LA 415 e bathrooms); I-10 to Segan Lane; Segan Lane to Highland Road; Highland Road to Highland Park. We will be in the parking lot to the right of Highland Road (the upper parking lot to the left is always a mess!)

We will have our tent and flag set up near the scoring tent. All runners are expected to stay for the awards ceremony.

What to bring? It may rain - it may be muggy. Change of clothes, towel, clean shoes, McDonald's \$, wear your stuff. We will have water like we do at practice. There will be no chairs available - parents might want to bring chairs.

Race Line ups:	Race 1 (8:20 AM) JV Boys/Girls	Jeanfrean, Lemoine
	Race 2 (9:00 AM) Varsity Girls	Bartow, Deworth, Engelsman, Morrison, Pearson, Robichaux, Vaughan
	Race 3 (9:40 AM) Varsity Boys	Baker, Elits, Lemoine, Seeser, Taylor, Vidrine, Wehrle
	Race 4 (10:10 AM) JH Girls	Dobard, Erickson, Hawthorne, Jones, Marshall, Rabalais, K Robichaux, R Robichaux
	Race 5 (10:40 AM) JH Boys	Hilton, Jones, Kelley, Mathews, Odum, Robichaux

18:45!!!

THE GIRLS	MILES	TO MERC	THE GUYS	MILES	TO MERC		
1 Bartow, Mallory	10	301	500	1 Baker, Tucker	12	309	600
2 Deworth, Hannah	11	89	600	2 Ellis, Isaac	12	214	600
3 Dobard, Anna	8	97	400	3 Hilton, Heath	8	42	400
4 Engelsman, Rachel	9	298	500	4 Juneau, Doug	7	0	400
5 Erickson, Cameron	8	85	400	5 Kelley, Chance	7	18	400
6 Hawthorne, Miranda	7	25	400	6 Lemoine, Andrew	12	516	600
7 Jeanfreau, Grace	11	201	600	7 Mathews, Tyler	7	11	400
8 Jones, Madeline	9	211	500	8 McMichens, Quent	8	33	400
9 Lemoine, Alyse	10	99	500	9 Odum, Victor	7	24	400
10 Marshall, Jessica	9	64	500	10 Robichaux, Cole	8	235	400
11 Morrison, Meg	11	112	600	11 Seeser, Daniel	12	335	600
12 Pearson, Claire	11	334	600	12 Taylor, Christian	12	340	600
13 Rabalais, Carson	8	51	500	13 Vidrine, Brennan	11	412	600
14 Robichaux, Kelley	8	186	500	14 Wehrle, Will	10	0	500
15 Robichaux, Mallory	8	479	500				
16 Robichaux, Regan	7	124	400	Lemoine, Gaynell	414	MERC	
17 Travis, Abbey	11	24	600	Pearson, Lucy	382		
18 Vaughan, Lindsay	10	311	500	Vidrine, James	286		

EPISCOPAL (Saturday, September 17) MKET RESULTS
Racing at Highland Park has produced countless memories over the years. This past Saturday was no exception. There were twice as many teams and runners as at St Michael's - including many of the high-powered programs. The guys on 10 minutes off their team time to maintain 11th place (this time out of 29 teams!). The girls dropped just one spot to this as SA Dominican of NO takes 2nd behind SA St Joseph's. The big news is Mallory's awesome sub 19, which puts her in elite status state-wide. CONGRATS!!! We had 8 PR's (all-time best time - personal record) and 8 SPR's (best time of season). Congrats again! On the down side, 3 runners, Claire, Hannah, and Tyler all crashed due to foot issues. Tyler was part of a spectacular 3 person pile up just short of the half-mile mark! Summing up, there's lots of big school programs around the state (most in south Louisiana) and we hold our own well all of them. And we have the coolest tea and flag! We also have the coolest parents. Thanks to all who came and who pitched in as the needs arose. It's good-to-Highland for 3 weeks - and off to new adventures! Thanks as always to the Bakera, who transport the tent, banner, a flag to the meets, and to the Vidrine's who brought it all back to Alexandria. Here's the stats:

Girls Varsity (152 runners) Team Time 104.10 SPR1 Gap Time 3.44

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
2 Robichaux, Mallory	6.05	6.21	6.17	18.45	-22	SPR1 20.23 T + Medal
20 Vaughan, Lindsay	6.20	7.10	6.55	20.26	+15	SPR1 22.18 T-Shirt
26 Engelzmann, Rachel	6.31	7.70	7.18	20.58	+81	SPR1 dnf
37 Bartow, Mallory	6.42	7.27	7.21	21.32	+88	SPR1 20.28
61 Morrison, Meg	6.56	7.46	7.45	22.29	-10	PR1
71 Deworth, Hannah	6.34	7.38	8.27	22.40	+76	
133 Travis, Abbey	7.50	9.35	9.13	26.40		FR1
Pearson, Claire	7.17	DNF				

Boys Varsity (189 runners) Team Time 90.42 SPR1 Gap Time 1:01

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
59 Ellis, Isaac	3.24	6.04	6.08	17.37	+14	
76 Baker, Tucker	5.39	6.04	6.08	17.53	+20	SPR1 18.34
94 Lemoine, Andrew	5.45	6.07	6.22	18.15	+28	SPR1 19.22
99 Vidrine, Brennan	5.44	6.23	6.11	18.19	-19	PR1 19.02
108 Taylor, Christian	5.54	6.17	6.26	18.38	+78	
163 Wehrle, Will	6.29	6.55	6.51	20.16	+108	20.08
203 Seeser, Daniel	6.48	7.26	7.45	21.49	+126	SPR1 21.37

Team Standings

Boys Varsity (29 Teams)			Girls Varsity (19 Teams)				
1 St Paul (5A)	50	7 Walker (5A)	186	1 St Joseph (5A)	38	78 Ascension (4A)	2
2 Episcopal, BR (2A)	83	8 Dutchtown (5A)	274	2 Dominican (5A)	47	8 Dutchtown (5A)	2
3 Catholic, BR (5A)	92	9 ED White (3A)	318	3 MERARD (2A)	123	9 Assumption (4A)	2
4 St Thomas Aq (2A)	92	10 St Michael (4A)	320	4 St Thomas Aq (2A)	172	10 ED White (3A)	3
5 Brother Martin (5A)	94	11 MERARD (2A)	384	5 St Michael (4A)	186	11 Choudrant (B)	3
6 Jesuit (5A)	156	13 Rumrill (2A)	401	6 Episcopal, BR (2A)	188	12 West Feliciana (3A)	3

JH Boys (250 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
67 Robichaux, Cole	6.23	6.39	13.25	+1	15.43
70 Juneau, Doug	6.42	6.46	13.29		FR1
192 Odum, Victor	8.02	8.45	16.48	+17	
Mathews, Tyler	DNF				

JH Girls (242 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
47 Robichaux, Kelley	7.13	8.03	15.17	-4	PR1
72 Rabalais, Carson	7.25	8.18	15.44	-2	PR1
130 Jones, Madeline	8.06	8.53	17.00	+8	SPR1 20.39
134 Robichaux, Regan	8.25	8.48	17.15	-27	PR1
200 Erickson, Cameron	9.30	10.08	19.40	+120	19.02
206 Dobard, Anna	9.32	10.28	20.01	-19	PR1

JV Girls (71 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Lemoine, Alyse	7.43	8.43	16.26	+123	SPR1 23.26
Jeanfreau, Grace	7.56	8.42	16.38	-45	PR1 18.00

RECORDS SET AT ST MICHAEL'S Grade Records (Episcopal)

Mallory Robichaux	#1 All Grades; #1 9th grade	Rachel Engelzmann	#4 9th grade
Lindsay Vaughan	#1 10th grade	Mallory Bartow	#5 10th grade
Meg Morrison	#18 All Grades; #8 11th grade	Abbey Travis	#35 All Grades; #11 11th grade
Isaac Ellis	#15 12th grade	Tucker Baker	#19 12th grade
Andrew Lemoine	#23 12th grade	Brennan Vidrine	#45 All Grades

Highland Course Records

Mallory Robichaux	#1 All Grades; #1 9th grade	Lindsay Vaughan	#4 All Grades; #110th grade
Rachel Engelzmann	#4 9th grade	Mallory Bartow	#5 10th grade

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE ORDERED THIS WEEK!
Here's the families who (according to Coach's records) haven't paid for shirts yet: Ellis, M. Robichaux.
Here's the families who (according to Coach's records) haven't paid for the practice shirts yet: Ellis, Engelsman, Taylor.

FOOTBALL GAME CONCESSION VOLUNTEERS NEEDED!
Every year the CC team parents volunteer to man the concession stand at one football game. Our night is Friday, September 23 (the Jena game). We need 8 parents who get be there be 6 PM. Mickie Seeser is coordinating this for us. Contact her at 447-4411 or seeser@suddenlink.net if you can help out.

CENLA CHAMPS AND SACRED HEART GRAND COTEAU THIS WEEK!
Two races this week. See the details in this newsletter!

TRAINING GROUPS - GROUP 4 IS GONE!
We now have 3 different training groups (levels). Runners, as they progress, are encouraged to move up to higher group (Sometimes Coach promotes!) By the end of the season we'll probably only have 3 groups! Here's the groups as of today (notice the promotions!):

- GROUP 1** Tucker Baker, Isaac Ellis, Andrew Lemoine, Christian Taylor, Brennan Vidrine, Mallory Robichaux
- GROUP 2** Mallory Bartow, Hannah Deworth, Rachel Engelsman, Grace Jeanfreau, Meg Morrison, Claire Pearson, Kelley Robichaux, Abbey Travis, Lindsay Vaughan, Cole Robichaux, Daniel Seeser, Will Wehrle
- GROUP 3** Heath Hilton, Doug Juneau, Chance Kelley, Tyler Mathews, Quent McMichens, Victor Odum, Anna Dobard, Cameron Erickson, Miranda Hawthorne, Madeline Jones, Alyse Lemoine, Jessica Marshall, Carson Rabalais, Regan Robichaux

MANAGERS Rebecca Jeanfreau, Tristan Kramer, Kasiya Rachal

PRACTICE DRESS CODE
Don't forget! The practice dress will be black shorts (your choice) and the new gold jersey. Please cooperate by wearing the proper clothes to practice. This is not optional! (Stinky shirts and shorts work well - it's cross country!)

MISSING PRACTICE
All runners should be at all practices. Try hard to schedule doctors and dentists on half Thursdays (best) or on Fridays (next best). If it is necessary to miss any practice, Coach should be told no later than lunch that day. Otherwise it will be unexcused. **Unexcused practices will lead to being suspended from meets. Continued unexcused practices can't be tolerated!**

Also, we practice 5 days a week - INCLUDING THE DAY BEFORE RACES!

CENLA CHAMPS WORKER MEETING THIS MONDAY - 4:30 PM (after practice)
Menard runs this meet, so we have to do all the registering, scoring, etc. There is some preliminary work to be done before Wednesday - packets, race #'s, assignments, etc. If you can make it, try to be there - we need lots of help!

WHO DO WE APPRECIATE?
Our managers, of course! Where do all those mile splits and race times come from? Rebecca Jeanfreau, Tristan Kramer and Kasiya Rachal do it all. The same goes for all those repeat times and long run times at practice. **THANKS, JR!**

CONTACT COACH????
Contact Coach Smith ANYTIME you need to!
School 445-8233 will need to leave voice mail here - not recommended!
Home 487-8887 evenings
Cell 446-8887 whenever!
Email wcmenard@suddenlink.net anytime!

THE 2011 CROSS COUNTRY SCHEDULE - FINAL DRAFT

Look close - last changes! The dates are finalized. The current schedule will be published in this newsletter each week. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon. Look close, Gaynell!

DAY	DATE	EVENT	LOCATION	FIRST RACE
** WEDNESDAY	September 21	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 24	SACRED HEART	Grand Coteau	8:30 AM
** SATURDAY	October 1	WEST FLORIDA	Pensacola, FL (Selected runners only)	
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** SATURDAY	October 22	NSU	NSU, Natchitoches	
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	BUCKEYE	Fort Buhlow Recreation Area	
** SATURDAY	October 29	COMBAUX	Acadiana Park, Lafayette	9:00 AM
** WEDNESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Leo J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	NSU or Fort Buhlow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:15 PM
** TUESDAY	November 15	Post State Race Meal	????????		
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria	6:00 PM	

MENARD EAGLE RUNNING CLUB (MERC)

The Menard Eagle Running Club is a Menard Cross Country "honorary" group with very high entry requirements. Membership is limited to runners accomplishing one or more of the following: running 400 miles (7th & 8th grades), 500 miles (9th & 10th grades), 600 miles (11th & 12th grades), or a top ten finish at designated meets. This year's MERC meets are Episcopal, Catholic, Florida, Menard, and State. The mileage must be logged between the end of the previous year track season and the district CC meet (November 9th). Members receive a special t-shirt at the end of the year for this achievement, and their name is added to the MERC plaque in the gym foyer. Each year a runner qualifies, a different color shirt is awarded according to this schedule: 1st year - gray, 2nd year - red, 3rd year - yellow, fourth year - green, fifth year - blue, and sixth year - black. No black shirts and only six blue have ever been awarded. Only a very few have earned more than one shirt. Here's a list of the 33 runners who have earned three or more shirts since this group was formed in 1988:

- Black (None)**
 - Blue 6** (Lauren Paity, Damon O'Kelly, Joffroy Holcombe, Steven Jansone, Lauren Lemoine, Christian Taylor)
 - Green 9** (Leslie Mammel, Jesse Petrus, Emily Demarco, Francis Vanderlick, Jen Jeanne, Thomas Kajor, Will Littlepage, Mellynn Baker, Mark Dotson)
 - Yellow 18** (Jenni Noles, Sarah Ragona, Dore Fletcher, Jodie White, Courtney Michiels, Jen Pommerenke, Nathan Powell, Joe Landreoneau, Mark Landreoneau, Wes Peptoone, Lora Pharis, Elizabeth Landreoneau, Bridget Daigneppont, Heather Badesux, Lanie Sausing, Mallory Bartow, Daniel Seeser, Brennan Vidrine)
 - Red 19** **Gray 46**
- MERC qualifiers so far this year: Mallory Robichaux. Congrats! There will be more - stay tuned!

CENLA CHAMPS (Wednesday, September 21st)

This race is called "CENLA CHAMPS" because all central Louisiana schools are invited to come run. We usually have around 20 schools here. Menard is the host and arranges for trophies, the clock, runs the meet tabulates the results. *If you're able to be there Wednesday, September 22, Coach needs LOTS of help. I start setting up the course around 8AM and the races start at 3 PM.* We need help with course monitors, registration and scoring - no experience necessary! Just email Coach Smith - or just show up around 2 PM as soon as you can!

1:30 PM	Leave for Buhlow on bus (RUNNERS WILL MISS 7 th AND 8 th PERIODS)		
2:00 PM	Volunteers arrive		
2:30 PM	Begin Sign In	3:00 PM	JV Girls (2 miles)
3:30 PM	JV Boys (2 miles)	4:00 PM	Varsity Girls (3 miles)
4:45 PM	Varsity Boys (3 miles)	5:15 PM	Awards
5:30 PM	Clean up	6:15 PM	Bus arrives at Menard

Race Line ups:	Race 1 JV Girls	Dobard, Erickson, Hawthorne, Jeanfreau, Jones, Lemoine, Marshall, Rabal, R Robichaux
	Race 2 JV Boys	Hilton, Junesau, Kelley, McMickens, Odom, Robichaux
	Race 3 Varsity Girls	Bartow, Engelsman, Morrison, K Robichaux, M Robichaux, Travis, Vaughn
	Race 4 Varsity Boys	Baker, Eika, Lemoine, Seeser, Taylor, Vidrine, Wehrle

SACRED HEART, GRAND COTEAU (Saturday, September 24th)

The course is flat - lots of PR's in the past. Here's the schedule:

6:00 AM	Meet at Menard - BE ON TIME		
6:15 AM	Leave for Grand Coteau	8:30 AM	JV Boys/Girls (2 miles)
9:00 AM	Junior High Boys (2 miles)	9:30 AM	Junior High Girls (2 miles)
10:00 AM	Boys Varsity (3 miles)	10:30 AM	Girls Varsity (3 miles)
11:15 AM	Awards		Back at Menard around 1:00 PM

Please be on time at Menard. Registration takes a while and the first race runners need time to warm up.

We will have our tent and flag set up near the scoring tent. **All runners are expected to stay for the awards ceremony!**

What to bring? It may rain - it may be muddy. Change of clothes, towel, clean shoes, wear your race stuff. We won't water like we do at practice. There will be no chairs available - parents might want to bring chairs.

Race Line ups:	Race 1 JV Girls	Jeanfreau, Lemoine
	Race 2 JH Boys	Hilton, Junesau, Kelley, Odom, Robichaux
	Race 3 JH Girls	Dobard, Erickson, Jones, Marshall, Rabalais, R Robichaux
	Race 4 Varsity Boys	Baker, Eika, Lemoine, Seeser, Taylor, Vidrine, Wehrle
	Race 5 Varsity Girls	Bartow, Engelsman, Morrison, K Robichaux, M Robichaux, Travis, Vaughn

HIGHLAND PARK BOYS

Grade	Rank	Name	Miles	Time
Top 10 Overall	1	O'Kelly (12)	15.25	96
	2	J Holcombe (12)	15.32	03
	3	M Landreoneau (11)	15.36	01
	4	Dotson (12)	15.38	08
	5	Smith (11)	15.41	85
	6	F Vanderlick (12)	16.27	03
	7	Peptoone (11)	16.44	01
	8	Petrus (12)	16.51	02
	9	Jansone (11)	16.50	07
	10	J Landreoneau (11)	16.54	99
7th Grade	1	Taylor	18.13	06
	2	Jansone	18.51	03
	3	O'Kelly	19.01	91
	4	J Adams	19.21	96
	5	J Holcombe	20.41	98
8th Grade	1	Fibak	17.02	96
	2	O'Kelly	18.27	92
	3	Jansone	18.34	04
	4	D Vanderlick	18.41	91
	5	Taylor	18.24	07
9th Grade	1	J Holcombe	16.44	00
	2	M Landreoneau	16.52	99
	3	Carner	17.12	01
	4	O'Kelly	17.20	93
	5	Dotson	17.12	05
10th Grade	1	M Landreoneau	16.02	00
	2	Dotson	16.15	06
	3	O'Kelly	16.39	94
	4	J Holcombe	16.46	01
	5	J Landreoneau	17.17	98
11th Grade	1	M Landreoneau	15.36	01
	2	Smith	15.41	85
	3	Dotson	15.43	07
	4	O'Kelly	16.06	95
	5	Peptoone	16.44	01
12th Grade	1	O'Kelly	15.25	96
	2	J Holcombe	15.32	03
	3	Dotson	15.38	08
	4	Smith	15.53	86
	5	F Vanderlick	16.27	03

GIRLS

1	Robichaux (9)	18.45	11
2	Badesux (12)	19.58	06
3	Engelsman (8)	20.19	10
4	Vaughan (10)	20.26	11
5	Murchison (12)	20.27	05
6	Bartow (9)	20.28	10
7	Jesse (11)	20.32	05
8	Baker (11)	21.06	06
9	Deworth (11)	21.24	11
10	Sausing (11)	22.26	06
1	Robichaux	20.09	09
2	Engelsman	20.53	09
3	Bartow	22.37	08
4	Vaughan	24.50	08
5	M Bartow	25.25	10
1	Robichaux	19.19	10
2	Engelsman	20.19	10
3	Vaughan	21.41	09
4	Turpley	22.36	05
5	Shackelford	23.07	06
1	Robichaux	18.45	11
2	Bartow	20.28	10
3	Vaughan	20.57	10
4	Engelsman	20.58	11
5	Shackelford	22.27	07
1	Vaughan	20.26	11
2	Badesux	20.37	04
3	Jesse	21.19	04
4	Baker	21.31	05
5	Bartow	21.32	11
1	Badesux	19.58	06
2	Murchison	20.27	05
3	Jesse	20.53	06
4	Baker	21.07	07
5	Sausing	22.27	07

SEASON MILES AND MERC - SO FAR

THE GIRLS	MILES	TO	MERC	THE GUYS	MILES	TO	MERC
1 Robichaux, Mallory	9	515	500	1 Lemoine, Andrew	12	540	600
2 Pearson, Claire	11	352	600	2 Vidrine, Brennan	11	440	600
3 Vaughan, Lindsey	10	331	500	3 Seeser, Daniel	12	355	600
4 Bartow, Mallory	10	322	500	4 Taylor, Christian	12	351	600
5 Engelsman, Rachel	9	318	500	5 Baker, Tucker	12	338	600
6 Jones, Madeline	9	224	500	6 Robichaux, Cole	8	272	400
7 Jeanfreau, Grace	11	216	600	7 ERS, Isaac	12	229	600
8 Robichaux, Kelley	9	206	500	8 Wehrle, Will	10	89	500
9 Robichaux, Regan	7	139	400	9 Hilton, Heath	8	60	400
10 Morrison, Meg	11	133	600	10 McMickens, Quint	6	47	400
11 Deworth, Hannah	11	110	600	11 Odom, Victor	7	35	400
12 Dobard, Anna	8	106	400	12 Junesau, Doug	7	28	400
13 Erickson, Cameron	8	98	400	13 Kelley, Chance	7	23	400
14 Lemoine, Alyse	10	81	500	14 Mathews, Tyler	7	17	400
15 Marshall, Jessica	9	75	500				
16 Rabalais, Carson	9	59	500				
17 Hawthorne, Miranda	7	42	400				
18 Travis, Abbey	11	40	600				
				Lemoine, Gaynell	435		MERC1
				Pearson, Lucy	448		MERC1
				Vidrine, James	442		MERC1

Holy Savior Menard Cross Country 2011!

September 24, 2011 #5

Double Win!!

Secret Heart, Grand Coteau Results

The girls and guys dominated! The guys place 5 in the top 12; the girls place 5 in the top 11 as both teams win big. The JH Girls also make some noise with a big win, placing 4 in the top 6! Grand Coteau keeps its reputation as a fast course as we see 9 PR's and 6 SPR's out of 28 runners. There's also 10 T-shirts and 8 medals going Menard way. Congratulations to PR runners Anna, Grace, Madeline, Meg, Kelley, Regan, Abbey, Heath, and Cole. More congrats to SPR runners Mallory B, Alyse, Jessica, Andrew, Daniel, and Will. Thanks as always to all parents who support our program by being there and by pitching in whenever there's something to do. Here's the stats:

Girls Varsity (45 runners) Team Time 1:08:22 Gap Time 3:25

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
1 Robichaux, Mallory	6.10	6.39	6.36	19.45	+60	19.59 T-Shirt
2 Bartow, Mallory	6.35	7.41	7.14	21.30	+86	SPRU 20.28 T-Shirt
4 Vaughan, Lindsay	6.35	7.40	7.18	21.33	+82	21.48 T-Shirt
7 Morrison, Meg	6.55	7.59	7.30	22.24	-5	PRU T-Shirt
11 Engelmann, Rachel	6.38	8.32	8.00	23.10	+213	21.01 T-Shirt
13 Robichaux, Kelley	7.19	8.17	7.46	23.22	-110!	PRU
21 Deworth, Hannah	6.55	6.41	6.30	24.15	+171	

Boys Varsity (48 runners) Team Time 92:47 Gap Time 1:41

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
3 Ellis, Isaac	5.40	6.11	5.36	17.47	+24	17.40 T-Shirt
4 Lemoine, Andrew	5.41	6.10	6.04	17.55	+8	SPRU 18.05 T-Shirt
7 Baker, Tucker	5.44	6.38	6.20	18.42	+69	18.08 T-Shirt
11 Viktnis, Brennan	5.45	6.41	6.29	18.55	+36	18.40 T-Shirt
12 Wehrle, Will	6.13	6.55	6.20	19.28	+60	SPRU 19.08 T-Shirt
18 Taylor, Christian	6.04	6.56	6.56	19.56	+156	20.16
24 Sooner, Daniel	6.35	7.23	7.17	21.15	+92	SPRU 21.20

Team Standings

Boys Varsity (6 Teams)

1 MENARD (2A)	37
2 Buckeye (3A)	64
3 Tlogo (4A)	64
4 Westminster (2A)	92
5 St Edmund (1A)	112
6 ESA (B)	139

Team Standings

Girls Varsity (6 Teams)

1 MENARD (2A)	25
2 Buckeye (3A)	73
3 St Edmund (1A)	83
4 Westminster (2A)	84
5 Sac Hrt GC (2A)	93
6 ESA (B)	139

RECORDS SET AT GRAND COTEAU

Grade Records	#23 All Grades; #11 9 th grade	Mallory Bartow	#5 10 th grade
Kelley Robichaux	#17 All Grades; #7 11 th grade	Andrew Lemoine	#20 12 th grade
Meg Morrison			

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JH Girls (46 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
2 Marshall, Jessica	7.42	7.42	15.24	+87	SPRU 25.31 Medal
3 Robichaux, Regan	7.42	8.08	15.50	-21	PRU Medal
4 Rabalais, Caron	7.42	8.09	15.51	+7	Medal
6 Jones, Madeline	7.36	8.14	16.10	-42	PRU 19.05 Medal
27 Erickson, Cameron	9.30	9.34	19.04	+84	21.37
32 Dohard, Anna	9.36	10.00	19.36	-23	PRU

JH Boys (39 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
2 Robichaux, Cole	6.28	6.48	13.16	-8	PRU 14.17 Medal
11 Jensen, Doug	7.08	7.06	14.14	+45	
26 Hilton, Heath	7.24	7.58	15.22	-43	PRU
35 Odom, Victor	9.04	9.32	18.36	+125	

JV Girls (17 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
2 Pearson, Claire	7.20	7.46	15.06	+11	27.39 Medal
3 Lemoine, Alyse	7.38	8.12	15.50	+87	SPRU 22.47 Medal
6 Travis, Abbey	8.04	8.10	16.14	-17	PRU Medal
8 Jeffries, Grace	8.04	8.31	16.35	-3	PRU 17.56

WHAT ARE ALL THOSE INITIALS?

All sports have their RBI's and TD's. Menard CC is no different. Here's a list - probably not complete:

PR	Personal Record - best time ever at a particular distance
SPR	Season Personal Record - best time this season at that distance
TPR	Tie Personal Record - very rare - match Personal Record
TSPR	Tie Season Personal Record - also very rare - match season Personal Record
FR	First race at a particular distance
MERC	Menard Eagle Running Club
Mile Splits	Individual mile times within a race
Records	
Meet Record	For certain major meets, we keep track of best times All-time - best time regardless of grade (10 deep) Grade - best time for a particular grade level (5 deep)
Course Record	For certain courses, we keep track of best times All-time - best time regardless of grade (10 deep) Grade - best time for a particular grade level (5 deep)
Grade Record	Top 25 times at each grade level, and top 50 overall times

HOW TO SCORE A CC MEET

It's pretty simple. Every runner gets points depending on their finish place. The number one runner gets one point, the number two runner gets two points, the number fifty runner gets 50 points, and so on. The individual scores for the top five runners for a particular team are totaled to create the school's team score. Low score wins. An example: the first five boys at Grand Coteau Saturday placed 3, 4, 7, 11, and 12 for a total of 37 points. If a team does not have five runners, they cannot qualify for team scoring. In case of ties (not common, but happens - see Buckeye and Tlogo at Grand Coteau), each team's sixth runner becomes the tie-breaker.

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CRNLA CHAMPS (Wednesday, September 21) MEET RESULTS

What's the toughest thing to do in Louisiana CCT Races at Baulow on hot, sunny September afternoon! We get only one PR (Regan runs a 64 second PR!!!), but 4 brave runners give 3 miles a first try - cool - but crazy! At full strength the girls would sweep the top 5 and the boys would win easily, but it's not to be as we have 2 guys and 3 girls on the side lines. The guys manage 4th; the girls still win easily over most of the local schools. Here's the stats:

Girls Varsity (100 runners) Team Time 1:13:51 Gap Time 4:48

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
1 Robichaux, Mallory	6.12	7.07	7.05	20.24	+99	T + Medal 21.30
2 Bartow, Mallory	7.02	7.56	7.28	22.26	+142	T + Medal 21.34
3 Engelmann, Rachel	7.00	8.16	7.20	22.36	+179	T + Medal 21.58
11 Morrison, Meg	7.11	8.09	7.53	23.13	+44	
30 Robichaux, Kelley	7.43	9.02	8.27	25.12	PRU	
49 Jones, Madeline	8.29	9.35	9.36	27.40	+113	19.52
63 Lemoine, Alyse	8.29	10.18	10.06	28.53	+412	26.06
74 Travis, Abbey	8.48	11.05	10.18	30.12		

Boys Varsity (143 runners) Team Time 99:29 Gap Time 4:41

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
4 Ellis, Isaac	5.43	6.20	6.11	18.14	+51	T + Medal 18.25
10 Lemoine, Andrew	5.55	6.29	6.30	18.54	+67	T-Shirt 19.44
13 Viktnis, Brennan	6.00	6.42	6.27	19.09	+50	19.59
36 Wehrle, Will	6.29	7.12	6.36	20.17	+69	20.01
81 Sooner, Daniel	6.55	8.11	7.49	22.55	+192	22.28
105 Jensen, Doug	8.01	9.54	6.27	24.22	PRU	
127 Hilton, Heath	8.05	8.17	11.33	27.55	PRU	

Team Standings

Boys Varsity (16 Teams)

1 Anacoco (2A)	88	6 Leesville (4A)	180	1 MENARD (2A)	41	6 Leesville (4A)	131
2 Elizabeth (C)	121	7 Tlogo (4A)	183	2 Anacoco (2A)	74	7 Stampac (B)	161
3 Hornbeck (B)	131	8 Pineville (5A)	189	3 Onco Christian (B)	102	8 Glenora (B)	229
4 MENARD (2A)	138	9 Avoyelles Chart	209	4 Pineville (5A)	120	9 Elizabeth (C)	248
5 Buckeye (3A)	148	10 Georgetown (C)	219	5 Buckeye (3A)	131	10 Evans (B)	265

JV Girls (1307 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Robichaux, Regan	8.10	8.01	16.11	-64	PRU
Rabalais, Caron	8.07	8.30	16.37	+53	
Hawthorne, Miranda	8.08	8.38	16.46	+13	
Jennifera, Grace	8.44	9.28	18.12	+71	20.32
Marshall, Jessica	8.33	10.38	19.31	+302	31.14
Erickson, Cameron	9.50	10.26	20.16	+156	22.55
Dohard, Anna	11.08	11.30	22.38	157	

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JV Boys (1307 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Robichaux, Cole	6.49	7.09	13.58	+34	15.28
Kelley, Camus	8.07	9.17	17.24	+75	
Odom, Victor	10.22	11.10	21.32	301	
McClintock, Quent	7.27	7.15	14.42	PRU	

RECORDS SET AT CRNLA CHAMPS

Grade Records	#28 All Grades; #12 9 th grade
Kelley Robichaux	

Baulow #6 Course Records

Mallory Robichaux	#2 9 th grade	Rachel Engelmann	#4 9 th grade
Mallory Bartow	#4 10 th grade		

Crnla Champs Meet Records

Mallory Robichaux	#1 All Grades; #1 9 th grade	Rachel Engelmann	#4 9 th grade
Mallory Bartow	#1 10 th grade	Meg Morrison	#3 11 th grade

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE IN THIS WEEK!

Here's the families who (according to Coach's records) haven't paid for shirts yet: **Ellis**.

Here's the families who (according to Coach's records) haven't paid for the practice shirts yet: **Ellis, Taylor**.

PRACTICE DRESS CODE

Don't forget! The practice dress will be black shorts (your choice) and the new gold jersey. Please cooperate by wearing the proper clothes to practice. This is not optional! (Stinky shirts and shorts work well - it's cross country!)

MISSING PRACTICE

All runners should be at all practices. Try hard to schedule doctors and dentists on half Thursdays (best) or on Fridays (next best). If it is necessary to miss any practices, Coach should be told no later than lunch that day. Otherwise it will be unexcused. *Unexcused practices will lead to being suspended from meets. Continued unexcused practices can't be tolerated!*

Also, we practice 5 days a week - INCLUDING THE DAY BEFORE RACES!

CONTACT COACH????

Contact Coach Smith ANYTIME you need to!	
School	445-8233 will need to leave voice mail here - not recommended!
Home	487-8887 evenings
Cell	446-8887 whenever!
Email	wcmensard@guddenlink.net anytime!

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Every two weeks the state cross country teams are ranked by a group of coaches around the state. This first ranking is the "composite" ranking, where all classes are ranked as a group. The next ranking will be "small school / large school." Of course, you might just notice the girls!

COMPOSITE RANKINGS

BOYS' TEAMS		GIRLS' TEAMS	
SCHOOL	CLASS	SCHOOL	CLASS
1 St Paul's	5A	1 St Joseph's	5A
2 Catholic, BR	5A	2 Dominican	5A
3 Episcopal, BR	2A	3 MENARD	2A
4 St Thomas Aquinas	2A	4 St Thomas Aquinas	2A
5 Brother Martin	5A	5 Mt Carmel	5A
6 Jesuit	5A	6 St Michael	4A
7 Ruston	5A	7 St Scolastica	4A
8 Walker	4A	8 Ruston	5A
9 AB Rummel	5A	9 Newman	2A
10 Mandeville	5A	10 Mandeville	5A
11 Holy Cross	4A	11 Episcopal, BR	2A
12 Parkway	4A	12 Fontainebleau	5A
13 West Monroe	5A	13 Benton	4A
14 AB Shaw	5A	14 Cabrini	4A
15 Newman	2A	15 Sacred Heart, NO	3A
16 Dutchtown	5A	16 Lafayette	5A
17 Haughton	4A	17 East Ascension	1A
18 Benton	4A	18 Parkview Baptist	3A
19 ED White	3A	19 St Thomas More	5A
20 Ascension Catholic	1A	20 Northboro	5A

FOOTBALL CONCESSIONS

We had a great show of CC parents for our turn to man the football concession stand Friday night. THANKS! This is income for CC!!

BOX LUNCH FUND RAISER

Make copies of the sign-up sheet and sell, sell, sell! Any questions call Gaynell Lesnoire 641-0113

Holy Savior Menard Cross Country 2011! September 24, 2011 7

CENLA CHAMPS BOYS

Top 10 Overall		GIRLS	
1. Smith (12)	15.00 86	1. Robichaux (9)	20.24 11
2. M Landrenea (11)	15.45 01	2. Jesse (12)	20.31 06
3. J Holcombe (12)	16.13 03	3. Badoeur (12)	21.26 06
4. O'Kelly (10)	16.27 94	4. Bartow (9)	21.34 10
5. Dotson (10)	16.45 08	5. Engelsman (8)	21.58 10
6. Allen (12)	16.52 86	6. Baker (11)	22.05 06
7. J Landrenea (11)	16.56 99	7. Vaughan (9)	22.19 10
8. L Carr (10)	17.04 86	8. Marchion (12)	22.44 03
9. F Vandevick (12)	17.10 03	9. Samsing (11)	23.19 06
10. McHugh (11)	17.30 89	10. Wyatt (11)	23.35 06
7th Grade		7th Grade	
1. Taylor	18.59 06	1. Robichaux	21.30 09
2. Jansone	19.46 03	2. Bartow	23.29 08
3. O'Kelly	20.01 91	3. M Bartow	32.40 10
4. J Adams	20.30 96	4.	
5. Blalock	20.57 92	5.	
8th Grade		8th Grade	
1. Filasek	18.01 96	1. Robichaux	21.50 10
2. O'Kelly	18.14 92	2. Engelsman	21.58 10
3. Jansone	19.10 04	3. Vaughan	22.23 09
4. Garner	19.12 00	4. Shackelford	25.21 06
5. Taylor	19.13 07	5. Beard	25.31 09
9th Grade		9th Grade	
1. M Landrenea	16.47 99	1. Robichaux	20.24 11
2. J Holcombe	17.47 00	2. Bartow	21.50 10
3. O'Kelly	18.05 93	3. Vaughan	22.19 10
4. F Vandevick	18.11 00	4. Engelsman	22.36 11
5. Garner	18.18 01	5. Baker	23.14 04
10th Grade		10th Grade	
1. M Landrenea	16.23 00	1. Bartow	22.26 11
2. O'Kelly	16.27 94	2. Badoeur	22.42 04
3. Smith	16.32 84	3. Baker	23.51 01
4. J Holcombe	16.34 01	4. Jesse	23.01 01
5. L Carr	17.04 86	5. Samsing	25.08 01
11th Grade		11th Grade	
1. M Landrenea	15.45 01	1. Baker	22.05 01
2. O'Kelly	16.31 95	2. Badoeur	23.02 01
3. J Landrenea	16.56 99	3. Morrison	23.13 11
4. Dotson	17.21 07	4. Samsing	23.19 01
5. Pepitone	17.34 01	5. Wyatt	23.35 01
12th Grade		12th Grade	
1. Smith	15.00 86	1. Jesse	20.31 01
2. J Holcombe	16.13 03	2. Badoeur	21.26 01
3. Dotson	16.45 08	3. Baker	22.21 01
4. O'Kelly	16.50 96	4. Marchion	22.44 01
5. Allen	16.52 86	5. LeCrole	25.19 01

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SEASON MILES 2011!			
THE GIRLS	MILES TO	THE BOYS	MILES TO
	MERC		MERC
1 Robichaux, Mallory	9 544 500	1 Lemoine, Andrew	12 567 600
2 Pearson, Claire	11 370 600	2 Vidrine, Brennan	11 485 600
3 Vaughan, Lindsay	10 350 500	3 Seeser, Daniel	12 377 600
4 Bartow, Mallory	10 342 500	4 Taylor, Christian	12 372 600
5 Engelsman, Rachel	9 318 500	5 Baker, Tucker	12 362 600
6 Jones, Madeline	9 240 500	6 Robichaux, Cole	8 290 400
7 Jeanfreau, Grace	11 231 600	7 EB's, Isaac	12 248 600
8 Robichaux, Kelley	9 216 500	8 Wehrle, Will	10 81 500
9 Robichaux, Regan	7 154 400	9 Hilton, Heath	8 77 400
10 Morrison, Meg	11 152 600	10 McMichans, Quint	6 64 400
11 Deworth, Hannah	11 128 600	11 Odorn, Victor	7 42 400
12 Dobard, Anna	8 118 400	12 Juneau, Doug	7 37 400
13 Erickson, Cameron	8 111 400	13 Kelley, Chance	7 24 400
14 Lemoine, Alyse	10 93 500	14 Mathews, Tyfer	7 17 400
15 Marshall, Jessica	9 88 500		
16 Rabalais, Carson	9 75 500	Lemoine, Gaynell	488 MERC
17 Hawthorne, Miranda	7 53 400	Vidrine, James	483 MERC
18 Travis, Abby	11 51 600	Pearson, Lucy	445 MERC

THE 2011 CROSS COUNTRY SCHEDULE - FINAL (HOPEFULLY!)

Look close - last changes! The dates are finalized. The current schedule will be published in this newsletter each week. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon. Look close, Gaynell!

DAY	DATE	EVENT	LOCATION	FIRST RACE
** SATURDAY	October 8	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 15	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 19	JOHNNY MILLER	Fort Buhlow Recreation Area	3:30 PM
** SATURDAY	October 22	NSU	NSU, Natchitoches	
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	BUCKEYS	Fort Buhlow Recreation Area	
** SATURDAY	October 29	COMBAUX	Acadians Park, Lafayette	9:00 AM
** WEDNESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Leo J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	NSU or Fort Buhlow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:15 PM
** TUESDAY	November 15	Post State Race Meal	?????????		
** THURSDAY	November 17	25th Annual CC Banquet	Menard Cafeteria	6:00 PM	

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CROSS COUNTRY RACE STATS	T	T	T	T	S	E	C	S	2011!											
									1 mile		2 mile		MILE		MILE		MILE		MILE	
									AUG	AUG	AUG	AUG	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP
Bartow, Mallory	10	F	20.04	13.14	7.09	14.35	21.56	21.32	22.26	21.30										
Deworth, Hannah	11	F			7.12	14.13	21.24	22.40	24.15											
Dobard, Anna	8	F			9.18		20.20	20.01	22.38	19.36										
Engelsman, Rachel	9	F	19.37	12.49	6.28	14.49	21.40	20.58	22.36	23.10										
Erickson, Cameron	8	F	27.17	17.40	8.32		18.14	19.40	20.16	19.04										
Hawthorne, Miranda	7	F			8.04		16.33		16.46											
Jeanfreau, Grace	11	F	26.29	17.23	10.34	19.37		16.38	18.12	16.35										
Jones, Madeline	9	F	25.27	16.52	8.37	18.41	17.50	17.00	27.40	16.10										
Lemoine, Alyse	10	F	22.01	14.23			17.38	16.26	28.53	15.90										
Marshall, Jessica	9	F	21.51	14.29	8.22				19.31	15.24										
Morrison, Meg	11	F			7.09	14.48	22.39	22.29	23.13	22.24										
Pearson, Claire	11	F	22.39	14.55					DNF	15.06										
Rabalais, Carson	9	F			8.22	18.36	15.46	15.44	16.37	15.51										
Robichaux, Kelley	9	F			7.34	16.13	DNF	15.17	23.12	23.22										
Robichaux, Mallory	9	F	19.07	12.34	6.10	12.34	19.14	18.45	20.24	19.45										
Robichaux, Regan	7	F			8.49		17.42	17.15	16.11	15.90										
Travis, Abby	11	F			7.49		16.31	26.40	30.12	16.14										
Vaughan, Lindsay	10	F	20.11	13.21	7.38	14.35	21.13	20.26		21.33										

GIRLS TEAM PLACE	2/12	3/19	1/12	1/6	
GIRLS TEAM TIME	103.13	105.27	104.10	113.31	108.22

CROSS COUNTRY	BACK STATS	T T		T T		S	R	C	S	A
		H W		I I						
		R O		M M						
		E E		E E						
		M	L	R	R	H	A	C	H	E
		J	K	I	I	S	A	P	C	E
		L	A	A	A	E	L	A	A	E
		E	PR	L	L	L	L	A	M	A
									P	R
									S	T

2011	3 mile		2 mile		1 mile		1/2 mile		500 yd		OCT	
	AUG	AUG	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	OCT
	18	25	18	17	21	24						1
Baker, Tucker	12 M	17.33	11.39	5.28	12.31	18.08	17.53			18.42		
Ellis, Isaac	12 M	17.23	11.16			17.37	18.14		17.47			
Hilton, Heath	8 M			7.28	18.42	16.05	17.55		15.22			
Juneau, Doug	7 M				14.58					14.34		
Kelley, Chance	7 M					16.09	17.24					
Lemoine, Andrew	12 M	17.47	11.49	5.16	11.41	18.31	18.15	18.54		17.55		
Mathews, Tyler	7 M			7.25		15.15	DNF					
McMickens, Quent	6 M			7.17	14.56				14.42			
Odom, Victor	7 M			8.00		16.31	16.48	21.32		18.36		
Robichaux, Cole	8 M	20.34	13.24	6.29	13.58	24.14	18.25	13.58		13.16		
Seesser, Daniel	12 M	19.43	12.52	6.54		22.09	21.49	22.55		21.15		
Taylor, Christian	12 M	17.20	11.20	5.52	13.21		18.38			19.96		
Vidrine, Brennan	11 M	18.38	12.15	5.38	12.03	18.50	18.19	19.09		18.55		
Wehrle, Will	10 M	18.28	12.28	6.17	14.22		20.16	20.17		19.28		
BOYS TEAM PLACE						11/18	11/29	4/16		1/6		
BOYS TEAM TIME		81.38				101.52	90.42	99.29		92.47		

Time "Off!"

It's the prettiest day of the year - a great day for a little (fast) running and more than a few pancakes. We're missing some runners for various reasons, but those who are available turn in some great times on our very familiar grass lap. The competition and scoring rules are a little different, as the rankings below show - maybe some hints as to the future???? And there's no t-shirts or medals, but the prizes were old! Here's the results:

Place	Mile					PR +/-	FR +/-	
	Mile 1	Mile 2	Mile 3	Finish	PR +/-			
1	Lemoine, Alyse	7.16	7.28	7.25	22.09	-45	+08	Spoons
2	Dobard, Anna	8.41	9.03	9.32	27.16	-38	PR!	Seickers
3	Hawthorne, Miranda	7.28	7.52	8.10	23.30	-18	PR!	Seickers
4	Wehrle, Will	5.59	6.17	6.08	18.24	-15	-04	Seickers
5	Travis, Abbey	7.28	7.52	8.06	23.26	-1	-194!	Spoons
6	Jeunfrea, Grace	7.41	7.56	8.12	23.49	+1	-160!	Spoons
7	Deworth, Hannah	6.32	6.52	6.38	20.02	+20	-82	Seickers
8	Jones, Madeline	8.07	7.96	8.21	24.24	+36	-63	Kisses
9	Vidrine, Brennan	5.53	5.53	5.45	17.31	+37	-48	Spoons
10	Taylor, Christian	5.52	5.57	5.49	17.38	+62	+18	Kisses
11	Lemoine, Andrew	5.30	5.43	5.39	16.52	+64	-53	Seickers
12	Odom, Victor	7.45	8.49	8.46	25.20	+89	PR!	Kisses
13	Pearson, Lucy	7.11				dnf		Kisses
14	Robichaux, Kelley		6.58	7.26		dnf		Spoons
15	Engelsman, Rachel							Kisses

MISSING PRACTICE

All runners should be at all practices. Try hard to schedule doctors and dentists on half Thursdays (best) or on Fridays (next best). If it is necessary to miss any practice, Coach should be told no later than lunch that day. Otherwise it will be unexcused. *Unexcused practices will lead to being suspended from meets.* Continued unexcused practices can't be tolerated!

Also, we practice 5 days a week - INCLUDING THE DAY BEFORE RACES!

BOX LUNCH FUND RAISER

Make copies of the attached sign-up sheet and sell, sell, sell! Any questions call Gaynell Lemoine 641-0113

LOST AND FOUND

Coach has a number of fold up chairs, shoes, shirts, etc in his garage. Veterans know when they'll eventually show up, but just in case, if you're missing something, come check it out!

THE 2011 CROSS COUNTRY SCHEDULE - FINAL (HOPEFULLY!)

Look close - last changes! The dates are finalized. The current schedule will be published in this newsletter each week. The schedule for each race day will be posted here the week before the race. The weekday meets will be after school. The Saturday races will see us leave Menard early and be back in the early afternoon. Look close, Gaynell!

DAY	DATE	EVENT	LOCATION	FIRST RACE
** SATURDAY	October 8	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** SATURDAY	October 15	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 19	JOHNNY MILLER	Fort Buhlow Recreation Area	3:30 PM
** SATURDAY	October 22	NSU	NSU, Natchitoches	
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	BUCKEYE	Fort Buhlow Recreation Area	
** SATURDAY	October 29	COMEAU	Acadiana Park, Lafayette	9:00 AM
** WEDNESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Lee J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	NSU or Fort Buhlow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 13	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:15 PM
** TUESDAY	November 15	Post State Race Meal	???????		
** THURSDAY	November 17	25th Annual CC Banquet	Menard Cafeteria	6:00 PM	

CATHOLIC AT HIGHLAND PARK (Saturday, October 8th) (And LAST 4:30 AM!)

The Catholic meet is THE big one! It's run at Highland Park - just like the Episcopal meet, except two or three times as big! ALL of very good teams will be there. It's also the LAST time we will ever run at Highland Park. Next year the Baton Rouge races will be at the fairgrounds. Maps will be available Saturday morning. Here's the schedule of races.

4:30 AM	Meet at Menard - BE ON TIME
4:40 AM	Leave for Baton Rouge
8:30 AM	Open (2 miles or 3 miles)
9:00 AM	Girls Junior High (2 miles)
9:30 AM	Boys Junior High (2 miles)
10:00 AM	Girls Varsity (3 miles)
10:30 AM	Boys Varsity (3 miles)
11:15 AM	Awards
	Back at Menard around 3:00 PM

- (Subject to change)
- Open: Jeunfrea, Lemoine, Pearson, Travis (3 mile option)
- Girls JH: Dobard, Erickson, Hawthorne, Jones, Marshall, Rabalais, R Robichaux
- Boys JH: Hilton, Juneau, Mathews, Odom, Robichaux
- Girls V: Bartow, Deworth, Engelsman, Morrison, M Robichaux, K Robichaux, Vaughan
- Boys V: Baker, Ellis, Lemoine, Seesser, Taylor, Vidrine, Wehrle

Please be on time at Menard! Registration takes a while and the first race runners need time to warm up.

MENARD INVITATIONAL

Our big race is SATURDAY, October 15th! We will need all of us who can possibly be there to pitch in. Again this year we have the very unfortunate conflict with the Cancer 5K. Please look over the volunteer list in this newsletter. *IF YOU CANNOT BE THERE FOR OUR RACE PLEASE EMAIL MY RIGHT AWAY.* Our race is one of the most popular races in the state and we usually host well over 50 schools. One of the reasons coaches like our race is its organization and its personality - which has a lot to do with all of us doing our job that day. For this race, the work comes before watching your runner! If your name is not on the list - stay tuned and show up prepared to work anyway (some in shows)! As parents indicate they cannot be there, this list will change. And like any major event, there is ALWAYS a need for additional help!

THE GIRLS	MILES	TO	MERC	THE GUYS	MILES	TO	MERC
1 Robichaux, Mallory	9	578	500	MERCI	1 Lemoine, Andrew	12	596 600
2 Pearson, Claire	11	381	600		2 Vidrine, Brennan	11	488 600
3 Vaughan, Lindsay	10	369	500		3 Seesser, Daniel	12	400 600
4 Engelsman, Rachel	9	358	500		4 Baker, Tucker	12	373 600
5 Bartow, Mallory	10	357	500		5 Taylor, Christian	12	372 600
6 Jones, Madeline	9	257	500		6 Robichaux, Cole	8	308 600
7 Jeunfrea, Grace	11	247	600		7 Ellis, Isaac	12	285 600
8 Robichaux, Kelley	9	237	500		8 Wehrle, Will	10	100- 500
9 Morrison, Meg	11	171	600		9 Hilton, Heath	8	93 400
10 Robichaux, Regan	7	187	400		10 McMickens, Quent	6	72 400
11 Deworth, Hannah	11	145	600		11 Odom, Victor	7	51 400
12 Dobard, Anna	8	129	400		12 Juneau, Doug	7	43 400
13 Erickson, Cameron	8	127	400		13 Kelley, Chance	7	24 400
14 Lemoine, Alyse	10	108	500		14 Mathews, Tyler	7	17 400
15 Marshall, Jessica	9	99	500				
16 Rabalais, Carson	9	93	500				
17 Travis, Abbey	11	83	600		Lemoine, Gaynell	488	MERCI
18 Hawthorne, Miranda	7	82	400		Vidrine, James	463	MERCI
					Pearson, Lucy	448	MERCI

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!
 School 445-8233 will need to leave voice mail here - not recommended!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wcmernad@suddenlink.net anytime!

DISCIPLINE Discipline is the bridge between goals and accomplishments.

From Hebrews: At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it.

PRACTICE PR's

Most days, runners turn in their times for their training runs. Of course we track them! Here's where we stand to date:

Table with columns for Name, Gender, Age, Mile 1-8, and PR +/-.

Menard Girls and Guys Earn 2A Respect!

The girls take 4th of 29 (and easily the top 2A team), and the guys take 16th of 45 (and the #2 2A spot) to make a city state contention in November.

Girls Varsity (231 runners) Team Time 106:15 Gap Time 3:44. Table with columns: Place, Name, Mile 1-4, PR +/-, Last Yr.

2 mile PR's: Meg, Kelley, Malloy R

Boys Varsity (322 runners) Team Time 92:52 Gap Time 1:39. Table with columns: Place, Name, Mile 1-4, PR +/-, Last Yr.

Team Standings

Boys Varsity (45 Teams) and Girls Varsity (29 Teams) list with team names and scores.

CATHOLIC HIGH - Confirmed

Table with columns: Place, Name, Mile 1-4, PR +/-, Last Yr.

JH Boys (52 runners)

Table with columns: Place, Name, Mile 1-4, PR +/-, Last Yr.

JV Girls (1757 runners)

Table with columns: Place, Name, Mile 1-4, PR +/-, Last Yr.

RECORDS SET AT CATHOLIC

Grade Records (Episcopal), Highland Course Records, Catholic High Meet Records.

BOX LUNCH FUND RAISER We're getting close!!! This is CC's major fund raiser.

LOST AND FOUND Coach has a number of fold up chairs, shoes, shirts, etc in his garage.

CONTACT COACH????? Contact Coach Smith ANYTIME you need to!

THE 2011 CROSS COUNTRY SCHEDULE - FINAL (HOPPEFULLY!) Look close - last changes! The dates are finalized.

Table with columns: DAY, DATE, EVENT, LOCATION, FIRST.

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE'VE BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY November 15 STATE CHAMPS NSU Boys 1:45 PM Girls 3

MENARD INVITATIONAL

Our big race is SATURDAY, October 15!!! We will need all of us who can possibly be there to pitch in.

T-SHIRTS... We have a few training shirts and a few of the team shirts available.

CROSS COUNTRY RANKINGS

This is the week for big (3A,4A,5A) School / small (2A,A,B,C) School rankings. It's always good to see both teams in the rankings - and especially a #1!

LARGE SCHOOL		LARGE SCHOOL	
BOYS TEAMS	CLASS	GIRLS TEAMS	CLASS
1 St Paul's	5A	1 St Joseph's	5A
2 Brother Martin	5A	2 Dominican	5A
3 Catholic, BR	5A	3 Mandeville	5A
4 Jesuit	5A	4 Walker	4A
5 Walker	4A	5 Ruston	4A
6 Ruston	4A	6 Mt Carmel	5A
7 St Thomas More	5A	7 St Michael	4A
8 AB Rummel	5A	8 Fountainsbleau	5A
9 Parkway	4A	9 St Thomas More	5A
10 St Michael	4A	10 St Scholastica	4A

SMALL SCHOOL		SMALL SCHOOL	
BOYS TEAMS	CLASS	GIRLS TEAMS	CLASS
1 Episcopal, BR	2A	1 MENARD	2A
2 St Thomas Aquinas	2A	2 Newman	2A
3 Newman	2A	3 McGehee	2A
4 Ascension Cath	1A	4 St Thomas Aquinas	2A
5 Metairie Park CD	1A	5 Episcopal, BR	2A
6 Lakeside	2A	6 Sacred Heart (NC)	2A
7 Runnels	2A	7 University	2A
8 Choudrant	B	8 Hanson	B
9 MENARD	2A	9 Choudrant	B
10 Anacoco	2A	10 St Edmund	1A

MENARD INVITATIONAL (Saturday, October 15)

We DO NOT meet at Menard for this one. Everyone should be at Bulow by 8 AM. See the "volunteer" sheet elsewhere in this newsletter. The race schedule is listed there also.

Race Line ups:

Race 1 Small School Girls: 9 AM (3 miles)	Bartow, Deworth, Dobard, Engelsman, Erickson, Hawthorne, Jeanfreau, Jones, Lemoine, Marshall, Morrison, Pearson, Rabalais, K Robichaux, M Robichaux, Travis, Vaughan
Race 2 Small School Boys: 9:40 AM (3 miles)	Baker, Ellis, Hilton, Juseau, Lemoine, Mathews, Robichaux, Seeser, Taylor, Vidrine, Wehrle
Race 3 JV Race: 10:10 AM (2 miles)	R Robichaux, McMickens, Odum (If you would rather run the 3, let Coach know.)

Race Day: Saturday, October 15, 2011

Schedule for the Day:

8:00 AM	Workers Arrive at Course	10:20 AM	Small School Awards Presentation
8:15 AM	Begin team Sign In	10:40 AM	Large School Girls Race (Race 4 - 3 miles)
9:00 AM	Small School Girls Race (Race 1 - 3 miles)	11:20 AM	Large School Boys Race (Race 5 - 3 miles)
9:40 AM	Small School Boys Race (Race 2 - 3 miles)	11:50 PM	Large School & Open Awards Presentations
10:10 AM	JV Race (Race 3 - 2 miles)	12:00 PM	Clean up and go home!

- *** REGISTRATION - Registering teams as they check in (4 stations)
 1. Stacy Jones
 2. Jackie Deworth
 3. Jackie Smith
 4. Lucy Pearson
 5. Angela Hawthorne
 6. Melinda Vaughan
 7. Elizabeth Morrison
- *** TABULATION - Compiling race results
 1. Ed Bartow
 2. Michelle Travis
- *** FINISH LINE TIMING - Record the finish times for all runners (Races 1,2,4,5) (No times in Open Race - 3)
 1. Randy Seeser
 2. Bart Jouse
- *** FINISH CHUTE - Keep runners in proper order as they finish.
 1. Ted Ellis
 2. James Vidrine
 3. Beatrice Jeanfreau
 4. Steve Vaughan
 5. James Lemoine
 6. Preston Taylor
 7. Will Travis
 8. Donald Baker
 9. Jay Deworth
 10. John Dobard
- *** FULL TABS - Tear off race bib tabs and hand to runner
 1. Felicia Vidrine
 2. Lori Ellis
 3. Bekka Taylor
- *** FULL TAB STRINGER - Place pull tabs on stringer
 1. Lori Wehrle
 2. Tammy Robichaux
- *** T-SHIRTS - Guard and pass out t-shirts to qualifying runners.
 1. Kathy Engelsman
 2. Stephanie Bartow
 3. Beth Erickson
- *** COURSE MARSHALS - Direct runners at course turns.
 1. Maury Morrison
 2. Pauley Pearson
- *** COACH - Get runners warmed up and to starting line on time. Melaine Baker
- *** MENARD MILE SPLITS - Driver: Allyson Rachal
 1. First mile times (Races 1, 2, 3)
 - Kaelyn Rachal
 - Rebecca Jeanfreau
 - Tristan Kramer
 2. Second mile times (Races 1, 2)
 - Kaelyn Rachal
 - Rebecca Jeanfreau
 - Tristan Kramer
 3. Finish times (Race 3)
 - Kaelyn Rachal
 - Rebecca Jeanfreau
 - Tristan Kramer
- *** WATER STATION
 1. Mike Wehrle
 2. Ed Marshall
- *** BATHROOMS
 1. Mike Juseau
 2. Tracy Juseau
- *** MEDICAL
 1. Bart Jones
 2. Becky Smith
- *** PARKING
 1. Ken Hawthorne
 2. Dirk Erickson
 3. Brent Pearson
- *** MUSIC
 1. Working on it!!!!!!
- *** PICTURES
 1. Mickie Seeser
 2. Stephanie Robichaux
 3. Gaynell Lemoine
- *** CLEAN UP / PICK UP STAKES AND FLAGS (During Awards)
 1. All of us!

HIGHLAND PARK BOYS

GIRLS

Top 10 Overall	1. O'Kelly (12) 15:25 96	2. J Holcombe (12) 15:32 03	3. M Landreanu (11) 15:36 01	4. Dotson (12) 15:38 08	5. Smith (11) 15:41 83	6. F Vandertick (12) 16:27 03	7. Peplone (11) 16:44 01	8. Petras (12) 16:51 02	9. Jeannone (11) 16:50 07	10. J Landreanu (11) 16:54 99
7th Grade	1. Taylor 18:13 06	2. Jeannone 18:51 03	3. O'Kelly 19:01 91	4. J Adams 19:21 96	5. J Holcombe 20:41 98					
8th Grade	1. Filasek 17:02 96	2. O'Kelly 18:27 92	3. Jeannone 18:34 04	4. D Vandertick 18:41 91	5. Taylor 18:24 07					
9th Grade	1. J Holcombe 16:44 00	2. M Landreanu 16:52 99	3. Garner 17:12 01	4. O'Kelly 17:20 93	5. Dotson 17:12 05					
10th Grade	1. M Landreanu 16:02 00	2. Dotson 16:15 06	3. O'Kelly 16:39 94	4. J Holcombe 16:46 01	5. J Landreanu 17:17 98					
11th Grade	1. M Landreanu 15:36 01	2. Smith 15:41 85	3. Dotson 15:43 07	4. O'Kelly 16:06 95	5. Peplone 16:44 01					
12th Grade	1. O'Kelly 15:25 96	2. J Holcombe 15:32 03	3. Dotson 15:38 08	4. Smith 15:53 86	5. F Vandertick 16:27 03					

CATHOLIC/STJOE BOYS

GIRLS

Top 10 Overall	1. O'Kelly (12) 15:25 96	2. Dotson (12) 15:38 08	3. J Holcombe (12) 15:42 03	4. M Landreanu (11) 15:43 01	5. Smith (12) 15:53 86	6. Peplone (11) 16:44 01	7. Jeannone (11) 16:50 07	8. Petrus (12) 16:51 02	9. Filasek (8) 17:02 96	10. F Vandertick (12) 17:07 03
11										
7th Grade	1. Taylor 18:13 06	2. Jeannone 18:51 03	3. J Adams 19:21 96	4. O'Kelly 19:40 91	5. J Holcombe 20:41 98					
8th Grade	1. Filasek 17:02 96	2. O'Kelly 18:27 92	3. Taylor 18:28 07	4. Baker 18:44 07	5. D Vandertick 19:03 91					
9th Grade	1. J Holcombe 16:44 00	2. Garner 17:12 01	3. O'Kelly 17:20 93	4. Jeannone 17:27 03	5. Dotson 17:32 05					
10th Grade	1. M Landreanu 16:02 00	2. Dotson 16:15 06	3. O'Kelly 16:39 94	4. J Holcombe 16:43 01	5. J Landreanu 17:17 98					
11th Grade	1. M Landreanu 15:43 01	2. Dotson 15:43 07	3. Smith 16:07 83	4. Peplone 16:44 01	5. Jeannone 16:50 07					
12th Grade	1. O'Kelly 15:25 96	2. Dotson 15:38 08	3. J Holcombe 15:42 03	4. Smith 15:53 86	5. Petras 16:51 02					

Holy Savior Menard

Cross Country 2011!

October 19, 2011 #9

1st and 3rd in the wind!

JOHN MILLER INVITATIONAL

This is becoming a big race! Congrats to the girls for their fourth win of the year - and over 4A state champ Benton (but they were a little surprised)! The guys again are the class of Coles, losing only to the two big outside schools. Also congrats to the two FR runners Carson and Quent (and the very rare TPR Brennan!), and the SPR's Mallory B, Alyse, Isaac, Will, and Jessica. And isn't it fun to go to Buhlow and not have a job to do?! Here's the stats:

Girls Varsity (119 runners) Team Time 106:09 Gap Time 3:16	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Last Yr
1 Robichaux, Mallory	6:04 6:39 6:19 19:02 +18 T + Medal
4 Engelmann, Rachel	6:41 7:28 6:51 21:00 +83 T-Shirt
8 Bartow, Mallory	6:42 7:27 6:55 21:04 +90 SPRI T-Shirt
20 Deworth, Hannah	7:02 7:52 7:31 22:25 +81 T-Shirt
24 Rabalais, Caron	7:03 7:52 7:43 22:38 -13 PRI
26 Lemoine, Alyse	7:09 7:59 7:34 22:42 +41 SPRI 23.14
36 Robichaux, Kelley	7:15 8:05 7:58 23:18 +31

Boys Varsity (156 runners) Team Time 91:01 Gap Time 1:11	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Last Yr
10 Elita, Isaac	5:42 6:00 5:49 17:31 +8 SPRI T-Shirt
15 Baker, Tucker	5:57 6:15 5:54 18:06 +33 T-Shirt 18.11
18 Vidrine, Brennan	5:57 6:23 5:58 18:18 +01 TPR T-Shirt
20 Lemoine, Andrew	5:57 6:33 6:04 18:34 +37 T-Shirt 18.21
27 Wehrle, Will	6:04 6:37 6:01 18:42 +14 SPRI 18.28
97 Robichaux, Cole	6:54 7:28 6:39 21:21 +56 13.24
114 Seaser, Daniel	7:05 7:42 7:22 22:09 +146 20.28

JV Boys (145 runners)	
Place	Mile 1 Mile 2 Finish PR +/- Last Yr
81 Hilton, Heath	7:15 8:28 15:43 +21
26 Juneau, Doug	6:45 7:05 13:50 +21
83 Odum, Victor	7:55 8:43 16:38 +49
86 Mathews, Tyler	7:25 8:20 15:45 +30
104 McGickens, Quent	14:34 -8 PRI

JV Girls (126 runners)	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Last Yr
18 Hawthorne, Miranda	7:52 7:32 15:44 +10
42 Jeandrea, Grace	8:21 8:29 16:30 +15
24 Jones, Madeline	8:03 8:12 16:15 +5 26.48
8 Marshall, Jessica	7:25 7:37 15:02 +33 T-Shirt SPRI 22.56
12 Pearson, Claire	7:34 7:38 15:12 +20
20 Robichaux, Regan	8:01 8:03 16:04 +14
41 Travis, Abbey	8:21 8:26 16:47 +33

Holy Savior Menard Cross Country 2011! October 19, 2011 #1

T-SHIRTS
We have a few training shirts and a few of the team shirts available. Contact Coach if you're interested.

LOST AND FOUND
Coach has a number of fold up chairs, shoes, shirts, etc in his garage. Veterans know when they'll eventually show up, but just in case, if you're missing something, contact coach!

CONTACT COACH????
Contact Coach Smith ANYTIME you need to
School 445-8233 will need to leave voice mail here - not recommended!
Home 487-8887 evenings
Cell 446-8887 whenever!
Email wcmenard@suddenlink.net anytime!

BOX LUNCH FUND RAISER
We're getting close!!! This is CC's major fund raiser. Now's the time to pitch in - and last minute sales are ok! See you in the cafeteria to make it all come together. Any questions call Gaynell Lemoine 641-0113.

Holy Savior Menard Cross Country 2011! October 19, 2011 #2

RECORDS SET AT JOHN MILLER

Grade Records (Regional)	
Carson Rabalais	#20 All Grades; #9 9 th grade
Alyse Lemoine	#7 10 th grade
Mallory Bartow	#4 10 th grade
Isaac Elita	#15 12 th grade

Buhlow Course Records	
Rachel Engelmann	#6 All Grades; #3 9 th grade
Hannah Deworth	#10 All Grades; #4 11 th grade
Mallory Bartow	#7 All Grades; #310 th grade

Team Standings	
Boys Varsity (19 Teams)	Girls Varsity (14 Teams)
1 Benton (4A) 58 6 Trogs (4A)	1 MENARD (2A) 55 6 Leesville (4A)
2 Barbe (5A) 68 7 Bell City (B)	2 Benton (4A) 80 7 Buckeye (3A)
3 MENARD (2A) 90 8 Leesville (4A)	3 Barbe (5A) 123 8 Pineville (5A)
4 Buckeye (3A) 157 9 Avoylees Chart	4 Avoylees Chart 155 9 Glenora (B)
5 Tending's Cath (4A) 10 Georgetown (C)	5 Bell City (B) 169 10 Elizabeth C

THE 2011 CROSS COUNTRY SCHEDULE - FINAL (PROPELLER)!
Look close - last changes! The dates are finalized. The current schedule will be published in this newsletter each week. The schedule for each race day will be posted here the week before the race. The weekday races will be after school Saturday races will see us leave Menard early and be back in the early afternoon. Look close, Gaynell!

DAY	DATE	EVENT	LOCATION	FIRST R
** SATURDAY	October 22	NSU	NSU, Natchitoches	11:00 AM
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	BUCKEYE	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 29	COMEAU	Acadiana Park, Lafayette	9:00 AM
** WEDNESDAY	November 2	FARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Lee J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE'VE BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:1
** TUESDAY	November 15	Post State Race Meal	???????		
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria		6:00 PM

NSU INVITATIONAL (Saturday, October 22nd)
This is run on the state meet course, so it's really important that we go to this one! It's right on the camp behind the track complex. We will all take the bus there, but runners can return with parents.
Meet at Menard at 8:45 AM Girls Race at 11:00 AM Boys Race at 11:30 AM
Just two races - all girls in the first; all guys in the second - simple!
It's homecoming dance day, so all dancing runners may leave immediately after their race!

Holy Savior Menard Cross Country 2011! October 15, 2011 #8

Menard Gets TWO Eagle Trophies!

MENARD INVITATIONAL
The girls dominates with a 51 point win and 7 runners in the top 20; the guys win easily with 6 in the top 26 on a gr at Buhlow! We best well over 600 runners in all, and all had a great time. Congrats to the FR runners: Grace, Ab Heath, Doug, and Brennan; and the SPR runners: Mallory B and Will. Also congrats to the first 3 mile race girls: Carson, Regan, and Anna. Carson has the race of the day with her debut 3 mile in an amazing 22:51 to run #3 for One more congrats: we have five MERC qualifiers!!!! Mallory, Lindsay, Mallory, Hannah, and Isaac. Here's the stats:

Girls Varsity (61 runners) Team Time 106:51 Gap Time 3:56	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Last Yr
2 Robichaux, Mallory	6:07 6:34 6:14 18:55 +11 T + Medal 20.27 M
5 Vaughn, Lindsay	6:44 7:21 6:59 21:04 +83 T + Medal 20.11 M
6 Bartow, Mallory	6:47 7:28 7:02 21:17 +73 SPRI T + Medal N
10 Deworth, Hannah	7:06 7:53 7:27 22:26 +82 T + Medal N
14 Rabalais, Caron	7:18 7:58 7:35 22:51 PRI T-Shirt
18 Engelmann, Rachel	7:09 8:27 7:42 23:18 +221 T-Shirt dnf
19 Robichaux, Kelley	7:22 8:14 7:53 23:29 +7 T-Shirt
21 Marshall, Jessica	7:28 8:28 7:49 23:45 +114 T-Shirt 23.13
30 Lemoine, Alyse	7:28 8:35 8:18 24:21 +140 T-Shirt 23.32
32 Hawthorne, Miranda	7:30 8:40 8:30 24:40 PRI T-Shirt
38 Pearson, Claire	7:45 9:31 8:14 25:30 +171 T-Shirt
40 Jones, Madeline	8:14 8:59 8:26 25:39 +12 SPRI T-Shirt 27.12
41 Jeandrea, Grace	8:06 8:59 8:40 25:45 -44 PRI T-Shirt 27.40
48 Travis, Abbey	8:06 9:11 8:42 25:59 -41 PRI T-Shirt
53 Robichaux, Regan	8:29 9:36 9:16 27:21 PRI
61 Dobard, Anna	8:29 11:40 9:53 30:02 PRI

Boys Varsity (101 runners) Team Time 91:31 Gap Time 1:02	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Last Yr
10 Elita, Isaac	5:32 6:07 6:12 17:51 +28 T + Medal
12 Baker, Tucker	5:46 6:18 6:09 18:13 +40 T-Shirt 18.04
13 Lemoine, Andrew	5:50 6:13 6:13 18:16 +29 T-Shirt 17.57
15 Vidrine, Brennan	5:31 6:33 6:14 18:18 -1 PRI T-Shirt 18.55
25 Taylor, Christian	5:57 6:28 6:28 18:53 +93 T-Shirt 18.52
26 Wehrle, Will	6:04 6:40 6:15 18:59 +31 SPRI T-Shirt 18.30
50 Robichaux, Cole	6:33 7:06 6:46 20:25 -9 PRI T-Shirt 20.34
72 Juneau, Doug	7:00 7:31 7:07 21:38 -164.1 PRI
83 Seaser, Daniel	7:22 8:33 7:49 23:44 +241
90 Hilton, Heath	8:08 9:13 8:07 25:28 -147.1 PRI

2 mile PRs: Vidrine

MENARD INVITATIONAL (Continued)

JV Boys and Girls (1507 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
Odom, Victor	8.19	8.42	17.01	+75	
Erickson, Cameron	9.38	9.52	19.30	+110	30.02

RECORDS SET AT MENARD INVITATIONAL

Grade Records (Boys)

Miranda Hawthorne #29 All Grades; #10 7 th grade	Regan Robichaux	#43 All Grades; #13 7 th grade
Azma Dobard #18 8 th grade	Carson Rabalais	#11 #23 All Grades; #11 9 th grade
Jessica Marshall #13 9 th grade	Mallory Bartow	#5 10 th grade
Clairo Pearson #9 11 th grade	Grace Jennefer	#36 All Grades; #12 11 th grade
Abbey Travis #38 All Grades; #13 11 th grade	Doug Jusau	#24 7 th grade

Buhlow Course Records

Mallory Robichaux #1 All Grades; #1 9 th grade	Mallory Bartow	#6 All Grades; #310th grade
Hannah Deworth #10 All Grades; #4 11th grade	Lindsay Vaughan	#2 10 th grade

Menard Invitational Meet Records

Mallory Robichaux #1 All Grades; #1 9 th grade	Mallory Bartow	#7 All Grades; #3 10 th grade
Hannah Deworth #9 All Grades; #4 11 th grade	Miranda Hawthorne	#5 7 th grade
Carson Rabalais #4 9 th grade	Rachel Engelsman	#5 9 th grade
Lindsay Vaughan #210 th grade		

GREAT JOB TO ALL VOLUNTEERS!

It's a lot of work, but it is so worth it. Those CC schools who come here love our meet. You have so much to do with that. Thank you for giving of your time and efforts today, especially with the Komen thing going on at the same time. I'm very proud of Menard and all of us for once again putting on the best and funnest race in the state.

THANKS!

THE 2011 CROSS COUNTRY SCHEDULE - FINAL (HOPEFULLY!)

Look close - last changes! The dates are finalized. The current schedule will be published in this newsletter each week. The schedule for each race day will be posted here the week before the race. The weekday races will be after school. 1 Saturday races will see us leave Menard early and be back in the early afternoon. Look close, Gaynell!

DAY	DATE	EVENT	LOCATION	FIRST RACE
** WEDNESDAY	October 19	JOHNNY MILLER	Fort Buhlow Recreation Area	3:30 PM
** SATURDAY	October 22	NSU	NSU, Natobitocho	11:00 AM
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	BUCKEYE	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 29	COME AUR	Acadiana Park, Lafayette	9:00 AM
** WEDNESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Leo J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:15 PM
** TUESDAY	November 15	Post State Race Meal	????????		
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria		6:00 PM

JOHNNY MILLER INVITATIONAL (Wednesday, October 19th)

We'll leave school on the bus after 7th period. This is also 7th grade retreat day at Maryhill. The bus will wait by Maryhill on the way to Buhlow. 7th graders must bring their running gear to the retreat!

Girls and Boys JV	3:30 PM	2 miles
Girls Varsity	4:00 PM	3 miles
Boys Varsity	4:30 PM	3 miles
Awards	5:00 PM	
Back at school	6:00 PM ish	

Varsity Girls: Bartow, Deworth, Engelsman, Rabalais, Robichaux, Robichaux, Vaughan
Varsity Boys: Baker, Elts, Lemoine, Robichaux, Taylor, Vidrine, Wehrle
All the rest run the JV race (Meg sits this one out)

NSU INVITATIONAL (Saturday, October 22nd)

This is run on the state meet course, so it's really important that we go to this one! It's right on the campus, behind the track complex. We'll take the bus there, but runners can return with parents.

Meet at Menard at 8:45 AM Girls Race at 11:00 AM Boys Race at 11:30 AM

Just two races - all girls in the first; all guys in the second - simple!

It's homecoming dance day, so all dancing runners may leave immediately after their race!

T-SHIRTS

We have a few training shirts and a few of the team shirts available. Contact Coach if you're interested.

BOX LUNCH FUND RAISER

We're getting close!!! This is CC's major fund raiser. Make copies of the attached sign-up sheet and sell, sell, sell! Any questions call Gaynell Lemoine 641-0113.

LOST AND FOUND

Coach has a number of fold up chairs, shoes, shirts, etc in his garage. Veterans know when they'll eventually show up, but just in case, if you're missing something, contact coach!

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!
School 445-8233 will need to leave voice mail here - not recommended!
Home 487-8887 evenings
Cell 446-8887 whenever!
Email wcmearad@suddenlink.net anytime!

MENARD INVITATIONAL BOYS

Top 10 Overall	1. Mark Dotson (12)	15.49	08	1. Robichaux (9)	18.55	11
	2. O'Kelly (11)	15.52	95	2. Vaughan (9)	20.11	10
	3. M Landreoneau (11)	16.01	01	3. Engelsman (7)	20.19	09
	4. L Carr (12)	16.28	88	4. Marchison (12)	20.34	03
	5. Petrus (12)	16.37	02	5. Jusau (12)	20.39	06
	6. J Landreoneau (11)	16.42	99	6. Badoux (12)	20.45	06
	7. Perez (11)	16.47	95	7. Bartow (10)	21.17	11
	8. J Holcombe (10)	16.47	01	8. Baker (12)	21.28	07
	9. Peppone (10)	16.51	00	9. Deworth (11)	22.26	11
	10. F Vanderlick (12)	16.52	03	10. Sensing (10)	22.38	05
7th Grade	1. Jeannone	18.51	03	1. Robichaux	19.59	09
	2. Taylor	18.52	06	2. Engelsman	20.19	09
	3. O'Kelly	19.08	91	3. Bartow	22.07	08
	4. Upton	19.26	00	4. Vaughan	24.36	08
	5. Proflet	19.42	00	5. Hawthorne	24.40	11
8th Grade	1. Garner	17.36	00	1. Robichaux	20.27	10
	2. J Holcombe	17.44	99	2. Vaughan	20.44	09
	3. Taylor	18.10	07	3. Bartow	22.20	09
	4. O'Kelly	18.12	92	4. Marshall	23.13	10
	5. Jeannone	18.25	04	5. Tarpley	24.12	05
9th Grade	1. M Landreoneau	16.56	99	1. Robichaux	18.55	11
	2. J Holcombe	17.08	00	2. Vaughan	20.11	10
	3. Daniel Garner	17.30	01	3. Baker	22.42	04
	4. F Vanderlick	17.35	00	4. Rabalais	22.51	11
	5. Dotson	17.36	03	5. Engelsman	23.18	11
10th Grade	1. M Landreoneau	16.05	00	1. Badoux	20.57	04
	2. O'Kelly	16.15	94	2. Vaughan	21.04	11
	3. J Holcombe	16.37	01	3. Bartow	21.17	11
	4. Peppone	16.51	00	4. Baker	21.43	05
	5. Dotson	16.53	06	5. Sensing	22.38	05
11th Grade	1. O'Kelly	15.52	95	1. Jusau	21.20	05
	2. M Landreoneau	16.01	01	2. Badoux	21.30	05
	3. Dotson	16.20	07	3. Baker	21.49	06
	4. J Landreoneau	16.42	99	4. Deworth	22.26	11
	5. Perez	16.47	95	5. Wyatt	23.42	06
12th Grade	1. Dotson	15.49	08	1. Marchison	20.34	03
	2. L Carr	16.28	88	2. Jusau	20.39	06
	3. Petrus	16.37	02	3. Badoux	20.45	06
	4. F Vanderlick	16.52	03	4. Baker	21.28	07
	5. Huguenoth	17.18	88	5. Sensing	22.55	07

Holy Savior Menard Cross Country 2011!

October 22, 2011 #10

State Meet Course Preview!

NSU INVITATIONAL

Just two races, but they're big, with over 200 in each - and some of the top teams to boot! The girls hold their own, losing only to 3 ranked 5A schools. The ACT depleted boys still get thirteenth. Congrats to the three PR girls - Miranda, Kelley, and Madeline, Will's SPR, and Victor's first 3-mile! The big oops is the "famous" NSU hill is gone! Here's the stats:

Girls Varsity (222 runners) Team Time 106:09 Gap Time 3:16	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Last Yr
6 Robichaux, Mallory	5:59 6:43 6:48 19:30 +46 T-SHU 19:45
31 Bartow, Mallory	6:36 7:19 7:30 21:25 +61
32 Vaughan, Lindsay	6:36 7:21 7:33 21:30 +79
35 Engelsman, Rachel	6:22 7:41 7:38 21:41 +124 20:13
53 Robichaux, Kelley	6:55 7:41 7:53 22:29 -18 PRJ
55 Deworth, Hannah	6:36 7:43 8:13 22:32 +68
61 Lemoine, Alyse	6:52 7:44 8:07 22:43 +42 22:44
101 Rabalais, Caron	7:20 7:48 8:01 24:09 +91
103 Hawthorne, Miranah	7:18 8:18 8:37 24:14 -26 PRJ
114 Jones, Madeline	7:45 8:29 8:31 24:45 -42 PRJ 27:10
169 Travis, Abbey	8:00 9:41 9:38 27:19 +80
171 Robichaux, Regan	8:37 9:40 9:06 27:23 +2
202 Doherty, Anna	8:53 10:40 11:21 30:54 +52

2 mile PR's: K Robichaux

Boys Varsity (223 runners) Team Time 91:01 Gap Time 1:11	
Place	Mile 1 Mile 2 Mile 3 Finish PR +/- Last Yr
28 Lemoine, Andrew	5:40 5:32 6:55 18:07 +20 18:33
49 Wehrle, Will	8:03 8:24 8:13 18:40 +12 SPRI
63 Vidrine, Brennan	5:45 6:32 6:47 19:04 +48 19:24
94 Taylor, Christian	8:08 8:50 8:57 19:55 +155 19:30
144 Robichaux, Cole	6:40 7:20 7:32 21:32 +67 22:07
148 Juneau, Doug	6:50 7:19 7:35 21:44 +6
194 Odum, Victor	7:44 8:20 8:25 24:29 -67 FRI
214 Hilton, Heath	7:46 9:26 10:03 27:15 +107
Mathews, Tyler	7:24 dnf

2 mile PR's: Lemoine, Wehrle

Holy Savior Menard Cross Country 2011! October 22, 2011

NSU INVITATIONAL (Continued)

Boys Varsity (27 Teams)		Girls Varsity (27 Teams)	
1 Parkway (4A)	62	8 Byrd (5A)	267
2 St Michael (4A)	116	9 Runnels (2A)	296
3 Arcene Cath (1A)	151	10 Buckeye (3A)	333
4 Barbe (5A)	163	11 Fontainebleau (5A)	353
5 Ruston (4A)	208	12 W Ouachita Chr (4A)	375
6 Anacoco (2A)	231	13 MENARD (2A)	385
7 Turlington Cath (4A)	232	14 Hornbeck (B)	438
		1 St Joseph (5A)	49
		2 Fontainebleau (5A)	98
		3 Ruston (5A)	139
		4 MENARD (2A)	157
		5 Parkway (4A)	213
		6 St Michael (4A)	296
		7 Anacoco (2A)	372
		8 Grace Christian (B)	
		9 Sac Hst GC (2A)	
		10 Loyola (2A)	
		11 Barbe (5A)	
		12 St Edmund (1A)	
		13 Arcene Cath (1A)	
		14 Buckeye (3A)	

RECORDS SET AT NSU

Grade Records	Records	Records
Miranda Hawthorne	#27 All Grades; #9 7 th grade	Kelley Robichaux #19 All Grades; #9 9 th grade
Madeline Jones	#30 All Grades; #13 9 th grade	

NSU Course Records

Mallory Robichaux	#1 All Grades; #1 9 th grade	Rachel Engelsman	#4 9 th grade
Mallory Bartow	#4 10 th grade	Lindsay Vaughan	#5 9 th grade
Hannah Deworth	#5 11 th grade		

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DAY	DATE	EVENT	LOCATION	FIRST R.
** TUESDAY	October 25	Box Lunch Day!	Menard Cafeteria	
** WEDNESDAY	October 26	BUCKEYE	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 29	COMBAUX	Acadiana Park, Lafayette	9:00 AM
** WEDNESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	
** MONDAY	November 7	SPAGHETTI SUPPER	Lee J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:00 PM
** TUESDAY	November 15	Post State Race Meal	????????		
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria		6:00 PM

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!
 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wcmenard@suddenlink.net anytime!

BOX LUNCH FUND RAISER

We're getting close!!! This is CC's major fund raiser. Now's the time to pitch in - and last minute sales are ok!!! In the cafeteria TUESDAY to make it all come together. Any questions call Gaynell Lemoine 641-0113.

Holy Savior Menard Cross Country 2011! October 22, 2011

FROM NOW TO THE END....

Don't miss out on the most exciting part of the season! BE THERE! Here's the details:

BOX LUNCH FUND RAISER

Monday, October 24th 5:00 PM Menard cafeteria
 Tuesday, October 25th 9:00 AM Menard cafeteria

This is our major fund raiser. Selling lunches is job #1. Putting lunches together and delivering them is job #2. Any questions call Gaynell Lemoine 641-0113.

BUCKEYE INVITATIONAL (Wednesday, October 26th)

We'll leave school on the bus after 6th Period.

JV Girls	3:00 PM	2 miles
JV Boys	3:30 PM	2 miles
Girls Varsity	4:00 PM	3 miles
Boys Varsity	4:30 PM	3 miles
Awards	5:15 PM	
Back at school	6:00 PM ish	

As of today:

Varsity Girls: Bartow, Engelsman, Hawthorne, Lemoine, Rabalais, Robichaux, Robichaux
 Varsity Boys: Baker, Elts, Lemoine, Seaser, Taylor, Vidrine, Wehrle
 All the rest run the JV races (Hannah, Cameron, Meg and Lindsay sit this one out)

COMBAUX INVITATIONAL (Saturday, October 29th)

We usually take two trips to Acadiana Park, but this year just this one. We'll have maps Saturday morning. Here's the schedule:

6:30 AM	Meet at Menard (BE PROMPT!)
9:00 AM	Girls & Boys Junior High (2 miles)
9:30 AM	JV Girls (3 miles)
10:00 AM	Girls Varsity
10:30 AM	Boys Varsity
11:00 AM	JV Boys (3 miles)
11:30 AM	Awards
	Back at Menard around 2:00 PM

PARISH CHAMPIONSHIPS (Wednesday, November 2nd)

DETAILS OF THIS RACE ARE NOT SET YET. THIS IS LAST YEAR'S SCHEDULE - STAY TUNED!

This race is open to Rapides Parish teams only. We're on the bus for this one. There will be 3 races:

3:15 PM	Combined boys and girls JV (2 miles)
3:45 PM	Girls' Varsity
4:20 PM	Boys' Varsity
5:00 PM	Awards

This is an out-of-uniform day for cross country (jeans and current team shirt mandatory)

Holy Savior Menard Cross Country 2011! October 22, 2011

SPAGHETTI SUPPER (Monday, November 7th)

In the late 80's and early 90's, the district championships in CC were sometimes fierce competitions. We weren't thinking about state championships back then, but we did want to beat everybody in the district. started gathering for a spaghetti supper the night before district to get psyched up a little bit for the big n. The first ones were at Coach's, but quickly out grew that location! In recent years the district meet has been a major event, but the tradition of gathering to eat before district is still with us. We've been meetin' Lee J's the last few years, and we're going back again this year. This is a social gathering for the entire, so please come join us. The meal is set and the cost is \$3.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER

LEE J'S RESTAURANT
 (Foot of the Jackson Street Bridge in Pineville)
 MONDAY, NOVEMBER 7th
 6:00 PM \$3.00 PER PERSON

DISTRICT MEET AT Buhlow (Wednesday, November 9th)

DETAILS OF THIS RACE ARE NOT SET YET. THIS IS LAST YEAR'S SCHEDULE - STAY TUNED!

YEARBOOK PICTURES BEFORE WE LEAVE

This is an out-of-uniform day for cross country - jeans and current team shirt mandatory for yearbook pictures.

We are running at Buhlow. There are a number of districts in Central Louisiana, but we all run together, sort out each district when it's over. For years we have had no other teams in our district. We do have a team this year, but they are wavering about coming - stay tuned! We will take the bus to Buhlow. This is the last race of the season for all but the state meet runners. All runners will eat 5th period lunch. We'll take yearbook pictures, change, and get on the bus. Runners will miss 6,7, and 8 this day.

2:30 PM	Girls Race
3:15 PM	Boys Race
	Back at Menard around 5:00 PM.

NSU PRACTICE (State Meet Teams Only) Saturday, November 12th

Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state on (Layne's); and return. Back around 2 PM. Runners only - no parents this time.

STATE TEAM MEETINGS (November 13th and 14th)

The state meet teams (runners only) meet at Coach's house for dinner just before the state meet.

Guys	Sunday, November 13 th	5:00 PM
Girls	Monday, November 14 th	5:00 PM

STATE MEET (Tuesday, November 15th)

Only a maximum of seven designated boys and girls will run in this meet. Our tradition is for the entire team to come and support our state runners. All runners are excused from class this day. Coach will be in Matchcloches with the state teams. **Those not running will have to make your own arrangements to get there.** Here's our race schedule:

2A Boys 1:45 PM 2A Girls 3:15 PM

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

25th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 17th)

The annual Cross Country Banquet is for all runners and their families and friends. It is a very special end to the season. Lots of our parents put a lot of time into making this a special occasion. Please try to be there, and bring your favorite dish ("banquet" in this case means pot luck!) There are a number of awards to be given, and the cafeteria will look better than you've ever seen it! Please don't miss this special season wrap up if at all possible. The dress for the night is nice-casual (dress, skirts, nice slacks for the girls and slacks and nice shirts for the boys - no ties. No jeans, shorts, t-shirts, running shoes.

Thursday, November 17th, 6:00 PM, Menard cafeteria

We love Acadiana Park!

COMEAUX INVITATIONAL

Thank you, God for a beautiful day on a fast course. We got 191 PR's and SPR's. With so little time left to this season, was just plain fun to be there. Congrats to the girls for beating a different mix of schools - except for one - and setting ALL-TIME team time record in the process! The boys also ran their fastest team time of the year. And congrats to Mallory who once again lowers the all-time school 3 mile record and gets win number five. Here's the stats:

Girls Varsity (116 runners) Team Time 102.94 (SCHOOL RECORD!) Gap Time 2:42

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
1 Robichaux, Mallory	5.57	6.28	6.14	18.39	-5	PR1 T-Shirt 19.07
14 Engelmann, Rachel	6.27	7.10	6.52	20.29	+52	SPR1 T-Shirt DNF
17 Bartow, Mallory	6.27	7.16	7.00	20.43	+39	SPR1
18 Vaughan, Lindsay	6.33	7.12	7.07	20.52	+41	
23 Rabalais, Carson	6.33	7.19	7.29	21.21	-71	PR1
27 Robichaux, Kelley	6.44	7.24	7.26	21.34	+43	PR1
53 Lemoine, Alyse	7.02	7.50	8.01	22.53	+52	

2 mile PR's: Rabalais, K Robichaux

Boys Varsity (144 runners) Team Time 90.25 SPR1 Gap Time 1:19

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
23 Elts, Isaac	5.27	5.57	5.51	17.15	-8	PR1
42 Baker, Tucker	5.44	6.16	6.06	18.06	+33	
44 Vidrine, Brennan	5.48	6.11	6.10	18.09	-9	PR1
50 Lemoine, Andrew	5.48	6.11	6.22	18.21	+34	
54 Wehrle, Will	5.53	6.24	6.17	18.34	+6	SPR1
62 Taylor, Christian	5.53	6.36	6.34	19.03	+103	
122 Seaser, Daniel	7.14	7.47	7.12	22.13	+150	

2 mile PR's: Vidrine, Wehrle

Team Standings

Boys Varsity (21 Teams)

1 Catholic, BR (3A)	18	11 Abbeville (3A)	325
2 St Th More (3A)	58	12 Delcambre (1A)	367
3 St Michael (4A)	101	13 Crowley (3A)	381
4 Brother Martin (5A)	114	14 777	437
5 Barbo (5A)	176	15 Holy Rosary @	445
6 Belle Chase (1A)	194	16 Catholic, NI (3A)	451
7 MENARD (2A)	213	17 Erath (3A)	488
8 Lafayette (5A)	234	18 ESA (B)	490
9 Comanche (5A)	275	19 Acadiana (5A)	516
10 Sulphur (5A)	291	20 Plaquemine (3A)	541

Team Standings

Girls Varsity (14 Teams)

1 St Joseph (5A)	21	11 Erath (3A)	3
2 MENARD (2A)	73	12 Catholic, NI (3A)	3
3 Barbo (5A)	108	13 Delcambre (1A)	4
4 Episcopal, BR (2A)	128	14 Caracero (5A)	4
5 St Michael (4A)	140		
6 St Th More (5A)	145		
7 Lafayette (5A)	187		
8 Belle Chase (3A)	235		
9 Notre Dame (3A)	269		
# Sacred Heart GT (2A)	333		

COMEAUX INVITATIONAL (Continued)

JV Girls (61 runners)

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
18 Morrison, Meg	6.48	7.49	7.39	22.16	+7	
32 Hawthorne, Miranda	7.20	8.11	8.09	23.40	-34	PR1
42 Jeanfrou, Grace	7.45	8.26	8.18	24.29	-76	PR1
46 Travis, Abby	7.43	8.32	8.34	24.49	-70	PR1
50 Jones, Madeline	7.48	8.24	9.05	25.17	+32	25.27
Pearson, Claire	7.19	dnf				

2 mile PR's: Hawthorne, Jeanfrou

JH (72 Girls 64 Boys)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
18 Marshall, Jessica	7.07	6.45	13.52	-37	PR1 21.51
46 Robichaux, Regan	8.09	7.11	15.20	-30	PR1
63 Dobard, Anna	8.50	8.43	17.33	-87	PR1
17 Robichaux, Cole	6.15	6.00	12.15	-61	PR1
25 Jones, Doug	6.35	6.09	12.44	-45	PR1
28 Mathews, Tyler	6.39	6.30	12.59	-131	PR1
34 Odum, Heath	7.25	6.34	13.59	-107	PR1
36 Hilton, Hesh	7.14	6.31	14.05	-77	PR1

RECORDS SET AT ACADIANA PARK

Grade Records	#	Runner	Grade
Miranda Hawthorne	#26	Mallory Robichaux	#1 All Grades; #1 9 th grade
Rachel Engelsman	#4	Carson Rabalais	#9 All Grades; #5 9 th grade
Kelley Robichaux	#11	Mallory Bartow	#3 10 th grade
Grace Jeanfrou	#29	Abby Travis	#32 All Grades; #10 11 th grade
Isaac Elts	#19		#12 12 th grade

Acadiana Park Course Records	#	Runner	Grade
Mallory Robichaux	#1	Mallory Bartow	#5 All Grades; #110th grade
Carson Rabalais	#8	Kelley Robichaux	#9 All Grades; #4 9 th grade
Miranda Hawthorne	#5	Rachel Engelsman	#2 9 th grade
Lindsay Vaughan	#2	Meg Morrison	#4 11th grade
Isaac Elts	#10		#3 12 th grade

BOX LUNCHES A HUGE SUCCESS!!

Tuesday, October 25 was D-Day (deliveries). Thanks so much for all who showed up Tuesday and helped make our fundraiser such a great success. We delivered around 750 lunches and cleared over \$4000!!!! All great team successes require lots of people doing lots of work. But all team successes also require a person or two who invest tons of time, tons of enthusiasm and cheerleading, and tons of organization. Thanks, Gaynell and Jay, for being that person or two - awesome job!

CROSS COUNTRY IN THE CLASSROOM

Every year our runners can pride themselves in more than one area of their lives. One of the areas is the classroom. This year's no exception. The first 9 weeks grading period is over and the grades are in. Here's where we stand. And stand tall we do! This is one of the best years ever. We have 16 straight A and another 10 A/B honor roll students out of 33 runners!!! Collectively, we have 164 A's, 50 B's, 13 C's, 4 D's and no F's. That's a 3.62 team average! In the GPA race, the juniors edge out the 8th, 10th, and 12th grades to top the list. Great job, runners - keep it up!!!

Overall Cross Country Boys & Girls GPA	3.62	1 - 11 th grade	3.90
Overall Cross Country Boys GPA	3.49	2 - 8 th grade	3.86
Overall Cross Country Girls GPA	3.69	3 - 10 th grade	3.79
		4 - 12 th grade	3.77
Overall Cross Country JH GPA	3.56	5 - 9 th grade	3.30
Overall Cross Country HS GPA	3.65	6 - 7 th grade	3.26

"A" HONOR ROLL (10)

Mallory Bartow, Tucker Baker, Hannah Deworth, Anna Dobard, Isaac Elts, Cameron Erickson, Hesh Hilton, Grace Jeanfrou, Madeline Jones, Andrew Lemoine, Meg Morrison, Claire Pearson, Mallory Robichaux, Daniel Seaser, Abby Travis, and Lindsay Vaughan

"A/B" HONOR ROLL (17)

Miranda Hawthorne, Rebecca Jeanfrou, Doug Juneau, Tristan Kramer, Alyse Lemoine, Jessica Marshall, Cole Robichaux, Kelley Robichaux, Regan Robichaux, and Brennan Vidrine

Menard boys and girls top all local teams!

BUCKEYE INVITATIONAL

The local Wednesday meets are growing! Used to be less than 10 teams and all local. Menard again takes on Benton and all the Caddo schools and again hold our own. The girls beat them all again and the guys handle all but Benton - Congrats! Also congrats to the PR runners: Madeline, Kelley, Tyler, Quent, and Victor. Here's the stats:

Girls Varsity (1007 runners) Team Time 1:08.46 Gap Time 3:19

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	
1 Robichaux, Mallory	6.14	6.44	6.38	19.36	+52	T-Shirt
3 Barrow, Mallory	6.42	7.45	7.23	21.50	+106	T-Shirt
8 Engelmann, Rachel	6.42	8.11	7.13	22.06	+149	T-Shirt
11 Robichaux, Kelley	7.04	7.53	7.22	22.19	-10	PR!
16 Rabalais, Carmon	7.07	8.00	7.48	22.55	+17	
33 Hawthorne, Mjanda	7.43	8.39	8.34	24.56	+42	
Lemoin, Alyse	7.26	dnf				

Boys Varsity (1007 runners) Team Time 93:33 Gap Time 1:32

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	
6 Ellis, Isaac	5.41	6.12	6.05	17.58	+35	T-Shirt
7 Baker, Tucker	5.42	6.15	6.05	18.02	+29	T-Shirt
22 Vidrine, Brennan	5.48	6.47	6.20	18.55	+37	
26 Wehrle, Will	6.02	6.41	6.25	19.08	+40	
31 Taylor, Christian	6.20	6.39	6.31	19.30	+130	
37 Lemoin, Andrew	5.47	6.40	7.21	19.48	+121	
85 Secser, Daniel	7.29	8.21	7.52	23.42	+239	

Team Standings

Boys Varsity (13 Teams)

1 Benton (4A)	45	6 ASH (4A)	129	1 MENARD (2A)	41	6 ASH (4A)	198
2 MENARD (2A)	92	7 Aveyolles Chart	198	2 Benton (4A)	52	7 Elizabeth @	206
3 Buckeye (3A)	110	8 Georgetown (C)	205	3 Grace Christian (B)	79	8 Glenmora (B)	245
4 Tloga (4A)	122	9 Grace Christian (B)	206	4 Aveyolles Chart	122	9 Georgetown (C)	269
5 Elizabeth @	128	10 Glenmora (B)	212	5 Buckeye (3A)	150	10 Bolton (3A)	299

Girls Varsity (12 Teams)

1 MENARD (2A)	41	6 ASH (4A)	198
2 Benton (4A)	52	7 Elizabeth @	206
3 Grace Christian (B)	79	8 Glenmora (B)	245
4 Aveyolles Chart	122	9 Georgetown (C)	269
5 Buckeye (3A)	150	10 Bolton (3A)	299

RECORDS SET AT BUHLOW

Grade Records

Kelley Robichaux #17 All Grades; #8 9th grade

Buhlow Course Records

Kelley Robichaux #10 All Grades; #5 9th grade

BUCKEYE INVITATIONAL (Continued)

IV Girls (77 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	
Marshall, Jessica	7.28	8.04	13.32	+63	T-Shirt
Jones, Madeline	7.39	7.57	13.36	-34	PR!
Robichaux, Regan	8.29	8.21	16.50	+60	
Travis, Abby	8.04	8.54	16.58	+44	
Jeanfranco, Grace	8.18	8.47	17.05	+30	
Poussou, Claire	7.57	11.02	18.59	+247	
Dohard, Azma	9.48	10.22	20.10	+70	

IV Boys (77 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	
Robichaux, Cole	6.42	6.51	13.33	+17	
Jensen, Dong	6.55	6.55	13.50	+21	
McNichols, Quent	7.02	7.08	14.10	-24	PR!
Mathews, Tyler	7.31	7.39	15.10	-5	PR!
Hilton, Heath	7.23	8.04	15.27	+5	
Odom, Victor	7.39	8.07	15.46	-3	PR!

THE 2011 CROSS COUNTRY SCHEDULE

Look close - last changes! The dates are finalized. The current schedule will be published in this newsletter each week. The schedule for each race day will be posted here the week before the race. The weekday races will be after school Saturday races will see us leave Menard early and be back in the early afternoon. Look close, Gynocill!

DAY	DATE	EVENT	LOCATION	FIRST R
** WEDNESDAY	November 2	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM
** MONDAY	November 7	SPAGHETTI SUPPER	Leo J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	3:30 PM

YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE DISTRICT MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM	Girls 3:1
** TUESDAY	November 15	Post State Race Meal	Nicky's		
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria		6:00 PM

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!

Home	487-8887	evenings
Cell	446-8887	whenever!
Email	wmenard@suddenlink.net	anytime!

FROM NOW TO THE END

Don't miss out on the most exciting part of the season! BE THERE! Here's the details. READ CLOSE - THERE'S BEEN SOME CHANGES!!!!

PARISH CHAMPIONSHIPS (Wednesday, November 2nd)

This race is open to Rapides Parish teams only. We're on the bus for this one. There will be 3 races:

3:30 PM	Combined boys and girls JV (2 miles)
4:00 PM	Girls' Varsity
4:45 PM	Boys' Varsity
5:15 PM	Awards

This is an out-of-uniform day for cross country (jeans and current team shirt mandatory.) We will miss 8th period only.

SPAGHETTI SUPPER (Monday, November 7th)

In the late 80's and early 90's, the district championships in CC were sometimes fierce competitions. We weren't thinking about state championships back then, but we did want to beat everybody in the district. We started gathering for a spaghetti supper the night before district to get psyched up a little bit for the big race. The first ones were at Coach's, but quickly out grew that location! In recent years the district meet has not been a major event, but the tradition of gathering to eat before district is still with us. We've been meeting at Leo J's the last few years, and we're going back again this year. This is a social gathering for the entire family so please come join us. The meal is set and the cost is \$5.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER

LEE J'S RESTAURANT

(Foot of the Jackson Street Bridge in Plaquemine)

MONDAY, NOVEMBER 7th

6:00 PM \$5.00 PER PERSON

DISTRICT MEET at Buhlow (Wednesday, November 9th)

YEARBOOK PICTURES BEFORE WE LEAVE

This is an out-of-uniform day for cross country - jeans and current team shirt mandatory for yearbook pictures.

We are running at Buhlow. There are a number of districts in Central Louisiana, but we all run together, then sort out each district when it's over. For years we have had no other teams in our district. We do have one boys team this year, but they are wavering about coming - stay tuned! We will take the bus to Buhlow. This is the last race of the season for all but the state meet runners @. All runners will eat 5th period lunch. We'll then take yearbook pictures, change, and get on the bus. Runners will miss 6, 7, and 8 periods this day.

3:30 PM	JV Boys & Girls
4:00 PM	Varsity Girls Race
4:45 PM	Varsity Boys Race
Back at Menard around 6:00 PM.	

NSU PRACTICE (State Meet Runners Only) Friday, November 11th (no school - Veterans Day)

Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet (Layone's); and return. Back around 2 PM. State runners only - no parents this time.

STATE TEAM MEETINGS (November 13th and 14th)

The state meet teams (state runners only - no parents) meet at Coach's house for dinner just before the state meet.

Guys	Sunday, November 13 th	5:00 PM
Girls	Monday, November 14 th	5:00 PM

STATE MEET (Tuesday, November 15th)

Only a maximum of seven designated boys and girls will run in this meet. Our tradition is for the entire team to come and support our state runners. All runners are excused from class this day. Here's our schedule (for runners):

7:50 AM	Meet at St Rita's for Mass
	Coach's house after Mass (sausage and biscuits available or bring your own stuff)
11:00 AM	Leave for NSU
12:15 PM	Arrive at NSU
12:45 PM	Boys walk/jog course - begin warm-up routine
12:45 PM	Scratch Meeting (Coach only)
1:45 PM	2A Boys Race
2:15 PM	Girls walk/jog course - begin warm-up routine
3:15 PM	2A Girls Race

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

25th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 17th)

The annual Cross Country Banquet is for all runners and their families and friends. It is a very special end to the season. Lots of our parents put a lot of time into making this a special occasion. Please try to be there bring your favorite dish ("banquet" in this case means pot luck!) There are a number of awards to be given the cafeteria will look better than you've ever seen it! Please don't miss this special season wrap up if at all possible. The dress for the night is nice-casual (dress, skirts, nice slacks for the girls and slacks and nice for the boys - no ties. No jeans, shorts, t-shirts, running shoes.

Thursday, November 17th, 6:00 PM, Menard cafeteria

ACADIANA PARK BOYS

GIRLS

Place	Name	Time	Grade	Place	Name	Time	Grade
Top 10 Overall	1. M Landreanu (11)	15:30	01	1. Robichaux (9)	18:39	11	
	2. O'Kelly (12)	15:41	96	2. Engelmann (7)	19:37	09	
	3. J Holcombe (12)	16:04	03	3. Vaughn (7)	20:30	09	
	4. Dotson (11)	16:20	07	4. Marchison (12)	20:33	05	
	5. J Landreanu (11)	16:30	99	5. Burtow (10)	20:43	11	
	6. Petrus (12)	16:43	02	6. Budeaux (12)	20:49	06	
	7. F Vanderlick (12)	16:55	03	7. Jeano (12)	20:51	06	
	8. Peptono (10)	17:05	00	8. Rabalais (9)	21:11	11	
	9. Garner (10)	17:05	02	9. K Robichaux (9)	21:34	11	
	10. Ellis (12)	17:15	11	10. Marshall (8)	21:50	10	
7th Grade	1. Jansone	19:05	03	1. Engelmann	19:37	09	
	2. J Adams	19:13	96	2. Robichaux	19:44	09	
	3. Proffict	20:07	00	3. Burtow	20:35	08	
	4. J Holcombe	20:08	98	4. Vaughn	22:51	08	
	5. Upton	20:31	00	5. HawGrove	23:40	11	
8th Grade	1. Filsek	17:23	96	1. Robichaux	19:06	10	
	2. O'Kelly	17:54	92	2. Vaughn	20:30	09	
	3. J Holcombe	18:01	99	3. Burtow	21:02	09	
	4. F Vanderlick	18:05	98	4. Marshall	21:50	10	
	5. Taylor	18:13	07	5. Lemons	22:23	09	
9th Grade	1. J Holcombe	17:07	00	1. Robichaux	18:39	11	
	2. Garner	17:13	01	2. Engelmann	20:29	11	
	3. M Landreanu	17:17	99	3. Rabalais	21:21	11	
	4. O'Kelly	17:24	93	4. K Robichaux	21:34	11	
	5. Taylor	17:42	08	5. Lemons	22:01	10	
10th Grade	1. M Landreanu	16:08	00	1. Burtow	20:43	11	
	2. J Holcombe	16:59	01	2. Vaughn	20:52	11	
	3. Dotson	17:09	06	3. Budeaux	21:23	04	
	4. Peptono	17:05	00	4. Baker	22:05	05	
	5. Garner	17:05	02	5. Jeano	22:18	04	
11th Grade	1. M Landreanu	15:30	01	1. Budeaux	21:42	05	
	2. O'Kelly	16:11	95	2. Jeano	21:50	05	
	3. Dotson	16:39	07	3. Baker	22:01	06	
	4. J Landreanu	16:30	99	4. Morrison	22:16	11	
	5. Jansone	17:20	07	5. Sessing	22:31	06	
12th Grade	1. O'Kelly	15:41	96	1. Marchison	20:35	05	
	2. J Holcombe	16:04	03	2. Budeaux	20:49	06	
	3. Petrus	16:43	02	3. Jeano	20:51	06	
	4. F Vanderlick	16:55	03	4. Sessing	22:28	07	
	5. Ellis	17:15	11	5. Trotter	31:45	04	

Double Champs!

PARISH CHAMPS

We're a little tired; it's a little warm; it's Buhlow - BUT we do our job and bring home both champ trophies! Congrats both varsity teams for getting the job done. And congrats to Doug for the lone PR, and to Tyler for his very nice first 3 mile! Here's the stats:

Girls Varsity (48 runners) Team Time 106:29 Gap Time 1:23

Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
1	Robichaux, Mallory	5:57	6:41	6:29	19:07	+28	Medall
4	Engelmann, Rachel	6:45	7:30	7:11	21:26	+109	Medall
5	Vaughn, Lindsay	6:45	7:32	7:17	21:34	+83	Medall
8	Burtow, Mallory	6:45	7:41	7:26	21:52	+108	Medall
11	Robichaux, Kelley	6:57	7:56	7:37	22:30	+58	
12	Morrison, Meg	6:58	7:57	7:44	22:39	+30	
	Marshall, Jessica	7:21	8:37	8:01	23:59	+128	22.06
	Hawthorne, Miranda	7:38	8:26	8:08	24:13	+33	
	Jones, Madeline	8:36	9:33	8:52	27:03	+138	26.29
	Travis, Abbey	8:22	9:40	9:28	27:38	+187	
	Jeanfranc, Grace	8:22	9:44	9:38	27:44	+195	
	Deworth, Hannah	7:01	8:21	dnf			
	Lemoine, Alyse	7:31	12:21	dnf			22.54
	Rabalais, Carson	dnf					

Boys Varsity (59 runners) Team Time 92:43 Gap Time 1:36

Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
3	Ellis, Isaac	5:40	6:15	6:02	17:57	+42	Medall
4	Baker, Tucker	5:43	6:13	6:02	17:58	+25	Medall
11	Lemoine, Andrew	6:02	6:19	6:08	18:29	+42	18.12
14	Taylor, Christian	6:02	6:20	6:24	18:46	+86	19.03
22	Vidrio, Brennan	6:05	6:56	6:32	19:33	+84	18.50
	Jeano, Doug	6:31	7:19	6:56	20:46	-32	PR!
40	Robichaux, Cole	6:30	7:19	6:41	21:30	+63	21.40
	Sesser, Daniel	7:14	7:54	7:27	22:35	+172	19.48
	Mathews, Tyler	7:02	8:39	7:52	23:33		FR!
	Wehrle, Will	5:57	dnf				

Team Standings

Boys Varsity (9 Teams)		Girls Varsity (9 Teams)	
1 MENARD (2A)	54	6 Glenwood (B)	158
2 ASH (4A)	63	7 Oak Hill (B)	183
3 Backeye (JA)	70	8 Georgetown (C)	107
4 Tloga (4A)	102	9 Rapides (B)	130
5 Grace Christian (B)	111	5 Glenwood (B)	144
		6 Tloga (4A)	29
		7 Oak Hill (B)	59
		8 Bolton (JA)	107
		9 Rapides (B)	130

PARISH CHAMPS (Continued)

JH Boys & Girls (777 runners)

Place	Name	Mile 1	Mile 2	Finish	PR +/-
	Dobard, Anna	9:37	10:13	19:50	+137
	Hilton, Heath	7:28	7:59	15:27	+82
	McMickens, Quent	6:53	6:46	13:39	-31
	Odom, Victor	8:09	8:18	16:27	+148

RECORDS SET AT BUHLOW

Grade Records
Doug Jansen #16 7th grade

Buhlow Course Records

Miranda Hawthorne #5 7th grade
Meg Morrison #5 11th grade

THE 2011 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
** MONDAY	November 7	SPAGHETTI SUPPER	Lee J's	6:00 PM
** WEDNESDAY	November 9	DISTRICT	Fort Buhlow Recreation Area	3:30 PM
** TUESDAY	November 15	STATE CHAMPS	NSU	Boys 1:45 PM Girls 3:15 PM
** TUESDAY	November 15	Post State Races Meal	Nicky's	
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria	6:00 PM

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Cell 446-8887 whenever!
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READ CLOSE - THERE'S BEEN SOME CHANGES!!!!

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PRE-DISTRICT SPAGHETTI SUPPER

LEE J'S RESTAURANT
(Foot of the Jackson Street Bridge in Pineville)
MONDAY, NOVEMBER 7th
6:00 PM \$5.00 PER PERSON

DISTRICT MEET at Buhlow (Wednesday, November 9th)

This is an out-of-uniform day for cross country - jeans and current team shirt mandatory.

We are running at Buhlow. There are a number of districts in Central Louisiana, but we all run together, the sort out each district when it's over. For years we have had no other teams in our district. We do have one b team this year, but they are wavering about coming - stay tuned! We will take the bus to Buhlow. This is the last race of the season for all but the state meet runners @. We leave after 7th period.

3:30 PM JV Boys & Girls
4:00 PM Varsity Girls Race
4:45 PM Varsity Boys Race
Back at Menard around 6:00 PM.

NSU PRACTICE (State Meet Runners Only) Friday, November 11th (no school - Veterans Day)
 Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet; eat (Lasyone's); and return. Back around 2 PM. State runners only - no parents this time.

STATE TEAM MEETINGS (November 13th and 14th)
 The state meet teams (state runners only - no parents) meet at Coach's house for dinner just before the state meet.

Guys Sunday, November 13th 5:00 PM
 Girls Monday, November 14th 5:00 PM

STATE MEET (Tuesday, November 15th)
 Only a maximum of seven designated boys and girls will run in this meet. Our tradition is for the entire team to come and support our state runners. All runners are excused from class this day. Here's our schedule (for all runners!):

7:50 AM Meet at St Rita's for Mass
 Coach's house after Mass (sausage and biscuits available or bring your own stuff)
 11:00 AM Leave for NSU
 12:15 PM Arrive at NSU
 12:45 PM Boys walk/jog course - begin warm-up routine
 12:45 PM Scratch Meeting (Coach only)
 1:45 PM 2A Boys Race
 2:15 PM Girls walk/jog course - begin warm-up routine
 3:15 PM 2A Girls Race

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

25th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 17th)
 The annual Cross Country Banquet is for all runners and their families and friends. It is a very special end to the season. Lots of our parents put a lot of time into making this a special occasion. Please try to be there, and bring your favorite dish ("banquet" in this case means pot luck!) There are a number of awards to be given, and the cafeteria will look better than you've ever seen it! Please don't miss this special season wrap up if at all possible. The dress for the night is nice-casual (dress, skirts, nice slacks for the girls and slacks and nice shirts for the boys - no ties. No jeans, shorts, t-shirts, running shoes.

Thursday, November 17th, 6:00 PM, Menard cafeteria

Double Champs Again! 18:17 !!

DISTRICT CHAMPS

It's our sixth race this year at Buhlow, and it's the best! The guys run the best team time in over two years and the girls aren't far from their all-time record 2 weeks ago - all at Buhlow!!! The guys win their 14th straight and the girls the straight district titles (we'll just let it go at that - enough said). Congrats to Mallory, who continues her awesome yr with an incredible Buhlow run. Also congrats to Andrew, Cole, Doug, and Regan who also PR'd. Note the new sta Buhlow PR's! We have 11 of these! And congrats to Claire, Grace, and Abbey who take Coach's advice to heart a truly go out in style! Here's the stats:

Girls Varsity (77 runners) Team Time 103.53 Gap Time 3.45

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Buhlow Best	Buhlow
1 Robichaux, Mallory	5.52	6.24	6.01	18.17	-22.11	PR1	18.53
2 Engelaman, Rachel	6.45	7.18	6.45	20.48	+71		20.11
3 Vaughan, Lindsay	6.47	7.38	6.55	21.20	+69		21.04
4 Bartow, Mallory	6.47	7.39	7.00	21.26	+82		22.19
5 Robichaux, Kelley	7.01	7.57	7.04	22.02	+28		22.38
6 Rabalais, Carson	6.52	8.05	7.20	22.17	+56		22.39
7 Morrison, Meg	7.01	7.57	7.31	22.29	+20		22.42
8 Lemoine, Alyse	7.20	8.23	7.02	22.45	+44		24.13
9 Hawthorne, Miranda	7.37	8.13	7.52	23.42	+2		27.21
10 Robichaux, Regan	8.13	8.22	8.04	24.39	-162.11	PR1	25.39
11 Jones, Madeline	8.15	8.47	8.08	25.10	+25		25.45
12 Jefferies, Grace	8.07	9.06	8.59	26.12	+103		26.12
13 Pearson, Claire	8.07	9.03	9.02	26.12	+213		25.59
14 Travis, Abbey	8.07	9.03	9.02	26.12	+83		

2 mile PR's: M Robichaux

Boys Varsity (77 runners) Team Time 89.49 SPRI Gap Time 0.45 @

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	
1 Ellis, Isaac	5.41	6.03	5.49	17.33	+18	17.31
2 Lemoine, Andrew	5.51	5.54	5.55	17.40	-7	PR1 17.57
3 Baker, Tucker	5.51	6.12	6.03	18.06	+33	17.44
4 Vidrine, Brennan	5.52	6.14	6.06	18.12	+3	PR1 18.18
5 Taylor, Christian	5.52	6.21	6.03	18.18	+58	17.35
6 Robichaux, Cole	6.26	6.58	6.34	19.58	-27	PR1 20.25
7 Jansen, Doug	6.39	6.54	6.46	20.19	-27	PR1 20.46
8 Scaer, Daniel	6.58	7.59	7.00	21.57	+134	19.43

DISTRICT CHAMPS (Continued)

IV Boys & Girls (77 runners)

Place	Mile 1	Mile 2	Finish	PR +/-
Marshall, Jessica	7.34	8.04	15.38	+106
Dobard, Anne	9.38	9.44	19.22	+109
McMichens, Quent	6.59	6.55	13.54	+15
Mathews, Tyler	6.52	7.10	14.02	+63
Hilton, Heath	7.12	7.45	14.57	+52
Odon, Victor	8.19	8.02	16.21	+142

RECORDS SET AT BUHLOW

Grade Records	Records	Records
Doug Junesa #12 7 th grade	Cole Robichaux #22 8 th grade	
Andrew Lemoine #32 All Grades; #17 12 th grade	Regan Robichaux #31 All Grades; #11 7 th grade	
Mallory Robichaux #1 All Grades; #1 9 th grade		
Buhlow Course Records	Records	Records
Doug Junesa #4 7 th grade	Mallory Robichaux #1 All Grades; #1 9 th grade	
Kelley Robichaux #10 All Grades; #5 9 th grade	Miranda Hawthorne #5 7 th grade	
Rachel Engelaman #3 9 th grade	Meg Morrison #5 11 th grade	
District Meet Records	Records	Records
Mallory Robichaux #1 All Grades; #1 9 th grade	Rachel Engelaman #3 All Grades; #2 9 th grade	
Lindsay Vaughan #7 All Grades; #2 10 th grade	Mallory Bartow #8 All Grades; #3 10 th grade	
Kelley Robichaux #9 All Grades; #3 9 th grade	Carson Rabalais #10 All Grades; #5 9 th grade	
Miranda Hawthorne #5 7 th grade	Meg Morrison #5 11 th grade	

THE 2011 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
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** TUESDAY	November 15	Post State Race Meal	Nicky's	
** THURSDAY	November 17	25 th Annual CC Banquet	Menard Cafeteria	6:00 PM

CONTACT COACH?????

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 Cell 446-8887 whenever!
 Email wcmenard@suddenlink.net anytime!

FROM NOW TO THE END

Don't miss out on the most exciting part of the season! BE THERE! Here's the details. READ CLOSE - THERE'S BEEN SOME CHANGES!!!!

FINAL LOG BOOK TURN IN (Thursday, November 10th)

NSU PRACTICE (State Meet Runners Only) Friday, November 11th (no school - Veterans Day)

Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet (Lasyone's); and return. Back around 2 PM. State runners only - no parents this time.

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Thursday, November 17th, 6:00 PM, Menard cafeteria

OLPS GIVING TREE

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Family #1: Mom plus 6 kids Family #2: Mom plus 6 kids

Here's the plan. Give any cash donations you want to make to me (deadline is Tuesday, December 6). I will take a group of runners (whoever wants to) and go shopping. We will then wrap the gifts and deliver them to OLPS. Note that all food for all the families in the program is being handled by others - we just do gifts.

UNIFORMS

The season's over @ for the non-state runners - running, that is. Of course all runners will attend the state meet and the banquet! So it's time to turn in your race stuff (shorts, singlet, warm ups) to Coach. Bring your stuff washed, in a bag with your name on the bag to Coach's classroom. Please do not procrastinate!!!!!! Do not turn in the stuff you bought - team shirts and practice shirts. Those are yours to keep (you bought them!)

MERC

MERC mileage officially ended with the district meet. We have a number of MERC runners this year, but the official list will come out after the final log book check Thursday, November 10. Of course placing in the top ten at state is also a MERC qualifier! Stay tuned!

DISTRICT MEET

Top 10 Overall	BOYS	GIRLS
1. Smith (12)	15.05 86	1. Robichaux (9) 18.17 11
2. O'Kelly (12)	15.33 96	2. Bodeaux (10) 20.38 04
3. J Landreseau (10)	16.17 99	3. Engelstam (9) 20.48 11
4. M Landreseau (11)	16.17 01	4. Jenne (12) 21.04 06
5. Dotson (11)	16.29 07	5. Marchison (12) 21.07 05
6. L Carr (11)	16.37 87	6. Baker (12) 21.18 07
7. J Holcombe (12)	16.37 03	7. Vaughan (10) 21.20 11
8. Petrus (12)	16.46 02	8. Bartow (10) 21.26 11
9. Garner (10)	16.46 02	9. K Robichaux (9) 22.02 11
10. F Vanderlick (12)	16.53 03	10. Rabalais (9) 22.17 11
7th Grade	1. Jeansone 18.29 03	1. Robichaux 20.54 09
2. J Adams 18.35 96	2. Bartow 21.28 08	
3. Bode 18.37 06	3. Vaughan 21.43 08	
4. O'Kelly 18.51 91	4. Engelstam 22.49 09	
5. D Vanderlick 20.00 90	5. Hawthorne 23.42 11	
8th Grade	1. Flauk 17.29 96	1. Robichaux 20.44 10
2. J Holcombe 17.35 99	2. Engelstam 21.40 10	
3. O'Kelly 17.43 92	3. Bartow 22.02 09	
4. Taylor 17.57 07	4. Vaughan 23.00 09	
5. Jeansone 17.59 04	5. Turpley 23.44 05	
9th Grade	1. M Landreseau 17.04 99	1. Robichaux 18.17 11
2. O'Kelly 17.26 93	2. Engelstam 20.48 11	
3. Petrus 17.30 99	3. K Robichaux 22.02 11	
4. Demarco 17.38 01	4. Baker 22.17 04	
5. Garner 17.40 01	5. Rabalais 22.17 11	
10th Grade	1. Smith 16.26 84	1. Bodeaux 20.38 04
2. O'Kelly 16.32 94	2. Vaughan 21.26 11	
3. Garner 16.46 02	3. Bartow 21.26 11	
4. J Holcombe 16.56 01	4. Jenne 21.35 04	
5. L Carr 17.24 86	5. Baker 22.42 05	
6. J Landreseau 17.24 98		
7. Dotson 17.24 06		
11th Grade	1. O'Kelly 16.06 95	1. Bodeaux 21.34 05
2. J Landreseau 16.17 99	2. Jenne 22.26 05	
3. M Landreseau 16.17 01	3. Aaron 23.07 05	
4. Smith 16.20 85	4. Baker 22.24 06	
5. Dotson 16.29 07	5. Morrison 22.29 11	
12th Grade	1. Smith 15.05 86	1. Bodeaux 20.51 06
2. O'Kelly 15.33 96	2. Jenne 21.04 06	
3. J Holcombe 16.37 03	3. Marchison 21.07 05	
4. Dotson 16.43 08	4. Baker 21.18 07	
5. Petrus 16.46 02	5. Sausag 22.44 07	

HOLY SAVIOR MENARD CROSS COUNTRY EVENT RECORDS (Girls 3 mile)

As of November 9, 2011

BUBLOW #6	BOYS	GIRLS
Top 10 Overall	1. Dotson (12) 15.49 08	1. Robichaux (09) 18.17 11
2. M Landreseau (11) 16.01 01	2. Engelstam (07) 19.40 09	
3. J Holcombe (12) 16.13 03	3. Vaughan (09) 20.11 10	
4. Petrus (12) 16.37 02	4. Jenne (12) 20.31 06	
5. F Vanderlick (12) 16.52 03	5. Marchison (12) 20.34 05	
6. Garner (10) 17.12 02	6. Bodeaux (12) 20.45 06	
7. Jeansone (10) 17.13 06	7. Bartow (10) 21.04 11	
8. Popitose (11) 17.21 01	8. Baker (12) 21.18 07	
9. B Adams (12) 17.22 01	9. Marshall (08) 22.06 10	
10. Alexander (11) 17.26 09	10. K Robichaux (9) 22.02 11	
7th Grade	1. Bode 18.37 06	1. Robichaux 20.57 09
2. Jeansone 18.51 03	2. Engelstam 21.25 09	
3. Taylor 18.52 06	3. Bartow 21.29 08	
4. Jenne 20.19 11	4. Vaughan 21.43 08	
5. Novem 20.20 06	5. Hawthorne 23.42 11	
8th Grade	1. Taylor 17.57 07	1. Robichaux 19.16 10
2. Jeansone 18.25 04	2. Vaughan 21.28 09	
3. Kajor 19.02 02	3. Engelstam 21.58 10	
4. T Holcombe 19.25 01	4. Marshall 22.06 10	
5. Baker 19.26 07	5. Shushelbard 23.40 06	
9th Grade	1. Garner 17.30 01	1. Robichaux 18.17 11
2. Taylor 17.35 08	2. Vaughan 20.11 10	
3. Dotson 17.36 05	3. Engelstam 20.48 11	
4. Demarco 17.38 01	4. Bartow 21.34 10	
5. Jeansone 17.40 05	5. K Robichaux 22.02 11	
10th Grade	1. J Holcombe 16.47 01	1. Bodeaux 20.57 04
2. Dotson 16.53 06	2. Vaughan 21.04 11	
3. Garner 17.12 02	3. Bartow 21.04 11	
4. Jeansone 17.13 06	4. Baker 21.43 05	
5. Demarco 17.28 02	5. Jenne 21.55 04	
11th Grade	1. M Landreseau 16.01 01	1. Jenne 21.20 05
2. Dotson 16.20 07	2. Bodeaux 21.30 05	
3. Petrus 17.21 01	3. Baker 21.49 06	
4. Popitose 17.21 01	4. Deworth 22.25 11	
5. Alexander 17.26 09	5. Morrison 22.29 11	
12th Grade	1. Dotson 15.49 08	1. Jenne 20.31 06
2. J Holcombe 16.13 03	2. Marchison 20.34 05	
3. Petrus 16.37 02	3. Bodeaux 20.45 06	
4. F Vanderlick 16.52 03	4. Baker 21.18 07	
5. B Adams 17.22 01	5. Sausag 22.44 07	

There have been 6 cross country courses at the Fort Bulow Recreation complex.

- Bulow1 1984 - 86 Start at highway, out and back. 3 mile west to airport entrance; 2 mile west to park entrance.
- Bulow2 1987 - 92 Red River Park opens. Start at observation point. 2 miles does full loop including parking lot; 3 mile does this loop plus cross or tracks and out and back to airport entrance.
- Bulow3 1993 - 93 Long, off road course; only used for one Coles Champ meet.
- Bulow4 1993 - 96 Start at low end. 2 mile does full loop including parking lot; 3 mile does full loop plus gravel road loop.
- Bulow5 1997 - 00 Off road course starting and finishing at lower end; incorporated paved trails in woods.

Holy Savior Menard Cross Country 2011!

November 9, 2011 #13

State Meet Tuesday!

FROM NOW TO THE END

Don't miss out on the most exciting part of the season! BE THERE! Here's the details. READ CLOSE - THERE'S ALWAYS SOME CHANGES!!!!

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Guys	Sunday, November 13th	5:00 PM
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- 3:15 PM 2A Girls Race

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

We will need drivers for all runners. Parents - even if you do not have a state runner come join in the one-of-a-kind excitement at the state meet (and Nicky's of course!).

25th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 17th)

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Thursday, November 17th, 6:00 PM, Menard cafeteria

BANQUET DECORATING HELP WANTED!!!

Do you want one more bit of CC fun? If you're available, be in the cafeteria at 3:15 PM Thursday to help decorate. Call Sissy Jones (445-4175 h or 446-1690 c). Better yet, a LOT of banquet work goes on between now and then. Give Sissy a call now to see how you can help her out.

OLPS GIVING TREE

At the Spaghetti Supper we agreed to sponsor two families. Our Lady of Prompt Succor is sponsoring a Giving Tree for the Shepherd Center Christmas Cheer program. Our CC group is very blessed in many ways. This is one way we have of giving back a little. I hope we can all join in and make this a special event for our two families. Our minimum commitment for each family is one \$20 toy for each child. It would be nice to also provide the parents with something.

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UNIFORMS

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**State Champs!
State Champ!!**

STATE CHAMPS

The perfect day? Close. The girls get our seventh girls state championship - first in eleven years. And to top it off Mallory gets our fourth girls individual champ - first in nine years! All in super tough 2A!! The rain holds off, but pretty warm and humid. There's only one PR - Meg - congrats! The guys move up two spots from last year to 2A seventh and close to fifth. Congratulations girls on a job VERY well done! Here's the state:

Girls Varsity 121 runners) Team Time 104.41 Gap Time 3.10

Place	Mile 1	Mile 2	Mile 3	Finish	Last Yr
1 Robichaux, Mallory	5.56	6.26	6.24	18.46	2 Medalist 19.59
12 Engelsman, Rachel	6.24	7.23	7.24	21.11	Medallist 19.42
15 Vaughan, Lindsey	6.38	7.21	7.21	21.20	Medallist 21.07
17 Barrow, Mallory	6.38	7.21	7.29	21.28	Medallist 21.23
22 Morrison, Meg	6.56	7.25	7.35	21.56	Medallist
30 Rabalais, Carson	7.00	7.24	7.42	22.06	Medallist
46 Robichaux, Kelley	7.04	7.55	8.06	23.05	Medallist

Boys Varsity 135 runners) Team Time 92.50 Gap Time 1.31

Place	Mile 1	Mile 2	Mile 3	Finish	Last Yr
19 Elita, Isaac	5.23	6.10	6.17	17.50	
38 Baker, Tucker	5.38	6.29	6.38	18.45	18.26
40 Taylor, Christian	5.46	6.29	6.37	18.52	19.00
45 Vidrine, Brennan	5.52	6.30	6.40	19.02	19.10
53 Lemoina, Andrew	5.54	6.28	6.59	19.21	17.58
81 Wehrle, WIR	6.01	7.05	7.45	20.51	19.38
115 Soester, Daniel	6.51	7.34	7.58	22.45	20.27

Team Standings

Boys (20 Teams)		Girls (17 Teams)	
1 Episcopal, BR (2A)	37	7 MENARD (2A)	186
2 St Thomas Aq (2A)	57	8 John Curtis (2A)	198
3 Lakeside (2A)	87	9 Delcambre (2A)	307
4 Newnan (2A)	134	10 North Webster (2A)	314
5 Runnels (2A)	174	11 Pine Bluff (2A)	331
6 University (2A)	180	12 Catholic, NI (2A)	344
		59 7 St Thomas Aq (2A)	
		70 8 Calvary Baptist (2A)	
		73 9 John Curtis (2A)	
		101 10 Rosettae (2A)	
		143 11 Catholic, NI (2A)	
		148 12 Fisher (2A)	

STATE CHAMPS (Continued)

RECORDS SET AT STATE

Grade Records			
Meg Morrison	#14 All Grades; #5 11th grade		
NSU Coaches Records			
Mallory Robichaux	#1 All Grades; #1 9 th grade	Meg Morrison	#10 All Grades; #3 11th grade
Rachel Engelsman	#3 9 th grade	Lindsay Vaughan	#4 10 th grade
State Meet Records			
Mallory Robichaux	#1 All Grades; #1 9 th grade	Meg Morrison	#10 All Grades; #3 11th grade
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Mallory Barrow	#5 10 th grade		

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MARATHON TRIVIA

The marathon world record is around 2 hours, 3 1/4 minutes. Runners will appreciate this: that time equates to 26 + miles at a 4:42 pace, or maybe more impressive, 105 track laps (zero recovery of course!) at 70.4 seconds! Sort of puts our 12 with 15 recovery in perspective!

UNIFORMS

The season's over ☹ for the non-state runners - running, that is. Of course all runners will attend the state and the banquet! So it's time to turn in your race stuff (shorts, singlet, warm ups) to Coach. Bring your stuff washed, in a bag with your name on the bag to Coach's classroom. Please do not procrastinate!!!!!! Do not turn in the stuff you bought - team shirts and practice shirts. Those are yours to keep (you bought them!)

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 Home 487-8887 evenings
 Cell 446-8887 whenever!
 Email wcmenard@suddenlink.net anytime!

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Cross country Pictures!



