





Cross Country 2012 - Girls Team

Front Row

- Ava Karam**
- Avery Long**
- Catherine Evans**
- Meg Morrison**
- Rachel Engelsman**
- Mallory Bartow**
- Mallory Robichaux**
- Lindsay Vaughan**
- Kelley Robichaux**

Middle Row

- Brittany Ducote**
- Annie Karam**
- Emily Saccaro**
- Rebecca Jeanfreau**
- Rachel McMinn**
- Anne Standley**
- Brooke Jones**
- Coach Smith**

Back Row

- Miranda Hawthorne**
- Victoria Hirchak**
- Brittney Jeansonne**
- Cameron Erickson**
- Madeline Jones**
- Kaelyn Rachall**
- Martha Voltz**



Cross Country 2012 - Boys Team

Front Row

Drew McMickens

Bradley Schneider

Quint McMickens

Doug Juneau

Coach Smith

Back Row

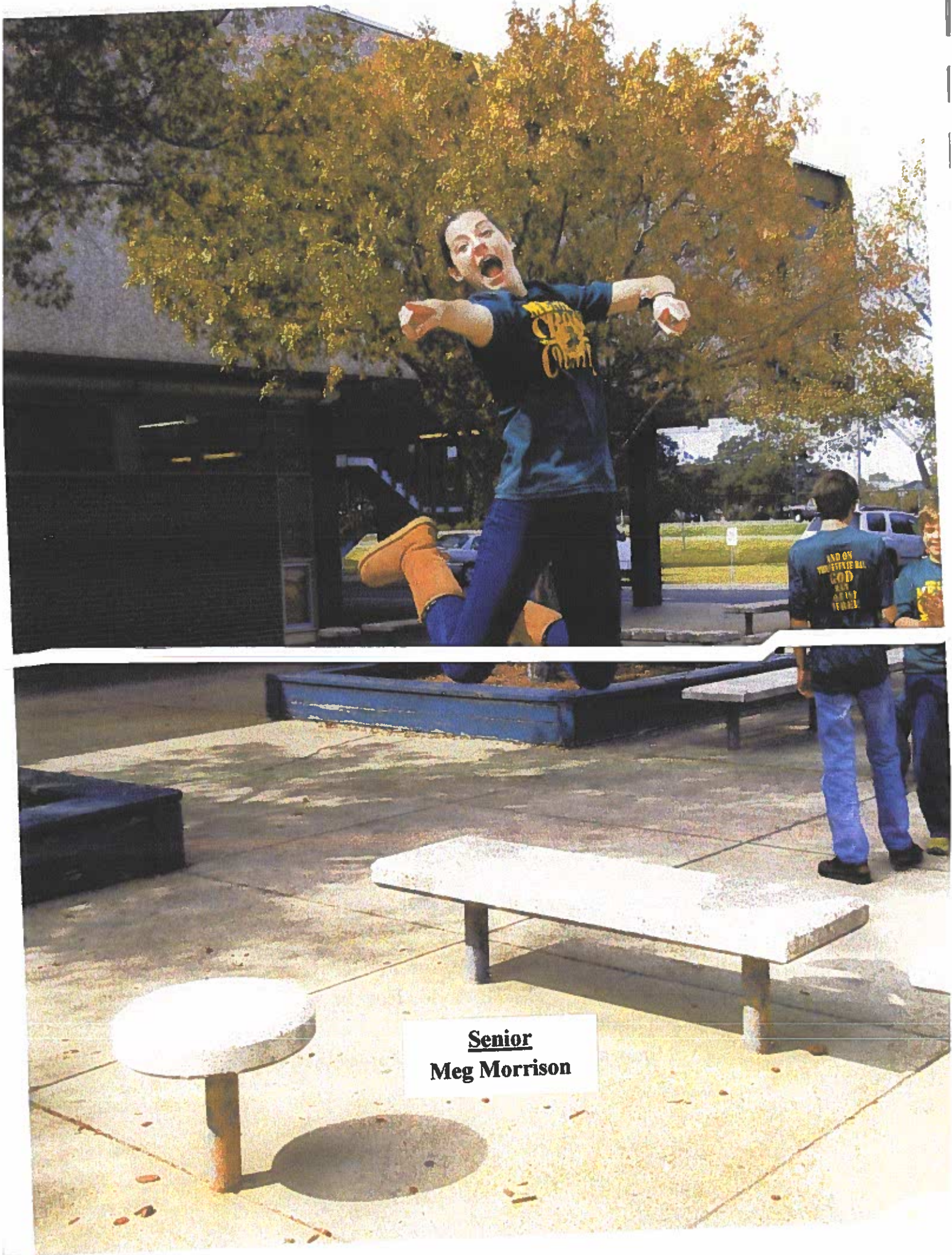
Cole Robichaux

Trey Brown

Payton Fowler

Taylor Rogers

(Not Shown: Grayson Burns, Thomas Davis)



Senior
Meg Morrison

2012 MENARD CROSS COUNTRY TEAMS

THE GIRLS...

12 Morrison, Meg
11 Bartow, Mallory
11 Evans, Catherine
11 Vaughan, Lindsay
10 Engelsman, Rachel
10 Jones, Madeline
10 Rabalais, Carson
10 Rachall, Kaelyn
10 Robichaux, Kelley
10 Robichaux, Mallory
9 Erickson, Cameron
9 Hirschak, Victoria
9 Jeanfreau, Rebecca
9 Jeansonne, Brittney
9 Karam, Annie
9 Saccaro, Emily
8 Ducote, Brittany
8 Hawthorne, Miranda
8 Karam, Ava
8 Voltz, Martha
7 Jones, Brooke
7 Long, Avery
7 McMinn, Rachel
7 Standley, Anne

THE GUYS...

10 Davis, Thomas
10 McMickens, Drew
10 Schneider, Bradley
9 Robichaux, Cole
8 Fowler, Payton
8 Juneau, Doug
7 Brown, Trey
7 Burns, Grayson
7 McMickens, Quint
7 Rogers, Taylor

---- MEMORIES 2012 -----

“ONE TEAM, ONE GOAL, IN CHRIST”

LAKESIDE “ANT HILL” SPIRITS “I EAT HILLS!” “SIX”
PRACTICE UNIFORMS PARISH CHAMPS! WATER!!!
NEVER-NEVER LAND 960 BOX LUNCHES! BANQUET #26
GRAND COTEAU HIGHLAND “PARKING” SWIM & EATS
HOT BUHLOW TRIP, FALL, TRAMPLED, THROW UP
BATTLEFIELD: RAIN, MUD, ANTS – AND NO T-SHIRTS
TENT, TARP, COOLERS, ACCOMPLISHMENTS BANNER, AND FLAG!
GRASS-LAP-DOCK-AND-BACK 110 DEGREES MILE TIME TRIAL
BAYOU BOOGIE TRAINING GROUPS ST MICHAEL CC PRAYER
PRACTICE PUSH-UPS OYO NICKY’S SNICKERS & GRAPES
PORT-O-JOHNS ASH 400’s LOG BOOK EAGLE STICKERS
DISPLAY BOARD TEAM GPA 3.57 CARAVANS BUS #43
SATURDAY 4:30 AM’s ROUNDTABLE RUN CUP LAPS
SPRINT LAST QUARTER “EASY” RUNS FORGOTTEN SHOES
T-SHIRT SLOGAN CONTEST LAKESIDE “DISTRICT”
PRACTICE AT THE TRUCK “SWIMMING” ON THE PAVEMENT
MERC! THE HILL-LESS NSU COURSE SUMMER 7 AM’s
COACH STEPHANIE GOD SPEED! LAKES MUD RUN!
MONDAY BUHLOW RUNS TEMPO RUNS RACE REVIEWS
5 – 8 – 5 RUNNING FORM CRITIQUE MASS AT ST RITA’S
BATON ROUGE T-SHIRTS GROUP 5 DISAPPEARS! SUN RISES
LA.MILESPLIT.COM NO ACADIANA PARK ☹ CC HATS!
MONO STRIKES – AND STRIKES AND STRIKES AND STRIKES ...
SHINS, CALVES, ANKLES, HIPS, TOES, THROW UP

----- **MEMORIES 2012** -----

NO MENARD INVITATIONAL ☹ "THANKS," NSU ☹

ICE & SARAN WRAPS 100 PLUS DEGREE RUNS

CENLA CHAMPS BUHLOW RACES EMAIL NEWSLETTERS

15 SECOND RECOVERY 400'S HONOR ROLL RUNNERS

STATE TEAM MEETINGS AT COACH'S LETTERS FROM PARENTS

POTLUCK SUPPER LASYONE'S ALL-ROOKIE BOYS VARSITY

ALL-TIME GIRLS TEAM TIME RECORD ACHES & PAINS

MILE AND TWO MILE TIME TRIALS BUHLOW HILL REPEATS

PR's! SPR's BPR's FR's SUMMER 800's GOAL SETTING

SATURDAY NSU PRACTICE TREE LAPS "PUTTER" MILES

BASEBALL FIELD 800's ROOKIE RUNNERS AND FIRST RACES

GULF STATES DISTANCE RUNNING CAMP "IT'S NOT A GAME!"

KICKED OUT OF ASH DOUBLE DISTRICT CHAMPS AGAIN!

CHOCOLATE CHIP, PLAIN, PEANUT BUTTER, AND BLUEBERRY PANCAKES

DOUBLE GRASS LAP 2-MILE TIME TRIAL "LET'S BE POSITIVE!"

WINNING T-SHIRTS, TROPHIES, PLAQUES & MEDALS 100 DAYS!

ATTITUDE IS EVERYTHING! LOGBOOKS K INCAID TRAIL RUNS

DUFFLE BAGS STINKY BATHROOMS GRASS LAPS

STAY TUNED! SUMMER PROGRAM T-SHIRTS JENNY'S OIL

HOW DO YOU RESPOND? "FROM THE GATE!"

GRADE, COURSE, AND MEET RECORDS 4 MINUTE PR's!

NSU COW PASTURE #1 RANKING INDIAN RUNS

SIMPSON ROAD RACE PR's HOMECOMING DAY OFF!

GOODBYE! ☹

MEG

HOLY SAVIOR MENARD

PRELIMINARY CROSS COUNTRY 2012

October 6, 2012

<u>DAY</u>	<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>FIRST RACE</u>
** MONDAY	August 13	School Starts!	Meeting, then practice	
** THURSDAY	August 16	One Mile TT	Menard Track	3:30 PM
** WEDNESDAY	August 22	Two Mile TT	Menard	3:30 PM
** THURSDAY	August 23	SWIM & EAT #1!	Morrison's	(After Practice)
** TUESDAY	August 28	SWIM & EAT #2!	Juneau's	(After Practice)
** TUESDAY	September 4	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
** WEDNESDAY	September 5	SWIM & EAT #3!	Schneider's	(After Practice)
** SATURDAY	September 8	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** SATURDAY	September 15	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
** SATURDAY	September 22	SACRED HEART	Grand Coteau	8:30 AM
** WEDNESDAY	September 26	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 29	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** WEDNESDAY	October 3	SIMPSON	Simpson	3:30 PM
** SATURDAY	October 6	No meet - Homecoming Weekend		
** SATURDAY	October 13	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** FRIDAY	October 19	Box Lunch Day!	Menard Cafeteria	9:00 AM
** SATURDAY	October 20	NSU	Natchitoches	11:00 AM
** WEDNESDAY	October 24	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
** MONDAY	October 29	SPAGHETTI SUPPER	Spirit's	6:00 PM
** TUESDAY	October 30	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

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

** SATURDAY	November 3	LAKESIDE	Minden, LA	9:00 AM
** MONDAY	November 12	STATE CHAMPS	NSU Girls 1:45 PM	Boys 3:15 PM
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26 th Annual CC Banquet	Menard Cafeteria	6:00 PM

**** Date confirmed**

2012 SEASON SUMMARY

MEET

ST MICHAEL'S

EPISCOPAL

SACRED HEART, GC

CENLA CHAMPS

BATTLEFIELD

SIMPSON

CATHOLIC

NSU @

JOHN MILLER

PARISH CHAMPS (Buhlów)

LAKESIDE (District)

STATE (NSU)

GIRLS

2 of 12

3 of 19

1 of 6

1 of 12

7 of 8

6 of 16

15 of 31

6 of 18

1 of 16

1 of 7

1 of 6

3 of 18

BOYS

11 of 18

11 of 29

1 of 6

4 of 16

15 of 16

5 of 15

39 of 43

16 of 18

13 of 21

5 of 7

4 of 6

13 of 19

VARSITY BARS (Multiple varsity letters): (Intro by # years participation) (see runner summary sheet)

5 Mallory Bartow 5 Lindsay Vaughan 4 Rachel Engelsman (see runner summary sheet)

3 Cameron Erikson 3 Madeline Jones 4 Mallyory Robichaux

2 Miranda Hawthorne 2 Rebecca Jeanfreau 3 Kaelyn Rachall

2 Carson Rabalais 2 Kelley Robichaux 2 Doug Juneau

2 Meg Morrison

VARSITY LETTERS (First varsity letter) (Attendance, Mileage, Effort, Performance, Attitude, MERC)

Brittany Ducoite Victoria Hirschak Ava Karam Brooke Jones

Martha Voltz Grayson Burns Drew McMickens Quint McMickens

Bradley Schneider Annie Karam Taylor Rogers

Brittney Jeansonne Rachel McMinn Emily Saccaro

Anne Standley Trey Brown Payton Fowler

Thomas Davis

Thomas Davis

Thomas Davis

Thomas Davis

Thomas Davis

Thomas Davis

Thomas Davis

Thomas Davis

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Thomas Davis

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Thomas Davis

Thomas Davis

2012 SEASON SUMMARY (Continued)

MENARD EAGLE RUNNING CLUB (T-shirt by color; name on MERC plaque) (400/500/600; or top ten at least one: regional/Catholic/Menard/State)

First Year — GREY

Doug Juneau

Quint McMickens

Taylor Rogers

405 miles

483 miles

400 miles

Avery Long

Kelley Robichaux

Bradley Schneider

303 miles, 8th at Lakeside

444 miles, 7th at Cenla

271 miles, 10th at Lakeside

Third Year — YELLOW

Rachel Engelsman

371 miles, 4th at Cenla, 7th at Battlefield, 9th at Lakeside

Fourth Year — GREEN

Mallyory Robichaux

Lindsay Vaughan

492 miles, 8th at Episcopal, 1st at Cenla, 6th at John Miller, 4th at Lakeside

365 miles, 5th at Cenla, 10th at Battlefield, 7th at John Miller, 5th at Lakeside

Fifth Year — BLUE

Mallyory Bartow

429 miles, 9th at John Miller

SPECIAL AWARDS

ATTENDANCE

Quint McMickens Mallyory Bartow

DECORATE YOUR LOGBOOK

Madeline Jones

MANAGERS

Kaelyn Rachall

Victoria Hirschak

Brooke Jones

MOST ROOKIE MILES

Avery Long

Quint McMickens

MOST IMPROVED ROOKIE

3 miles

Taylor Rogers

2 miles

Taylor Rogers

MOST IMPROVED YET

Madeline Jones

Doug Juneau

ROOKIE OF THE YEAR

Avery Long

Drew McMickens

PR AWARD

Martha Voltz

Trey Brown

EAGLE STICKERS

Avery Long

Taylor Rogers

IRON MAN/WOMAN AWARD

Cameron Erikson Madeline Jones Ava Karam

Avery Long Trey Brown Doug Juneau Quint McMickens

MOST VALUABLE RUNNER

Mallyory Robichaux

Bradley Schneider

LEADERSHIP/SPIRIT AWARD

Meg Morrison

Bradley Schneider

SENIOR AWARDS

Meg Morrison

Meg Morrison

PATCHES

TEAM STATE CHAMPIONS

Mallyory Robichaux

TEAM STATE RUNNER UPS

Mallyory Robichaux

DISTRICT CHAMP (Winged foot patch) (First place individual)

Mallyory Robichaux

Bradley Schneider

MENARD CROSS COUNTRY ALL TIME GREATS

GIRLS (2 miles)

FIRST TEAM

Bridget Daigrepoint - 04	11.40
Lora Pharis - 04	12.24
Emily Demarco - 06	12.29
Morgan Owen - 07	12.39
Jenni Noles - 99	12.40
Eliz Landreneau - 04	12.40
Lauren Patty - 96	12.41

SECOND TEAM

Kim Seiler - 01	12.42
Sarah Carr - 93	12.46
Leslie Manuel - 96	12.48
Katie Womack - 01	12.52
Courtney Michiels - 99	12.56
Joy Walters - 06	12.57
Jodie White - 94	12.58

THIRD TEAM

Sarah Ragona - 99	12.58
Lanie Sansing - 08	13.02
Shelly Blakesley - 86	13.10
Jen Drummond - 99	13.15
Jane Petrus - 03	13.20
Celina Martien - 95	13.24
Jen Pommerenke - 03	13.27

FOURTH TEAM

Jennifer Webb - 97	13.29
Mandi Scarborough - 00	13.31
Melissa Fowlkes - 05	13.31
Jane Ann Cavanaugh - 96	13.32
Catherine McGinty - 95	13.35
Merni Miscally - 91	13.36
Jennifer Jeane - 07	13.37

FIFTH TEAM

Sandra Jeansonne - 90	13.39
Heather Badeaux - 07	13.41
Hope Murchison - 06	13.41
Aimee Duggan - 91	13.46
Louise Cook - 02	13.46
Catherine Tuma - 04	13.46
Melanie Garcia - 06	13.46

GIRLS (3 miles)

FIRST TEAM

Mallory Robichaux - 15	18.17
Jennifer Jeane - 07	19.19
Heather Badeaux - 07	19.35
Rachel Engelsman - 15	19.37
Mallory Bartow - 14	19.58
Lindsay Vaughan - 14	20.11
Hope Murchison - 06	20.27

SECOND TEAM

Mellynn Baker - 08	20.50
Kelley Robichaux - 15	20.57
Carson Rabalais - 15	21.21
Hannah Deworth - 13	21.24
Avery Long - 18	21.33
Megan Tarpley - 10	21.41
Jessica Marshall - 15	21.51

THIRD TEAM

Meg Morrison - 13	21.56
Alyse Lemoine - 14	22.01
Linda O'Neal - 10	22.02
Brittany Aaron - 07	22.10
Elise Wyatt - 08	22.11
Lanie Sansing - 08	22.22
Cath Shackelford - 11	22.27

FOURTH TEAM

Hillary LaCroix - 12	22.30
Claire Pearson - 13	22.39
Madeline Jones - 15	22.47
Lana Beard - 14	22.50
Caroline Ponthie - 09	23.10
Miranda Hawthorne - 17	23.27
Katie Price - 11	23.38

FIFTH TEAM

Martha Voltz - 17	23.01
Macy Bartow - 16	24.11
Brittany Ducote - 17	24.27
Grace Jeanfreau - 13	24.29
Anne Standley - 18	24.29
Jennifer Mathews - 09	24.38
Ava Karam - 17	24.47

BOYS (3 miles)

FIRST TEAM

Doug Smith - 87	15.00
Mark Landreneau - 03	15.08
Danon O'Kelly - 97	15.25
Joffroi Holcombe - 04	15.32
Mark Dotson - 09	15.38
Joe Landreneau - 01	16.17
Steven Jeansonne - 09	16.25

SECOND TEAM

Francis Vanderlick - 04	16.27
Landry Carr - 89	16.28
Wes Pepitone - 03	16.32
Jesse Petrus - 03	16.37
Daniel Garner - 05	16.42
Alex Perez - 97	16.47
Cliff Allen - 87	16.52

THIRD TEAM

Gavin Filasek - 01	17.02
David Sigur - 96	17.10
Brandon Adams - 02	17.10
Grant Alexander - 11	17.14
Isaac Eilts - 12	17.15
Jason Hugenroth - 89	17.18
Christian Taylor - 12	17.20

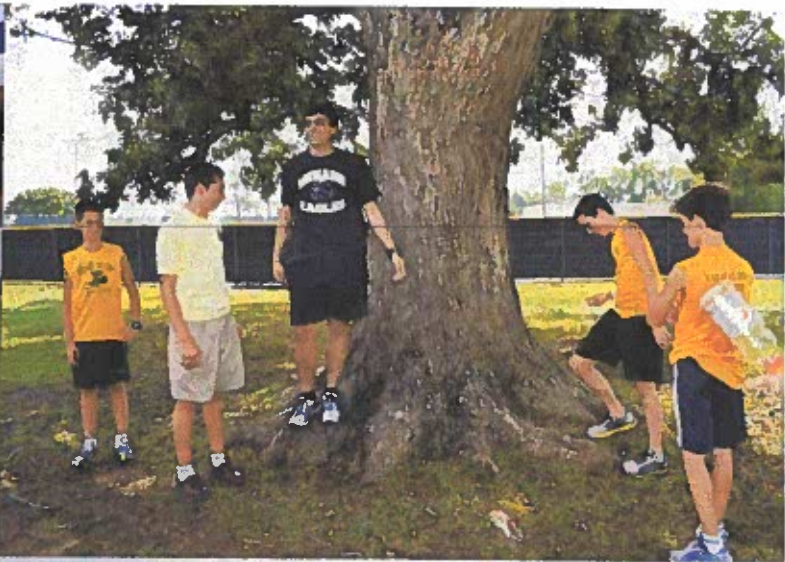
FOURTH TEAM

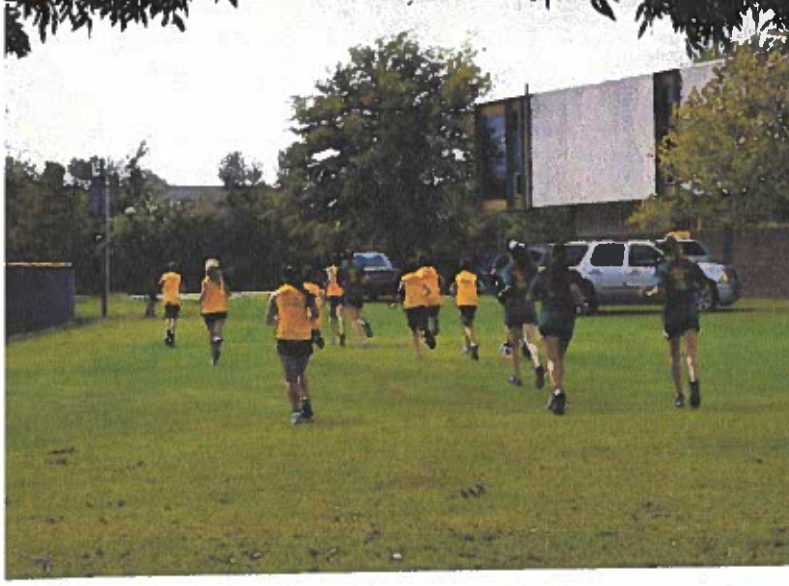
Todd DeFee - 94	17.24
Stefan Waller - 08	17.24
Shawn Preau - 89	17.28
Scott Demarco - 05	17.28
Sean McHugh - 91	17.30
Tucker Baker - 12	17.33
Cody Boswell - 12	17.35

FIFTH TEAM

Will Littlepage - 07	17.37
Maury Carr - 87	17.39
Dave Vanderlick - 96	17.39
Andrew Lemoine - 12	17.40
Sean Nolan - 89	17.45
Jack Shallock - 03	17.46
Willie Carr - 98	17.50

(Name - Grad Year -- Time)





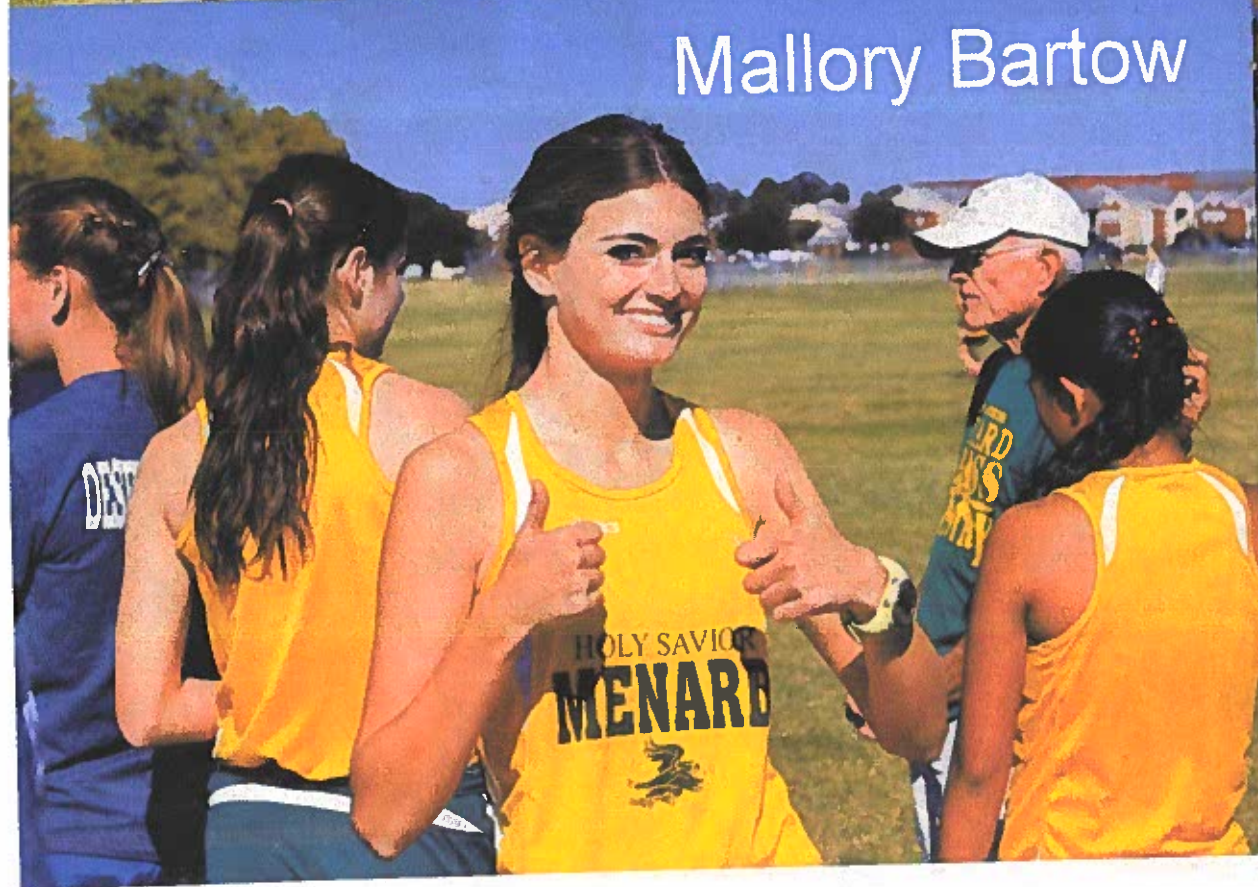


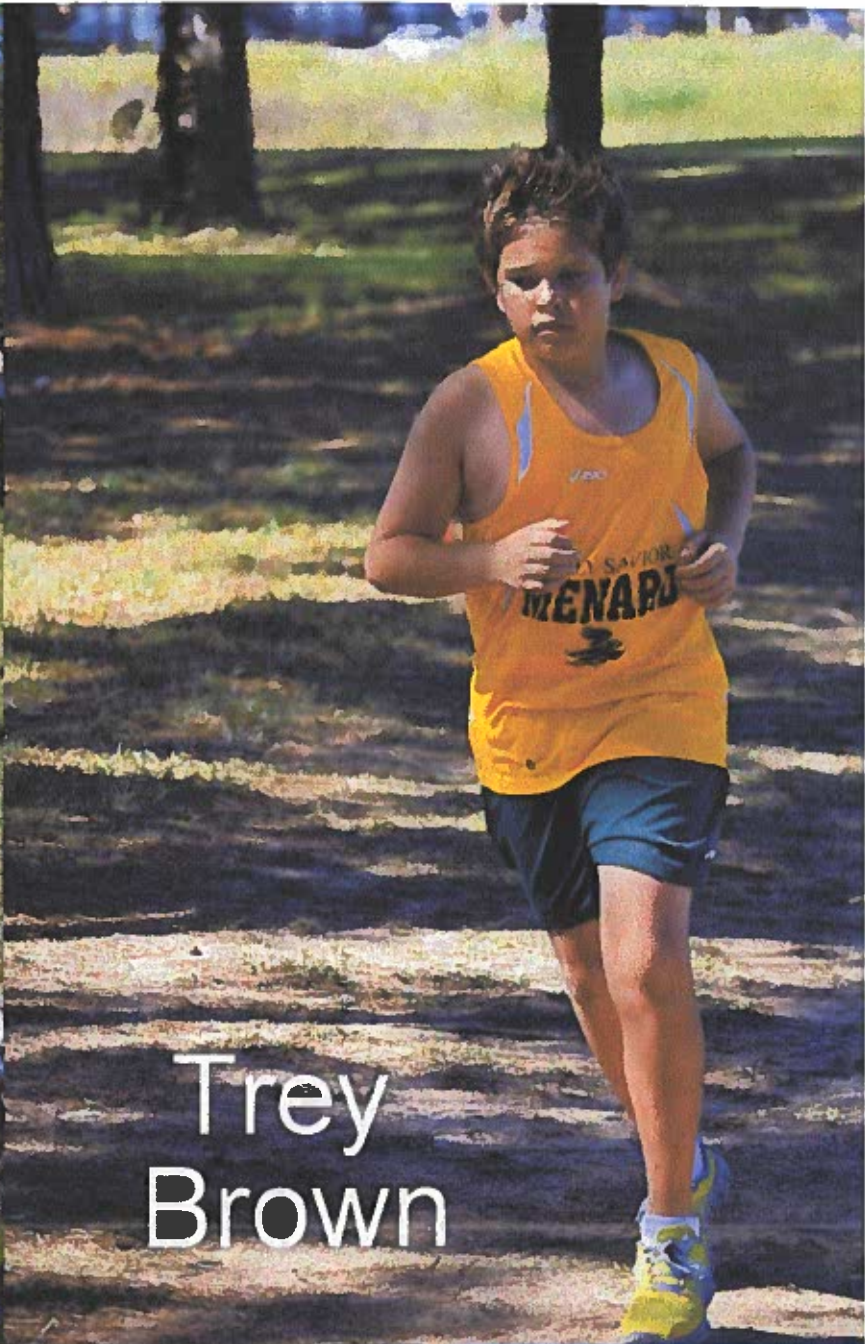
Managers



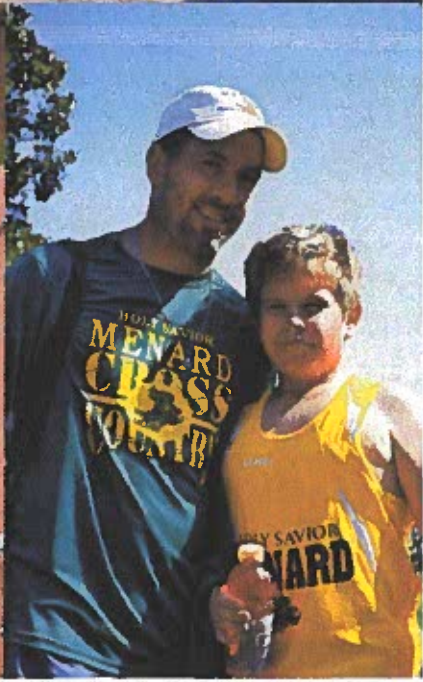
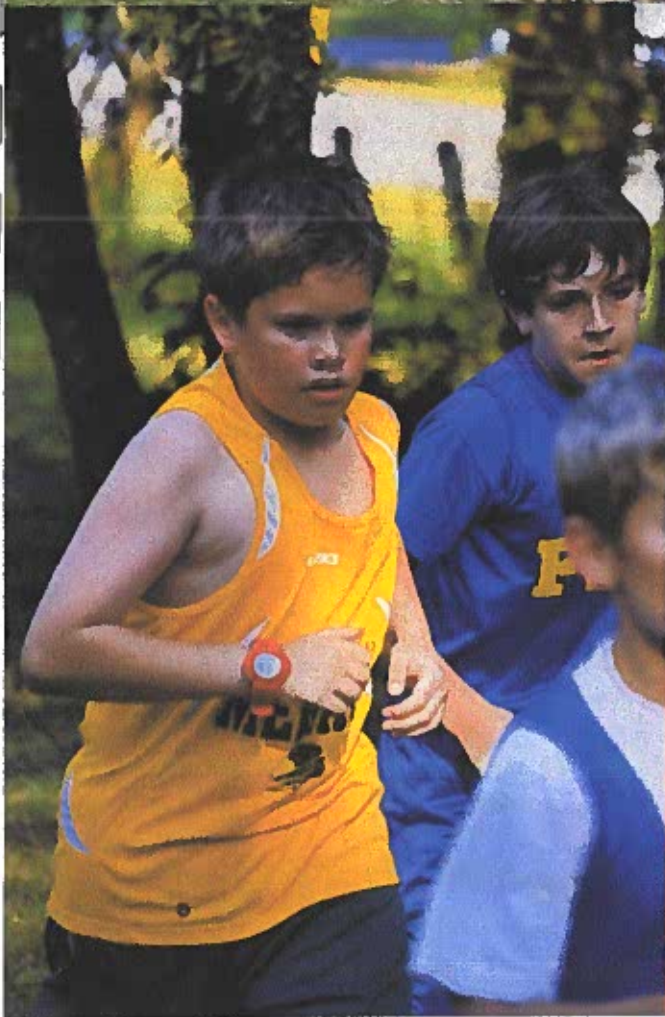


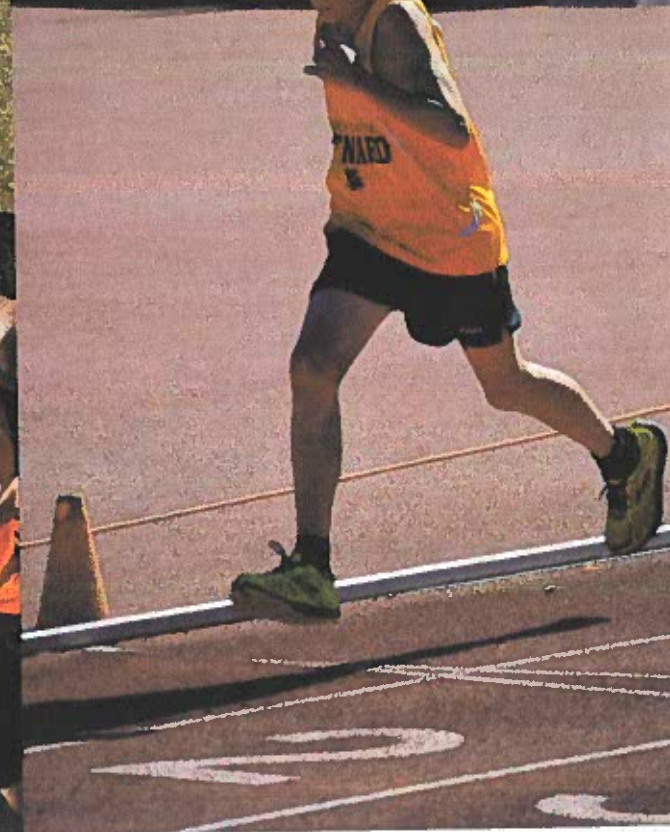
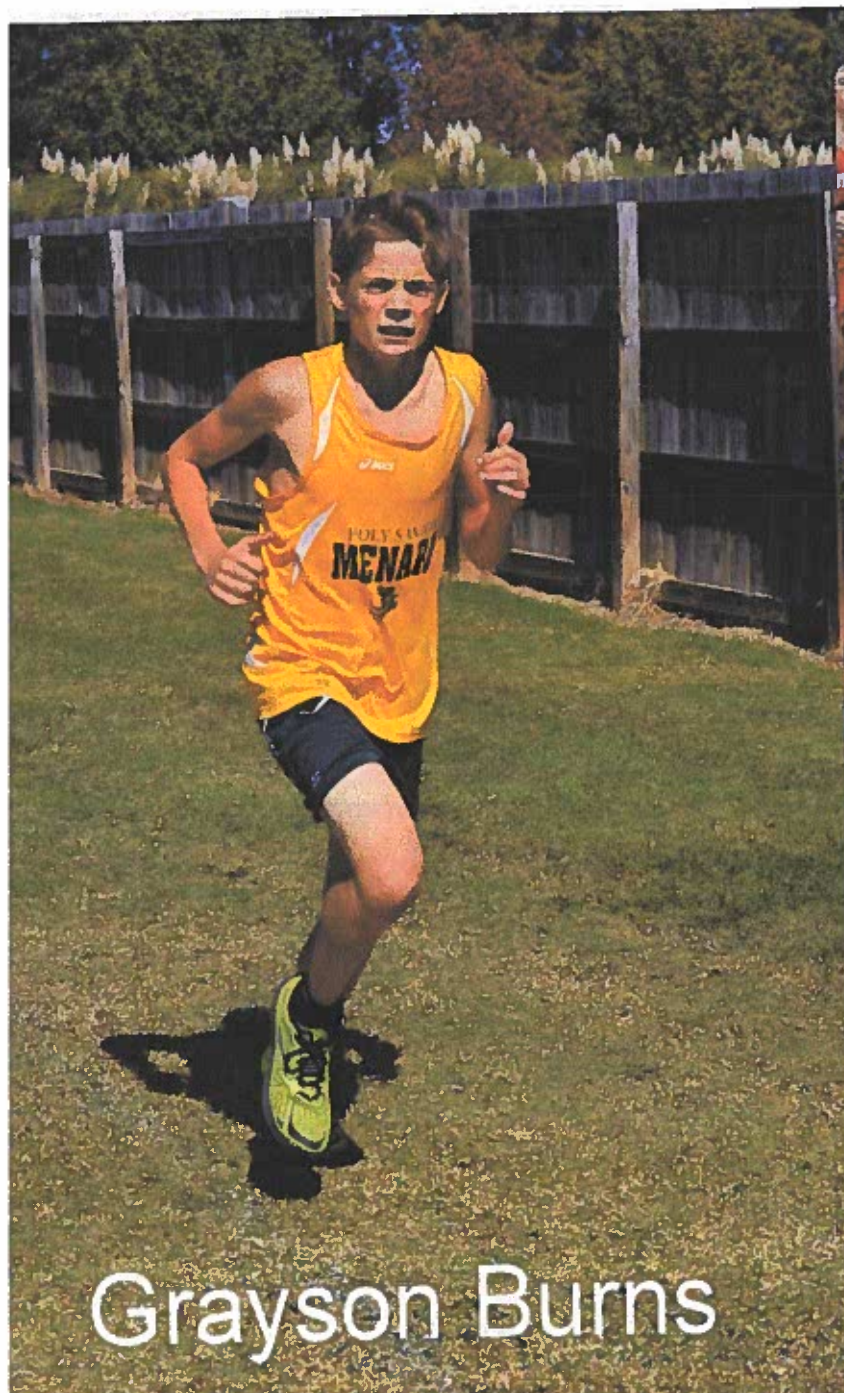
Mallory Bartow



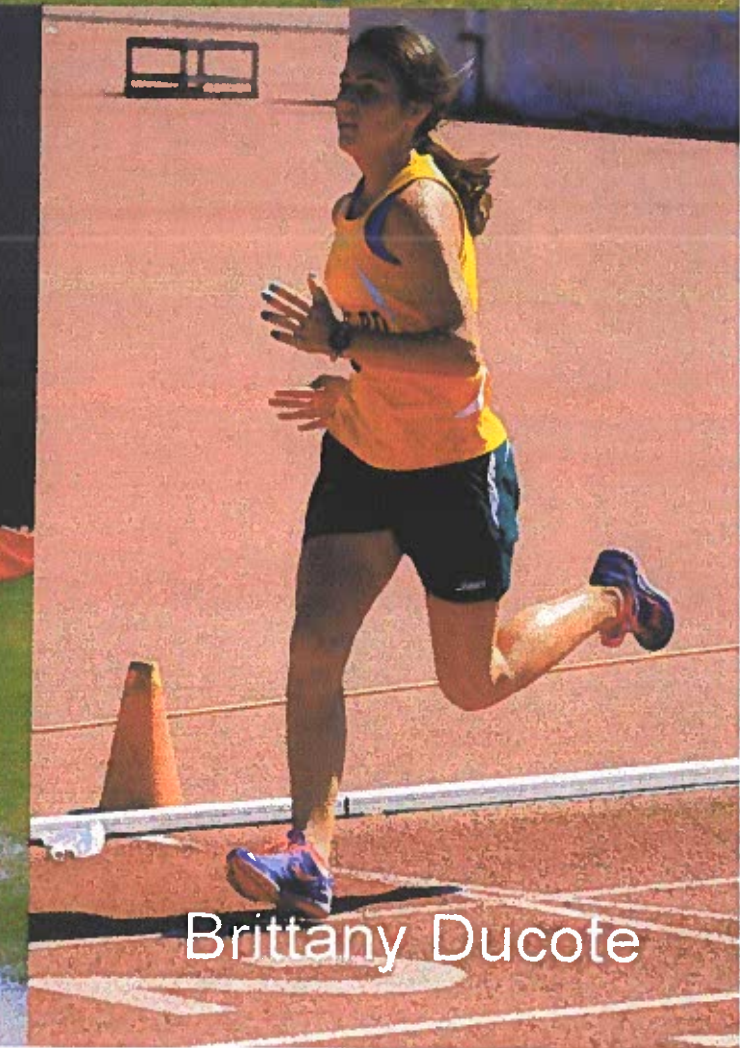
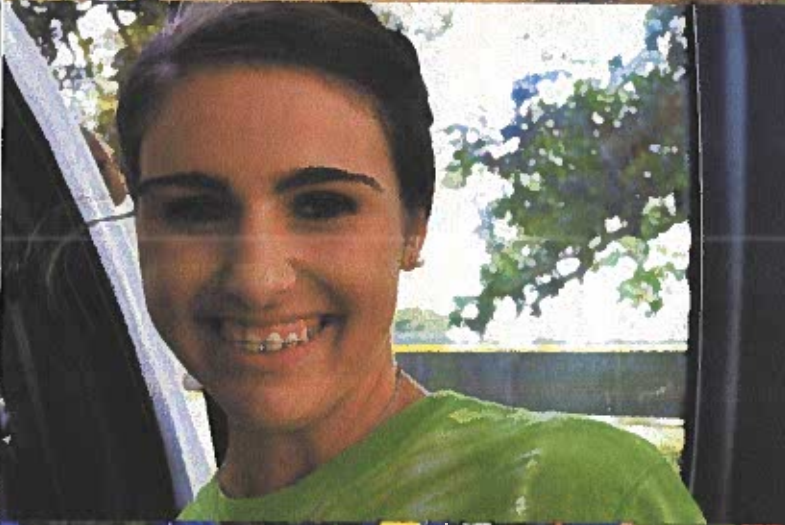


Trey
Brown



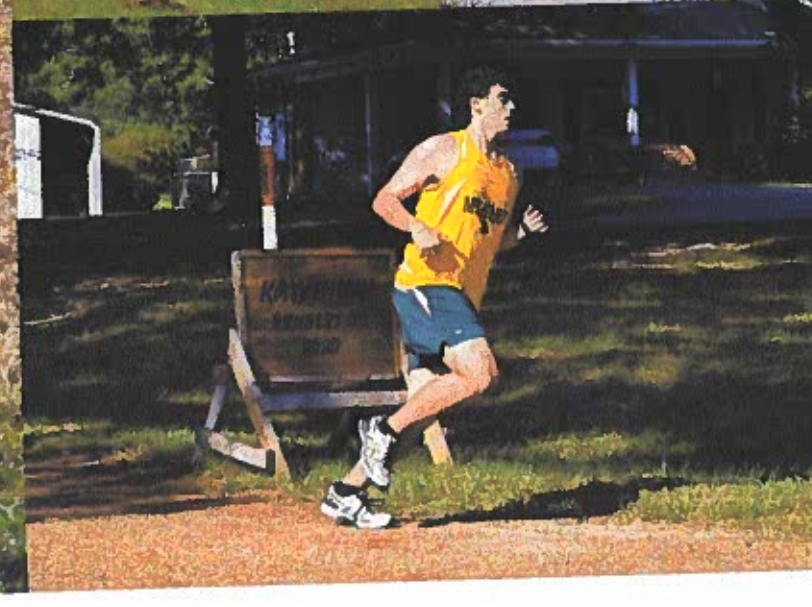
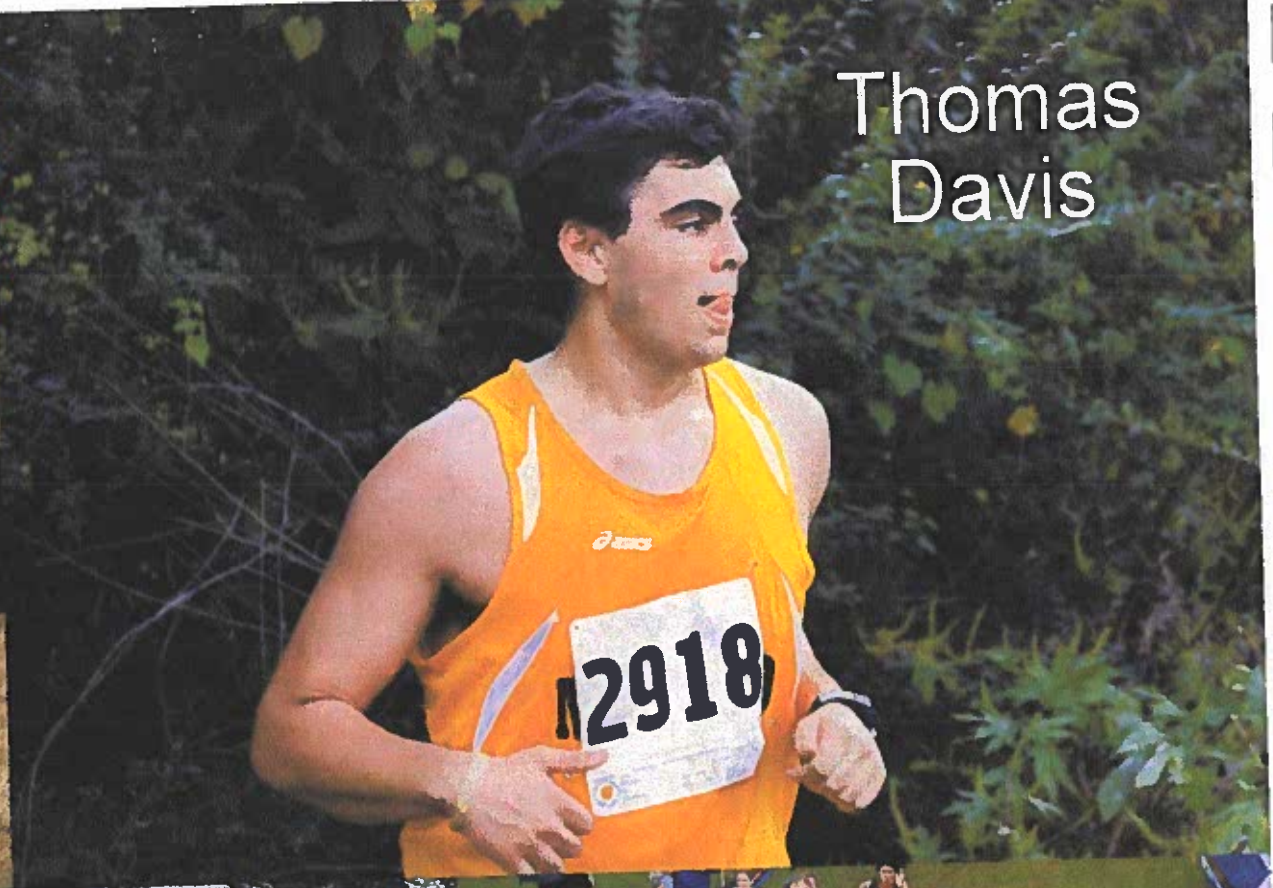


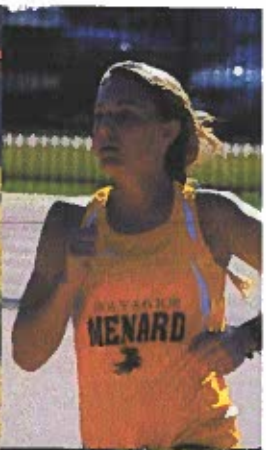
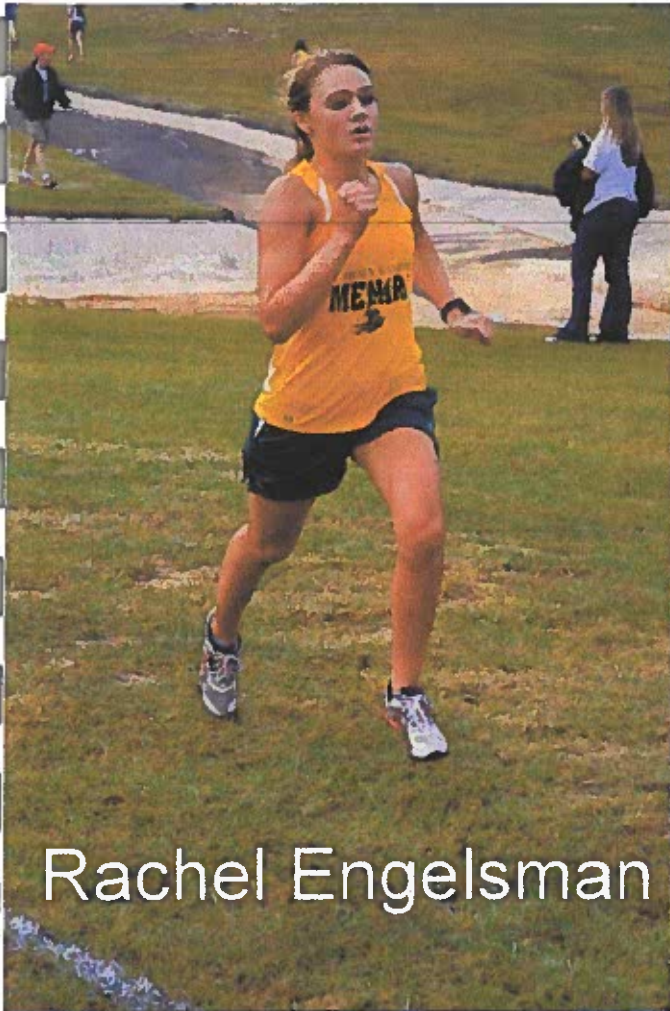
Grayson Burns



Brittany Ducote

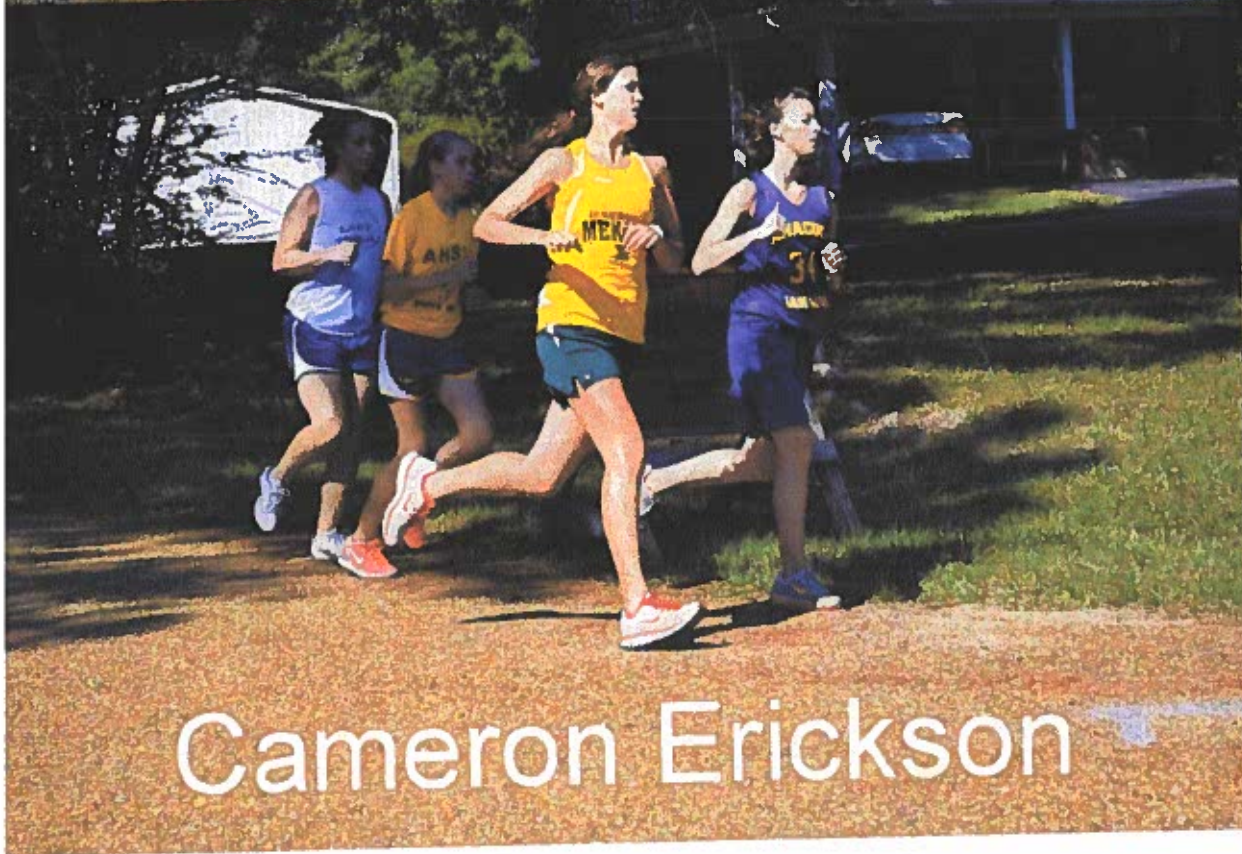
Thomas
Davis





Rachel Engelsman

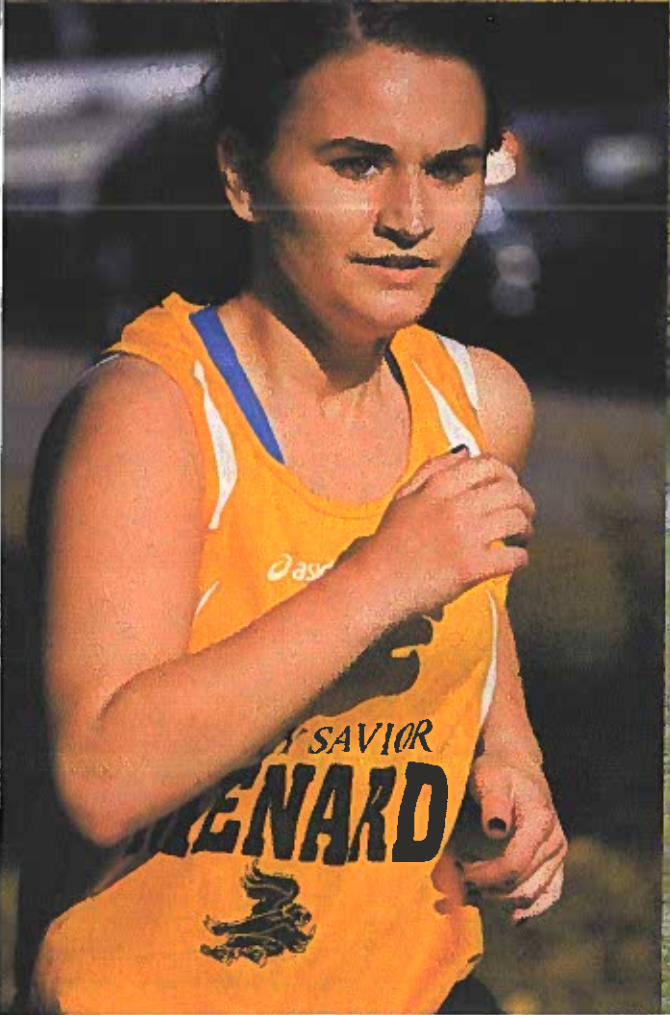


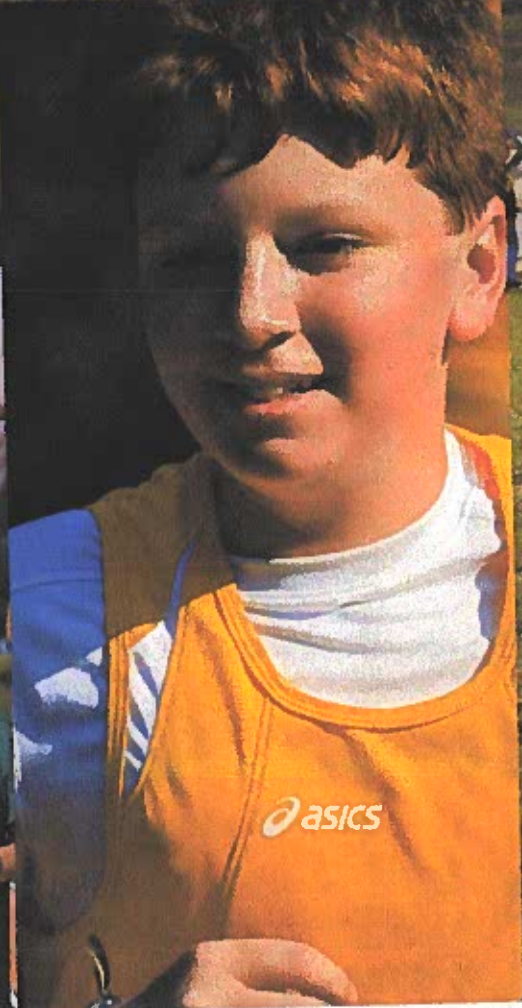
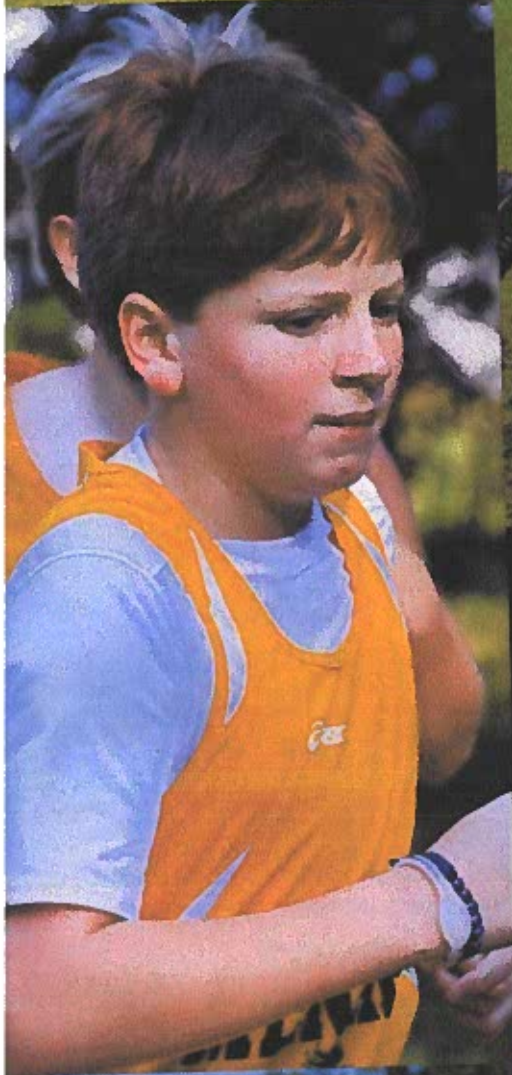
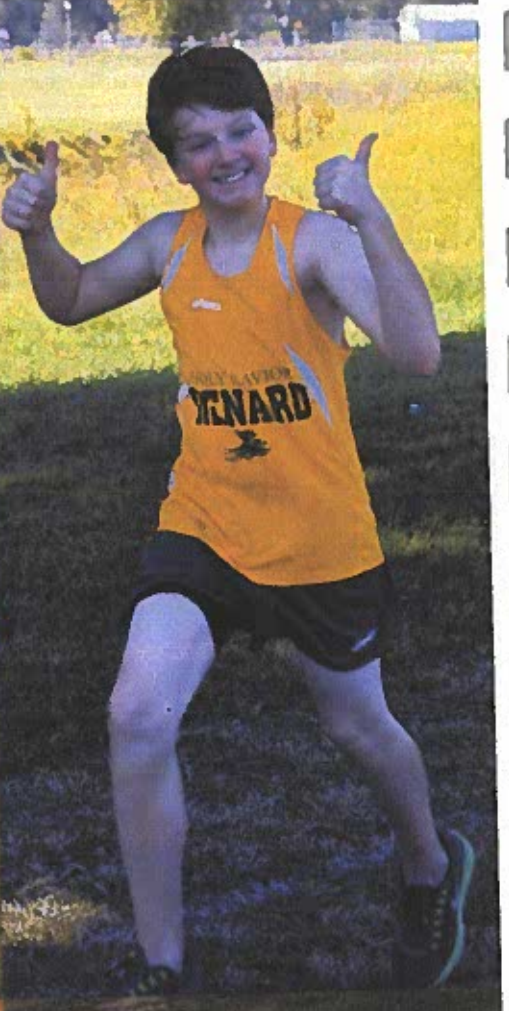


Cameron Erickson

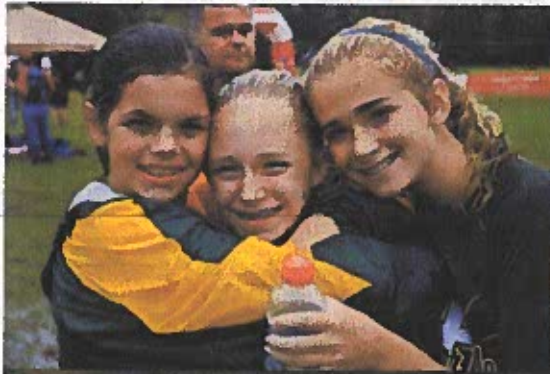


Catherine Evans

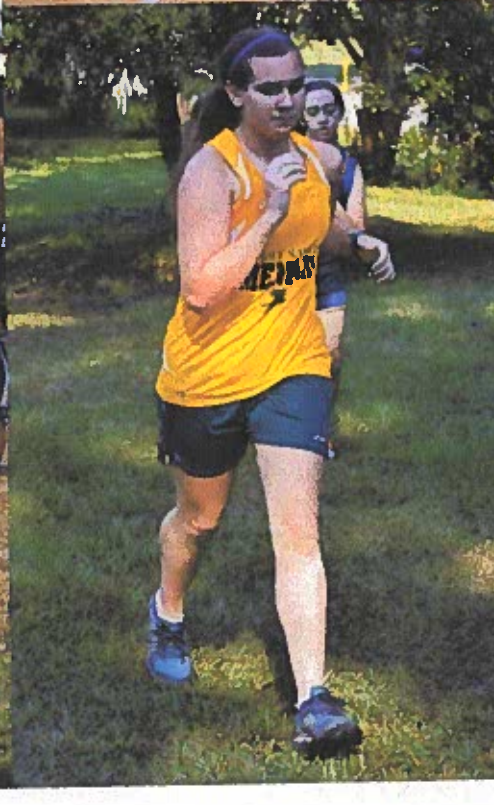
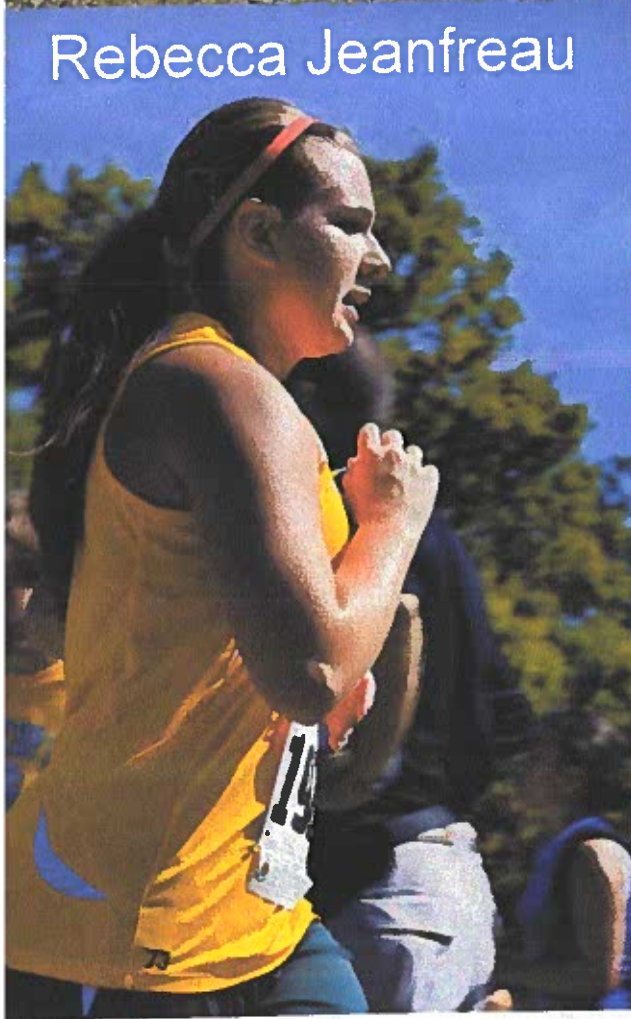
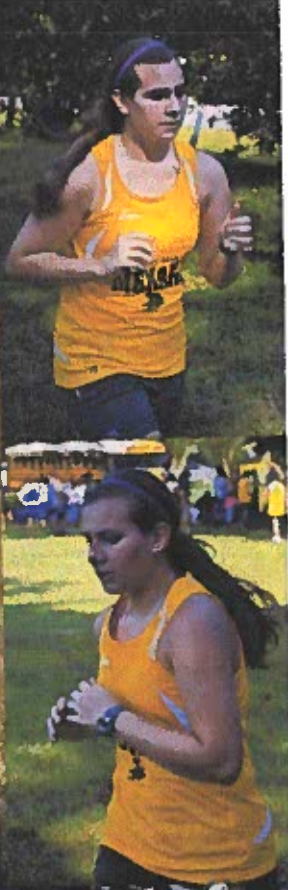




Payton Fowler



Miranda Hawthorne



Rebecca Jeanfreau



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