**CROSS COUNTRY AWARDS** YEAR: 2019

JOBS File Name: AGENDA

**PRAY & EAT**

### WELCOME, SPECIAL GUESTS & ALUMNI

- Special Guests

- Special Guests

- Door Prize Ticket? (lost & found)

- Uniforms (washed, in bag with name)

* Stats on boards (PR’s, Race Results – note the long lists and how high some of our runners are!)
* Trophies & Plaques
* MERC Plaque, District Plaque, Cenla Champs Plaque

**SEASON REVIEW**

General - Went to 10 meets – we brought home 12 trophies! 12!

* Guys (5 – 1st, 1 – 2nd) Girls (4 – 1st, 2 – 2nd)
* 35 participants (19 boys & 16 girls) including 25 returning from last year

- 78 PR’s (13 less than last year with 14 less runners), 20 Grade Records, 24 Course & Meet Records

 - over 7,000 miles

 - 5 first year MERC’s and 13 repeat MERC’s!

 - Boys State Runer-ups, Girls 1 point out of 3rd and 12 points from runner up!

 - 3 All-State

 - Cy and Braden made the C-2A Composite All-State Team also

 - 4 seniors ☹

**CROSS COUNTRY AWARDS** YEAR: 2019

**AWARDS**  (Come forward when called and stay) **DISCLAIMER!!!!!**

These awards only tell a small part of the story this year – and every year. CC is a sport of facing adversity, and every year a number of our runners do this very well. This year is no different.

**VARSITY BARS** (Multiple varsity letters):

5 Braden Scalisi 4 Quinn Brown 4 Hannah Crooks 4 Emma DeRosa

4 Meredith Seeling 4 Cyrus Cox 3 Blair Salario 3 Charles Beard

2 Kannin Cole 2 Aaron Cantrell 2 David Shepherd 2 Max Mallach

2 Aly Jo Warren

**VARSITY LETTERS** (First varsity letter):

Eli Watkins Abbey Scalisi Amie Cochran Danielle Krill Carter Byers

Mikey DeRosa Caden Elkins Danielle Krill

**CERTIFICATES**

Hannah Crooks Kerigan Garsaud Caroline Gremillion Maddie Kidd

Guadalupe Patino Amy Shannon Sarah Gad Michael Gad

Noah Gad Ethan Hartman Matthew Hawthorn Hynson Luke

Bennett Matthews Anthony Rynolds Jake Noda John Thornton

**TAKE PICTURES**

**LOST & FOUND / DOOR PRIZES**

**PATCHES & ACADEMICS** (Order tonight - $20 each)

**DISTRICT CHAMP** (Winged foot patch) (First place individual): Cyrus Cox Aly Jo Warren

**DISTRICT CHAMPIONS - TEAM** (First place – team top 5):

 Girls: Brown, Cole, Warren, DeRosa, Seeling

 Boys: C Beard, Cox, Mallach, Scalisi, Watkins

**STATE CHAMPIONS – TEAM** (State patch): None

**STATE CHAMPION – INDIVIDUAL** (State patch): None

**ALL STATE** (State patch) (Top ten finish): Q Brown, Scalisi, Cox

**ALL STATE ACADEMIC** (Plaque awarded at the state meet) Hyson Luke

**CROSS COUNTRY AWARDS** YEAR: 2019

**MENARD EAGLE RUNNING CLUB** (T-shirt by color; name on MERC plaque)

 (400/500/600; or top ten at least one: Designated meets)

## First Year --- GREY

Eli Watkins (300) 5th at Ant Hill

## Second Year --- RED

 Kannin Cole (475) 7th at Menard

# **Third Year --- YELLOW**

 Charles Beard (405) 9th at Ant Hill

 David Shepherd (551)

 Braden Scalisi (756) 3rd at Menard, 3rd at Ant Hill, 5th at State

**Fourth Year --- GREEN**

 Quinn Brown (517) 1st at Menard, 2nd at Ant Hill, 7th at State

 Cyrus Cox (616) 2nd at Menard, 2nd at Ant Hill, 3rd at State

 **Fifth Year --- BLUE**

**Sixth Year --- BLACK**

**In the running:** Quinn (7,8,9,10), Charles (7,8,9), David (7,8,9), Kannin (7,8)

### \* MERC ELITE

### (150% of mileage or top five at one or more at Epis/Catholic/Menard/State plus 75 % of MERC miles)

 Cyrus Cox (616) 2nd at Menard, 2nd at Ant Hill, 3rd at State

 Braden Scalisi (756) 3rd at Menard, 3rd at Ant Hill, 5th at State

### \*\* MERC SUPER ELITE

###  (200% of mileage or win at least one: Epis/Catholic/Menard/State, plus 75% of MERC miles)

 Quinn Brown (517) 1st at Menard

### SPECIAL AWARDS

####  MENARD INVITATIONAL SUPER BOWL AWARD (Plunger Award – bathroom duty – to

####  be passed on yearly at banquet)

 Jennifer & Chad Gremillion >>>>>>>>>>>>

 **100 MILE SHIRTS**

300 Emma Derosa, Aaron Cantrell, Max Mallach, Eli Watkins 4

400 Kannin Cole, Charles Beard 2

500 Quinn Brown, David Shepherd 2

600 Cyrus Cox 1

700 Braden Scalisi 1

**CROSS COUNTRY AWARDS** YEAR: 2019

### SPECIAL AWARDS (Continued)

#####  MOST ROOKIE MILES (Plaque at CC Banquet) (First year runner with most miles during MERC

#####  Days – 200 minimum)

 Abbey Scalisi (222)

**MOST VETERAN** MILES (Book – NO PLAQUE) Quinn Brown (517) Cyrus Cox (756)

**MOST IMPROVED ROOKIE** (Plaque at CC Banquet) (First year runner - greatest difference between

1st official race time and PR – 4 races minimum.)

 3 miles 3 miles

Abbey Scalisi 29.00 – 23.55 = 5.05 Jake Noda 23.25 – 21.26 = 1.59

2 miles 2 miles

Abbey Scalisi 18.44 – 15.00 = 3.44 Jake Noda 14.38 – 13.59 = .39

**MOST IMPROVED VET** (Plaque at CC Banquet) (Varsity runner - PR this year versus past PR)

 Kannin Cole 22.26 – 20.39 = 1.47 Eli Watkins 22.06 – 17.29 = 4.37

**ROOKIE OF THE YEAR** (Plaque at CC Banquet) (First year runner on varsity - if no one in this category

then vet on varsity for first time; if still ties, then biggest PR)

 Kannin Cole (top 3 girls 9 times) Eli Watkins (top 5 guys 10 times)

**PR AWARD** (Gator Aid – NO PLAQUE) (Runner with most PR’s. Include 2 mile and 3 mile race PR’s.

 In case of ties, runner with lowest 3 mile time)

Abbey Scalisi – 7

Eli Watkins – 5, Carter Byers – 5, Aaron Cantrell – 5, Caden Elkins – 5,

 **FIGHTING EAGLE** (Plaque at CC Banquet) (Runner who dealt with adversity but did not quit)

 Kannin Cole Charles Beard

**IRON MAN/WOMAN AWARD** (Plaque at CC Banquet) (Runner who competes in every meet (state not

 included) – multiple awards possible)

 Amie Cochran, Emma DeRosa, Caroline Gremillion, Guadalupe Patino, Abbey Scalisi,

Meredith Seeling, Aly Jo Warren

Charles Beard, Carter Byers, Aaron Cantrell, Cyrus Cox, Max Mallach, Braden Scalisi,

David Shepherd, Eli Watkins

**MOST VALUABLE RUNNER** (Plaque at CC Banquet) (Number one varsity runner)

 Quinn Brown (9 Races, #1 6 times, 2 wins, 4 top 5, 7th in State)

 Cyrus Cox (10 Races, #1 6 times, 2 wins, 5 top 5, 3rd in State)

**LEADERSHIP/SPIRIT AWARD** (Plaque at CC Banquet) (Varsity runner who exemplifies by personal example, a good work ethic, leadership, cheerleader, team builder, teacher, and a servant leader who puts his/her own desires and ambitions second to those of the team.) (Voted on by state teams)

 Quinn Brown Braden Scalisi

 **CROSS COUNTRY AWARDS** YEAR: 2019

|  |  |  |  |
| --- | --- | --- | --- |
| Senior Award Worksheet |  |  |  |
|  | Cyrus | Braden | Max |
| NAME | Cox | Scalisi | Mallach |
| YEARS | 16,17,18,19 | 15,16,17,18,19 | 18,19 |
| PR | 16.13 | 16.29 | 18.28 |
| L/S |  | 19 |  |
| MVR | 19 | 16 |  |
| MERC | 16,17,18,19 | 16,17,19 | 18 |
| ROTY | 16 | 15 | 18 |
| MIR |  | 15 | 15 |
| MIV |  |  |  |
| MRM | 16 |  | 18 |
| MVM | 17,18 | 19 |  |
| MPR |  |  |  |
| IM / IW | 16,18,19 | 15,16,17,19 | 19 |
| Most PR's |  |  |  |
| Fighting Eagle |  |  |  |
| MES | 18 | 16 |  |
| Attendance | 16,17,19 |  |  |
| AC | 16,17,18,19 | 15,16,17,19 | 18,19 |
| State Team | 16,17,18,19 |  |  |
| All State | 18,19 |  |  |
| State Champ |  |  |  |
| State Team Champions |  |  |  |
| State Team Runner-ups | 18,19 | 15,16,17,18,19 | 18,19 |
| District Champ | 16,17,18,19 | 15,16,17,18,19 | 18,19 |
| ASA |  |  |  |
| # Meets | 49 | 60 | 22 |
| # Miles | 2,777 | 2,517 | 940 |
| Camp Years |  |  |  |
| Manager |  |  |  |
| Two Mile | 10.36 | 10.57 | 12.36 |
| Three Mile | 16.13 | 16.29 | 18.28 |
| Total Miles |  |  |  |
|  |  |  |  |
| PR | Personal Record |  |  |
| L/S | Leadership/Spirit |  |  |
| MVR | Most Valuable Runner |  |
| MERC | Menard Eagle Running Club |  |
| ROTY | Rookie of the Year |  |  |
| MIR | Most Improved Rookie |  |
| MIV | Most Improved Vet |  |
| MRM | Most Rookie Miles |  |
| MVM | Most Veteran Miles |  |
| MPR | Most Personal Records |  |
| IM / IW | Iron Man / Iron Woman |  |
| Most PR's | Most PR's Award |  |  |
| MES | Most Eagle Stickers |  |
| ASA | All State Academic |  |
| AC | All Cenla |  |  |
| # Meets | Number of Meets |  |  |
| # Miles | Career CC Miles |  |  |

**CROSS COUNTRY AWARDS** YEAR: 2019

Senior Award Worksheet

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Claire |  |  |  |
| NAME | Vaughn |  |  |  |
| YEARS | 14,15,16,17,18,19 |  |  |  |
| PR | 18.24 |  |  |  |
| L/S | 18 |  |  |  |
| MVR | 14,15,16,17,18 |  |  |  |
| MERC | 14,15,16,17,18 |  |  |  |
| ROTY | 14 |  |  |  |
| MIR |  |  |  |  |
| MIV |  |  |  |  |
| MRM | 14 |  |  |  |
| MVM | 18 |  |  |  |
| MPR |  |  |  |  |
| IM / IW | 15 |  |  |  |
| Most PR's |  |  |  |  |
| Fighting Eagle |  |  |  |  |
| MES | 15,16,17 |  |  |  |
| Attendance |  |  |  |  |
| AC | 14,15,16,17,18 |  |  |  |
| State Team | 14,15,16,17 |  |  |  |
| All State | 14,15,16,17 |  |  |  |
| State Champ | 17 |  |  |  |
| State Team Champions | 14,16,17 |  |  |  |
| State Team Runner-ups | 15 |  |  |  |
| District Champ | 14,15,16,17,18 |  |  |  |
| ASA |  |  |  |  |
| # Meets | 57 |  |  |  |
| # Miles | 3,123 |  |  |  |
| Camp Years |  |  |  |  |
| Manager |  |  |  |  |
| Two Mile | 12.01 |  |  |  |
| Three Mile | 18.24 |  |  |  |
|  |  |  |  |  |
| PR | Personal Record |  |  |  |
| L/S | Leadership/Spirit |  |  |  |
| MVR | Most Valuable Runner |  |  |
| MERC | Menard Eagle Running Club |  |  |
| ROTY | Rookie of the Year |  |  |  |
| MIR | Most Improved Rookie |  |  |
| MIV | Most Improved Vet |  |  |
| MRM | Most Rookie Miles |  |  |
| MVM | Most Veteran Miles |  |  |
| MPR | Most Personal Records |  |  |
| IM / IW | Iron Man / Iron Woman |  |  |
| Most PR's | Most PR's Award |  |  |  |
| MES | Most Eagle Stickers |  |  |
| ASA | All State Academic |  |  |
| AC | All Cenla |  |  |  |
| # Meets | Number of Meets |  |  |  |
| # Miles | Career CC Miles |  |  |  |

**CROSS COUNTRY AWARDS** YEAR: 2019

**YEARBOOKS & LOG BOOKS**

**SPECIAL PRESENTATIONS?**

**THANK YOU’S**

-

**HOMEWORK!**

* Uniforms washed and in a bag with you name on the bag to room 501
* Order patches before you leave