**CROSS COUNTRY AWARDS** YEAR: 2020

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,

**SEASON REVIEW**

General - Went to 11 meets

* Guys (5 – 1st, 1 – 2nd) Girls (4 – 1st, 2 – 2nd)
* 39 participants (19 boys & 20 girls) including 22 returning from last year and 17 rookies

- 106 PR’s (25 more than last year, 20 Grade Records, 24 Course & Meet Records

 - over 7,000 miles

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

 - Boys 3rd place at State, Girls finished 5th!

 - 1 All-State

 - Charles Beard

 - 2 seniors ☹

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**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 Quinn Brown 5 Emma DeRosa 5 Meredith Seeling

4 Charles Beard 4 David Shepherd

3 Kannin Cole 3 Aaron Cantrell 3 Hannah Crooks

2 Eli Watkins 2 Abbey Scalisi 2 Amie Cochran 2 Danielle Krill 2 Carter Byers

2 Mikey DeRosa 2 Caden Elkins

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

Claire Callis Kerigan Garsaud Chesney Mathews Jake Noda Noah Gad

Michael Gad Matthew Hawthorne Austin Siebeneicher

**CERTIFICATES**

Hannah Crooks Guadalupe Patino Sarah Gad Ava Laroux Breanna Buller

Chelsea Ugokwe Mia Parrish Bennett Loyacano Fynn Raborn Jansen Fairbanks

Michael Whitehead Seth Soprano

**TAKE PICTURES**

**LOST & FOUND / DOOR PRIZES**

**PATCHES & ACADEMICS**

**DISTRICT CHAMP** (Winged foot patch) (First place individual): Quinn Brown Charles Beard

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

 Girls: Brown, Cole, Scalisi, DeRosa, Mathews

 Boys: C Beard, Cantrell, Byers, DeRosa, Watkins

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

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

**ALL STATE** (State patch) (Top ten finish): Charles Beard

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

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

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

# **Third Year --- YELLOW**

 Kannin Cole (646)

**Fourth Year --- GREEN**

 Charles Beard (1,172)

 David Shepherd (580)

**Fifth Year --- BLUE**

 Quinn Brown (700) 1st at Menard, 2nd at Ant Hill, 7th at State

**Sixth Year --- BLACK**

**In the running:** Quinn (7,8,9,10,11), Charles (7,8,9,10), David (7,8,9,10), Kannin (7,8,9)

### SPECIAL AWARDS

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

####  be passed on yearly at banquet)

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

 **MILE - STONES**

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 Quinn Brown, 1

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### SPECIAL AWARDS (Continued)

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

#####  Days – 200 minimum)

**MOST VETERAN** MILES (PLAQUE) Quinn Brown (700) Charles Beard (1,172)

**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

Chesney Mathews 24.10 – 22.11 = 1.59 Austin Siebeneicher 22.31 – 19.21 = 3.10

2 miles 2 miles

Chelsea Ugokwe 19.32 – 16.37 = 2.55 Michael Whitehead 19.00 – 16.24 = 2.36

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

 Abbey Scalisi 23.55 – 22.19 = 1.36 Aaron Cantrell 20.06 – 18.25 = 1.41

**VETERAN 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)

 Abbey Scalisi (top 5 girl 10 times) Carter Byers (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)

Chelsea Ugokwe, Mia Parrish, Kate Gilchrist– 7

Seth Soprano, Jansen Fairbanks – 7

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

 Chesney Mathews Jake Noda

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

 included) – multiple awards possible)

 Amie Cochran, Chelsea Ugokwe, Claire Callis, Kate Gilchrist, Kerigan Garsaud

Austin Siebeneicher, Charles Beard, Jansen Fairbanks, Michael Whitehead, Seth Soprano

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

 Quinn Brown & Emma DeRosa

 Charles Beard

**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)

 Charles Beard Quinn Brown

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|  |  |  |  |
| --- | --- | --- | --- |
| Senior Award Worksheet |  |  |  |
|  | Eli |  |  |
| NAME | Watkins |  |  |
| YEARS | 17,19,20 |  |  |
| PR | 17.29 |  |  |
| L/S |  |  |  |
| MVR |  |  |  |
| MERC | 19 |  |  |
| ROTY |  |  |  |
| MIR | 19 |  |  |
| MIV |  |  |  |
| MRM |  |  |  |
| MVM |  |  |  |
| MPR |  |  |  |
| IM / IW | 16,18,19 |  |  |
| Most PR's |  |  |  |
| Fighting Eagle |  |  |  |
| MES | 18 |  |  |
| Attendance |  |  |  |
| AC |  |  |  |
| State Team | 19,20 |  |  |
| All State |  |  |  |
| State Champ |  |  |  |
| State Team Champions |  |  |  |
| State Team Runner-ups | 19 |  |  |
| District Champ | 17,19,20 |  |  |
| ASA |  |  |  |
| # Meets | 20 |  |  |
| # Miles | 700 |  |  |
| Camp Years |  |  |  |
| Manager |  |  |  |
| Two Mile | 12.46 |  |  |
| Three Mile | 17.29 |  |  |
| 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 |  |  |

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Senior Award Worksheet

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Hannah |  |  |  |
| NAME | Crooks |  |  |  |
| YEARS | 16,17,18,19,20 |  |  |  |
| PR | 26.37 |  |  |  |
| L/S |  |  |  |  |
| MVR |  |  |  |  |
| MERC |  |  |  |  |
| ROTY |  |  |  |  |
| MIR |  |  |  |  |
| MIV |  |  |  |  |
| MRM |  |  |  |  |
| MVM |  |  |  |  |
| MPR |  |  |  |  |
| IM / IW |  |  |  |  |
| Most PR's |  |  |  |  |
| Fighting Eagle |  |  |  |  |
| MES |  |  |  |  |
| Attendance |  |  |  |  |
| AC |  |  |  |  |
| State Team |  |  |  |  |
| All State |  |  |  |  |
| State Champ |  |  |  |  |
| State Team Champions |  |  |  |  |
| State Team Runner-ups |  |  |  |  |
| District Champ | 16,17,18,19,20 |  |  |  |
| ASA |  |  |  |  |
| # Meets | 43 |  |  |  |
| # Miles | 759 |  |  |  |
| Camp Years |  |  |  |  |
| Manager |  |  |  |  |
| Two Mile | 17.11 |  |  |  |
| Three Mile | 26.37 |  |  |  |
|  |  |  |  |  |
| 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 |  |  |  |

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**YEARBOOKS & LOG BOOKS**

**SPECIAL PRESENTATIONS?**

**THANK YOU’S**

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**HOMEWORK!**

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