

**TRAINING GROUPS**  
Not everyone is on the same page when it comes to CC training runs. We have 6 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 might do 1 or 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! See the attachment for your current group assignment.

**LHSAA FORMS**  
Three forms (Participation, Drug, and Medical - plus the JH form for 7<sup>th</sup> and 8<sup>th</sup> graders) MUST be on file at Menard for any athlete to be eligible to participate in sports. To attend practice starting Monday, all LHSAA forms must be turned in. Coach still needs stuff from a number of runners. Check out the attachment to see your status.

Contact Coach with questions. **THESE MUST BE COMPLETED AND TURNED IN TO COACH ASAP!**

**MENARD CAMP OF CHAMPIONS #4**

Chicot State Park - Sunday, July 24, 2016 through Thursday, July 28, 2016

SAVE THESE DATES - COME TO CAMP!

DOWN PAYMENT \$100 DUE NOW FOR THE 2016 CAMP. The full payment (over \$2000) to Chicot State Park must be paid this September. This is refundable if you end up not being able to attend.

**SHOES, LOGS AND WATCHES!**

All runners are required to keep their running logbook up to date DAILY and to turn it in every Monday. Once the races start, runners are also required to complete a race review for each race (see back of log book). Parents - check out your runners' logbook from time to time!

All runners are required to wear (and use!) a digital 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 shoes 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.

**CONTACT COACH?????**

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

**THE 2015 CURRENT CROSS COUNTRY SCHEDULE** (There will be minor changes week to week - look closely!)  
Almost all 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 19	SWIM & EAT #11	Norem's	(After Practice) 3:30 PM
THURSDAY	*August 20	Two Mile TT	At Menard	
WEDNESDAY	*August 26	SWIM & EAT #2!	Vaughn's	(After Practice)
WEDNESDAY	*September 2	SWIM & EAT #3!	???????	(After Practice)
THURSDAY	*September 3	POT LUCK SUPPER	Menard Cafeteria	6:00 PM
SATURDAY	*September 5	<b>ST MICHAEL</b>	Highland Park, Baton Rouge	8:30 AM
SATURDAY	*September 12	<b>EPISCOPAL</b>	Highland Park, Baton Rouge	8:30 AM
WEDNESDAY	*September 23	<b>MENARD OPEN</b>	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*September 26	<b>BATTLEFIELD FESTIVAL</b>	Jackson, LA	9:00 AM
SATURDAY	*October 3	<b>PINEVILLE</b>	Ward 10, Pineville	9:25 AM
SATURDAY	*October 10	Homecoming Dance		
SATURDAY	*October 10	<b>CATHOLIC</b>	Highland Park, Baton Rouge	8:30 AM
FRIDAY	*October 16	Box Lunch Fund Raiser	Menard Cafeteria	
SATURDAY	*October 17	<b>MENARD INVITATIONAL</b>	Fort Buhlow Recreation Area	9:00 AM
WEDNESDAY	October 21	<b>JOHN MILLER</b>	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*October 24	<b>NSU</b>	Natchitoches	11:00 AM
TUESDAY	October 28	<b>PARISH CHAMPIONSHIPS</b>	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	October 31	<b>ST THOMAS MORE</b>	Acadiana Park, Lafayette	
MONDAY	November 2	<b>SPAGHETTI SUPPER</b>	Brocato's (\$7.00)	6:00 PM
TUESDAY	November 3	<b>DISTRICT</b>	Fort Buhlow Recreation Area	
SATURDAY	November 7	<b>NATCHITOCHEES CENTRAL OR LAKESIDE</b>		
MONDAY	*November 16	<b>STATE CHAMPS</b>	NSU Boys ???	Girls ???
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	28 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

☐ Date confirmed

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**RUNNING IN THE MEETS**

We want all CC runners to participate in the races, 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 22 minutes Boys 2 mile sub 19 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, cheering our other runners, etc - and the races are always exciting! And Cross Country is a TEAM SPORT!!

**UNIFORMS**

Uniforms mean two things in CC. We have our practice uniforms and t-shirts that you buy and keep forever. We also have race uniforms that we wear at competitions. Menard CC has race shorts and singlets and warm-ups that we will distribute before the first race day. Runners will keep these thru the season and turn back in when it's all over.

**ST MICHAEL THE ARCHANGEL (Saturday, September 5)**

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many, many times. Details and a schedule for the day will be available soon. Fair warning - it will be very early!!!!

**SWIM & EAT!**

We have at three S & W's this year - check the schedule. The first is at the Norem's, Wednesday, August 19. We will practice after school as we normally do. Then we'll take the bus to the Norem's, and - you guessed it - swim and eat! Parents can pick runners up there (4703 Whitehall Blvd) no later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work preparing food and getting ready for these events, so attendance is MANDATORY for all runners. The second S&E is at the Vaughn's August 26. A few families volunteered to host the 3<sup>rd</sup> S&E - didn't get written down - please volunteer again!

**COORDINATOR NEEDED FOR ARRANGING FAMILIES TO BRING SPORTS DRINKS TO MEETS**

What we need: Coordinator to arrange volunteers (2 or more families per meet) to bring sports drinks in coolers for our runners. Contact Coach if interested in doing this.

**MEET SET UP CREWS NEEDED!**

We bring tents, coolers, flags, tables, tarps, cups, medicine bag .... to every meet. This year we have the softball trailer available for the season, so we will be able to leave all the equipment in the trailer week to week. The job: take all the above to the meets and set it all up. It would be nice to have four families working together to get all this done. This is a big need! Contact Coach if interested.

Holy Savior Menard Cross Country 2015!

August 22, 2015

#7

**FROM THE COACH**

Week two down! And it was Louisiana cool! This is the best top thru bottom group of hard workers ever! If you thought the One-mile time trials were good, just look at the 2-mile time trial times! EVERY returning girl and guy improved from last year's TT - some by several minutes!!!

The roster is settling down - 34 girls and 34 guys at this moment. Check out the attachment.

Shirts and bags will probably be in this week - probably - stay tuned!

**Next week's highlights:**

- Sunday Group 1 and 2 on the bus to Kincaid at 7 AM from Menard
- Monday Log Books due - or else! No logbook = no practice
- Monday Running those BUHLOW hills! We're on the bus to Buhlow after school - back at 5
- Wednesday Swim & Eat at the Vaughn's

**KICK OFF THE SEASON POT LUCK SUPPER THURSDAY, September 3, MENARD CAFETERIA, 6 PM**

Put it on your calendar! Thursday, September 3, 6 PM in the cafeteria. This is mandatory for all runners and families, 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 to pass out that night, so try hard not to miss this important get together. It is not luck, so please bring your favorite dish.

**WE NEED A PARENT TO COORDINATE THIS EVENT!**

**TRAINING GROUPS**

See the attachment for your current group assignment.

**LHSAA FORMS**

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Contact Coach with questions. **THESE MUST BE COMPLETED AND TURNED IN TO COACH ASAP!**

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**BOX LUNCH FUNDRAISER!**  
 We are committed to new race uniforms for next year - VERY expensive! We will either do this fund raiser or assess a \$100 participation fee to each runner. The Box Lunch happens quick - intense for a few days - and it's over.  
**WE DO NEED A PAIR OF COORDINATORS TO RUN THIS - BEST TO BE VETERAN PARENTS WHO WERE WITH US 2 YEARS AGO.**  
 Call Coach (Soon!) if you might be interested.

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**SWIM & EAT\***  
 S&E #1 a GREAT success! Thanks go to the Norem's for hosting a BIG bunch of runners this past Wednesday! The next S&E is Wednesday, August 26, at the Vaughn's (4713 Christopher Place - Lakes Subdivision). 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 preparing food and getting ready for these events, so attendance is MANDATORY for all runners. The third S&E is at the Dubois' September 2.

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**UNIFORMS - RACE SINGLETS AND SHORTS** DOING IT DIFFERENT THIS YEAR!  
 This will be passed out from Coach's classroom either before school, during 5th period lunch, or after practice. Starting this Monday, Groups 1, 2, 3 need to pick up racing uniforms - DON'T PROCRASTINATE! Race stuff will not be available any other way! We will distribute the warmups later.

**UNIFORM GUIDELINES**  
 DO NOT PUT NAMES ANYWHERE ON UNIFORMS  
 READ WASHING INSTRUCTIONS ON THE TAG BEFORE WASHING  
 DO NOT USE BLEACH WHEN WASHING THE UNIFORMS  
 DO NOT CUT OFF THE TAGS  
 YOU WILL BE FINANCIALLY RESPONSIBLE FOR ANY PORTION OF YOUR UNIFORM NOT TURNED IN AT THE END OF THE SEASON.

**COORDINATOR NEEDED FOR ARRANGING FAMILIES TO BRING SPORTS DRINKS TO MEETS**  
 What we need: Coordinator to arrange volunteers (2 or more families per meet) to bring sports drinks in coolers for our runners. Contact Coach if interested in doing this.

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**FROM THE COACH**  
 Race Week! We're off to St Michael's in Baton Rouge this Saturday. The races are NOT at St Michael's; they are at Highland Park. It's a great course and there will be lots of good and great runners there. We have many, many war stories at Highland Park. Maps will be available Saturday morning.

It is our tradition that we carpool from school to the race. See the details elsewhere in this newsletter. PLEASE BE AT MENARD ON TIME. I appreciate there are sometimes extenuating circumstances, but in the spirit of TEAM, I would ask ALL of those going to the race to meet at Menard in the morning. Parents who cannot make the trip for whatever reason can drop off runners in front of Menard. They can ride down with other families.

**Next week's highlights!**  
 Sunday Group 1 and 2 on the bus to Kincaid at 7 AM from Menard  
 Monday Log Books due - or else! No logbook = no practice  
 Monday Pass out Shirts and bags!!!! (McConville (45), Hawthorne (100), Saucier (100) owe \$\$\$)  
 Monday Running those Compton Park hills!  
 Wednesday Swim & Eat at the Dubois'  
 Thursday Half-Day School Schedule - we'll run at 12:15  
 Thursday POT LUCK SUPPER!  
 Saturday First CC meet of the year - St Michael's

**KICK OFF THE SEASON POT LUCK SUPPER THURSDAY, September 3 MENARD CAFETERIA 6 PM**  
 Put it on your calendar! Thursday, September 3, 6 PM in the cafeteria. This is mandatory for all runners and families, 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 to pass out that night, so do not miss this important get together. *It is pot luck, so please bring your favorite dish.*

**BAGS AND SHIRTS ARE IN!**  
 We will pass out bags and t-shirts (not sweatshirts - not in yet) Monday at practice. Hawthorne, Saucier, McConville owe \$\$\$ before picking up stuff.

**COORDINATOR NEEDED FOR ARRANGING FAMILIES TO BRING SPORTS DRINKS TO MEETS**  
 What we need: Coordinator to arrange volunteers (2 or more families per meet) to bring sports drinks in coolers for our runners. Contact Coach if interested in doing this.

**TRAINING GROUPS**  
 Training Groups change almost daily! See the attachment for the at this moment list!

**ST MICHAEL THE ARCHANGEL (Saturday, September 5) 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. We ALL meet at Menard! See attachment for which race you are in.

See the attachment for race line up!

4:00 AM Meet in front of Menard - **BE ON TIME**  
 4:10 AM Leave Menard  
 8:30 AM Girls Varsity (3 miles)  
 9:15 AM Boys Varsity (3 miles)  
 9:45 AM Middle School Girls (2 miles)  
 10:15 AM Middle School Boys (2 miles)  
 10:45 AM Open Race (2 miles)  
 11:15 AM Awards **All runners are expected to stay for the awards ceremony.**

Back at Menard around 3:00 PM

We will take I-49 south to US 190; 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. Cars parking on the streets will be towed!

What to bring? It will probably be hot and dry, but it may rain - it may be muddy. Change of clothes, towel, clean shoes, lunch \$, wear your race stuff. **RUNNERS: NO OUTER WEAR EXCEPT MENARD CC WARMUPS.** The tradition is for parents to wear the team t-shirts. We will have water like we do at practice. There will be no chairs available - parents might want to bring chairs.

**UNIFORMS - RACE SINGLETS AND SHORTS WARM UPS GUIDELINES**

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- o DO NOT USE BLEACH WHEN WASHING THE UNIFORMS
- o DO NOT CUT OFF THE TAGS
- o YOU WILL BE FINANCIALLY RESPONSIBLE FOR ANY PORTION OF YOUR UNIFORM NOT TURNED IN AT THE END OF THE SEASON.

**SWIM & EAT!**

S&E #1 and #2 both a GREAT success! Thanks go first to the Norem's and second to the Vaughn's for hosting! The S&E #1 and #2 both a GREAT success! Thanks go first to the Norem's and second to the Vaughn's for hosting! The S&E #1 and #2 both a GREAT success! Thanks go first to the Norem's and second to the Vaughn's for hosting! The S&E #1 and #2 both a GREAT success! Thanks go first to the Norem's and second to the Vaughn's for hosting!

**MEET SET UP CREWS NEEDED!**

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**SUMMER MILEAGE!**

You get good at this CC thing by putting in the miles. Here's the final stats for this past summer.

1	Claire	Vaughn	F	8	261	Nick	Dutman	M	11	364
2	Gabi	Romero	F	8	247	Kent	Milton	M	9	299
3	Victoria	Vaughn	F	8	227	Quint	McVickens	M	10	250
4	Hannah	Hays	F	9	202	Jonathan	Scalfano	M	10	248
5	Addison	Hays	F	9	196	Brandon	Corell	M	10	237
6	Faith	Michiehl	F	8	189	Trey	Brown	M	10	233
7	Jackie	Mathews	F	11	187	Taylor	Rogers	M	10	214
8	Martha	Volz	F	11	175	Jacob	Seeling	M	10	195
9	Regan	Robichaux	F	11	168	Seb	Beaton	M	8	183
10	Miranda	Hawthorne	F	11	134	Victor	Odom	M	11	183
11	Avery	Long	F	10	133	Zach	Fairbanks	M	10	162
12	Emilie	Jones	F	8	133	Gabe	Peterman	M	9	147
13	Katherine	Vaughn	F	8	129	Cole	Arbour	M	8	139
14	Noelle	Dunn	F	11	114	Luke	Steir	M	9	123
15	Alyssa	Rable	F	10	106	Ascher	Lutz	M	10	118
16	Julia	Sampsey	F	8	102	Cole	Robichaux	M	12	112
17	Catherine	Hirchak	F	7	98	Matthew	Guillory	M	9	106
18	Haleigh	Franklin	F	7	94	Jude	Hopewell	M	8	84
19	Peyton	Sampsey	F	8	92	Matt	Dufrene	M	9	82
20	Kathryn	Bostelman	F	9	66	Spencer	Stetty	M	8	81
21	Ana	Wagner	F	7	60	William	Vaughn	M	8	69
22	Grace	Webb	F	9	57	Halston	Bowman	M	7	67
23	Abigail	Long	F	8	44	Bradon	Scalfani	M	8	44
24	Maddie	Saucier	F	10	41	Jacob	Saucier	M	9	29
25	Grace	McCain	F	8	32	Carstens	McConvillie	M	10	25
26	Gracie	Reichman	F	9	31					

**MENARD CAMP OF CHAMPIONS #4**

DATE CHANGE !!!!!!!!!!!!!!!!!!!!!!!  
 Now Monday through Friday

Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016

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**Box Lunch Fund Raiser Not To Be**

The Box Lunch fund raiser is not going to happen. We are opting instead for a \$75 participation fee instead. Where does this money go? Here's an incomplete sampling:

Race Entry Fees	\$800
Team t-shirts	900
Summer t-shirts	400
MERC t-shirts	200
Pot Luck Supper	250
Banquet	1500
Supplies	600 (Coolers, tarps, etc)
Miscellaneous	500 (Supplies, ice, food, cups, etc)

The three races we host, thanks to sponsors, clear some money. The Menard Eagle Running Camp makes some money.

If you've ever done any budgeting, you know reality is usually on the negative side.

In the past, because of the success of the box lunch fund raiser, we have been able to purchase some big expense items like tents, race management software and equipment, the golf cart. Our medicine bag has been repaired once and needs to be replaced - \$300 ish. The next major expense will be new uniforms which, depending on various factors, will cost at least \$4000. It would be cool to have our own clock ....

Some years we clear a good deal of money, some years we break even. But things like uniforms and tents take up all the excess.

So we are instituting a \$75 per runner participation fee. The money is due as soon as possible. In recognition of our multiple runner families, the fee for each additional in-the-family runner will be \$40.



## Girls 3<sup>rd</sup>! Short-handed Guys faster again!

### FROM THE COACH

Episcopal - same Highland course, but twice as many runners! We get 20 PR's and 8 SPR's on a very muddy course. The competition is MUCH greater this time around, but we hold our own again. Congrats to t-shirt winner Claire, who gets her second straight individual runner-up. And congrats to the guys team who run 13 seconds faster than last week without #2 Jacob! Here's the stats:

### Episcopal

Girls Varsity Race (206 runners)			Menard team 3 <sup>rd</sup> of 23				Finish	PR +/-	Last Yr	
Place			Mile 1	Mile 2	Mile 3					
2	Claire Vaughn		6.10	6.17	6.19	18.46	PR!	t-shirt	-8	19.40
24	Katharine Vaughn		6.46	7.05	7.02	20.53	SPR!		+19	21.07
35	Regan Robichaux		6.56	7.12	7.09	21.17	PR!		-13	23.06
36	Osbi Romero		6.39	7.16	7.23	21.18	SPR!		+53	
39	Faith Michiels		6.52	7.27	7.04	21.23	PR!		-4	14.35
45	Avery Long		6.52	7.20	7.22	21.34	SPR!		+55	22.30
46	Hannah Hays		7.00	7.24	7.12	21.36	PR!		-68!	
54	Noelle Dunn		6.56	7.27	7.24	21.47	SPR!		+26	15.15
63	Addison Hays		7.10	7.33	7.24	22.07	PR!		-30	
86	Alyssa Rabie		6.56	7.44	8.16	22.56			+148	15.11

Boys Varsity Race (295 runners)			Menard team 18 <sup>th</sup> of 31				Finish	PR +/-	Last Yr	
Place			Mile 1	Mile 2	Mile 3					
64	Keat Milton		5.54	5.91	5.48	17.33	PR!		-2	18.43
72	Quint McMichens		5.54	5.52	5.54	17.40	PR!		-29	18.46
110	Cole Robichaux		5.54	6.10	6.13	18.17	SPR!		+44	18.26
165	Bradson Corell		6.15	6.34	6.32	19.21	PR!		-76!	
175	Cole Arboer		6.30	6.45	6.27	19.42	PR!		-33	
182	Bradson Scallisi		6.21	6.53	6.39	19.53	PR!			
189	Ascher Luke		6.16	7.05	6.46	20.07	SPR!		+37	20.37
190	Joathan Scalfano		6.22	7.04	6.43	20.09	PR!		-14	14.47
196	Seth Benton		6.30	6.52	6.59	20.21	SPR!		+15	14.04

Girls JH Race (294 runners)			Menard team 10 <sup>th</sup> of 28				Finish	PR +/-	Last Yr	
Place			Mile 1	Mile 2	Mile 3					
41	Grace Webb		7.13	7.46	14.59	FR!				
59	Victoria Vaughan		7.16	8.08	15.31	PR!		-11	17.27	
62	Julia Sampey		7.36	8.01	15.37	PR!				
68	Abigail Long		7.37	8.07	15.44	SPR!		+9	17.17	
133	Peyton Sampey		8.01	9.04	17.05			+41	16.43	
245	Kathryn Besselman		8.52	11.05	19.57	FR!				
265	Catherine Hirschak		9.36	11.16	20.52			+61		
267	Gracie Reichman		9.36	11.24	21.00			+19		
DNF	Emilie Juneau		8.31	DNF						19.45

### Episcopal (continued)

Boys JH Race (242 runners)			Menard team 17 <sup>th</sup> of 27				PR +/-	Last Yr	
Place			Mile 1	Mile 2	Finish				
66	Jude Hopewell		6.39	6.43	13.18	TPR!		13.48	
137	Matthew Guillory		7.11	7.34	14.45	PR!		-40	15.32
141	Michael Duboa		7.01	7.50	14.51	PR!		-80!	
156	Michael Harwhorn		7.10	8.06	15.16	PR!		-11	
176	Jacob Cicero		7.23	8.08	15.31	PR!		-32	
177	Gabe Peternan		7.16	8.16	15.32			+15	16.30
217	Addison Hebert		8.00	8.27	16.27			+1	
232	Halston Bowman		8.00	8.48	16.48	FR!			
235	Jacob Saucier		8.08	8.43	16.51	PR!		-88!	
252	Spencer Stelly		8.10	9.09	17.19	PR!		-36	
253	Jacob Deville		8.00	9.21	17.21	FR!			
276	Alex Santolaria		8.29	9.59	18.28	PR!		-27	

Open Race (77 Runners - biggest race of the day!)			Menard team 17 <sup>th</sup> of 27				PR +/-	Last Yr	
Place			Mile 1	Mile 2	Finish				
	Maddie Saucier		7.38	8.32	16.10	PR!		-5	
	Jackie Mathews		7.36	8.37	16.13			+115	15.90
	Grace McCain		11.19	13.08	24.27	SPR!		+104	25.39
	Tray Brown		6.59	7.19	14.18			+50	15.02
	Michael Lassar		8.21	9.00	17.21			+170	16.36
	Carrens McCouville		8.40	8.46	17.26	PR!		-162!	
	Luke Stehr		11.19	13.08	24.27			+408	

Records set at Episcopal			
Highland Park Course Records			
Claire Vaughn	#2 All grades; #1 8 <sup>th</sup> grade	Katharine Vaughn	#5 8 <sup>th</sup> grade
Cole Arbour	#24 8 <sup>th</sup> grade	Braden Scallisi	#25 8 <sup>th</sup> grade
Keat Milton	#29 All grades; #11 9 <sup>th</sup> grade	Quint McMichens	#35 All grades; #19 10 <sup>th</sup> grade
Claire Vaughn	#2 All grades; #1 8 <sup>th</sup> grade	Katharine Vaughn	#6 8 <sup>th</sup> grade
Gabi Romero	#9 8 <sup>th</sup> grade	Faith Michiels	#21 All grades; #10 8 <sup>th</sup> grade
Hannah Hays	#22 All grades; #11 9 <sup>th</sup> grade	Addison Hays	#38 All grades; #18 9 <sup>th</sup> grade
Avery Long	#12 10 <sup>th</sup> grade	Regan Robichaux	#17 All grades; #9 11 <sup>th</sup> grade
Noelle Dunn	#11 11 <sup>th</sup> grade		

**LOG BOOKS - UP TO DATE WITH TOTALS AND RACE REVIEWS ARE DUE MONDAY**  
(If Coach still has your log book @ - pick it up BEFORE school Monday!)

**PARTICIPATION FEES DUE - PLEASE DON'T PROCRASTINATE!**  
\$75 per runner; \$40 for additional in the family runners.

**MENARD CAMP OF CHAMPIONS #** DATE CHANGE !!!!!!!!!!!!!!!!!!!!!!!  
Now Monday through Friday

*Chico State Park - Monday, July 25, 2016 through Friday, July 29, 2016*

SAVE THESE DATES - COME TO CAMP!

**DOWN PAYMENT \$100 DUE NOW FOR THE 2016 CAMP.** The full payment (over \$2000) to Chico State Park must be paid this September. This is refundable if you end up not being able to attend.

**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

**BATTLEFIELD CROSS COUNTRY FESTIVAL (Saturday, September 27<sup>th</sup>)**  
Officially it's at the Port Hudson Historic Site, 236 Hwy 61, Jackson, LA 70748. There will be maps available Saturday morning. Here's the schedule:

**IT'S A PRETTY OUT OF THE WAY PLACE. SO EVERYONE MEETS AT MENARD AND WE WILL CARAVAN TO THIS RACE.**

5:30 AM Leave Menard (Please be on time!)  
9:10 AM Varsity Girls (3 miles)  
9:45 AM Varsity Boys (3 miles)  
10:20 AM Open Races (2 miles)  
11:15 AM Awards

Race Line ups: To be announced

**SPORTS DRINK VOLUNTEERS**

Want to help out?  
Call Ashley Long 623-2293

MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
Menard Open-Fort Buhlow	Wed, Sept 23			
Battlefield Festival-Jackson, LA	Sat, Sept 26			
Pineville-Ward 3D	Sat, Oct 3			
Catholic High-Baton Rouge	Sat, Oct 10			
Menard-Fort Buhlow	Sat, Oct 17			
John Miller-Fort Buhlow	Wed, Oct 21			
NSU - Matchitoches	Sat, Oct 24			
Parish Championships-Fort Buhlow	Tue, Oct 28			
Ant Hill-Labeside	Sat, Oct 31			
District-Fort Buhlow	Wed, Nov 4			
State Champs-NSU-Matchitoches	Mon, Nov 15			

**MENARD OPEN (Wednesday, September 23<sup>rd</sup>)**  
This race used to be the CENLA CHAMPS race but has been changed to the MENARD OPEN to increase the number of teams coming. We will have between 20 and 30 schools here. Menard is the host and arranges for trophies, the clock, runs the meet, and tabulates the results. *If you're able to be there Wednesday, September 23, Coach needs LOTS of help. We set up the course starting around 8:00 AM on Tuesday. Race registration starts at 1 PM on Wednesday.* We need help with course monitors, registration, scoring, etc - no experience necessary! Just email Coach Smith - or just show up around 2 PM or as soon as you can! Many of you volunteered to help out at the Pot Luck - check out the volunteer sheet in this newsletter. If you can't be there LET COACH KNOW!

- 2:15 PM Leave for Buhlow on buses (RUNNERS WILL MISS 8<sup>th</sup> PERIOD)  
Buses will not stay at Buhlow - runners must get a ride home!
  - 2:00 PM Volunteers arrive
  - 2:15 PM Begin Sign In
  - 3:30 PM JV Girls & 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
- Race Line ups: To be announced

**COURSE SET UP!!!**  
\*\* Course set up volunteers for Menard Open (Wednesday, Sept 23)  
Approximately 4 hours, Wednesday, Sept 23 (8 - noon-ish) to pound stakes and mark Buhlow course  
Contact Coach if you can help.

**THE 2015 CURRENT CROSS COUNTRY SCHEDULE** (There will be minor changes week to week - look closely!) Almost all 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 in the newsletter 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
SATURDAY	September 19	Open Date		
WEDNESDAY	*September 23	<b>MENARD OPEN</b>	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*September 26	<b>BATTLEFIELD FESTIVAL</b>	Jackson, LA	9:00 AM
SATURDAY	*October 3	<b>PINEVILLE</b>	Ward 10, Pineville	9:25 AM
SATURDAY	*October 10	Homecoming Dance		
SATURDAY	*October 10	<b>CATHOLIC</b>	Highland Park, Baton Rouge	8:30 AM
FRIDAY	*October 16	Box Lunch Fund Raiser	Menard Cafeteria	
SATURDAY	*October 17	<b>MENARD INVITATIONAL</b>	Fort Buhlow Recreation Area	9:00 AM
WEDNESDAY	*October 21	<b>JOHN MILLER</b>	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*October 24	<b>NSU</b>	Natchitoches	11:00 AM
TUESDAY	*October 27	<b>PARISH CHAMPIONSHIPS</b>	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	*October 31	<b>LAKESIDE</b>	Minden Recreational Area	9:00 AM
MONDAY	*November 2	SPAGHETTI SUPPER	Brocato's (\$7.00)	6:00 PM
WEDNESDAY	*November 4	<b>DISTRICT</b>	Fort Buhlow Recreation Area	
SATURDAY	November 7	<b>NATCHITOCHES CENTRAL</b>		
MONDAY	*November 16	<b>STATE CHAMPS</b>	NSU Boys ??? Girls ???	
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	28 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

\* Date confirmed

Menard Camp of Champions #4 Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016  
SAVE THESE DATES - COME TO CAMP!

**CONTACT COACH?????**

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

**Episcopal this Weekend!**  
**Maybe the coolest Episcopal ever!**

**FROM THE COACH**

This is the second of three Baton Rouge trips. Episcopal a much bigger race than St Michael's. Episcopal's girls A team will be there - drama! Cooler weather will mean faster times - for us and everyone else - more drama!

I encourage ALL of us to meet in front of Menard Saturday at 4 AM. We are a team - make a little sacrifice please. Whatever you do, BE UNDER THE TENT NO LATER THAN 7:20 (race a little earlier this time around).

**RUNNERS REMEMBER: NO OUTER WEAR EXCEPT MENARD CC WARMUPS and no non-CC t-shirts.**

**EPISCOPAL (Saturday, September 12) MEET DETAILS**

This is the second of three trips to Highland Park. The race times are a little earlier. Please meet at Menard **ON TIME** if at all possible. Maps will be available Saturday morning. See **attachment** for which race you are in.

See the **attachment** for race line ups!

4:00 AM	Meet in front of Menard - <b>BE ON TIME</b>
4:10 AM	Leave Menard
8:20 AM	Girls Varsity (3 miles)
9:00 AM	Boys Varsity (3 miles)
9:30 AM	Middle School Girls (2 miles)
10:00 AM	Middle School Boys (2 miles)
10:25 AM	Open Race (2 miles)
11:00 AM	Awards <b>All runners are expected to stay for the awards ceremony.</b>

Back at Menard around 3:00 PM

**PARTICIPATION FEES DUE - PLEASE DON'T PROCRASTINATE!**

\$75 per runner; \$40 for additional in the family runners.

**MENARD CAMP OF CHAMPIONS #4**

DATE CHANGE !!!!!!!!!!!!!!!!!!!!!!!  
Now Monday through Friday

Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016

SAVE THESE DATES - COME TO CAMP!

**DOWN PAYMENT \$100 DUE NOW FOR THE 2016 CAMP.** The full payment (over \$2000) to Chicot State Park must be paid in two weeks. This is refundable if you end up not being able to attend.

**Menard Open (old Cenla Champs) going to be a big one - over 30 schools and counting!**

**FROM THE COACH**

**Menard Open** - When Menard puts on a race, it's always first class - thanks to our every year awesome parents! The change from Cenla Champs to Menard Open (and opening the registration to the entire state) has added teams from Shreveport, Lafayette, Baton Rouge, and Monroe! There will be over 200 runners in the two varsity races! PLEASE CHECK OUT THE **REVISED** VOLUNTEER SHEET ATTACHED.

We will have a make up the team packets meeting at my house after practice **TUESDAY at 4:30 PM.** Any parents available come help us put the team packets together!

**Participation Fees** - It's a lot easier than a real fund raiser, but we need to get the money in. So far we are over half way - still a long way to go. Please make this happen this week!

**Summer Camp** - Full payment is due Monday. Coach will make up the funds needed. If possible, get your \$100 down payment (or \$250 full payment!) in now!!!!!!

**Battlefield** - Saturday is the Battlefield race. We ALL meet at Menard in the morning for this one. See details.

**MARKSVILLE COLOR SK RUN!**

What started out to be a fun thing to do turned into a great thing to do! Over 1500 runners (including 11 Menard CC runners) got colored from head to toe many times over on a wild Saturday morning. Pictures on fb.

**LOG BOOKS - UP TO DATE WITH TOTALS DUE MONDAY**

(If Coach still has your log book @ - pick it up BEFORE school Monday!)

**PARTICIPATION FEES DUE - PLEASE DON'T PROCRASTINATE!**

\$75 per runner; \$40 for additional in the family runners.

**MENARD CAMP OF CHAMPIONS #4**

DATE CHANGE !!!!!!!!!!!!!!!!!!!!!!!  
Now Monday through Friday

Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016

SAVE THESE DATES - COME TO CAMP!

**DOWN PAYMENT \$100 (or full \$250) DUE NOW FOR THE 2016 CAMP.** The full payment (over \$2000) to Chicot State Park must be paid Monday, September 21. Your payment is refundable if you end up not being able to attend.

**MENARD OPEN (Wednesday, September 23<sup>rd</sup>)**

This race used to be the CENLA CHAMPS race but has been changed to the MENARD OPEN to increase the number of teams coming. Menard is the host and arranges for trophies, the clock, runs the meet, and tabulates the results. **If you're able to be there Wednesday, September 23, Coach needs LOTS of help. We set up the course starting around 8:00 AM on Tuesday. Race registration starts at 2 PM on Wednesday.** We need help with course monitors, registration, scoring, etc. etc - no experience necessary! Just email Coach Smith - or just show up around 2 PM or as soon as you can! Many of you volunteered to help out at the Pot Luck - check out the volunteer sheet in this newsletter. If you are on the list and can't be there LET COACH KNOW!

2:15 PM	Leave for Buhlow on buses (RUNNERS WILL MISS 8 <sup>th</sup> PERIOD) Buses will not stay at Buhlow - runners must get a ride home!
2:00 PM	Volunteers arrive
2:15 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

Race Line ups: See attached

**COURSE SET UP!!!**

\*\* Course set up volunteers for Menard Open (Wednesday, Sept 23)  
Approximately 4 hours, Wednesday, Sept 23 (8 - noon-ish) to pound stakes and mark Buhlow course

Contact Coach if you can help.

**BATTLEFIELD CROSS COUNTRY FESTIVAL (Saturday, September 27<sup>th</sup>)**

Officially it's at the Port Hudson Historic Site, 236 Hwy 61, Jackson, LA 70748. There will be maps available Saturday morning. Here's the schedule:

**IT'S A PRETTY OUT OF THE WAY PLACE. SO EVERYONE MEETS AT MENARD AND WE WILL CARAVAN TO THIS RACE.**

5:30 AM	Leave Menard (Please be on time!)
9:10 AM	Varsity Girls (3 miles)
9:45 AM	Varsity Boys (3 miles)
10:15 AM	Open Race (2 miles)
11:15 AM	Awards

Race Line ups: To be announced after Menard Open race.

**SPORTS DRINK VOLUNTEERS**

Want to help out?  
Call Ashley Long 623-2293

MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
Menard Open-Fort Buhlow	Wed, Sept 23			
Battlefield Festival-Jackson, LA	Sat, Sept 26			
Pineville-Ward 10	Sat, Oct 3			
Catholic High-Baton Rouge	Sat, Oct 10			
Menard-Fort Buhlow	Sat, Oct 17			
John Miller-Fort Buhlow	Wed, Oct 21			
NSU - Natchitoches	Sat, Oct 24			
Parish Championships-Fort Buhlow	Tue, Oct 28			
Ant Hill-Lakeside	Sat, Oct 31			
District-Fort Buhlow	Wed, Nov 4			
State Champs-NSU-Natchitoches	Mon, Nov 16			

**THE 2015 CURRENT CROSS COUNTRY SCHEDULE** (There will be minor changes week to week - look closely!)  
Almost all 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 in the newsletter 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	*September 23	<b>MENARD OPEN</b>	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*September 26	<b>BATTLEFIELD FESTIVAL</b>	Jackson, LA	9:00 AM
SATURDAY	*October 3	<b>PINEVILLE</b>	Ward 10, Pineville	9:25 AM
SATURDAY	*October 10	Homecoming Dance		
SATURDAY	*October 10	<b>CATHOLIC</b>	Highland Park, Baton Rouge	8:30 AM
FRIDAY	*October 16	Box Lunch Fund Raiser	Menard Cafeteria	
SATURDAY	*October 17	<b>MENARD INVITATIONAL</b>	Fort Buhlow Recreation Area	9:00 AM
WEDNESDAY	*October 21	<b>JOHN MILLER</b>	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*October 24	<b>NSU</b>	Natchitoches	11:00 AM
TUESDAY	*October 27	<b>PARISH CHAMPIONSHIPS</b>	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	*October 31	<b>LAKESIDE</b>	Minden Recreational Area	9:00 AM
MONDAY	*November 2	<b>SPAGHETTI SUPPER</b>	Brocato's (\$7.00)	6:00 PM
WEDNESDAY	*November 4	<b>DISTRICT</b>	Fort Buhlow Recreation Area	
SATURDAY	November 7	<b>NATCHITOCHEES CENTRAL</b>		
MONDAY	*November 16	<b>STATE CHAMPS</b>	NSU Boys ??? Girls ???	
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	28 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

**Data confirmed**

Menard Camp of Champions #4 Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016  
**SAVE THESE DATES - COME TO CAMP!**

**CONTACT COACH?????**

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

**Holy Savior Menard Cross Country 2015!**

September 26, 2015 #12

**Menard Open (old Cenla Champs) gets 40 schools and over 800 runners!**

**FROM THE COACH**

40 schools showed up for the inaugural Menard Open! Congrats to BOTH the guys and girls for great team performances: guys taking second and girls winning! As is typical in September, Buhlow does not yield many PR's, especially to the vets. Congrats to Bradea, Michael, and Matt for their PR's! And again, THANK YOU all who showed up, pitched in, and made it a typical Menard sponsored race - MANY compliments from many coaches and parents.

Hate to keep bringing it up:

**Participation Fees** - It's a lot easier than a real fund raiser, but we need to get the money in. So far we are over half way - still a long way to go. Please make this happen this week!

**Summer Camp** - Full payment to the state parks was made last Monday. Need to cover Coach's payment!!!! If possible, get your \$100 down payment (or \$250 full payment!) in now!!!!!!

Here's the stats from the **Menard Open**:

Girls Varsity Race (179 runners)		Menard team 1st of 22						
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
1	Claire Vaughn	6.23	6.56	6.53	20.12	+86		
3	Katharine Vaughn	7.03	7.46	7.18	22.07	+93	22.15	
11	Faith Michiels	7.10	8.03	7.38	22.51	+88	24.32	
12	Gabi Romero	7.05	8.06	7.49	23.00	+155	14.26	
14	Noelle Dunn	7.10	8.03	8.01	23.14	+113	23.51	
15	Hannah Hays	7.18	8.10	7.49	23.17	+101		
16	Regan Robichaux	7.14	8.18	7.46	23.18	+121	22.47	
17	Alyssa Rabie	7.12	8.15	8.00	23.27	+179	22.49	
26	Addison Hays	7.33	8.28	8.17	24.18	+131		
28	Martha Voltz	7.36	8.39	8.21	24.36	+179		
29	Victoria Vaughan	7.40	8.35	8.30	24.45	+15	17.02	
	Avery Long	7.12	11.02	DNF			22.41	
	Grace Webb	7.24	8.08	DNF				

**Holy Savior Menard Cross Country 2015!**

September 26, 2015 2

**Menard Open (continued):**

Boys Varsity Race (215 runners)		Menard team 2nd of 27						
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
12	Keat Milton	5.46	6.07	5.58	17.51			
19	Jacob Seeling	6.39	5.30	6.17	18.26	+18	19.24	
20	Quint McMichaux	5.46	6.24	6.17	18.27	+42	19.36	
21	Cole Robichaux	5.46	6.28	6.22	18.36	+63	18.06	
41	Bradley Scallin	6.21	6.53	6.23	19.37			
48	Brandon Corell	6.20	6.56	6.36	19.52			
51	Nick Dufrenoy	6.12	7.06	6.48	20.06	+33	25.37	
73	Cole Arbour	6.38	7.31	6.56	21.05	+83		
75	Ascher Luka	6.37	7.36	6.55	21.08	+98	21.20	
76	Jonathan Scallano	6.22	7.49	6.58	21.09	+60	23.42	
79	Seah Benson	5.46	8.23	7.04	21.13	+44	21.52	
98	Taylor Rogers	6.16	7.54	8.03	22.13	+162	20.50	
104	Jade Hopewell	6.58	7.50	7.37	22.25	+122	22.09	
138	Matthew Gaultory	7.14	8.36	7.53	23.43	+37	24.43	

**JV Girls (181 Runners)**

Place		Mile 1	Mile 2	Finish	PR +/-	Last Yr
6	Julia Sampy	7.53	8.09	16.02	+25	
12	Abigail Long	8.11	8.32	16.43	+68	17.01
14	Maddie Saucier	8.11	8.42	16.53	+43	
18	Alicia Zhang	8.04	9.10	17.14		
30	Peyton Sampy	8.44	9.22	18.06	+102	18.08
34	Haleigh Franklin	9.06	9.13	18.19	+92	
97	Grace Reichman	10.23	11.19	21.42	+61	
127	Catherine Hirschak	11.23	11.55	23.18	+207	
128	Kathryn Besscham	11.23	11.56	23.19	+202	
157	Grace McCain	12.23	13.35	25.58	+195	27.01
	Emilie Juneau	DNF				19.15

**JV Boys (195 Runners)**

Place		Mile 1	Mile 2	Finish	PR +/-	Last Yr
48	Trey Brown	6.55	7.46	14.41	+73	23.54
57	Michael Hawthorne	6.55	8.00	14.55		-21
63	Solomon Duhan	7.00	8.08	15.08	+17	
68	William Vaughn	7.20	7.55	15.15	+39	
77	Jacob Cicero	7.39	7.53	15.32	+1	
106	Addison Hebert	7.50	8.37	16.27	+1	
129	Gabe Peterman	7.56	9.23	17.19	+122	17.15
144	Halston Bowman	8.26	9.34	18.00	+72	
145	Spencer Stelly	8.22	9.40	18.02	+43	
159	Jacob Sanchez	8.51	9.40	18.31	+100	
174	Jacob Deville	9.00	10.23	19.23	+122	
177	Alex Santotaria	8.51	10.51	19.44	+76	
178	Carsten McConville	9.10	10.35	19.45	+139	22.53
187	Luke Siehr	10.31	10.51	21.22	+223	20.51
188	Matt Dufrenoy	9.44	11.45	23.29		-561

**Team Standings**

Boys Varsity (27 Teams)				Girls Varsity (24 Teams)						
1	Leesville (4A)	85	6	Barbe (5A)	182	1	MENARD (2A)	41	6	Live Oak (4A)
2	MENARD (2A)	113	7	Pineville (5A)	196	2	Barbe (5A)	113	7	Turlings Cath (4A)
3	Turlings Cath (4A)	142	8	Anacoco (B)	199	3	Anacoco (B)	167	8	Simpson (B)
4	Live Oak (4A)	143	9	Notch Cem (5A)	205	4	Buckeye (3A)	177	9	Grace Christian (B)
5	Buckeye (3A)	177	10	Grace Christian (B)	266	5	Pineville (5A)	222	10	Leesville (4A)

Menard Open (continued):

<b>Records set at the Menard Open</b>	Braden Scalisi	#22 8 <sup>th</sup> grade
<b>Buhlow #6 Course Record</b>	Clairo Vaughn	#3 8 <sup>th</sup> grade
<b>Menard Open Meet Records</b>	Kent Milton	#3 9 <sup>th</sup> grade
	Katharine Vaughn	#4 8 <sup>th</sup> grade
	Clairo Vaughn	#2 All grades #1 8 <sup>th</sup> grade

**Records set at the Battlefield Grade Record**

Braden Scalisi	#16 8 <sup>th</sup> grade		
<b>Battlefield Course Records</b>			
Kent Milton	#1 All grades; #1 9 <sup>th</sup> grade	Quint McMickens	#2 All grades; #1 10 <sup>th</sup> grade
Jacob Seeling	#5 All grades; #2 10 <sup>th</sup> grade	Braden Scalisi	#6 All grades; #2 8 <sup>th</sup> grade
Nick Dufrene	#8 All grades; #4 11 <sup>th</sup> grade	Ascher Luke	#10 All grades; #4 10 <sup>th</sup> grade
Cole Arbour	#4 8 <sup>th</sup> grade	Seth Benton	#5 8 <sup>th</sup> grade
Brandon Coreil	#5 10 <sup>th</sup> grade	Cole Robichaux	#1 12 <sup>th</sup> grade
Clairo Vaughn	#1 All grades; #1 8 <sup>th</sup> grade	Katharine Vaughn	#9 All grades; #4 8 <sup>th</sup> grade
Gabi Romero	#10 All grades; #5 8 <sup>th</sup> grade	Hannah Hays	#3 9 <sup>th</sup> grade
Avery Long	#2 10 <sup>th</sup> grade	Noelle Duan	#3 11 <sup>th</sup> grade
Regan Robichaux	#4 11 grade		

**SPORTS DRINK VOLUNTEERS**

Want to help out?

Call Ashley Long 623-2293

MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
Pineville-Ward 10	Sat, Oct 3			
Catholic High-Baton Rouge	Sat, Oct 10			
Menard-Fort Buhlow	Sat, Oct 17			
John Miller-Fort Buhlow	Wed, Oct 21			
NSU - Natchitoches	Sat, Oct 24			
Parish Championships-Fort Buhlow	Tue, Oct 28			
Art Hill-Lakeside	Sat, Oct 31			
District-Fort Buhlow	Wed, Nov 4			
Natchitoches Central	Sat, Nov 11			
State Champs-NSU-Natchitoches	Mon, Nov 16			

**LOG BOOKS - UP TO DATE WITH TOTALS DUE MONDAY**  
(If Coach still has your log book @ - pick it up BEFORE school Monday!)

**Battlefield (continued):**

JV Girls and Boys (???) Runners

Place			Mile 1	Mile 2	Finish	PR +/-	Last Yr
1	Victoria	Vaughan	7.14	8.02	15.16	PR1	-8 17.06
2	Abigail	Long	7.40	8.30	16.10		+35 17.23
	Alice	Zhang	7.34	9.30	17.04	PR1	-10
	Haleigh	Franklin	8.03	9.06	17.09		+22
	Catherine	Hirsch	11.57	13.39	25.36		+345
	Grace	McCain	11.57	13.40	25.37		+174 DNF
	Jude	Hopewell	6.35	6.56	13.31		+13 21.00
	Michael	Harborne	6.41	7.28	14.09	PR1	-461
	Trey	Brown	6.5	7.43	14.35		+67 23.57
	Matthew	Guilroy	7.07	7.39	14.46		+1
	Solomon	Dubon	6.50	8.11	15.01		+10
	William	Vaughn	7.13	7.55	15.08		+32
	Jacob	Cicero	7.54	7.46	15.40		+9
	Gabe	Peterman	7.16	8.39	15.53		+38 17.47
	Jacob	Saucier	7.58	8.37	16.35	PR1	-16
	Michael	Lanoux	7.57	9.06	17.03		+152 15.38
	Spencer	Stelly	8.04	9.27	17.31		+12
	Alex	Santolaria	8.13	10.09	18.24	PR1	-1
	Matt	Dufrene	9.4	11.44	21.24	PR1	-5

**Pineville (Ward 9 Sports Complex, Pineville - NOT Buhlow!), Saturday, October 4**

Here's the schedule and lineups for the Pineville meet:

- 8:30 AM ALL runners arrive at Ward 9 (to warm up and/or cheer team members)
- 9:25 AM JH Girls and Boys (2 miles)
- 9:55 AM JV Girls and Boys (2 miles)
- 10:25 AM Varsity Girls (3 miles)
- 11:00 AM Varsity Boys (3 miles)
- 11:35 AM Awards

See **attachment** for race lineups.

Ward 9 MacArthur Drive towards OK Allen Bridge  
1-49 South to Pineville Expressway  
Pineville Expressway to LA 3144 (Edgewood Drive)  
Right on Edgewood Drive to Donahue Ferry Road  
Left on Donahue Ferry to Ward 9

**CONTACT COACH?????**

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

**Great Day at Battlefield!**  
**Guys get 6<sup>th</sup> of 30; Girls get 2<sup>nd</sup> of 25!!**

Big meet with lots of powerhouse CC schools there - but we hold our own! Here's the results for **Battlefield**:

Girls Varsity Race (133 runners)

Place	Name	School	Menard team 2nd of 25			Finish	PR +/-	Last Yr
			Mile 1	Mile 2	Mile 3			
3	Clairo	Vaughn	6.05	6.43	6.35	19.23	t-shirt	+37 20.23
10	Katharine	Vaughn	6.47	7.51	7.05	21.43	t-shirt	+50 21.56
13	Gabi	Romero	6.40	7.49	7.20	21.49	t-shirt	+84 14.46
16	Noelle	Duan	6.49	7.46	7.20	21.55	t-shirt	+34 23.25
18	Regan	Robichaux	6.48	7.47	7.37	22.12	t-shirt	+55 23.14
19	Faith	Michiels	6.52	8.01	7.20	22.13	t-shirt	+50 23.45
20	Hannah	Hays	6.55	8.08	7.12	22.15	t-shirt	+39
24	Avery	Long	6.52	8.11	7.50	22.53		+134
25	Addison	Hays	7.11	8.14	7.30	22.55		+48
46	Martha	Veitz	7.10	9.01	8.02	24.13		+156
51	Alyssa	Rabie	6.52	8.21	9.24	24.37		+349 23.20

Boys Varsity Race (244 runners)

Place	Name	School	Menard team 6th of 30			Finish	PR +/-	Last Yr
			Mile 1	Mile 2	Mile 3			
25	Kent	Milton	5.32	6.18	6.00	17.50	+17	19.35
42	Quint	McMickens	5.35	6.36	6.20	18.31	+51	20.37
48	Jacob	Seeling	5.33	6.34	6.17	18.49	+45	
56	Cole	Robichaux	5.34	6.54	6.24	18.52	+79	18.42
59	Braden	Scalisi	5.52	6.33	6.14	18.59	PR1	-181
92	Nick	Dufrene	6.03	7.17	6.54	20.14		-41 20.54
99	Ascher	Luke	6.08	7.31	6.46	20.25		+55 20.33
106	Cole	Arbour	6.26	7.35	6.32	20.33		+51
108	Brandon	Coreil	6.01	7.35	6.39	20.35		+74 23.31
114	Seth	Benton	6.22	7.37	6.51	20.50		+44 13.58
137	Jonathan	Scalfano	6.36	7.47	7.08	21.31		+82 14.07
166	Taylor	Rogers	6.14	8.10	7.55	22.19		+168 21.52

**THE 2015 CURRENT CROSS COUNTRY SCHEDULE (There will be minor changes week to week - look closely!)**  
Almost all 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 in the newsletter 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
SATURDAY	*October 3	PINEVILLE	Ward 10, Pineville	9:25 AM
SATURDAY	*October 10	Homecoming Dance		
SATURDAY	*October 10	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
FRIDAY	*October 16	Box Lunch Fund Raiser	Menard Cafeteria	
SATURDAY	*October 17	MENARD INVITATIONAL	Fort Buhlow Recreation Area	9:00 AM
WEDNESDAY	*October 21	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*October 24	NSU	Natchitoches	11:00 AM
TUESDAY	*October 27	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	*October 31	LAKESIDE	Minden Recreational Area	9:00 AM
MONDAY	*November 2	SPAGHETTI SUPPER	Brocato's (\$7.00)	6:00 PM
WEDNESDAY	*November 4	DISTRICT	Fort Buhlow Recreation Area	
SATURDAY	November 7	NATCHITOCHEES CENTRAL		
MONDAY	*November 16	STATE CHAMPS	NSU Boys ??? Girls ???	
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	28 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #4 Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016  
SAVE THESE DATES - COME TO CAMP!

**PARTICIPATION FEES DUE - PLEASE DON'T PROCRASTINATE!**  
\$75 per runner; \$40 for additional in the family runners.

**MENARD CAMP OF CHAMPIONS #4** DATE CHANGE!!!!!!!!!!!!!!!!!!!!!!  
Now Monday through Friday

Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016

SAVE THESE DATES - COME TO CAMP!

**DOWN PAYMENT \$100 (or full \$250) DUE NOW FOR THE 2016 CAMP.** The full payment (over \$2000) to Chicot State Park has been paid by Coach! Your payment is refundable if you end up not being able to attend.



# Holy Savior Menard Cross Country 2015!

October 3, 2015 #12

## Perfect day and Fast Course Equals a First and a Second!!

### FROM THE COACH

Only 5 schools, but we love the course and the weather!! Lots of PR's and lots of t-shirts. The girls place 7 in the top 9 to dominate their race (which included 5A's Pisciville, Ruston and Natchitoches!). The guys take second, being one runner short of beating Ruston. Congrats to Claire on a dominating individual win!

Here's the stats from the Pisciville Invitational (the mile splits are a "little" shaky!):

Girls Varsity Race (29 runners)			Menard team 1st of 3			Finish	PR +/-	Last Yr
Place			Mile 1	Mile 2	Mile 3			
1	Claire Vaughn		6.11	6.32	6.33	19.16	t-shirt	+30
2	Hannah Hays		7.40	6.30	6.32	20.42	PR	t-shirt -541
4	Katharine Vaughn		6.36	7.00	7.06	20.42	SPR	t-shirt -8
5	Noelle Dunn		7.42	6.38	6.25	20.45	PR	t-shirt -361
6	Faith Michiels		7.41	6.39	6.27	20.47	PR	t-shirt -361 21.55
8	Avery Long		7.47	7.13	6.40	21.40	t-shirt	+61
9	Addison Hays		7.51	6.59	6.55	21.45	PR	t-shirt -22
11	Grace Webb		7.06	7.54	7.12	22.12	PR	-551
12	Regan Robichaux		7.57	7.05	7.16	22.16		+39
13	Victoria Vaughan		7.05	7.30	8.08	22.43	PR	-10711 25.45
16	Martha Voltz		7.17	8.13	8.22	23.52		+135 23.18

Boys Varsity Race (29 runners)			Menard team 2nd of 5			Finish	PR +/-	Last Yr
Place			Mile 1	Mile 2	Mile 3			
6	Keat Milton		5.40	6.05	5.34	17.19	PR	t-shirt -14 17.59
7	Quint McMickens		5.44	6.10	5.44	17.38	PR	t-shirt -2 18.13
9	Jacob Seeling		5.45	6.18	5.54	17.57	PR	t-shirt -7
12	Braden Scalisi		5.55	6.26	5.57	18.18	PR	-411
14	Brandon Coreil		6.00	6.25	6.15	18.40	PR	-411
16	Cole Arbour		6.12	6.37	6.03	18.52	PR	-401
18	Jude Hopewell		6.13	6.38	6.07	18.58	PR	-8511
19	Seth Benton		6.11	6.46	6.06	19.03	PR	-6611 20.56
25	Jonathan Scalifano		6.13	7.05	6.22	19.40	PR	-431 21.07
26	Ascher Luka		6.11	7.16	6.47	20.14		+44 19.30
	Nick Dufrene		6.10	DNF				19.50

# Holy Savior Menard Cross Country 2015! October 3, 2015 2

## Pisciville Invitational (continued): JH Girls and Boys (??? Runners)

Place			Mile 1	Mile 2	Finish	PR +/-	Last Yr
1	Julia Sampey		7.09	7.50	14.59	PR	t-shirt -381
2	Abigail Long		7.12	7.43	15.05	PR	t-shirt -301 24.37
	Haleigh Franklin		7.40	8.48	16.28	PR	-19
	Emilie Juarez		7.42	8.47	16.29	PR	-6911
	Peyton Sampey		7.47	8.56	16.43	SPR	+19 27.40
	Catherine Hirschak		7.49	10.04	17.53	PR	-118111
	Grace McCain		9.05	12.51	21.56	PR	-4711 DNF
	Solomon Duhon		6.33	7.09	13.42	PR	-6911
	William Vaughn		6.52	7.03	13.55	PR	-411
	Jacob Cicero		6.58	8.08	15.06	PR	-25
	Addison Hebert		7.23	7.43	15.08	PR	-7811
	Halston Bowman		7.44	8.33	16.17	PR	-311
	Jacob Deville		7.45	9.13	16.58	PR	-23
	Spencer Sletty		7.29	8.23	15.52	PR	-8711
	Alex Santolaria		7.26	8.52	16.18	PR	-126111

JV Girls and Boys (??? Runners)			Mile 1	Mile 2	Finish	PR +/-	Last Yr
1	Alice Zhang		6.58	8.29	15.27	PR	-9711
2	Maddie Sancier		7.24	8.16	15.40	PR	-301
4	Trey Brown		6.33	6.56	13.29	SPR	t-shirt +1 21.11
5	Michael Hawthorn		6.33	7.00	13.33	PR	t-shirt -361
	Osbe Peterram		6.32	7.47	14.19	PR	-5811 15.17
	Jacob Sancier		7.27	7.50	15.17	PR	-7811
	Michael Lawson		7.26	8.23	15.49	SPR	+78 23.34
	Luke Stehr		8.19	9.49	18.08	SPR	+29
	Matt Dufrene		8.05	10.05	18.10	PR	-194111

### Grade Records Set at Pisciville:

Braden Scalisi	#50 All grades; #10 8 <sup>th</sup> grade	Cole Arbour	#15 8 <sup>th</sup> grade
Jude Hopewell	#17 8 <sup>th</sup> grade	Seth Benton	#21 8 <sup>th</sup> grade
Kent Milton	#21 All grades; #5 9 <sup>th</sup> grade	Quint McMickens	#32 all grades; #19 10 grade
Jacob Seeling	#40 All grades	Faith Michiels	#18 All grades; #9 8 <sup>th</sup> grade
Victoria Vaughan	#41 All grades; #15 8 <sup>th</sup> grade	Hannah Hays	#16 All grades; #8 9 <sup>th</sup> grade
Addison Hays	#25 All grades; #13 9 <sup>th</sup> grade	Grace Webb	#33 All grades; #19 9 <sup>th</sup> grade
Noelle Dunn	#17 All grades; #7 11 <sup>th</sup> grade		

### THANKS...!

Can't say it enough. And can't say it to all you who are pitching in to make this season special. First to our managers Victoria, Christian, Katelyn, Miranda, and Britney. It's work at practice and a LOT of work at the races and they always get it done. And to our set up crews who do tents, etc, etc every meet. And to our drink providers again every meet. And to parents who show up every meet and drive to every meet. And to all the Menard Open help, and in advance for all the Menard Invitational and District meets help. Absolutely wouldn't be this cool a program without all of you. You make my life special and rewarding!

# Holy Savior Menard Cross Country 2015! October 3, 2015 3

## SPORTS DRINK VOLUNTEERS

Want to help out?

Call Ashley Long 623-2293

MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
Catholic High-Baton Rouge	Sat, Oct 10			
Menard-Fort Buhlow	Sat, Oct 17			
John Miller-Fort Buhlow	Wed, Oct 21			
NSU - Natchitoches	Sat, Oct 24			
Parish Championships-Fort Buhlow	Tue, Oct 28			
Ant Hill-Lakeside	Sat, Oct 31			
District-Fort Buhlow	Wed, Nov 4			
Natchitoches Central	Sat, Nov 7			
State Champe-NSU-Natchitoches	Mon, Nov 16			

## PARTICIPATION FEES OVERDUE!

\$75 per runner; \$40 for additional in the family runners. It's time to get this done. Hate to say this, but no race participation from this point forward until participation fee is paid.

### CATHOLIC AT HIGHLAND PARK (Saturday, October 10<sup>th</sup>) (And LAST 4:30 AM!!!)

The Catholic meet is THE big one! It's run at Highland Park - just like the St Michael and Episcopal meets, except two or three times as big! ALL of very good teams will be there. Maps will be available Saturday morning. Here's the schedule:

4:30 AM	Meet at Menard - <b>BE ON TIME</b>
4:40 AM	Leave for Baton Rouge
8:30 AM	Girls Junior High (2 miles)
9:00 AM	Boys Junior High (2 miles)
9:30 AM	Girls Varsity (3 miles)
10:00 AM	Boys Varsity (3 miles)
10:30 AM	Open (2 miles or 3 miles)

See attached lineups.

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

# Holy Savior Menard Cross Country 2015! October 3, 2015 6

THE 2015 CURRENT CROSS COUNTRY SCHEDULE (There will be minor changes week to week - look closely!)  
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DAY	DATE	EVENT	LOCATION	FIRST RACE
SATURDAY	*October 10	Homecoming Dance		
SATURDAY	*October 10	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
FRIDAY	*October 16	Box Lunch Fund Raiser	Menard Cafeteria	
SATURDAY	*October 17	MENARD INVITATIONAL	Fort Buhlow Recreation Area	9:00 AM
WEDNESDAY	*October 21	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*October 24	NSU	Natchitoches	11:00 AM
TUESDAY	*October 27	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	*October 31	LAKESIDE	Minden Recreational Area	9:00 AM
MONDAY	*November 2	SPAGHETTI SUPPER	Brocato's (\$7.00)	6:00 PM
WEDNESDAY	*November 4	DISTRICT	Fort Buhlow Recreation Area	
SATURDAY	November 7	NATCHITOCHE CENTRAL		
MONDAY	*November 16	STATE CHAMPS	NSU	Boys ??? Girls ???
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	28 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #4 Chico State Park Monday, July 25, 2016 through Friday, July 29, 2016  
SAVE THESE DATES - COME TO CAMP!

### MENARD CAMP OF CHAMPIONS #4

DATE CHANGE (!!!!!!!!!!!!!!!!!!!!)  
Now Monday through Friday

Chico State Park Monday, July 25, 2016 through Friday, July 29, 2016

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### CONTACT COACH?????

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

## AWESOME day at Catholic!

### FROM THE COACH

We go from around 60 runners at Pineville last week to 1800 runners at Catholic this week. We thought it would be tough to beat those Ward 9 times, but both the guys and the girls ran SPR team times and we got 16 PR's to boot! Congrats to Claire whose banner day includes a 6<sup>th</sup> (t-shirt and medal) and the fastest Menard girls time at Highland park in history!

Here's the stats from the Catholic Girls Varsity Race (292 runners)

Place	Name	School	Menard team 5 <sup>th</sup> of 40			Finish	PR +/-	Last Yr	
			Mile 1	Mile 2	Mile 3				
6	Claire Vaughn	Vaughn	5.57	6.14*	6.20	18.31	PR	-15	19.21
32	Katharine Vaughn	Vaughn	6.25	6.57*	6.48	20.10	PR	-24	21.05
43	Hannah Hays	Hays	6.32	7.02*	6.53	20.27	PR	-15	
49	Faith Michiels	Michiels	6.31	7.06*	6.59	20.36	PR	-11	14.22
72	Cobi Romero	Romero	6.28	7.14	7.38	21.20		+55	14.04
79	Addison Hays	Hays	6.59	7.24*	7.18	21.41	PR	-4	
99	Victoria Vaughan	Vaughn	6.59	7.27*	7.39	22.05	PR	-38	16.10

\* 2-mile PR

Boys Varsity Race (367 runners)

Place	Name	School	Menard team 21 <sup>st</sup> of 52			Finish	PR +/-	Last Yr	
			Mile 1	Mile 2	Mile 3				
95	Kent Milton	Milton	5.45	5.50	5.45	17.20		+1	18.18
97	Quint McMickens	McMickens	5.48	5.48	5.45	17.21	PR	-17	21.38
116	Jacob Seeling	Seeling	5.46	5.53*	5.58	17.37	PR	-20	
160	Braden Scalfisi	Scalfisi	5.57	6.11*	6.03	18.11	PR	-7	
219	Cole Arbous	Arbous	6.17	6.40*	6.13	19.10		+18	
231	Jude Hopewell	Hopewell	6.17	6.40*	6.23	19.20		+22	14.03
246	Brandon Coreil	Coreil	6.01	6.15*	7.25	19.41		+61	13.44

\* 2-mile PR

### Team Standings

#### Boys Varsity (52 Teams)

1 Brother Martin (5A)	98	11 AB Shew (5A)	342	1 St Joseph (5A)	32	11 Dominican (5A)	
2 Catholic, BR (5A)	101	12 Rummels (B)	364	2 Mandeville (5A)	96	12 Lafayette (5A)	
3 Episcopal, BR (2A)	104	13 St Michael (4A)	449	3 Parkway (3A)	102	13 ED White (3A)	
4 Parkway (5A)	146	14 Panchanola (5A)	457	4 Mt Carmel (5A)	158	14 Barbe (5A)	
5 Holy Cross (5A)	175	15 Zachary (4A)	478	5 MERNARD (2A)	190	15 Cedar Creek (1A)	
6 Mandeville (5A)	207	16 Cedar Creek (1A)	540	6 St Michael (4A)	199	16 Panchanola (5A)	
7 Assumption (4A)	249	17 Belle Chase (3A)	557	7 Sacred Heart NO (3A)	226	17 E Ascension (5A)	
8 AB Rummel (5A)	278	18 St Thomas Aq (2A)	560	8 Episcopal, BR (2A)	238	18 Choudrant (B)	
9 ED White (3A)	306	19 Choudrant (B)	606	9 Vanderli Cath (4A)	278	19 Dutchtown (5A)	
10 Dutchtown (5A)	331	21 MERNARD (2A)	667	10 John Curtis (5A)	296	20 Assumption (4A)	

### Team Standings

#### Girls Varsity (40 Teams)

1 St Joseph (5A)	32	11 Dominican (5A)	
2 Mandeville (5A)	96	12 Lafayette (5A)	
3 Parkway (3A)	102	13 ED White (3A)	
4 Mt Carmel (5A)	158	14 Barbe (5A)	
5 MERNARD (2A)	190	15 Cedar Creek (1A)	
6 St Michael (4A)	199	16 Panchanola (5A)	
7 Sacred Heart NO (3A)	226	17 E Ascension (5A)	
8 Episcopal, BR (2A)	238	18 Choudrant (B)	
9 Vanderli Cath (4A)	278	19 Dutchtown (5A)	
10 John Curtis (5A)	296	20 Assumption (4A)	

### Catholic Invitational (continued):

JH Girls (202 Runners)

Place	Name	School	Mile			Finish	PR +/-	Last Yr
			1	2	3			
67	Abigail Long	Long	7.17	7.42	14.59	PR	-6	15.39
153	Catherine Hirschak	Hirschak	8.06	8.56	17.02	PR	-51	
159	Peyton Sampey	Sampey	7.55	9.25	17.20		+56	17.28

JH Boys (233 Runners)

Place	Name	School	Mile			Finish	PR +/-	Last Yr
			1	2	3			
84	Seth Benton	Benton	5.54	7.31	13.25		+14	13.29
101	Jacob Cicero	Cicero	6.39	7.01	13.40	PR	-86	
105	William Vaughn	Vaughn	5.48	6.58	13.46	PR	-9	
137	Cobe Peiserman	Peiserman	6.49	7.36	14.23		+6	17.36
148	Addison Hebert	Hebert	7.15	7.28	14.43	PR	-35	
166	Solomon Dunton	Dunton	7.15	8.01	15.16		+94	
186	Spencer Stetly	Stetly	7.33	8.20	15.53		+1	

JV Girls and Boys (730 Runners)

Place	Name	School	Mile			Finish	PR +/-	Last Yr
			1	2	3			
	Trey Brown	Brown	6.59	7.13	14.12		+44	14.10
	Carstens McConville	McConville	8.22	8.41	17.03	PR	-23	
	Acher Luke	Luke	6.05	6.36	6.18	18.59	PR	-31

### Course Records at Highland Park:

Claire Vaughn	#1 All grades; #1 8 <sup>th</sup> grade	Katharine Vaughn	#6 All grades; #4 8 <sup>th</sup> grade
Hannah Hays	#10 All grades; #4 9 <sup>th</sup> grade	Braden Scalfisi	#2 8 <sup>th</sup> grade

### Meet Records at Catholic:

Claire Vaughn	#1 All grades; #1 8 <sup>th</sup> grade	Katharine Vaughn	#7 All grades; #4 8 <sup>th</sup> grade
Hannah Hays	#10 All grades; #4 9 <sup>th</sup> grade	Braden Scalfisi	#2 8 <sup>th</sup> grade
Kent Milton	#4 9 <sup>th</sup> grade		

### Grade Records Set at Catholic:

Braden Scalfisi	#49 All grades; #9 8 <sup>th</sup> grade	Quint McMickens	#23 all grades; #11 10 grade
Jacob Seeling	#33 All grades; #20 10 <sup>th</sup> grade	Claire Vaughn	#2 All grades; #1 8 <sup>th</sup> grade
Katharine Vaughn	#11 All grades; #5 8 <sup>th</sup> grade	Faith Michiels	#16 All grades; #7 8 <sup>th</sup> grade
Victoria Vaughan	#30 All grades; #13 8 <sup>th</sup> grade	Hannah Hays	#14 All grades; #5 9 <sup>th</sup> grade
Addison Hays	#25 All grades; #13 9 <sup>th</sup> grade		

### SPORTS DRINK VOLUNTEERS

Want to help out?

Call Ashley Long 623-2283

MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
Menard-Fort Buhlow	Sat, Oct 17			
John Miller-Fort Buhlow	Wed, Oct 23			
NSU - Natchitoches	Sat, Oct 24			
Parish Championships-Fort Buhlow	Tue, Oct 28			
Ant Hill-Lakeside	Sat, Oct 31			
District-Fort Buhlow	Wed, Nov 4			
Natchitoches Central	Sat, Nov 7			
State Champs-NSU-Natchitoches	Mon, Nov 16			

### PARTICIPATION FEES OVERDUE!

\$75 per runner; \$40 for additional in the family runners. It's time to get this done. **Hate to say this, but no race participation from this point forward until the participation fee is paid.**

### MENARD INVITATIONAL

Our big race is this SATURDAY, October 17!!! We will need all of us who can possibly be there to pitch in. Please look over the volunteer list in this newsletter. **IF YOU CAN NOT BE THERE FOR OUR RACE PLEASE EMAIL ME RIGHT AWAY.** Our race is one of the most popular races in the state and we usually host around 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 (always some no 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!

**Coach will be setting up the course on Friday, October 17 - any help will be GREATLY appreciated! Coach will be at Buhlow by 8 AM.**

Race Day: All parents and runners be at the Buhlow headquarters shelter no later than 8 AM. Job details must be handled quickly as the races start at 9 AM. **See attached race lineup!**

### THE 2015 CURRENT CROSS COUNTRY SCHEDULE

There is always a chance of a change - even this late in the season. Additions this week are the state race time (same as last year), and moving the banquet to the Activity Bldg. All the dates are finalized. The schedule for each race day will be posted in the newsletter the week before the race.

DAY	DATE	EVENT	LOCATION	FIRST RACE
SATURDAY	*October 17	MENARD INVITATIONAL	Fort Buhlow Recreation Area	9:00 AM
WEDNESDAY	*October 21	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*October 24	NSU	Natchitoches	11:00 AM
TUESDAY	*October 27	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	*October 31	LAKESIDE	Minden Recreational Area	9:00 AM
MONDAY	*November 2	SPAGHETTI SUPPER	Brocato's (\$7.00)	6:00 PM
WEDNESDAY	*November 4	DISTRICT	Fort Buhlow Recreation Area	
SATURDAY	November 7	NATCHITOCHEES CENTRAL		
MONDAY	*November 16	STATE CHAMPS	NSU	Boys 1:45 Girls 3:15
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	28 <sup>th</sup> Annual CC Banquet	Menard Activity Bldg	6:00 PM

Menard Camp of Champions #4 Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016  
SAVE THESE DATES - COME TO CAMP!

MENARD CAMP OF CHAMPIONS #4 DATE CHANGE !!!!!!!!!!!!!!!!!!!!!!!  
Now Monday through Friday

Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016  
SAVE THESE DATES - COME TO CAMP!

DOWN PAYMENT \$100 (or full \$250) DUE NOW FOR THE 2016 CAMP. The full payment (over \$2000) to Chicot State Park has been paid by Coach! Your payment is refundable if you end up not being able to attend.

### CONTACT COACH?????

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

# Holy Savior Menard Cross Country 2015!

October 17, 2015 #14

## Beautiful Day - Beautiful Results At Menard Invitational!

### FROM THE COACH

We have 42 teams from all over the state, and all say we have the coolest race anywhere! That has a lot to do with all of us pitching in and making a great day for everyone. Thank you all - again - for all you do! The girls win by 40 with 7 in the top 15; the guys get a third (including beating 2 of our 2A rivals). Buhlow is one of the toughest courses in the state, but we still get PR's. Congrats to Faith, Jonathan, Matt, Gabe, Kathryn, Gracie, and Halston!

### Here's the stats from the Menard Invitational:

Girls Varsity Race (99 runners)		Menard team 1st of 10				101.34	102.40	
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
2	Claire Vaughn	6.03	6.21	6.16	18.40	t-shirt	+9	19.38
7	Faith Michiels	6.45	7.08	6.37	20.30	PR	-6	22.10
9	Katharine Vaughn	6.44	7.12	6.36	20.32	t-shirt	+22	21.26
12	Hannah Hays	6.45	7.17	6.33	20.55	t-shirt	+28	
13	Noelle Dunn	6.45	7.17	6.35	20.57	t-shirt	+13	22.16
14	Avery Long	6.45	7.29	7.03	21.17	SPR	+38	22.10
15	Regan Robichaux	6.57	7.26	6.55	21.18	t-shirt	+1	22.43
20	Alyssa Rabie	7.17	7.33	7.01	21.51	SPR	+83	21.40
24	Addison Hays	7.17	7.33	7.14	22.04	t-shirt	+23	
25	Gabi Romero	6.45	7.49	7.31	22.05	t-shirt	+100	21.44
26	Grace Webb	7.17	7.33*	7.30	22.20	t-shirt	+8	
27	Victoria Vaughn	7.17	7.38	7.25	22.20	t-shirt	+15	16.22
51	Martha Voltz	7.34	8.28	7.54	23.56	t-shirt	+139	14.50
58	Abigail Long	7.46	8.54	7.42	24.22		+52	24.45
59	Alice Zhang	7.27	8.39	8.16	24.22	FR		
76	Maddie Saucier	7.54	9.12	8.14	25.20	FR		
82	Haleigh Franklin	8.00	9.04	8.37	25.41	FR		

\* 2-mile PR

### JV Girls and Boys (59 Boys, 70 Girls)

Place		Mile 1	Mile 2	Finish	PR +/-	Last Yr	
5	Merritt Bowman	7.28	7.30	14.58	t-shirt	+115	21.05
6	Julia Sampey	7.38	7.44	15.22	t-shirt	+25	
15	Kathryn Besselman	8.55	9.11	18.06	PR	-1111	
38	Peyton Sampey	9.16	9.15	18.31		+127	19.33
39	Catherine Hirschak	9.16	9.15	18.31		+89	
52	Gracie Reichman	10.07	10.21	20.28	PR	-13	
	Emilio Junesu	9.07	DNF				19.46
20	Father Taylor						
44	Halston Bowman	8.21	7.5	16.11	PR	-6	
52	Luke Stehr	9.15	8.47	18.02	SPR	+23	18.46
57	Matt Duffene	9.36	10.19	19.55			

## Holy Savior Menard Cross Country 2015! October 17, 2015 #14

### SPORTS DRINK VOLUNTEERS

Want to help out?

Call Ashley Long 623-2293

MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
John Miller-Fort Buhlow	Wed, Oct 21			
NSU - Natchitoches	Sat, Oct 24			
Parish Championships-Fort Buhlow	Tue, Oct 28			
Ant Hill-Lakeside	Sat, Oct 31			
District-Fort Buhlow	Wed, Nov 4			
Natchitoches Central	Sat, Nov 7			
State Champs-NSU-Natchitoches	Mon, Nov 16			

### TWO MEETS THIS WEEK!

### JOHN MILLER INVITATIONAL (Wednesday, October 21)

This race is essentially our Monday Buhlow workout - on Wednesday!

We'll leave school on the bus after 7<sup>th</sup> Period. The bus will not be available for the return trip.

JV Girls	3:30 PM	2 miles
JV Boys	4:00 PM	2 miles
Girls Varsity	4:30 PM	3 miles (limited to 7)
Boys Varsity	5:00 PM	3 miles (limited to 7)
Awards	5:30 PM	

Varsity Girls: Dunn, H Hays, Long, Michiels, Robichaux, Vaughn C, Vaughn K

Varsity Boys: Hopewell, McMickens, Milton, Robichaux, Scalfano, Scalisi, Seeling

JV Boys: Rest of guys

JV Girls: Rest of girls

### NSU PRE-STATE INVITATIONAL (Saturday, October 24)

This race is on the NSU campus in Natchitoches and will be our first look at the state meet course. Because it finishes on the NSU track, only 1/2 inch spikes are allowed - plan ahead. It's a simple day: girls race and boys race. Both races are 3 miles.

### Only quarter-inch spikes are permitted

ALL meet at Menard (in student parking lot)	8:30 AM
Caravan to NSU	8:40 AM
Girls Race	11:00 AM
Boys Race	11:45 AM
Awards	12:15 PM

## Holy Savior Menard Cross Country 2015! October 17, 2015 #14

### Menard Invitational (continued):

Boys Varsity Race (131 runners)		Menard team 1st of 14				90.14	95.56	
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
12	Kenit Milton	5.52	6.07	5.41	17.40	t-shirt	+21	18.42
15	Quint McMickens	5.44	6.09	5.51	17.44	t-shirt	+23	19.16
24	Cole Robichaux	5.42	6.27	5.56	18.03	SPR	+32	18.33
25	Jacob Seeling	5.53	6.15	6.02	18.10	t-shirt	+33	
28	Braden Scalisi	5.44	6.32	6.19	18.35	t-shirt	+24	
15	Jonathan Scalfano	6.11	6.46	6.01	18.58	PR	-21	21.38
43	Jade Hopewell	6.17	6.50	6.13	19.20	t-shirt	+22	21.23
49	Cole Arbous	6.21	6.52	6.24	19.37	t-shirt	+45	
54	Brandon Corzil	6.40	6.46	6.19	19.47		+67	22.03
57	Aucher Luke	6.21	7.12	6.32	20.05		+66	21.50
64	Taylor Rogers	6.30	7.16	6.34	20.20		+49	20.42
67	Seth Benton	6.27	7.13	6.45	20.25		+82	22.21
88	Matt Gaillory	6.48	7.43*	7.08	21.39	PR	-8711	24.10
92	Trey Brown	6.48	7.38	7.34	22.00	SPR	+49	23.52
93	Solomon Duhon	6.59	7.56	7.15	22.10	FR		
94	William Vaughn	6.48	7.59	7.29	22.16	FR		
98	Gabe Petermann	7.05	7.57	7.20	22.22	PR	-9311	16.12
100	Michael Hawthorne	6.54	8.04	7.36	22.34	FR		
109	Jacob Cicero	7.09	8.32	8.01	23.42	FR		
114	Jacob Saucier	7.41	8.42	7.47	24.10	FR		
118	Addison Hebert	7.41	8.49	8.04	24.34	FR		
121	Spencer Stetty	7.41	8.49	8.16	24.46	FR		

\* 2-mile PR

### Course Records at Buhlow:

Claire Vaughn	#2 All grades; #1 8 <sup>th</sup> grade	Faith Michiels	#9 All grades; #4 8 <sup>th</sup> grade
K Vaughn	#5 8 <sup>th</sup> grade	Noelle Dunn	#2 11 <sup>th</sup> grade
Braden Scalisi	#5 8 <sup>th</sup> grade		

### Meet Records at Menard Invitational:

Claire Vaughn	#1 All grades; #1 8 <sup>th</sup> grade	Faith Michiels	#8 All grades; #4 8 <sup>th</sup> grade
Katharine Vaughn	#9 All grades; #5 8 <sup>th</sup> grade	Hannah Hays	#5 9 <sup>th</sup> grade
Avery Long	#5 10 <sup>th</sup> grade	Noelle Dunn	#2 11 <sup>th</sup> grade

### Grade Records Set at Catholics:

Haleigh Franklin	#22 7 <sup>th</sup> grade	Faith Michiels	#16 All grades; #7 8 <sup>th</sup> grade
Avery Long	#10 10 <sup>th</sup> grade	Alyssa Rabie	#13 10 <sup>th</sup> grade
Alice Zhang	#22 10 <sup>th</sup> grade	Maddie Saucier	#24 10 <sup>th</sup> grade
Cole Robichaux	#22 12 <sup>th</sup> grade		

### MERC Update!

Last day for MERC miles is end-of-race Natchitoches Central, November 7!

Mileage MERC's to date: Victoria, Claire, Seth, Nick, Kent Great Job!!!!!!!

Stay tuned, there's more to come!

## Holy Savior Menard Cross Country 2015! October 17, 2015 #14

### THE 2015 CURRENT CROSS COUNTRY SCHEDULE

There is always a chance of a change - even this late in the season. Additions this week are the state race time (same as last year), and moving the banquet to the Activity Bldg. All the dates are finalized. The schedule for each race day will be posted in the newsletter the week before the race.

DAY	DATE	EVENT	LOCATION	FIRST RACE
WEDNESDAY	*October 21	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
SATURDAY	*October 24	NSU	Natchitoches	11:00 AM
TUESDAY	*October 27	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	*October 31	LAKESIDE	Minden Recreational Area	9:00 AM
MONDAY	*November 2	SPAGHETTI SUPPER	Brocato's (\$7.00)	6:00 PM
WEDNESDAY	*November 4	DISTRICT	Fort Buhlow Recreation Area	
SATURDAY	November 7	NATCHITOCHEES CENTRAL		
MONDAY	*November 16	STATE CHAMPS	NSU Boys 1:45	Girls 3:15
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	28 <sup>th</sup> Annual CC Banquet	Menard Activity Bldg	6:00 PM

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### CONTACT COACH?????

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

# Holy Savior Menard Cross Country 2015!

October 24, 2015 #15

## Menard CC Runs Over Central Louisiana!

### FROM THE COACH

Our state competition is down south, not at home. The girls romp with a perfect varsity score and 7 of top 9 in the JV. The guys - other than 4A state champ to be Leesville - handle all the rest. The boys JV also place 3 in the top 4. All in all, 25 t-shirts and 8 medals! PR's are hard to come by at Buhlow in the afternoons, so good job Cole in the 3-miler and Grace, Cole, Taylor, Seth, Matt, Addison, Halston, and Jacob in the 2-miler! Also congrats to Trey for the lone SPR!

Training and racing are closely aligned. The end of the season is always race-busy! We've been running since June just for this time of year. So enjoy the fruits of all that hard work! Race hard like you have been training!

### Here's the stats from the John Miller Invitational:

Girls Varsity Race (151 runners)		Menard team 1st of 17				101.46	101.20	
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
1	Claire Vaughn	6:07	6:40	6:19	19:06	t+ medall	+35	19.20
2	Katharine Vaughn	6:20	7:14	6:54	20:28	t+ medall	+18	21.26
3	Hannah Hays	6:20	7:25	7:03	20:46	t+ medall	+19	
4	Avery Long	6:28	7:35	7:05	21:08	t-shirt	+29	21.25
5	Noelle Dunn	6:28	7:35	7:15	21:18	t-shirt	+33	14.07
7	Regan Robichaux	6:28	7:37	7:31	21:36	t-shirt	+19	13.38
15	Faith Michiels	6:28	7:57	7:52	22:17	t-shirt	+107	14.12

Boys Varsity Race (198 runners)		Menard team 2nd of 18				89.42	94.54	
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
9	Cole Robichaux	5:45	6:11	5:34	17:30	PRU	-3	17.50
10	Kent Milton	5:57	6:00	5:47	17:44	t-shirt	+25	19.08
11	Quint McMichens	5:45	6:12	5:56	17:53	t-shirt	+32	19.20
12	Jacob Seetling	5:45	6:18	6:06	18:09	t-shirt	+32	
15	Bradren Scallisi	6:06	6:24	5:56	18:26	t-shirt	+15	
33	Jonathan Scalfano	6:18	6:46	6:13	19:17		+19	13.15
47	Jude Hopewell	6:26	6:58	6:40	20:04		+66	13.42

### Course Records at Buhlow:

K Vaughn #9 All grades; #4 8<sup>th</sup> grade Noelle Dunn #2 11<sup>th</sup> grade  
Bradren Scallisi #5 8<sup>th</sup> grade

### Grade Records Set at John Miller:

Cole Robichaux #29 All grades; #16 12<sup>th</sup> grade

# Holy Savior Menard Cross Country 2015! October 24, 2015

### John Miller Invitational (continued):

JV Girls (154 Runners)		Mile 1	Mile 2	Finish	PR +/-	Last Yr		
1	Alyssa Rabie	7:06	6:43	13:51	t+ medall	+19	13.32	
2	Gabi Romero	6:57	7:06	14:03	t+ medall	+46	13.47	
3	Addison Hays	7:07	7:18	14:25	t+ medall	+2		
4	Grace Webb	7:20	7:71	14:37	PRU	t-shirt	-13	
6	Victoria Vaejban	7:17	7:39	14:56		t-shirt	+30	16.07
8	Julia Sampey	7:33	7:50	15:23		t-shirt	+24	
9	Martha Voltz	7:31	7:54	15:25		t-shirt	+84	14.5
12	Abigail Long	7:58	7:49	15:47		t-shirt	+48	15.54
23	Alice Zhang	7:49	8:28	16:17			+50	
37	Haleigh Franklin	8:13	8:29	16:42			+14	
48	Maddie Saucier	8:27	9:07	17:34			+114	
71	Kathryn Besselmann	9:15	9:46	19:01			+55	
93	Catherine Hirschak	9:34	10:04	19:38			+156	
95	Peyton Sampey	9:34	10:11	19:43			+201	16.51

JV Boys (167 Runners)		Mile 1	Mile 2	Finish	PR +/-	Last Yr		
2	Ascher Luko	6:17	6:09	12:26	t+ medall	+1	20.39	
3	Brandon Coreil	6:09	6:08	12:27	t+ medall	+11	13.56	
4	Cole Arbour	6:24	6:03	12:27	PRU	t-shirt	-30	
12	Taylor Rogers	6:11	6:43	12:54	PRU	t-shirt	-3	19.47
16	Seth Beaton	6:24	6:37	13:01	PRU	t-shirt	-10	13.23
32	Matt Ouilory	7:07	6:36	13:43	PRU		-81	16.5
37	Michael Hawthorne	6:50	7:06	13:56			+23	
38	Trey Brown	7:02	6:57	13:59	SPRU		+31	14.11
39	Solomon Dubon	6:46	7:18	14:04			+22	
45	William Vaughn	7:07	7:09	14:16			+30	
53	Jacob Cicero	7:21	7:17	14:38			+58	
54	Addison Hebert	7:21	7:17	14:38	PRU		-5	
66	Gabi Petermann	7:12	7:44	14:56			+37	16.29
86	Nick Dufrene	7:40	7:40	15:20			+157	20.03
117	Jacob Saucier	8:02	8:05	16:07			+90	
118	Spencer Stelly	8:01	8:06	16:07			+15	
119	Halston Bowman	7:59	8:10	16:09	PRU		-2	
129	Jacob Deville	8:28	8:19	16:47	PRU		-11	
132	Michael Lemaux	8:08	9:54	18:02			+211	14.54
150	Alex Santolaria	8:40	10:02	18:42			+144	
154	Luko Stehr	9:18	8:46	19:04			+85	18.52
155	Carston McConville	9:18	8:46	19:04			+98	21.57

### CONTACT COACH?????

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

# Holy Savior Menard Cross Country 2015! October 24, 2015

## A Wet NSU Doesn't Dampen Menard!

Sort of a constant drizzle - needed for sure - but a new experience for the rookies! It's the state meet course and we want times - and times we get! The girls get a team time SPR and the short-handed guys almost get one anyway! Congrats to the PR and SPR runners - Avery, Maddie, Peyton, Jonathan, Trey, Michael, and Addison. The guys get 6<sup>th</sup> of 25 and the girls get 4<sup>th</sup> of 23 both losing only to large schools. Here's the stats for NSU:

Girls Varsity Race (240 runners)		Menard team 4 of 23				101.30	109.33	
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
4	Claire Vaughn	6:07	6:46	5:59	18:52	t-shirt	+21	20.02
32	Avery Long	6:40	7:03	6:39	20:42	SPRU	+3	
33	Noelle Dunn	6:40	7:07	6:39	20:46		+1	
35	Faith Michiels	6:40	7:10	7:07	20:57		+27	21.27
38	Katharine Vaughn	6:20	7:23	7:50	21:13		+63	21.27
47	Hannah Hays	6:50	7:31	7:17	21:38		+71	
52	Gabi Romero	6:40	7:31	7:40	21:51		+86	21.24
53	Alyssa Rabie	7:11	6:44	8:01	21:56		+88	
60	Addison Hays	7:08	7:34	7:28	22:10		+29	
65	Grace Webb	7:04	7:34	7:43	22:21		+9	
70	Victoria Vaughn	7:04	7:41	7:42	22:27		+22	25.40
123	Abigail Long	7:44	8:25	8:16	24:25		+55	25.13
131	Martha Voltz	7:35	8:40	8:17	24:32		+175	
137	Maddie Saucier	7:56	8:34	8:21	24:51	PRU	-29	
138	Alice Zhang	7:35	8:40	8:37	24:52		+30	
170	Haleigh Franklin	8:20	8:57	9:05	26:22		+41	
201	Peyton Sampey	8:43	9:57	9:38	28:38	SPRU	+58	31.30
214	Kathryn Besselmann	9:02	10:23	11:25	30:50	FRU		
228	Grace Reichman	9:36	11:20	11:19	32:15	FRU		

Boys Varsity Race (205 runners)		Menard team 6 of 25				90.47	100.55	
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
33	Kent Milton	5:52	6:04	5:53	17:49		+30	19.00
35	Jacob Seetling	5:56	6:00	5:59	17:55		+18	
44	Quint McMichens	5:52	6:04	6:13	18:09		+48	
50	Bradren Scallisi	??	??	6:10	18:18		+7	
60	Brandon Coreil	5:57	6:13	6:26	18:36		-4	21.15
61	Jonathan Scalfano	??	??	6:07	18:38	PRU	-20	22.34
100	Taylor Rogers	??	??	6:54	19:44		+13	
106	Ascher Luko	6:22	6:57	6:36	19:55		+56	20.46
138	Nick Dufrene	??	??	??	21:22		+109	20.08
139	Trey Brown	6:57	7:22	7:08	21:27	SPRU	+16	
149	Man Ouilory	??	??	7:09	21:42		+3	
165	Michael Hawthorne	??	??	??	22:31	PRU	-3	
166	William Vaughn	7:15	??	??	22:36		+20	
174	Gabi Petermann	??	??	7:42	22:37		+15	27.02
173	Solomon Dubon	7:30	7:57	6:25	22:52		+42	
175	Addison Hebert	7:30	??	??	23:03	PRU	-9111	
184	Jacob Saucier	??	??	8:11	24:44		+34	
186	Alex Santolaria	7:53	8:28	8:27	24:49	FRU		
196	Spencer Stelly	7:51	8:56	8:59	25:46		+60	
DNF	Jacob Cicero	5:52						

# Holy Savior Menard Cross Country 2015! October 24, 2015

### Course Records at NSU:

Claire Vaughn #2 All grades; #1 8<sup>th</sup> grade Faith Michiels #5 8<sup>th</sup> grade  
Avery Long #5 10<sup>th</sup> grade Noelle Dunn #4 11<sup>th</sup> grade

### Grade Records Set at NSU:

Avery Long #6 10<sup>th</sup> grade Maddie Saucier #23 10<sup>th</sup> grade

### SPORTS DRINK VOLUNTEERS

Want to help out?

Call Ashley Long 623-2293

MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
Parish Championships-Fort BuNow	Tue, Oct 28			
Ant Hill-Lakeside	Sat, Oct 31			
District-Fort Buhlow	Wed, Nov 4			
Natchitoches Central	Sat, Nov 7			
State Champs-NSU-Natchitoches	Mon, Nov 16			

### MERC Update

Last day for MERC miles is end-of-race Natchitoches Central, November 7!

Mileage MERC's to date: Victoria, Claire, Faith, Gabi  
Seth, Nick, Kent, Brandon, Jonathan

Great Job!!!!!!!

Stay tuned, there's more to come!

**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 as it is every year, is 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 - proud to say - a typical year. We have 21 straight A and another 24 A/B honor roll students out of 61 runners!!! Collectively, we have 315 A's, 81 B's, 28 C's, 3 D's and no F's. That's a 3.66 team average! In the GPA race, it's real close, but the Junior High rules, with the 7<sup>th</sup> grade at the top followed by the 8<sup>th</sup>. The girls get the boys 3.80 to 3.52. Great job, runners - keep it up!!!

Overall Cross Country Boys & Girls GPA	3.66	1 - 7 <sup>th</sup> grade	3.796
Overall Cross Country Girls GPA	3.80	2 - 8 <sup>th</sup> grade	3.739
Overall Cross Country Boys GPA	3.52	3 - 11 <sup>th</sup> grade	3.735
		4 - 10 <sup>th</sup> grade	3.582
Overall Cross Country JH GPA	3.55	5 - 9 <sup>th</sup> grade	3.536
Overall Cross Country HS GPA	3.61	6 - 12 <sup>th</sup> grade	3.500

**"A" HONOR ROLL (21)**

Katelyn Benoit, Halston Bowman, Noelle Dunn, Haleigh Franklin, Miranda Hawthorne, Addison Hebert, Catherine Hirschak, Victoria Hirschak, Emilie Juneau, Avery Long, Grace McCain, Quint McMickens, Faith Michiels, Kent Milton, Gabe Peterman, Alyssa Rabie, Peyton Sampey, Alex Santolaria, Maddie Saucier, Braden Scalsi, and Spencer Stolly

**"A/B" HONOR ROLL (24)**

Cole Arbour, Kathryn Besselman, Merrik Bowman, Trey Brown, Matt Dufrene, Nick Dufrene, Michael Hawthorne, Addison Hays, Hannah Hays, Jude Hopewell, Christian Jansson, Abby Long, Gracie Reichman, Regan Robichaux, Taylor Rogers, Jacob Saucier, Jon Scalfano, Victoria Vaughan, Claire Vaughn, Katharine Vaughn, William Vaughn, Martha Voltz, Grace Webb, and Alice Zhang

**THE 2015 CURRENT CROSS COUNTRY SCHEDULE**

DAY	DATE	EVENT	LOCATION	FIRST RACE
TUESDAY	*October 27	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:00 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	*October 31	LAKESIDE	Minden Recreational Area	9:00 AM
MONDAY	*November 2	SPAGHETTI SUPPER	Brocato's (\$7.00)	6:00 PM
WEDNESDAY	*November 4	DISTRICT	Fort Buhlow Recreation Area	
SATURDAY	November 7	ST MARY'S	NSU	8:00 AM
MONDAY	*November 16	STATE CHAMPS	NSU Boys 1:45	Girls 3:15
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	29 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #4 Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016  
SAVE THESE DATES - COME TO CAMP!

**MENARD CAMP OF CHAMPIONS #4**

DATE CHANGE !!!!!!!!!!!!!!!!!!!!!!!  
Now Monday through Friday

Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016

SAVE THESE DATES - COME TO CAMP!

CAMP IS FOR ALL RUNNERS REGARDLESS OF ABILITY!

DOWN PAYMENT \$100 (or full \$250) DUE NOW FOR THE 2016 CAMP. The full payment (over \$2000) to Chicot State Park has been paid by Coach! Your payment is refundable if you end up not being able to attend.

**FROM NOW TO THE END ....**

Don't miss out on the most exciting part of the season! BE THERE! Here's the details (which may get tweaked as we get closer to the end!):

**PARISH CHAMPIONSHIPS (Tuesday, October 27<sup>th</sup>)**

**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'll leave school on the bus after 6<sup>th</sup> Period. The bus will NOT bring runners back to school.

JH Boys & Girls	3:00 PM	2 miles
JV Boys & Girls	3:30 PM	2 miles
Girls Varsity	4:00 PM	3 miles
Boys Varsity	4:30 PM	3 miles
Awards	5:00 PM	

Race roster attached. If you are listed in the 2-miler and want to run in the 3-miler, let Coach know.

**LAKESIDE (ANTHILL D INVITATIONAL) (Saturday, October 31)**

The Lakeside meet is near Minden, LA. We missed this meet last year, but were there the two years before. It's a small meet - but a VERY big hill! Just 2 races. All run girls or guys 3-milers!

5:30 AM	Leave Menard
9:00 AM	Girls Race (3 miles)
9:40 AM	Boys Race (3 miles)
10:30 AM	Awards

**SPAGHETTI SUPPER (Monday, November 2)**

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 we quickly out grew that location! We still want to get psyched up for district, but it's also a good time to discuss all the activities between now and the end of the season. We're meeting at Brocato's (LA 28 West just past Menard). This is a social gathering for the all runners and the entire family, so please come join us. The meal is set and the cost is \$7.00 per person. Informal dress. Don't miss!

**PRE-DISTRICT SPAGHETTI SUPPER**  
Brocato's (LA 28 West just past Menard)  
MONDAY, NOVEMBER 2  
6:00 PM \$7.00 PER PERSON

**DISTRICT MEET (Wednesday, November 4<sup>th</sup>)**

We'll leave school on the bus after 7<sup>th</sup> Period. The bus will not be available for the return trip. Last opportunity to find that 2-mile PRI Menard CC hosts this meet. It's small, but we need to cover all the to-do's.

Check out the attached volunteer sheet. Can't be there, let Coach know. There are more than enough listed for most jobs in anticipation of some not being able to be there. Again - let Coach know if you can't be there.

JV Boys & Girls	3:30 PM	2 miles
Girls Varsity	4:00 PM	3 miles
Boys Varsity	4:45 PM	3 miles
Awards	5:15 PM	

**NATCHITOCHEES CENTRAL INVITATIONAL (Saturday, November 7<sup>th</sup>)**

This meet is on the state meet course and will be the final tune-up for the state meet, and the last race of the season for all but the state meet runners. This race ends the allowable MERC miles.

5:30 AM	Meet at Menard
5:40 AM	Leave for NSU
8:00 AM	Girls Varsity Race
8:45 AM	Boys Varsity Race
9:15 AM	Awards

**"FRIDAY" NIGHT PRAYER MEETING is SATURDAY, November 7! (Football conflicts)**

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

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. Runners only - no parents this time.

**STATE TEAM MEETINGS (November 1<sup>st</sup> and 1<sup>st</sup>)**

State runners will be announced after the Natchitoches meet. Only the state meet runners (runners only, no parents) meet at Coach's house for dinner and race details just before the state meet.

Guys	Saturday, November 14	5:00 PM
Girls	Sunday, November 15	4:00 PM

**STATE MEET (Monday, November 16)**

Only a maximum of seven designated boys and girls are allowed to run in this meet. Our tradition is for the entire team and as many parents who can make it come and support our state runners. All runners are excused from school this day. Here's our schedule (for all runners and all parents!):

**7:50 AM** Meet at St Rita's for Mass. **ALL runners to be in jeans and team t-shirts.**

Hang out at Coach's house after Mass (sausage and biscuits and drinks available (or bring your own stuff))

- 11:00 AM Leave for NSU
- 12:15 PM Arrive at NSU
- 12:45 PM Boys team walk/jog course - begin warm-up routine
- 12:45 PM Scratch Meeting (Coach only)
- 1:45 PM 2A Boys Race
- 2:15 PM Girls team walk/jog course - begin warm-up routine
- 3:15 PM 2A Girls Race

We have reservations for all of us at Nicky's at 4:15 PM to celebrate whatever happens at the state meet!

We will caravan to the state meet - no bus. Non-runners must find rides if parents are not making the trip.

**OUT-OF-UNIFORM DAY FOR CCI (Tuesday, November 17)**

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

**29th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 19)**

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. If you're interested in helping out with banquet stuff, contact Coach.

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 required. No jeans, shorts, t-shirts, running shoes.

**Thursday, November 19, 6:00 PM, Menard cafeteria**

**Double Win at Parish Championships!**

**FROM THE COACH**

The girls place 12 in the top 16 to easily win their 7<sup>th</sup> straight Parish Championship; the guys move up from 4<sup>th</sup> last year to an easy win this year - nice! We collect 15 shirts and 3 medals for the day! Buhlow is cool but muddy, so times are hard to come by. In the 3-mile, Regan is the lone PR, and Alyssa gets a SPR. The 2-mile pack goes a little crazy with 5 PR's: congrats to Julia, Haleigh, Solomon, Alex, and Carsten! Here's the stats from the Parish Championships:

Girls Varsity Race (65 runners)		Menard team 1 of 6			103.24		104.43
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
1	Claire Vaughn	6:30	7:16	6:09	19:55	t-shirt	+84
2	Katherine Vaughn	6:30	7:18	6:48	20:36	t-shirt	+26
3	Hannah Hays	6:30	7:20	6:57	20:47	t-shirt	+20
5	Noelle Dunn	6:30	7:19	7:08	20:57	t-shirt	+12
7	Regan Robichaux	6:30	7:22	7:17	21:09	PR	-8
8	Gabi Romero	6:30	7:27	7:28	21:25	BPR	+60
9	Faith Michela	6:30	7:37	7:20	21:27	t-shirt	+57
10	Alyssa Rabie	6:49	7:31	7:08	21:28	SPR	+60
11	Addison Hays	6:55	7:48	7:15	21:58	BPR	+17
12	Avery Long	6:30	7:21	8:08	21:59		+80
14	Grace Webb	6:55	7:50	7:37	22:22		+10
16	Victoria Vaughan	6:55	7:51	7:55	22:41		+36
26	Abigail Long	7:17	8:51	8:05	24:13		+43
27	Marba Voltz	7:26	8:48	8:00	24:14		+217

Boys Varsity Race (65 runners)		Menard team 1 of 6			90.37		93.26
Place		Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
4	Keat Milton	5:59	6:08	5:40	17:47	t-shirt	+28
5	Quint McVickens	5:59	6:09	5:40	17:48	t-shirt	+27
8	Jacob Seeling	5:59	6:1	6	18:09	t-shirt	+32
9	Cole Robichaux	5:59	6:14	6:04	18:17	t-shirt	+47
13	Brandon Scallan	6:04	6:29	6:03	18:36		+25
17	Jonathan Scallan	6:04	6:46	6:16	19:06		+28
19	Brandon Corvill	6:09	6:38	6:28	19:15	BPR	+35
23	Brandon Rogers	6:04	6:53	6:50	19:47		+16
25	Cole Arbour	6:34	7:03	6:25	20:02		+70
26	Jade Hopewell	6:34	7:03	6:31	20:08		+70
28	Seth Beston	6:34	7:03	6:43	20:20		+77
36	Ascher Luke	6:26	7:25	6:33	20:24		+54
45	Nick Dufrene	6:34	7:31	7:16	21:21		+108
47	Matt Guillory	6:46	7:39	7:22	21:47		+8

**Parish Championships (continues):**

JH Girls and Boys (59 girls - 53 boys)

Place		Mile 1	Mile 2	Finish	PR +/-	Last Yr
3	Julia Sampay	7:15	7:33	14:48	PR	t-shirt -11
7	Haleigh Franklin	7:53	7:48	15:41	PR	t-shirt -471
35	Emilee Juness	8:32	9:39	18:11		+102 18.11
36	Peyton Sampay	9:03	9:13	18:16		+112 18.05
37	Catherine Hirschak	9:03	9:13	18:16		+74
5	Solomon Duhon	6:32	6:52	13:24	PR	t-shirt -18
16	Jacob Clarno	7:21	7:18	14:39		+59
31	Spencer Stetly	7:59	7:59	15:58		+6
36	Alex Santolara	7:55	8:13	16:08	PR	-10
43	Jacob Deville	8:03	9:09	17:12		+23
44	Habton Bowman	8:28	8:50	17:18		+69

**JV Girls and Boys (777 Runners)**

Place		Mile 1	Mile 2	Finish	PR +/-	Last Yr
	Merrick Bowman	7:19	7:33	14:52	medall	+119
	Maddie Saucier	8:19	8:06	16:23		+45
	Kathryn Besselman	8:50	9:36	18:24		+18
	Trey Brown	7:04	7:06	14:10	medall	+42
	Michael Hawthorne	7:13	7:03	14:18	medall	+45
	Gabe Peterman	7:00	7:57	14:57		+38 15.35
	Michael Lamaux	8:19	7:58	16:17		+106 14.31
	Jacob Saucier	8:49	7:46	16:35		+78
	Carsten McCornville	8:32	8:22	16:54	PR	-9 19.45
	Luke Stehr	9:01	9:15	18:16		+37 18.08
	Matt Dufrene	9:03	9:36	18:39		+29

**Course Records at Buhlow:**

Noelle Dunn #2 11<sup>th</sup> grade Regan Robichaux #5 11<sup>th</sup> grade

**Grade Records Set at Parish Championships:**

Alyssa Rabie #12 10<sup>th</sup> grade Regan Robichaux #9 9<sup>th</sup> grade

**Weather Wins - Lakeside Cancelled!**

We don't let weather get in our way - most times. But it's too far away and all those severe thunderstorm warnings win out this time. Next year we will conquer the Anihill!

**Grade Records Set at Lakeside:**

Avery Long #6 10<sup>th</sup> grade Maddie Saucier #23 10<sup>th</sup> grade

**SPORTS DRINK VOLUNTEERS**

Want to help out?

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MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
District-Fort Buhlow	Wed, Nov 4			
Natchitoches Central	Sat, Nov 7			
State Champs-NSU-Natchitoches	Mon, Nov 16			

**MERC Update!**

Last day for MERC miles is end-of-race Natchitoches Central, November 7!

Mileage MERC's to date: Victoria, Claire, Faith, Gabi, Katherine, Seth, Nick, Keat, Brandon, Jonathan, Quint

Great Job!!!!!!!

Stay tuned, there's more to come!

**CONTACT COACH?????**

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**THE 2015 CURRENT CROSS COUNTRY SCHEDULE**

DAY	DATE	EVENT	LOCATION	FIRST RACE
MONDAY	*November 2	SPAGHETTI SUPPER	Brocato's (\$7.00)	6:00 PM
WEDNESDAY	*November 4	DISTRICT	Fort Buhlow Recreation Area	
SATURDAY	November 7	ST MARY'S	NSU	8:00 AM
MONDAY	*November 16	STATE CHAMPS	NSU Boys 1:45 Girls 3:15	
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	29 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM

Menard Camp of Champions #4 Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016  
SAVE THESE DATES - COME TO CAMP!

**MENARD CAMP OF CHAMPIONS #4**  
DATE CHANGE ||||||||||||||||  
Now Monday through Friday

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Don't miss out on the most exciting part of the season! BE THERE! Here's the details (which may get tweaked as we get closer to the end!):

**SPAGHETTI SUPPER (Monday, November 2)**  
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 we quickly out grew that location! We still want to get psyched up for district, but it's also a good time to discuss all the activities between now and the end of the season. We're meeting at Brocato's (LA 28 West just past Menard). This is a social gathering for the all runners and the entire family so please come join us. The meal is set and the cost is \$7.00 per person. Informal dress. Don't miss!

**PRE-DISTRICT SPAGHETTI SUPPER**  
Brocato's (LA 28 West just past Menard)  
MONDAY, NOVEMBER 2  
6:00 PM \$7.00 PER PERSON

**DISTRICT MEET (Wednesday, November 4)**  
We'll leave school on the bus after 7<sup>th</sup> Period. The bus will not be available for the return trip. Last opportunity to find that 2-mile PR! Menard CC hosts this meet. It's small, but we need to cover all the to-do's.

Check out the attached volunteer sheet. Can't be there, let Coach know. There are more than enough listed for most jobs in anticipation of some not being able to be there. Again - let Coach know if you can't be there.

**Lineup attached.** Any 2-milers who would rather run 3 let me know before Monday.

JV Boys & Girls	3:30 PM	2 miles
Girls Varsity	4:00 PM	3 miles
Boys Varsity	4:45 PM	3 miles
Awards	5:15 PM	

**ST MARY'S INVITATIONAL (Saturday, November 7)**  
This meet is on the state meet course and will be the final tune-up for the state meet, and the last race of the season for all but the state meet runners. This race ends the allowable MERC miles.

5:30 AM	Meet at Menard
5:40 AM	Leave for NSU
8:00 AM	Girls Varsity Race
8:45 AM	Boys Varsity Race
9:15 AM	Awards

**"FRIDAY" NIGHT PRAYER MEETING is SATURDAY, November 7! (Football conflicts)**

**NSU PRACTICE (State Meet Runners Only) Wednesday, November 11 (Veterans Day - no school)**  
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. Runners only - no parents this time.

**STATE TEAM MEETINGS (November 1<sup>st</sup> and 1<sup>st</sup>)**  
State runners will be announced after the Natchitoches meet. Only the state meet runners (runners only, no parents) meet at Coach's house for dinner and race details just before the state meet.

Guys	Saturday, November 14	5:00 PM
Girls	Sunday, November 15	4:00 PM

**STATE MEET (Monday, November 16)**  
Only a maximum of seven designated boys and girls are allowed to run in this meet. Our tradition is for the entire team and as many parents who can make it come and support our state runners. All runners are excused from school this day. Here's our schedule (for all runners and all parents!):

**7:50 AM** Meet at St Rita's for Mass. ALL runners to be in leans and team t-shirts.

Hang out at Coach's house after Mass (sausage and biscuits and drinks available (or bring your own stuff))

11:00 AM	Leave for NSU
12:15 PM	Arrive at NSU
12:45 PM	Boys team walk/jog course - begin warm-up routine
12:45 PM	Scratch Meeting (Coach only)
1:45 PM	2A Boys Race
2:15 PM	Girls team walk/jog course - begin warm-up routine
3:15 PM	2A Girls Race

We have reservations for all of us at Nicky's at 4:15 PM to celebrate whatever happens at the state meet!

We will caravan to the state meet - no bus. Noo-runners must find rides if parents are not making the trip.

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

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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. If you're interested in helping out with banquet stuff, contact Coach.

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 required. No jeans, shorts, t-shirts, running shoes.

**Thursday, November 19, 6:00 PM, Menard cafeteria**

**Holy Savior Menard Cross Country 2015!** November 7, 2015 #17

**Double Win at District Championships!**

**FROM THE COACH**  
The girls take the top 6 spots and 10 of 12 to easily win their 27<sup>th</sup> title in a row! The guys also dominate, placing 6 in the top 8, to win their 17<sup>th</sup> title in a row! Not to be outdone, the JV girls place 5 in the top 6, and the JV guys place 7 in the top 10! It's still a muddy Buhlow, so PR's are not easy to come by. So extra congrats to our three PR guys Addison, Halston, and Jacob Deville! Also congrats to Gabi who gets a SPRU! Here's the stats from the District Championships:

Girls Varsity Race (50 runners)				Menard team 1 of 6			104.20	99.53
Place	Name	Team	Finish	Mile 1	Mile 2	Mile 3	PR +/-	Last Yr
1	Clairo	Vaughn	6:51 7:25 5:51 20:07				(+medall) +96	18.54
2	Katherine	Vaughn	6:51 7:25 6:36 20:58				(+medall) +42	20.34
3	Gabi	Romero	6:51 7:25 6:42 20:58	SPRI			(+medall) +33	22.00
4	Hannah	Hays	6:51 7:25 6:54 21:10				t-shirt +43	
5	Faith	Michiels	6:51 7:25 6:57 21:13				t-shirt +43	
6	Noelle	Dunn	6:51 7:25 6:57 21:13				t-shirt +28	21.50
9	Avery	Long	6:51 7:36 7:34 22:01				t-shirt +82	21.20
10	Addison	Hays	7:11 7:39 7:21 22:11				t-shirt +30	
11	Regan	Robichaux	6:51 7:51 8:02 22:44				+95	21.30
12	Grace	Webb	7:11 7:50 7:57 22:58				+46	
13	Alyssa	Rabbe	7:11 7:58 8:04 23:13				+165	20.28
18	Victoria	Vaughn	7:18 8:16 8:03 23:37				+92	25.22
18	Julia	Sampey	7:37 8:16 8:03 23:56				FRI	
19	Abigail	Long	7:51 8:36 8:36 24:47				+77	24.09
21	Maddie	Saucier	8:01 8:59 8:23 25:23				+32	
24	Martha	Voltz	7:47 9:33 8:39 26:01				+264	23.02
25	Alice	Zhang	8:00 9:22 8:50 26:12				+110	

Boys Varsity Race (47 runners)				Menard team 1 of 6			91.24	94.26
Place	Name	Team	Finish	Mile 1	Mile 2	Mile 3	PR +/-	Last Yr
2	Cole	Robichaux	5:59 6:08 5:54 18:01				(+medall) +31	18.11
3	Keat	Milton	5:59 6:08 6:05 18:13				(+medall) +54	18.47
4	Jacob	Sesling	5:59 6:08 6:13 18:20				t-shirt +43	
5	Quint	McMickens	5:59 6:13 6:12 18:24				t-shirt +63	19.27
8	Brandon	Scalisi	5:59 6:20 6:07 18:26				t-shirt +15	
8	Brandon	Corell	6:14 6:42 6:21 19:17				t-shirt +37	
13	Jonathan	Scalfano	6:10 7:08 6:50 20:08				+90	20.34
14	Taylor	Rogers	6:21 7:02 6:49 20:12				+41	19.31
17	Cole	Arbour	6:59 7:28 6:19 20:46				+114	
18	Ascher	Luke	6:36 7:25 6:47 20:48				+78	20.25
19	Jude	Hopewell	6:43 7:16 6:38 20:57				+119	21.18
25	Seh	Benson	6:59 7:33 7:03 21:35				+68	20.11
27	Nick	Dufrene	6:47 7:47 7:09 21:43				+130	19.41
30	Matt	Guilbory	7:11 7:56 7:06 22:13				+34	23.13
31	Trey	Brown	7:11 7:56 7:24 22:31				+80	23.07
36	Gabe	Peterman	7:14 8:32 7:54 23:40				+78	26.54

**District Championships (continued):**  
JV Girls (13 Runners) and Boys (18 Runners)

Place	Name	Team	Mile 1	Mile 2	Finish	PR +/-	Last Yr
1	Merrick	Bowman	7.28	7.43	15.09	t-shirt +136	20.28
2	Catherine	Hirschak	8.30	8.46	17.18	t-shirt +14	
3	Haleigh	Fracklin	8.30	8.49	17.19	t-shirt +98	
4	Kathryn	Besselmann	9.06	9.02	18.08	t-shirt +2	
6	Emilie	Jenett	9.36	9.32	19.06	+159	17.48
1	Solomon	Dubon	7.05	7.12	14.17	t-shirt +53	
2	Michael	Hawthorne	7.07	7.17	14.24	t-shirt +51	
3	Addison	Hebert	7.14	7.12	14.26	PR t-shirt -12	
6	William	Vaughn	7.28	7.38	15.05	+70	
7	Halston	Bowman	7.49	7.59	15.48	PR t-shirt -21	
9	Spencer	Stelly	7.59	8.02	16.01	+9	
10	Jacob	Deville	7.38	7.40	18.18	PR t-shirt -29	
12	Alex	Santolaria	8.11	8.28	18.37	+29	
13	Michael	Lansark	8.04	8.43	18.47	+136	23.21
14	Cursten	McConville	8.09	8.05	17.14	+20	20.08
18	Matt	DeFren	9.32	10.01	19.33	+83	

**Course Records at Buhton:**

Claire Vaughn	#1 8 <sup>th</sup> grade	Katharine Vaughn	#3 8 <sup>th</sup> grade
Gabi Romero	#4 8 <sup>th</sup> grade	Noelle Dunn	#2 11 <sup>th</sup> grade

**Grade Records Set at District Championships:**

Gabi Romero	#10 8 <sup>th</sup> grade
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**THE 2015 CURRENT CROSS COUNTRY SCHEDULE**

DAY	DATE	EVENT	LOCATION	FIRST RACE
MONDAY	*November 16	STATE CHAMPS	NSU Boys 1:45 Girls 3:15	
MONDAY	*November 16	Post State Race Meal	Nicky's	
THURSDAY	*November 19	29 <sup>th</sup> Annual CC Banquet	Menard Cafeteria	6:00 PM
Menard Camp of Champions #4 Chicot State Park Monday, July 25, 2016 through Friday, July 29, 2016				

SAVE THESE DATES - COME TO CAMP!

**MENARD CAMP OF CHAMPIONS #4** DATE CHANGE !!!!!!!!!!!!!!!!!!!!!!!  
Now Monday through Friday

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**OLPS GIVING TREE CHRISTMAS OUTREACH**

For the last four years we have adopted two families, bought and wrapped presents for all - and had a great time doing it. We are doing the same this year as we decided at the Spaghetti Supper earlier. If each family can come up with \$20 (or more - Coach and Becky are in for \$50), we will be able to do something special for the kids and the moms. We have been given two families, each a single mom with five kids. Get any donations you desire to make to Coach sometime soon. Some have already done so!

**UNIFORMS!!!!**

If your racing season is over, get those Menard CC singlet, shorts, and warmups (not any other stuff) WASHED, IN-A-BAG-WITH-YOUR-NAME-ON-IT to Coach Smith's classroom THIS WEEK!

**CONTACT COACH?????**

Contact Coach Smith ANYTIME you need to!

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

**SPORTS DRINK VOLUNTEERS**

Want to help out?  
Call Ashley Long 523-2293

MEET	DATE	FAMILY #1	FAMILY #2	FAMILY #3
State Champs-NSU-Natchitoches	Mon, Nov 16			

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We have reservations for all of us at Nicky's at 4:15 PM to celebrate whatever happens at the state meet!

We will caravan to the state meet - no bus. Non-runners must find rides if parents are not making the trip.

**Girls Runner-up, Guys 6<sup>th</sup> At STATE!**

**FROM THE COACH**  
The mighty 2A Division is truly mighty. The girls run their fastest team time of the year, but can't catch STA. The guys run a full 7+ minutes faster than last year at state to get 6<sup>th</sup>. The course is so R and muddy, but we still get some good times. Congrats to Claire for all-states #2 and Noelle for a great PR. And congrats to Cole for a great 6 year trip and a great finish just 8 off his PR. Here's the state from the State Championships:

		Menard team 2 of 20				101.25		103.13	
Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr		
3	Claire Vaughn	6.17	6.23	6.28	19.08	+37	19.48		
11	Noelle Dunn	6.40	6.58	6.53	20.31	-141			
13	Katharine Vaughn	6.34	7.01	7.09	20.44	+34	22.31		
22	Avery Long	6.41	6.57	7.19	20.57	+18			
24	Hannah Hays	6.41	7.14	7.10	21.05	+38			
38	Faith Michiels	6.41	7.23	7.34	21.38	+68			
42	Gabi Romero	6.41	7.25	8.01	22.07	+102	21.50		

  

		Menard team 6 of 27				91.16		98.53	
Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr		
21	Cole	5.38	5.58	6.02	17.38	+8	18.47		
25	Kent	5.38	5.58	6.13	17.49	+30	19.07		
36	Bradon Scalf	5.51	6.13	6.14	18.18	+7			
37	Jacob Seeling	5.40	6.12	6.27	18.19	+42			
59	Quint McMickens	5.45	6.32	6.55	19.12	+111	19.51		
60	Jonathan Scalfino	6.07	6.40	6.26	19.13	+35			
75	Taylor Rogers	6.08	6.46	7.02	19.56	+25	20.33		

Boys (27 Teams)				Team Standings				Team Standings				
1	Episcopal, BR (2A)	22	7 Lakeside (2A)	249	1	St Thomas Aq (2A)	52	7 Runnels (2A)	1	St Thomas Aq (2A)	52	7 Runnels (2A)
2	Newman (2A)	107	8 Met Park CD (2A)	255	2	MENARD (2A)	69	8 Lakeside (2A)	2	MENARD (2A)	69	8 Lakeside (2A)
3	St Thomas Aq (2A)	115	9 Dequincy (2A)	331	3	Episcopal, BR (2A)	80	9 AB Hanam (2/	3	Episcopal, BR (2A)	80	9 AB Hanam (2/
4	Runnels (2A)	127	10 Haynes (2A)	345	4	McGehee (2A)	108	10 Catholic, NI (1.	4	McGehee (2A)	108	10 Catholic, NI (1.
5	Decambre (2A)	139	11 Catholic, NI (3A)	346	5	Newman (2A)	144	11 Roseport (2A)	5	Newman (2A)	144	11 Roseport (2A)
6	MENARD (2A)	173	12 Christian Life (2A)	367	6	Met Park CD (2A)	150	12 Pickering (2A)	6	Met Park CD (2A)	150	12 Pickering (2A)



State Championships (continued):

<b>Course Records at NSU:</b>			
Noelle Dunn	#9 All-time; #4 11 <sup>th</sup> grade	Katharine Vaughn	#5 8 <sup>th</sup> grade
Hannah Hays	#3 9 <sup>th</sup> grade		
<b>Meet Records at State Championships:</b>			
Claire Vaughn	#2 All-time; #1 8 <sup>th</sup> grade	Noelle Dunn	#7 All-time; #4 11 <sup>th</sup> grade
Katharine Vaughn	#9 All-time; #5 8 <sup>th</sup> grade	Hannah Hays	#3 9 <sup>th</sup> grade
Avery Long	#5 10 <sup>th</sup> grade		
<b>Grade Records Set at State Championships:</b>			
Noelle Dunn	#17 All grades; #6 11 <sup>th</sup> grade		

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## **A Runner's Psalm 23**

**The Lord is my running partner – I shall go with Him.**

**He runs the course of life with me, whether I like it or not.**

**During the times I think I can run alone, He keeps up with my every step.**

**He never lets me out of His sight.**

**His quest is always one which benefits me – to help me get over the obstacle that hinders me from holiness.**

**Even though I will encounter all the hills and mountains which are life's problems, He will encourage me to keep up with His pace, no matter how hard it may be or how tired I may feel.**

**Though I have just begun and the road ahead is unrelenting, with Him at my side I shall fear no obstacle.**

**And in this marathon of life, I will surely find salvation if I keep the pace of my Companion.**