

ANNOUNCEMENT
ANNOUNCEMENT
MONDAY, AUGUST 11

CROSS COUNTRY STARTS THIS WEEK! THIS IS A SPORT FOR ALL STUDENTS IN ALL GRADES. IF YOU THINK YOU MIGHT BE INTERESTED, COME TO THE SIGNUP MEETING TODAY RIGHT AFTER SCHOOL TODAY. COACH SMITH'S CLASSROOM RIGHT AFTER SCHOOL. NO EXPERIENCE REQUIRED!

ANNOUNCEMENT (TUESDAY, AUGUST 12 THROUGH FRIDAY, AUGUST 15)

CROSS COUNTRY PRACTICE STARTS THIS WEEK! IF YOU THINK YOU MIGHT BE INTERESTED, SEE COACH SMITH IN ROOM 501 DURING THE DAY OR BEHIND THE SCHOOL AFTER 3 O' CLOCK. NO EXPERIENCE REQUIRED!

Thursday, September 18, 2014

CONGRATULATIONS TO ALL RUNNERS FOR THEIR GREAT SHOWING AT THE EPISCOPAL INVITATIONAL IN BATON ROUGE LAST SATURDAY

THE VARSITY GIRLS TOOK 2ND OF 20 SCHOOLS AND THE VARSITY BOYS TOOK 1ST OF 29 SCHOOLS

THE TOP FINISHERS FOR THE VARSITY GIRLS WERE:

GRACE AHRENS
KATHARINE VAUGHN
MALLORY ROBICHAUX
KATHARINE VAUGHN
KELLY ROBICHAUX
MERRIK BOWMAN
AVERY LONG
AND REGAN ROBICHAUX

THE TOP FINISHERS FOR THE VARSITY BOYS WERE:

COLE ROBICHAUX
KENT MILTON
QUINT MCMICKENS
NICK DUFRENE
TAYLOR ROGERS
ASCHER LUKE
AND AUSTIN ROGERS

Monday, September 22, 2014

ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE ST THOMAS MORE CROSS COUNTRY MEET IN LAFAYETTE. THE GIRLS PLACED A CLOSE SECOND TO ST THOMAS MORE. THE GUYS PLACED THIRD.

SCORING FOR THE BOYS WERE:
COLE ROBICHAUX
BRADLEY SCHNEIDER
KENT MILTON
QUINT MCMICKENS
TAYLOR ROGERS
NICK DUFRENE
AND WILL CARBO

SCORING FOR THE GIRLS WERE:
GRACE AHRENS
MALLORY ROBICHAUX
KELLY ROBICHAUX
KATHARINE VAUGHN
AVERY LONG
REGAN ROBICHAUX
AND FAITH MICHIELS

Thursday, September 25, 2014

ANNOUNCEMENT

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

THE GIRLS DOMINATED, PLACING 5 RUNNERS IN THE TOP TEN, WINNING OVER 11 TEAMS BY 60 POINTS. THE BOYS TEAM PLACED 4TH OF 15 TEAMS.

ALSO CONGRATULATIONS TO MALLORY ROBICHAUX WHO WAS THE OVERALL GIRLS WINNER.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
KATHARINE VAUGHN
AVERY LONG
REGAN ROBICHAUX
ALYSSA RABIE
NOELLE DUNN
AND FAITH MICHIELS

SCORING FOR THE BOYS WERE:
COLE ROBICHAUX
BRADLEY SCHNEIDER
KENT MILTON
QUINT MCMICKENS
TAYLOR ROGERS
ASCHER LUKE
AND AUSTIN ROGERS

Tuesday, September 29, 2014

ANNOUNCEMENT

CROSS COUNTRY TRAVELLED TO THE BATTLEFIELD CROSS COUNTRY FESTIVAL NEAR ST FRANCISVILLE SATURDAY TO COMPETE WITH NEARLY 50 SCHOOLS. THE GIRLS WIN FOR THE SECOND TIME THIS SEASON. BEATING 5A #1 ST JOE'S OF BATON ROUGE BY 10 POINTS. THE GUYS' TEAM TOOK 13TH OF 24 MOSTLY 5A SCHOOLS.

SCORING IN THE GIRLS VARSITY RACE WERE:

MALLORY ROBICHAUX
GRACE AHRENS
CLAIRE VAUGHN
KATHARINE VAUGHN
MERRIK BOWMAN
REGAN ROBICHAUX
ALYSSA RABIE
NORIE DUNN

AND FAITH MICHIELS

SCORING IN THE BOYS VARSITY RACE WERE:

COLE ROBICHAUX
BRADLEY SCHNEIDER
KENT MILTON
ASCHER LUKE
QUINT McMICKENS
NICK DUFRENE
JUDE HOPEWELL
WILL CARBO

AND TAYLOR ROGERS

MONDAY, October 7, 2013

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE PINEVILLE CROSS COUNTRY MEET THIS PAST SATURDAY. THE GIRLS WON AND THE GUYS WERE SECOND.

SCORING FOR THE GIRLS WERE:

FAITH MICHIELS
ALYSSA RABIE
NOELLE DUNN
JACKIE MATHEWS
GABI ROMERO
ANNE STANDLEY
AND MARTHA VOLTZ

SCORING FOR THE BOYS WERE:

KENT MILTON
QUINT McMICKENS
ASCHER LUKE
NICK DUFRENE
JUDE HOPEWELL
SETH BENTON
AND JON SCALFANO

WE ALSO SENT 5 GIRLS TO THE BIG ST JOE INVITATIONAL IN BATON ROUGE. WE PLACED 7TH OF 48 SCHOOLS THERE.

RACING IN BATON ROUGE WERE:

CLAIRE VAUGHN
MALLORY ROBICHAUX
KATHARINE VAUGHN
AVERY LONG
REGAN ROBICHAUX

Monday, October 14, 2014

ANNOUNCEMENT

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

THE GIRLS PLACED A CLOSE THIRD OF 36 TEAMS, BEHIND ONLY THE TOP TWO 5A TEAMS IN THE STATE. THE BOYS PLACED 4TH IN THE 2A DIVISION OF THEIR RACE. BOTH RACES WERE DOMINATED BY 5A SCHOOLS. THERE WERE OVER 300 RUNNERS IN EACH VARSITY RACE.

RUNNING IN THE VARSITY GIRLS RACE WERE:

GRACE AHRENS
CLAIRE VAUGHN
MALLORY ROBICHAUX
MERRIK BOWMAN
KATHARINE VAUGHN
KELLEY ROBICHAUX

AND AVERY LONG

RUNNING IN THE VARSITY BOYS RACE WERE:

KENT MILTON
BRADLEY SCHNEIDER
NICK DUFRENE
QUINT McMICKENS

AND TAYLOR ROGERS

Monday, October 20, 2014

ANNOUNCEMENT

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

THE GIRLS AGAIN DOMINATED, WINNING BY 60 AND PLACING 8 IN THE TOP TEN. THE BOYS PLACED 5TH.

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX
CLAIRE VAUGHN
GRACE AHRENS
MERRIK BOWMAN
ALYSSA RABIE
GABI ROMERO
AND KATHARINE VAUGHN

SCORING FOR THE BOYS WERE:

COLE ROBICHAUX
KENT MILTON
BRADLEY SCHNEIDER
QUINT McMICKENS
TAYLOR ROGERS
VICTOR ODOM
AND NICK DUFRENE

Friday, October 24, 2014

ANNOUNCEMENT

THE CROSS COUNTRY BOYS AND GIRLS COMPETED AT THE JOHN MILLER INVITATIONAL AT BUHLOW YESTERDAY. THE GIRLS PLACED 1ST OF 16 SCHOOLS AND THE GUYS WERE 8TH OF 17 SCHOOLS.

SCORING FOR GIRLS IN THE 150 RUNNER RACE WERE:

CLAIRE VAUGHN - 2ND
GRACE AHRENS - 3RD
MALLORY ROBICHAUX - 4TH
MERRIK BOWMAN - 9TH
AVERY LONG - 14TH
AND KATHARINE VAUGHN - 15TH

SCORING FOR THE BOYS WERE:

COLE ROBICHAUX
BRADLEY SCHNEIDER
KENT MILTON
QUINT McMICKENS
TAYLOR ROGERS
NICK DUFRENE
AND ASCHER LUKE

PLACING IN THE TOP TEN IN THE 200 RUNNER JUNIOR VARSITY RACE WERE:

ALYSSA RABIE - 1ST
REGAN ROBICHAUX - 2ND
GABI ROMERO - 4TH
NOELLE DUNN - 7TH
AND FAITH MICHIELS - 8TH

Monday, October 27, 2014

ANNOUNCEMENT

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

THE GIRLS WERE 4TH OF 15 TEAMS AND THE BOYS WERE 12TH OF 20 TEAMS.

SCORING FOR GIRLS WERE:

CLAIRE VAUGHN
GABI ROMERO
KATHARINE VAUGHN
FAITH MICHIELS
ABBY LONG
VICTORIA VAUGHAN
AND PEYTON SAMPEY

SCORING FOR THE BOYS WERE:

KENT MILTON
NICK DUFRENE
SETH BENTON
VICTOR ODOM
ASCHER LUKE
WILL CARBO
BRANDON COREIL

Wednesday, October 29, 2014

ANNOUNCEMENT

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

THE GIRLS DOMINATED, WINNING FOR THE SEVENTH YEAR IN A ROW PLACING 5 IN THE TOP 7 FINISHERS. MALLORY ROBICHAUX WAS THE OVERALL WINNER.

SCORING FOR THE GIRLS WERE:
MALLORY ROBICHAUX
MERRIK BOWMAN
KATHARINE VAUGHN
GABI ROMERO
ALYSSA RABIE
AND FAITH MICHIELS

THE BOYS FINISHED IN FOURTH PLACE OUT OF 8 SCHOOLS. SCORING FOR THE BOYS WERE:

COLE ROBICHAUX
KENT MILTON
BRADLEY SCHNEIDER
QUINT McMICKENS
TAYLOR ROGERS
NICK DUFRENE
AND ASCHER LUKE

THE GIRLS JV TEAM ALSO WON, PLACING 8 RUNNERS IN THE TOP TEN. THE TOP TEN JV GIRLS WERE:

REGAN ROBICHAUX
NOELLE DUNN
JACKIE MATHEWS
ANNE STANDLEY
MARTHA VOLTZ
LYNETTE JIMENEZ
ABBY LONG
AND VICTORIA VAUGHAN

Monday, November 3, 2014

MORNING ANNOUNCEMENT

CONGRATULATIONS TO THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE ST THOMAS MORE CROSS COUNTRY MEET IN LAFAYETTE. THE GIRLS PLACED SECOND TO ST THOMAS MORE. THE GUYS PLACED FOURTH.

SCORING FOR THE BOYS WERE:

COLE ROBICHAUX
KENT MILTON
BRADLEY SCHNEIDER
QUINT McMICKENS
TAYLOR ROGERS
NICK DUFRENE
AND ASCHER LUKE

SCORING FOR THE GIRLS WERE:

MALLORY ROBICHAUX
MERRIK BOWMAN
GABI ROMERO
AVERY LONG
KATHARINE VAUGHN
NOELLE DUNN
AND REGAN ROBICHAUX

AT AFTERNOON ANNOUNCEMENTS

ALL CROSS COUNTRY MEMBERS REPORT TO THE MALL AREA AT 2:45 THISAFTERNOON FOR YEARBOOK PICTURES.

WEDNESDAY, November 5, 2014

ANNOUNCEMENT

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

THE GUYS WON THE TEAM CHAMPIONSHIP OVER 6 OTHER SCHOOLS, PLACING SIX RUNNERS IN THE TOP TEN. LEADING THE WAY WAS COLE ROBICHAUX WHO TOOK THIRD PLACE OVERALL.

THE GIRLS ALSO WON THE TEAM CHAMPIONSHIP WITH CLAIRE VAUGHN CLAIMING THE OVERALL INDIVIDUAL TITLE. THE GIRLS PLACED NINE RUNNERS IN THE TOP TEN, INCLUDING THE TOP EIGHT PLACES.

PLACING IN THE TOP TEN FOR THE GIRLS WERE:

CLAIRE VAUGHN
MALLORY ROBICHAUX
GRACE AHRENS
ALYSSA RABIE
MERRIK BOWMAN
KATHARINE VAUGHN
AVERY LONG
REGAN ROBICHAUX
AND NOELLE DUNN

SCORING FOR THE BOYS WERE:

COLE ROBICHAUX
BRADLEY SCHNEIDER
KENT MILTON
QUINT McMICKENS
TAYLOR ROGERS
NICK DUFRENE
AND SETH BENTON

Monday, November 10, 2014

ANNOUNCEMENT

CONGRATULATIONS TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCES AT THE NATCHITOCHE CENTRAL MEET AT NSU.

THE GIRLS WERE PLACED 8 IN THE TOP TEN TO WIN EASILY. THE GUYS ALSO WON, PLACING 4 IN THE TOP TEN.

SCORING FOR GIRLS WERE:

CLAIRE VAUGHN
GRACE AHRENS
MERRIK BOWMAN
GABI ROMERO
MALLORY ROBICHAUX
KATHARINE VAUGHN
AND ABBY LONG

SCORING FOR THE BOYS WERE:

COLE ROBICHAUX
KENT MILTON
BRADLEY SCHNEIDER
QUINT McMICKENS
NICK DUFRENE
VICTOR ODOM
AND TAYLOR ROGERS

ALL CROSS COUNTRY RUNNERS MEET BEHIND THE SCHOOL AT 3:15 TODAY AND BRING YOUR LOG BOOKS

AFTERNOON ANNOUNCEMENT MONDAY, NOVEMBER 10, 2014

ALL CROSS COUNTRY RUNNERS MEET BEHIND THE SCHOOL AT 3:15 TODAY AND BRING YOUR LOG BOOKS

TUESDAY, November 18, 2014

ANNOUNCEMENT

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

IN THE SUPER TOUGH 2A CLASSIFICATION, THE GIRLS WON THEIR 9TH STATE CHAMPIONSHIP AND THIRD IN FOUR YEARS, WINNING BY 3 POINTS OVER EPISCOPAL OF BATON ROUGE. THE GUYS TOOK 8TH OUT OF 21 TEAMS. ALSO CONGRATULATIONS TO CLAIRE VAUGHN, GRACE AHRENS, AND MALLORY ROBICHAUX FOR EARNING ALL-STATE RANKINGS. MALLORY, IN HER LAST CROSS COUNTRY RACE HAS NOW EARNED HER SIXTH STRAIGHT ALL-STATE TITLE.

RUNNING FOR THE GIRLS WERE:

CLAIRE VAUGHN
GRACE AHRENS
MALLORY ROBICHAUX
MERRIK BOWMAN
GABI ROMERO
KATHARINE VAUGHN
AND ALYSSA RABIE

RUNNING FOR THE BOYS WERE:

COLE ROBICHAUX
KENT MILTON
QUINT McMICKENS
TAYLOR ROGERS
NICK DUFRENE
BRADLEY SCHNEIDER
AND ASCHER LUKE

Newspaper Clippings

2014

Cross Country Season

Boys Composite Cross Country Poll 9/8/14

1. John Curtis (9) 99
2. CHSBR 89
3. St. Paul's (1) 81
4. Jesuit 50
5. Bro. Martin 48
6. EHSBR 46
7. ACHS 29
8. Shaw 20
9. Benton 18
10. Assumption 16

Girls Composite Cross Country Poll 9/8/14

1. St. Joseph's Academy (7) 97
2. Dominican 74
3. Mandeville (3) 71
4. Menard 63
5. St. Thomas Aquinas 61
6. Mt. Carmel Academy 43
7. Ascension Catholic H.S. 33
8. Academy of Sacred Heart 29
9. St. Thomas More 20
10. Parkway 17

Girls Cross Country Split Poll (5a, 4A, 3A)

- | | | |
|----------------------------|-----|----|
| 1. St. Joseph's Academy | (6) | 96 |
| 2. Mandeville | (4) | 94 |
| 3. Dominican | | 73 |
| 4. Mt. Carmel Academy | | 60 |
| 5. Parkway | | 39 |
| 6. Academy of Sacred Heart | | 24 |
| 7. Fountainebleau | | 20 |
| 8. Lusher | | 18 |
| 9. Vanderbilt Catholic | | 16 |
| 10. Louise McGehee | | 15 |

Also Receiving Votes:: St. Michael, St. Thomas More, Ruston, John Curtis, St. Scholastica, St. Katherine Drexel, Walker, Ponchatoula, Ursuline Academy, Barbe.

Girls Cross Country (2A, A, B, C)

1. Menard (7) 96
2. St. Thomas Aquinas (3) 87
3. Ascension Catholic 76
4. Episcopal 74
5. Newman 61
6. Catholic of Pointe Coupee 45
7. Country Day 41
8. Cedar Creek 22
9. Choudrant 18
10. Anacoco 10

Also Receiving Votes: Episcopal of Acadiana, Christian Life, First Baptist (Slidell), Pitkin, Grace Christian

9/15/14

ADVOCATE

**CC Split Polls
9/23/14**

AAA and Up	
1. John Curtis (6)	92
2. Jesuit(3)	90
3. Catholic	79
4. St. Paul (1)	71
5. Bro. Martin	66
6. Parkway	27
7. Assumption	26
8. Fontainbleau	19
9. Mandeville	13
10. Benton	12

Boys

**Others: Shaw, Rummel, Pineville, West Monroe, St. Thomas More, Ruston
Zachary, St. Michael, Barbe, HolyCross, Lafayette**

AA and Down	
1. Episcopal BR (8)	98
2. ACHS (2)	91
3. STA	68
4. Newman	63
5. Runnels	62
6. Menard	44
7. St. Martins	35
8. Choudrant	26
9. ESA	20
10. Cedar Creek	18

Boys

Others: Anacoco, Haynes, Patrick Taylor, Country Day, Christian Life, Grace Christian

TOWN TALK

Menard, Pineville top teams at Cenla Champs

Cenla Champs
meet expands
beyond Cenla

By Bob Tompkins
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Look for the girls team from Holy Savior Menard and the boys team from Pineville to win the 21st annual Cenla Champs cross-country race Wednesday afternoon at the Fort Buhlow Recreation Area.



Wally Smith

And look for a different name for the event next year. Veteran Menard coach Wally Smith, who has hosted the event since 1994, said this event initially took the place of the old Parish Championships event (since revived in 2008) and has been open to all schools in Central Louisiana rather than just Rapides Parish. Until this year. When the door was widened.

7/24/14

"I caved," cracked Smith, saying he lifted that geographic restriction this year to allow a few teams not from Central Louisiana to enter the meet. "I want the meet to be as big as possible, so next year I am going to change the name of the event so (it can be a more inclusive event)."

By Tuesday afternoon, 42 teams (21 boys and 21 girls) from Central Louisiana had, finally, entered the meet, but Smith said he was making room for at least two more teams outside Central Louisiana that wanted to run in the event — Port Barre and Beau Chene.

Menard's girls look to be the best girls team in the group, coming off their third straight second-place finish last weekend, having finished as runner-up to Class 5A St. Joseph of Baton Rouge twice and to Class 4A St. Thomas More last week. Five Menard runners finished in the top 15 last week, led by runner-up Grace Ahrens with a 3-mile time of 20 minutes, 8 seconds. Mallory Robichaux was third at (20:19).

The other three Menard run-

See CENLA, Page B2

Cenla

Continued from Page B1

ners in the top 15 were Kelley Robichaux, Katharine Vaughn and Avery Long.

"We would've won easily last week, but we had two runners out," said Smith, who also hosts the Menard Invitational, one of the state's bigger events, each October.

"I suspect Pineville's guys are easily the best boys team in the area,"

said Smith. Senior Zack Rice of Pineville ran a 16:46 at a meet at Episcopal of Baton Rouge two weeks ago, and sophomore teammate Cameron Farris was third in a 5K race at Ruston last week with a time of 17:51.

Alexandria Senior High, Bolton, Buckeye, Glenmora, Grace Christian, Northwood and Tioga join Menard and Pineville among many other area teams in the meet.

Connect with Bob on Twitter
@Btom_TownTalk

Latest LTFCA Coaches Polls

- Girls Cross Country Split Poll (5A, 4A, 3A)**
1. St. Joseph's Academy
 2. Mandeville
 3. Dominican
 4. Mt. Carmel Academy
 5. Parkway
 6. Academy of Sacred Heart
 7. Fontainebleau
 8. Lusher
 9. Vanderbilt Catholic
 10. Louise McGehee

- Girls Cross Country (2A, A, B, C)**
1. Menard
 2. St. Thomas Aquinas
 3. Ascension Catholic
 4. Episcopal
 5. Newman
 6. Catholic of Pointe Coupee
 7. Country Day
 8. Cedar Creek
 9. Choudrant
 10. Anacoco

9/29/14

- Boys Cross Country Split Poll (5A, 4A, 3A)**
1. John Curtis
 2. Jesuit
 3. Catholic
 4. St. Paul
 5. Bro. Martin
 6. Parkway
 7. Assumption
 8. Fontainebleau
 9. Mandeville
 10. Benton

- Boys Cross Country (2A, A, B, C)**
1. Episcopal BR
 2. ACHS
 3. STA
 4. Newman
 5. Runnels
 6. Menard
 7. St. Martins
 8. Choudrant
 9. ESA
 10. Cedar Creek

LTFCA Composite Girls Cross Country Poll (10/6)

- | | |
|-----------------------------|----|
| 1. Mandeville (7) | 97 |
| 2. St. Joseph's Academy (3) | 93 |
| 3. Mt. Carmel Academy | 74 |
| 4. Menard | 59 |
| 5. Dominican | 58 |
| 6. St. Thomas Aquinas | 49 |
| 7. Parkway | 40 |
| 8. Louise McGehee | 20 |
| 9. Academy of Sacred Heart | 18 |
| 10. St. Thomas More | 12 |

Also Receiving Votes: Ascension Catholic, Episcopal, Barbe, Lusher

ADVOCATE STAFF REPORT... Oct. 03,
2014

BATTLEFIELD 0 Comments

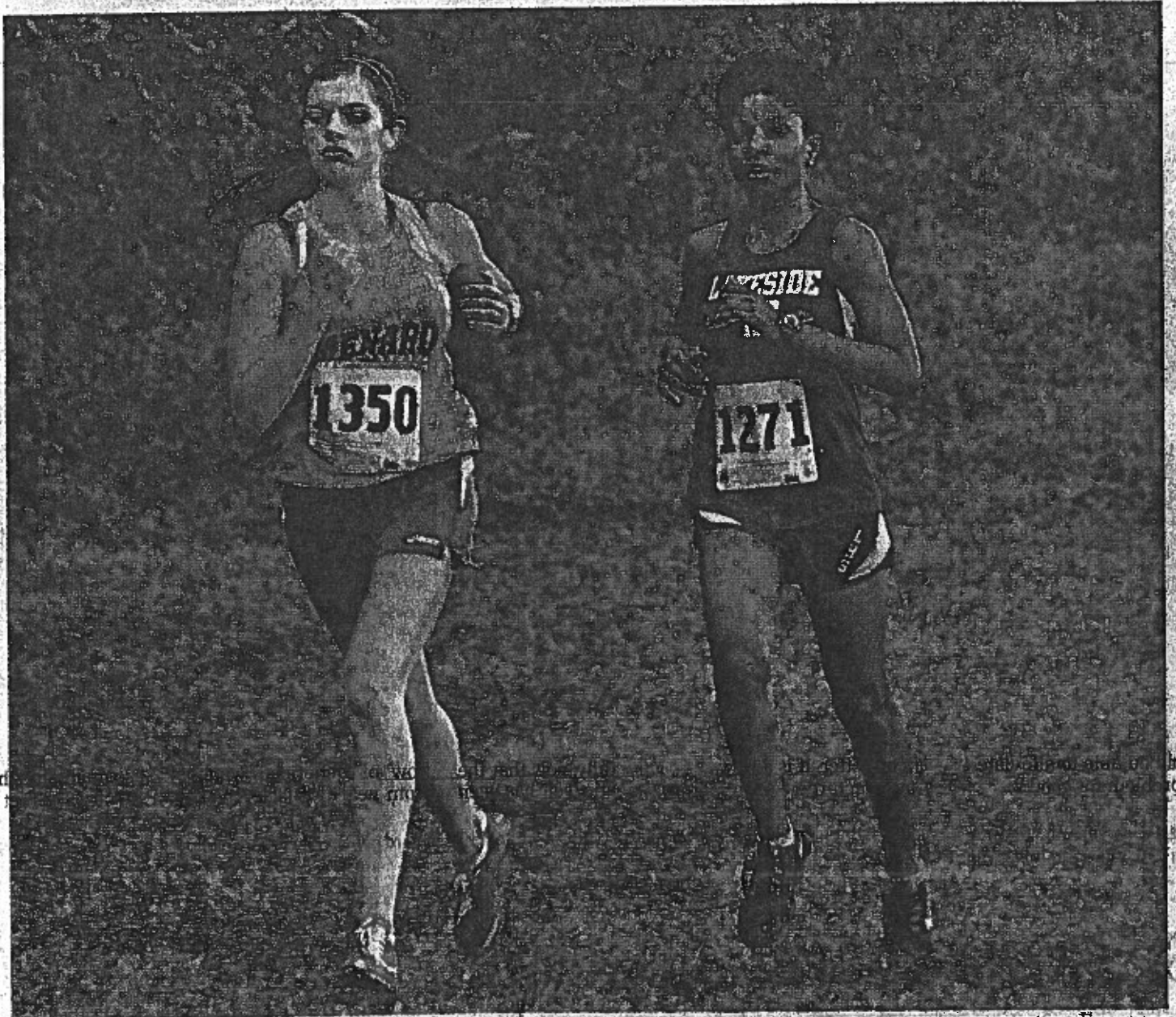
JACKSON —Catholic High and Alexandria's Holy Savior Menard won the team titles for the second straight year at the Battlefield Cross Country Festival on Saturday at the Port Hudson Historic site.

Menard had the top individual finisher in Mallory Robichaux and finished with 32 points to lead the girls division. Catholic's Pierce Hill was the individual boys champion as the Bears finished with 41 points.

Menard's Robichaux won the girls three-mile race in 20:06. The Eagles took the top three spots.

Denham Springs' Amber Ferguson led all local runners with a fourth-place finish, just ahead of Baton Rouge High's Kennedy Smith.

St. Joseph's Academy placed second in the girls race with 42 points. University High (122), St. Michael (138) and BRHS (180) completed the top five.



MENARD'S MALLORY ROBICHAUX (left) and LAKESIDE'S ALISSA LANDERS BATTLE FOR THE LEAD DURING SATURDAY'S MENARD INVITATIONAL CROSS COUNTRY MEET AT FORT BUHLW RECREATIONAL AREA IN PINEVILLE. LANDERS WON THE RACE, WHILE ROBICHAUX AND HER LADY EAGLES TEAMMATES WON THE TEAM TITLE.

TOWNTALK 10/19/14

The Louisiana Track and Field Coaches Association voted the Mandeville Skippers the state's top team in the latest composite poll ranking, released on Monday (Oct. 6).

The Skippers received seven votes for first-place to edge St. Joseph's, which received three first-place votes. New Orleans schools make up five of the top 10 ranked teams and one of the bubble teams. Number of first-place votes are indicated in parentheses after team name, with total number of points indicated in the following number.

1. Mandeville (7) 97
2. St. Joseph's Academy (3) 93
3. Mt. Carmel Academy 74
4. Menard 59
5. Dominican 58
6. St. Thomas Aquinas 49
7. Parkway 40
8. Louise McGhee 20
9. Academy of the Sacred Heart (18)
10. St. Thomas More (12)

MENARD GIRLS EASILY WIN MENARD INVITATIONAL

Town Talk staff

PINEVILLE — Menard's cross country girls ran their way to an easy victory in the small-school field of the Menard Invitational Saturday morning at Fort Buhlow Recreation Area, as the Lady Eagles placed four of the top five runners across the finish line.

Mallory Robichaux (19:30.30), Claire Vaughn (19:38.37), Grace Ahrens (20:47.81) and Merrick Bowman (21:05.47) finished second through fifth in the race, but

grabbed the top four scoring spots as the winner, Alissa Landers of Lakeside, who finished in 19 minutes, 21 seconds, was not competing in the team standings.

Alyssa Rabie (21:40.59), Gabi Romero (21:44.78) and Katharine Vaughn (21:46.07) finished seventh, eighth and ninth to round out the scoring for Menard, which finished with race with 16



MELINDA MARTINEZ/MARTINEZ@THEFWNTALK.COM

Menard coach Wally Smith (green shirt) meets with his boys cross country team and oversees the Menard Invitational cross country meet at Fort Buhlow Recreational Area in Pineville on Saturday.

points. Avoyelles Charter narrowly outpaced Episcopal School of Acadiana to grab the runner-up spot in the small-school team standings. Katie Dixon (23:19.25) paced Avoyelles Charter with a 17th-place finish.

Menard's boys were

the top finisher in the small-school boys race, grabbing a fifth-place finish with 110 points ahead of Anacoco Bunkie. The Eagles' top runner was Cole Robichaux with a 17th-place finish in a time of 18:33.32.

Anacoco's Sam Tur-

nipseed had the best individual showing among Central Louisiana runners, finishing fifth in 17:12.35. Scott Maggio of St. Mary's finished sixth in 17:19.66.

St. Martin's scored 64 points to win the small-school boys race, just three points ahead

of Episcopal School of Acadiana.

Brother Martin placed six runners in the top 10 to win the large-school boys race running away. Chace Edwards (16:13.63) and Hayden Courregé (16:14.68) finished 1-2 for the Crusaders, who tallied 21 points, well ahead of runner-up Ruston's 98 points.

Pineville, which was paced by the 15th-place finish of Zack Rice (17:24.34) was the top-finishing team from Central Louisiana with a fifth-place finish and 170 points. Buckeye, which finished 10th in the team standings with 233 points, had the top local finisher in Chase Jones, whose time of 17:17.85 was good for 12th place.

St. Thomas More won the large-school girls race with 38 points, ahead of runner-up Ruston's 54 points. Pineville was the top-placing Cenla team in sixth with 178 points.

Natchitoches Central's Anna Coffey turned in a 10th-place finish with a time of 21:07.83.

SPORTS BRIEFS

Menard, Leesville win cross country meet

Menard's girls and Leesville's boys both grabbed narrow victories Wednesday in the 21st annual John Miller Sr. Cross Country Meet held at Fort Buhlow Recreation Area in Pineville.

The Lady Eagles, led by the second-, third- and fourth-place finishes of Claire Vaughn, Grace Ahrens and Mallory Robichaux, tallied 32 points to defeat Class 5A St. Thomas More by three points. STM's Hannah Bourque won the individual title.

Pineville's Zack Rice and Cameron Farris finished 1-2 in the boys race, but the Rebels' 74 points were one more than Leesville, which was led by the fifth-place finish of Nic Teague.

TOWN TALK 10/19 & 10/23

CROSS COUNTRY

- 21st annual John Miller Sr. Cross Country Meet
Fort Buhlow Recreation Area
- Boys Results**
1. Leesville 73, 2. Pineville 74, 3. Benton 88, 4. St. Thomas More 99, 5. Grace Christian 132
1. Zack Rice, Pineville, 16:40; 2. Cameron Farris, Pineville, 16:42; 3. Zachary Brenner, Grace, 16:44; 4. Stephen Singleton, Benton, 16:51; 5. Nic Teague, Leesville, 17:01; 6. Grant LeBlanc, STM, 17:07; 7. Tyler Magrano, Grace, 17:09; 8. Charles Kreamer, STM, 17:18; 9. Drew Barefield, Leesville, 17:22; 10. Chase Jones, Buckeye, 17:25; 11. Logan Caskey, Benton, 17:34; 12. Josh Caskey, Benton, 17:59; 13. Brett Schmidt, Leesville, 17:59; 14. Jereson Aldin, Leesville, 17:40; 15. John Toups, Pineville, 17:40; 16. Not available; 17:43; 17. Kory Kyle Hackberry, 17:44; 18. Alex Whittington, Benton, 17:50; 19. Cole Robichaux, Menard, 17:51; 20. Austin Peters, Pineville, 17:54
- Girls Results**
1. Menard 32, 2. St. Thomas More 35, 3. Benton 93, 4. Barbe 124, 5. Pineville 165
1. Hannah Bourque, STM, 19:15; 2. Claire Vaughn, Menard, 19:23; 3. Grace Ahrens, Menard, 19:41; 4. Mallory Robichaux, Menard, 20:01; 5. Morgan Foreman, Barbe, 20:27; 6. Katharine Whitman, STM, 20:45; 7. Kirby Roy, STM, 20:49; 8. Quind Middlebrooks, Benton, 20:53; 9. Merrick Bowman, Menard, 20:55; 10. Caroline Zaunreiter, STM, 21:00; 11. Bailey Legiare, STM, 21:04; 12. Olivia Stoyard, Grace, 21:19; 13. Alexis Hagan, Leesville, 21:20; 14. Avery Long, Menard, 22:25; 15. Katharine Vaughn, Menard, 21:27; 16. Kacie McKay, Benton, 21:27; 17. Kelle Guillbert, Leesville, 21:43; 18. Haleigh Lathers, St. Thomas More, 21:47; 19. Halle Gilroy, Barbe, 21:49; 20. Gabby

Cross country

Composite polls

Louisiana Track and Field Coaches Association polls. First-place votes in parentheses.

BOYS

School	Points
1. John Curtis (4)	91
2. Jesuit (3)	88
3. St. Paul's (3)	85
4. Catholic-BA	65
5. Parkway	59
6. Brother Martin	54
7. Episcopal-BR	37
8. Shaw	34
9. Rummel	26
10. Newnan	6

Others receiving votes: Benton, Holy Cross, St. Thomas Aquinas, Ascension Catholic.

GIRLS

School	Points
1. Mandeville (9)	99
2. St. Joseph's (10)	81
3. Mount Carmel	69
4. Menard (1)	64
5. Dominican	56
6. Sacred Heart N.O.	49
7. Episcopal-BR	46
8. Parkway	38
9. St. Thomas Aquinas	17
10. Louise McGeehan	10

Also receiving votes: Ascension Catholic, St. Thomas More, Lusher, Barbe.

ADVOCATE 11/4

Small Schools

1. Menard (9)	99
2. Episcopal (1)	80
3. St. Thomas Aquinas	77
4. Ascension Catholic	63
5. Newman	54
6. Country Day	47
7. Catholic of Pointe Coupee	42
8. Cedar Creek	21
9. Choudrant	19
10. Christian Life	11

Also Receiving Votes: Episcopal of Acadiana, Hannan, Grace Christian

Small Schools (AA and Under)	
1. Episcopal BR (9)	99
2. Newman (1)	87
3. ACHS	81
4. STA	71
5. Runnels	51
6. St. Martins	39
7. Menard	31
8. Choudrant	28
9. ESA	20
10. Delcambre	11

Also receiving votes: Christian Life, C

SPORTS BRIEFS

Menard, Pineville top Cenla Champs event

Holy Savior Menard had five of the top 10 girls runners, led by winner Mallory Robichaux, and Pineville had four of the top 15 boys runners to win the girls and boys team championships at the Cenla Champs cross-country meet Wednesday at the Fort Buhlow Recreation Area.

Robichaux won the individual girls title in the 3-mile run with a time of 20:59.06. Other Menard runners in the top 10 were Katharine Vaughn (5th), Avery Long (8th), Regan Robichaux (9th) and Alyssa Rabble (10th).

Colby Carey and Anna Coffey of Natchitoches Central took second and third in the girls event.

Cantrell Anthony of Rosepine won the boys race at 17:12.42, and Pineville's top four runners were Cameron Farris (2nd), Jackson Newman (8th), Austin Etler (10th) and John Toups (15th).

Grace Christian and Pineville were second and third in the girls' team standings, and Grace Christian and Buckeye were second and third, respectively, in the boys event.

TOWN TALK



James Hesser (left), Melissa Brown (center) and her daughter, Quinn Brown, were among an estimated 60 people who attended the Fit Families for Cenla Social on Saturday at the Kincaid Recreation Area.

LTFCC Polls
10/28/14

TOWN TALK



Parent Weekly Newsletter



November 10th- November 16th

www.holysaviormenard.com

News

Congratulations to the varsity football team great win over Oakdale 59-26. Menard will host Dunham Friday night at The Eagle's Nest at 7 p.m.

Cross Country

Double district champs!!!! Boys by 40, girls by 48!

November 3rd- November 9th

News

Congratulation to the varsity football team beating Pickering 46-0.

Cross Country

The girls place 5 in the top 7 to win the Parish Championships win for the sixth straight year. The guys run their best team time of the year to take 4th. The JV's also dominate! Also congrats to Mallory who wins her second PC in a row and fourth in her career.

Girls Composite Cross Country Poll

- 1 Mandeville
- 2 St. Joseph's Academy
- 3 Mt. Carmel Academy
- 4 **Menard**
- 5 Dominican
- 6 Sacred Heart
- 7 Episcopal
- 8 Parkway
- 9 St. Thomas Aquinas
- 10 Louise McGehee

Also Receiving Votes: Ascension Cathol

Boys Composite Cross Country Poll

1. John Curtis
2. Jesuit
3. St. Pauls
4. CHSBR
5. Parkway
6. Bro. Martin
7. Episcopal BR
8. Shaw
9. Rummel
10. Newman

Others Receiving Votes: Benton, Holy

LTFCFA

11/13/14

SPORTS MONDAY

TOWN TALK

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Mo

Menard expects 3-way battle for 2A title

By Bob Tompkins

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Defending state champion Holy Savior Menard's girls are expected to be in a three-way battle as they seek their ninth state championship and third state title in four years at the LHSAA Cross Country Championships at Northwestern State University in Natchitoches Monday. Menard is the top-seeded team by one point (56) over Episcopal of Baton Rouge (57), followed by St. Thomas Aquinas of Hammond (59) in the Class 2A girls competition, which will be the day's final race at 3:15 p.m.

Schools in classes 2A and below compete today, and Tuesday's competition is for Classes 3A, 4A and 5A.

"For the 2A girls, it's too close to call between Menard, St. Thomas Aquinas and Episcopal," said longtime Menard coach Wally Smith. "We're virtually tied."

Smith's Lady Eagles had three top 10 finishers in winning last year's title, with Mallory Robichaux leading the way for a third-place finish at 19:13.

Robichaux, a senior who has been named a state winner for the Wendy's Heisman Award, is seeded 11th for Monday's race since her times haven't been as

See MENARD, Page B2



MELINDA MARTINEZ/MMARTINEZ@THETOWNTALK.COM
Menard's Mallory Robichaux (left) is shown running near Alyssa Lander at the Menard Invitational Cross Country Meet last month at the Fort Buhlow Recreation Area in Pineville.

finish anywhere from sixth to ninth.

Of Smith's seven girls who will be running, four are state meet rookies, he said. The only three veterans are Robichaux, Merriek Bowman and Ahrens, and it's just the second year for Bowman and Ahrens.

In Class B, Grace Christian of Alexandria is seeded fourth in the girls competition, with Grace's Hailey Teal seeded 10th individually. In Class C, Georgetown is one of just two teams competing in the girls competition and one of four in the boys event.

Smith said Robichaux's being diagnosed with mono why she has not been running "according to her standards — what she could've done as a senior, and that's sort of a shame. She's in the mid-19s, which is very good for most, but it probably should've been well over a minute better than that."

He also said Ahrens is battling whooping cough, "but we'll all be highly motivated."

Joining Vaughn among Menard's four rookie runners are freshman Alyssa Rabi, seventh-grader Katharine Vaughn (part of Vaughn triplets) and seventh-grader Gabi Romeo from South America.

Menard

Continued from Page B1

good as expected this season, and the reason, apparently, is she has been slowed by mononucleosis, which she suffered from during the season two years ago.

"Unfortunately, we found out this week that she has been running with mono (again) for the past month," Mrs. Robichaux said in a text. "She will finish out her senior year knowing that she will not be fast enough for individual acknowledgement, but she will still compete because her team needs her for any chance at a state title."

Menard's top-seeded runner is seventh-grader Claire Vaughn (6th at 18:54.03), and its next best seeded runner is freshman Grace Ahrens (9th, 19:21.80). Robichaux, an all-state honoree six straight years and one-time past state champion (2011), is seeded 11th at 19:25.

Bobbi Amar of St. Thomas Aquinas is the top-seeded Class 2A girls runner (18:34).

Smith said perennial state 2A boys champion Episcopal is a heavy favorite to win again while his Menard boys should

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GARY HARDAMON/NSU PHOTO

Menard coach Wally Smith (right) celebrates with his Holy Savior Menard cross country team as it shows off its Class 2A state champions trophy Monday afternoon in Natchitoches.

CHAMPS AGAIN

Menard squeaks out win to repeat as 2A cross country champ.

By Bob Tompkins
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When his Holy Savior Menard runners had finished their race in the Class 2A championship event of the LHSAA Cross Country Championships, longtime Menard coach Wally Smith said it was so close, he didn't know which team had won.

"I couldn't tell who won," he said. "It was impossible to tell. I couldn't do the math that quick."

As it turned out, even one of the meet officials apparently didn't know, even after the top two teams — Menard and Baton Rouge Episcopal — were called to the infield of the Walter Ledet Track and Field Complex at

Northwestern State University in Natchitoches for the traditional awards ceremony.

"She came up to us and said, 'Congratulations, you all are the runner-up,' and she was putting (silver) medals around some of their necks. Then she said, 'Oh, wait a minute, guys won!' I guess that made it a little more special that way."

Menard won with a total of 46 points, three points better than Episcopal's 49. Thomas Aquinas of Hammond, expected to be in the thick of a three-way battle for the title, didn't do as well as expected while finishing third with 76 points.

Central Louisiana had a couple of runners up teams Monday — Pitkin's girls in Class

See MENARD, Page

Menard

Continued from Page B1

just four points shy (at 57) of champion Choudrant (53) and Elizabeth's girls in Class C (44) behind champion Claiborne Christian (21).

Scott Maggio of St. Mary's in Natchitoches was the silver medalist in the Class 1A boys race (17:14.84) behind champion Zach Capello of Ascension Catholic (16:49.83). Tyler Magiano of Grace Christian of Alexandria took a silver medal in the Class B boys race (17:32.10) behind champion Colton Cochran of Simsboro (17:00.34), and Sam Turnipseed of Anaconda won the bronze in the same event.

Grace Christian finished third in the Class B girls' competition and fourth in the boys event, where Grace's Zachary Brenner was a top-five finisher. Hailey Teal of Grace got a bronze medal and teammate Olivia Slayter finished in the top five.

"It was a repeat state championship for Menard's girls and its ninth overall, as well as its third in the last four years."

"I told them we may be a one-point favorite, but you're going to have to win this with a lot of heart — with all the illness and adversity we've been through — or we're going home (without a title)," said Smith.

Menard's top-10 finishers in the three-mile race in cold, windy conditions were seventh-grader Claire Vaughn (5th, 19:48.36), freshman Grace Ahrens (7th, 20:17.00) and senior Mallory Robichaux (8th, 20:19.94).

Robichaux ran, despite battling mononucle-

osis for the last month, and finished in the top 10, even though she was seeded 11th.

"She's the first Menard girl — and there may not be many others in the state — to get six straight all-state awards (each year from seventh through 12th grade), along with the one title (as a freshman), and two were achieved with mono," Smith said of the lone team member to be a part of the past three state championships. Robichaux also had mono two years ago.

Alissa Landers of Lakeside won the race in 19:15.44, followed by Hailey Johnson of Newman (19:37.12), Hailey Hesterman of Calvary Baptist (19:39.29) and Hayley Schwab of Episcopal (19:43.10).

Menard's other two score-worthy runners were Merrick Bowman (12th, 20:59) and seventh-grader Gabi Romero of South America (20th, 21:50).

"It was not a good race day," said Smith as he celebrated with his team at a Natchitoches restaurant afterwards. "It rained all day yesterday and it was puddly and muddy and cold and the wind was howling. Not a comfortable day, but it was that way for everybody. I bet everybody was almost a minute over their best time."

The Menard boys finished eighth just as they were seeded, and perennial champion Episcopal again easily won the Class 2A boys title with 34 points ahead of runner-up Newman with 90 points.

Classes 3A, 4A and 5A compete on the second day of the LHSAA State Championships today.

Connect with Bob Tompkins on Twitter @Btom_TownTalk

LHSAA CROSS COUNTRY CHAMPIONSHIPS

Class 2A Girls

Team scores

1. Menard 46, 2. Episcopal 49, 3. St. Thomas Aquinas 76, 4. Newman 106, 5. Runnels 155, 6. Archbishop Hannan 181, 7. Roseline 204, 8. Catholic-New Iberia 235, 9. Calvary Baptist 256, 10. Sterling 265, 11. Oak Hill 345, 12. Westminster Christian 350, 13. Mary 359, 14. Rebel 368, 15. Opelousas Catholic 368, 16. Rapides 398.

Top 10 Individuals

1. Alison Anders, Lakeside, 19:15.44; 2. Hailey Johnson, Newman, 19:37.12; 3. Hailey Hesterman, Calvary Baptist, 19:39.29; 4. Hayley Schwab, Episcopal, 19:43.10; 5. Claire Vaughn, Menard, 19:48.36; 6. Alissa Landers, Episcopal, 20:01.72; 7. Grace Ahrens, Menard, 20:17.00; 8. Mallory Robichaux, Menard, 20:19.94; 9. Gabi Romero, St. Thomas Aquinas, 20:29.79; 10. Merrick Bowman, St. Thomas Aquinas, 20:59.00.

Class 2A Boys

Team scores

1. Episcopal 34, 2. Newman 90, 3. St. Thomas Aquinas 137, 4. Runnels 148, 5. Lakeside 148, 6. Haynes Academy 160, 7. D'Arcy 168, 8. Menard 245, 9. St. Dunstan 316, 10. Catholic-New Iberia 329, 11. Roseline 359, 12. Westminster Christian 370, 13. Rapides 378, 14. Northlake Christian 395, 15. Calvary Baptist 411, 16. Rebel 424, 17. Mary 449, 18. French Settlement 463, 19. Pope John Paul II 466, 20. D'Arcy 521, 21. Banks 937.

Top 10 Individuals

1. Kris Jackson, Episcopal, 16:41.93; 2. Eric Greene, Lakeside, 17:02.29; 3. Cody Robinson, Lakeside, 17:02.29; 4. Michael Use, Episcopal, 17:04.68; 5. Zach Anderson, Dunham, 17:02.68; 6. Kyle Montgomery, Haynes Academy, 17:04.29; 7. Arroyo, Dunham, 17:04.29; 8. Alex Dumas, Episcopal, 17:40.32.

Class 1A Girls

Team scores

1. Metairie Park Country Day 18, 2. Ascension Catholic 42, 3. St. Mary's Point-Coupee 57, 4. Cedar Creek 94, 5. Christian Life 165, 6. St. Martin 197, 7. St. Mary 198, 8. St. Edmund 216, 9. Houma Christian 254, 10. Merryville 307, 11. Grand Lake 310, 12. Sacred Heart-Village Platte 332, 13. Iberville 345, 14. North Wood-Lena 442.

Top 10 Individuals

1. Stephanie Blaise, Ascension Catholic, 19:15.87; 2. Kirsten Lindsey, Ascension Episcopal, 19:55.84; 3. Sophie Daigle, Ascension Catholic, 20:13.96; 4. Emma Benjamin, Metairie Park Country Day, 21:10.21; 5. Kathryn Pagan, Metairie Park Country Day, 21:31.96; 6. Davis Goldenberg, Metairie Park Country Day, 21:37.84; 7. Kathleen Kelleher, Metairie Park Country Day, 21:41.33; 8. Kristen Olinyk, Catholic-Point-Coupee, 21:52.62; 9. Breanna Elliott, Christian Life, 21:55.10; 10. Kaylee Parfitt, Houma-Christian, 21:51.92.

Class 1A Boys

Team scores

1. Ascension Catholic 38; 2. Cedar Creek 75; 3. St. Martin 75; 4. Christian Life 136; 5. Metairie Park Country Day 143; 6. St. Mary 171; 7. Catholic-Point-Coupee; 8. St. Frederick 229; 9. Houma Christian 241; 10. Ridgewood 260; 11. Grand Lake 349; 12. Pals River 353; 13. Central Catholic-Morgan City 353; 14. LaSalle 372; 15. Northwood-Lena 391; 16. Sacred Heart-Village Platte 453.

Top 10 Individuals

1. Zach Capello, Ascension Catholic, 16:49.83; 2. Scott Maggio, St. Mary, 17:14.84; 3. Jordan Zettingue, Ascension Catholic, 17:16.08; 4. Mark Golay, Ridgewood, 17:40.80; 5. Antonio Imbornone, St. Martin's, 17:50.90; 6. Thomas Daigle, Ascension Catholic, 17:53.65; 7. Gabe Foutin, Cedar Creek, 18:04.86; 8. Nick Rusovitch, Metairie Park Country Day, 18:18.35; 9. Corey Moss, Cedar Creek, 18:18.88; 10. Westin Williams, Christian Life, 18:19.35.

Class 8 Girls

Team scores

1. Choudrant 53, 2. Pithin 57, 3. Grace Christian 62, 4. Anacoco 130, 5. Episcopal of Acadiana 157, 6. Converse 198, 7. Lacessite 205, 8. Sator 210, 9. Simpson 221, 10. Hombred 229, 11. Avoylee Public Charter 239, 12. Bell City 300, 13. Patrick Taylor 301, 14. Holden 355.

Top 10 Individuals

1. Melissa Bennett, Choudrant, 21:02.66; 2. Samantha Whiters, Episcopal of Acadiana, 21:33.14; 3. Hailey Teal, Grace Christian, 21:57.50; 4. Raycee Lachney, Simpson, 21:59.95; 5. Olivia Slayter, Grace Christian, 22:00.06; 6. Taylor Whiggins, Castle, 22:01.29; 7. Courtney Lefebvre, Pithin, 22:02.63; 8. Charly Snel, Pithin, 22:16.44; 9. Corralyn Lafosse, Pithin, 22:20.63; 10. Sydney Staples, Anacoco, 22:22.98.

Class 8 Boys

Team scores

1. Episcopal of Acadiana 43, 2. Choudrant 64, 3. Anacoco 68, 4. Grace Christian 83, 5. Bell City 101, 6. Hombred 103, 7. Castle 108, 8. Patrick Taylor 229, 9. Avoylee Public Charter 234, 10. Belmont 283, 11. Lacessite 307, 12. Converse 327, 13. Simpson 383, 14. Pithin 385, 15. Weston 418, 16. Holden 466, 17. Mulacres 507.

Top 10 Individuals

1. Colton Cochran, Simsboro, 17:00.34; 2. Tyler Magiano, Grace Christian, 17:32.10; 3. Sam Turnipseed, Anacoco, 17:38.91; 4. Nathan Anderson, Choudrant, 17:53.65; 5. Zachary Brenner, Grace Christian, 17:58.75; 6. Bernard Johnson, Patrick Taylor, 18:10.73; 7. Candice Modest, Simsboro, 18:15.72; 8. Matthew Wilkins, Hombred, 18:23.03; 9. Oliver Vessand, Episcopal of Acadiana, 18:23.66; 10. Henry Schell, Episcopal of Acadiana, 18:24.27.

Class C Girls

Team scores

1. Claiborne Christian 21, 2. Elizabeth 44, 3. Georgetown 61, 4. Johnson Bayou 85.

Top 10 Individuals

1. Gabrielle Jennings, Holy Rovers, 19:14.83; 2. Rebekah Jowers, Claiborne Christian, 21:17.77; 3. Cassidy Joyner, Claiborne Christian, 23:17.38; 4. Rachel Jowers, Claiborne Christian, 24:01.13; 5. Rylee Ward, Elizabeth, 24:51.48; 6. Rayleigh Bennett, Claiborne Christian, 25:09.98; 7. Bailey Alford, Elizabeth, 25:16.14; 8. Hannah Sinclair, Georgetown, 25:23.02; 9. Andrea Roberts, Georgetown, 26:30.66; 10. Kaitly Huff, Elizabeth, 25:37.80.

Class C Boys

Team scores

1. Hackberry 50, 2. Johnson Bayou 52, 3. Holy Rovers 54, 4. Elizabeth 96, 5. Jehovah's Witness Christian 121, 6. Claiborne Christian 154, 7. Georgetown 156.

Top 10 Individuals

1. Alex Lewis, Holy Rovers, 18:56.97; 2. Randy Carter Jr., Jehovah's Witness Christian, 17:55.29; 3. Thomas Crowley, Holy Rovers, 18:14.43; 4. Neil Miguez, Johnson Bayou, 18:21.98; 5. Kory Kyle, Hackberry, 18:54.50; 6. Collin McEllan, Elizabeth, 19:13.57; 7. Drew Kyle, Hackberry, 19:16.35; 8. Wesley Simon, Holy Rovers, 19:17.37; 9. Galen Romers, Johnson Bayou, 19:32.62; 10. Keaton Jinks, Hackberry, 19:33.57.

TOWN TALK

11/18/14

LHSAA STATE CROSS COUNTRY RESULTS

NATCHITOCHEES — Team scores and top 10 individual finishers Monday in the 2014 State Farm Louisiana High School Athletic Association Cross Country Championships at Northwestern State's Walter P. Ledet Track Complex, with girls and boys running 3 miles.

Class 2A girls

Team scores: 1. Menard 46, 2. Episcopal 49, 3. St. Thomas Aquinas 76, 4. Newman 106, 5. Runnels 155, 6. Archbishop Hannan 181, 7. Rosepine 204, 8. Catholic-New Iberia 235, 9. Calvary Baptist 256, 10. Sterlington 265, 11. Oak Hill 343, 12. Westminster Christian 350, 13. Many 359, 14. Fisher 368, 15. Opelousas Catholic 368, 16. Rapides 393.

Top 10 individuals: 1. Allissa Landers, Lakeside, 19:15.44; 2. Haley Johnson, Newman, 19:37.12; 3. Halleé Hésterman, Calvary Baptist, 19:39.29; 4. Hayley Schwab, Episcopal, 19:43.10; 5. Claire Vaughn, Menard, 19:48.36; 6. Alicia Stamey, Episcopal, 20:01.72; 7. Grace Ahrens, Menard, 20:17.00; 8. Mallory Robichaux, Menard, 20:19.94; 9. Bobbi Amar, St. Thomas Aquinas, 20:29.79; 10. Meghan Becerra, St. Thomas Aquinas, 20:35.03.

Class 2A boys

Team scores: 1. Episcopal 34, 2. Newman 90, 3. St. Thomas Aquinas 137, 4. Runnels 146, 5. Lakeside 148, 6. Haynes Academy 160, 7. Delcambre 168, 8. Menard 246, 9. Dunham 218, 10. Catholic-New Iberia 332, 11. Rosepine 359, 12. Westminster Christian 370, 13. Rapides 378, 14. Northlake Christian 395, 15. Calvary Baptist 411, 16. Fisher 428, 17. Many 449, 18. French Settlement 463, 19. Robt. John Paul II 466, 20. DeGulney 521, 21. Bunkles 521, 22. St. Charles 521.

Top 10 individuals: 1. Kris Jackson, Episcopal, 16:41.96; 2. Eric Greene, Lakeside, 17:02.71; 3. Cody Robinson, Lakeside, 17:01.85; 4. Michael Kees, Episcopal, 17:04.68; 5. Zane Anderson, Dunham, 17:07.58; 6. Kyle Montgomery, Haynes Academy, 17:34.50; 7. Kenny Schaefer, Episcopal, 17:37.29; 8. Anthony Cantrell, Rosepine, 17:37.47; 9. Dezzi Viator, Delcambre, 17:39.57; 10. Alex Dunbar, Episcopal, 17:40.32.

Class 1A girls

Team scores: 1. Metairie Park Country Day 28, 2. Ascension Catholic 42, 3. Catholic-Point Coupee 87, 4. Cedar Creek 101, 5. Christian Life 165, 6. St. Martin's 197, 7. St. Mary 198, 8. St. Edmund 211, 9. Houma Christian 294, 10. Merryville 307, 11. Grand Lake 310, 12. Sacred Heart-Ville Platte 332, 13. Logansport 342, 14. Northwood-Lena 441.

Top 10 individuals: 1. Stephanie Breaux, Ascension Catholic, 19:15.87; 2. Kirsten Landry, Ascension Episcopal, 19:55.84; 3. Sophie Daigle, Ascension Catholic, 20:13.96; 4. Esme Benjamin, Metairie Park Country Day, 21:10.21; 5. Kathryn Fagan, Metairie Park Country Day, 21:11.96; 6. Davi Goldenberg, Metairie Park Country Day, 21:17.84; 7. Kathleen Kelleher, Metairie Park Country Day, 21:21.33; 8. Kristen Ollred, Catholic-Point Coupee, 21:22.62; 9. Breanna Elliott, Christian Life, 21:25.10; 10. Kaylee Parfait, Houma Christian, 21:31.92.

Class 1A boys

Team scores: 1. Ascension Catholic 38, 2. Cedar Creek 75, 3. St. Martin's 75, 4. Christian Life 136, 5. Metairie Park Country Day 143, 6. St. Mary 171, 7. Catholic-Point Coupee, 8. St. Frederick 229, 9. Houma Christian 241, 10. Ridgewood 260, 11. Grand Lake 349, 12. False River 353, 13. Central Catholic-Morgan City 353, 14. LaSalle 372, 15. Northwood-Lena 391, 16. Sacred Heart-Ville Platte 453.

Top 10 individuals: 1. Zach Capello, Ascension Catholic, 16:49.83; 2. Scott Maggio, St. Mary, 17:14.84; 3. Jordan Zeringue, Ascension Catholic, 17:16.08; 4. Mark Golay, Ridgewood, 17:40.80; 5. Antonio Imbormone, St. Martin's, 17:50.90; 6. Thomas Daigle, Ascension Catholic, 17:53.66; 7. Gabe Poulifin, Cedar Creek, 18:04.86; 8. Nick Rusovitch, Metairie Park Country Day, 18:18.35; 9. Corey Moss, Cedar Creek, 18:18.69; 10. Westin Williams, Christian Life, 18:19.35.

Class B girls

Team scores: 1. Choudrant 53, 2. Pitkin 57, 3. Grace Christian 62, 4. Anacoco 130, 5. Episcopal of Acadiana 157, 6. Converse 198, 7. Lacassine 209, 8. Castor 210, 9. Simpson 221, 10. Hornbeck 291, 11. Avoyes Public Charter 299, 12. Bell City 300, 13. Patrick Taylor 301, 14. Holden 355.

Top 10 individuals: 1. Marissa Bennett, Choudrant, 21:02.66; 2. Samantha Withers, Episcopal of Acadiana, 21:33.14; 3. Halleé Teal, Grace Christian, 21:57.50; 4. Maycee Lachney, Simpson, 21:59.95; 5. Olivia Slayter, Grace Christian, 22:00.06; 6. Taylor Wiggins, Castor, 22:01.29; 7. Courtney LaCaze, Pitkin, 22:02.63; 8. Charity Snell, Pitkin, 22:16.44; 9. Courtlin LaCaze, Pitkin, 22:20.63; 10. Sydney Staples, Anacoco, 22:23.38.

Class B boys

Team scores: 1. Episcopal of Acadiana 43, 2. Choudrant 64, 3. Anacoco 68, 4. Grace Christian 88, 5. Bell City 161, 6. Hornbeck 203, 7. Castor 210, 8. Patrick Taylor 229, 9. Avoyes Public Charter 274, 10. Negreet 283, 11. Lacassine 307, 12. Converse 327, 13. Simpson 383, 14. Pitkin 386, 15. Weston 414, 16. Holden 466, 17. Maurepas 506, 18. St. Charles 521.

Top 10 individuals: 1. Colton Cochran, Simsboro, 17:00.34; 2. Tyler Maghano, Grace Christian, 17:32.10; 3. Sam Hulse, Hulse, 17:38.91; 4. Nathan Anderson, Choudrant, 17:53.69; 5. Zachary Brenner, Grace Christian, 17:58.75; 6. Edward Johnson, Patrick Taylor, 18:10.73; 7. Cardaye Modes, Simsboro, 18:15.92; 8. Matthew Myers, Hathaway, 18:23.03; 9. Oliver Vreeland, Episcopal of Acadiana, 18:23.66; 10. Henry Scheider, Episcopal of Acadiana, 18:24.97.

Class C girls

Team scores: 1. Claiborne Christian 21, 2. Elizabeth 44, 3. Georgetown 61, 4. Johnson Bayou 85.

Top 10 individuals: 1. Gabrielle Jennings, First Baptist, 19:14.82; 2. Rebekah Jowers, Claiborne Christian, 23:17.77; 3. Shelby Joyner, Claiborne Christian, 23:37.18; 4. Rachel Jowers, Claiborne Christian, 24:41.13; 5. Brylee Young, Elizabeth, 24:51.48; 6. Rayleigh Bennett, Claiborne Christian, 25:09.94; 7. Halleé Arnold, Elizabeth, 25:18.14; 8. Hannah Sinclair, Georgetown, 25:23.02; 9. Andrea Roberts, Georgetown, 25:30.66; 10. Kariye Hurst, Elizabeth, 25:37.80.

Class C boys

Team scores: 1. Hackberry 50, 2. Johnson Bayou 52, 3. Holy Rosary 54, 4. Elizabeth 96, 5. Jehovah-Jireh Christian 121, 6. Claiborne Christian 154, 7. Georgetown 156.

Top 10 individuals: 1. Alex Lewis, Holy Rosary, 16:56.97; 2. Randy Carter Jr., Jehovah-Jireh Christian, 17:15.29; 3. Thomas Crowley, Holy Rosary, 18:14.43; 4. Nell Miguez, Johnson Bayou, 18:21.98; 5. Kory Kyle, Hackberry, 18:54.50; 6. Collin McClellan, Elizabeth, 19:13.57; 7. Drew Kyle, Hackberry, 19:16.35; 8. Wesley Simon, Holy Rosary, 19:17.37; 9. Garen Romero, Johnson Bayou, 19:32.62; 10. Keaton Jinks, Hackberry, 19:33.57.

State cross country

► Watch video from the LHSAA state cross country meet at theadvocate.com/sports. Here are the winners of Classes 2A, 1A, B and C from Monday's races. Classes 3A, 4A and 5A run Tuesday.

CLASS 2A

BOYS TEAM: Episcopal
BOYS INDIVIDUAL: Kris Jackson, Episcopal
GIRLS TEAM: Menard
GIRLS INDIVIDUAL: Allissa Landers, Lakeside

CLASS 1A

BOYS TEAM: Ascension Catholic
BOYS INDIVIDUAL: Zach Capello, Ascension Catholic
GIRLS TEAM: Country Day
GIRLS INDIVIDUAL: Stephanie Breaux, Ascension Catholic

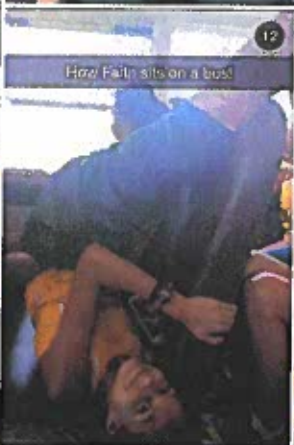
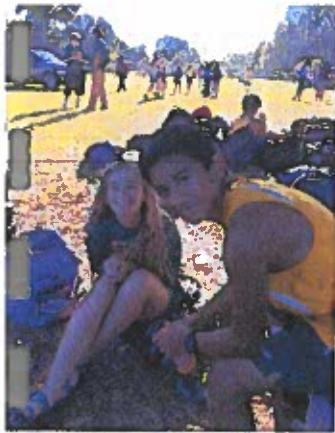
CLASS B

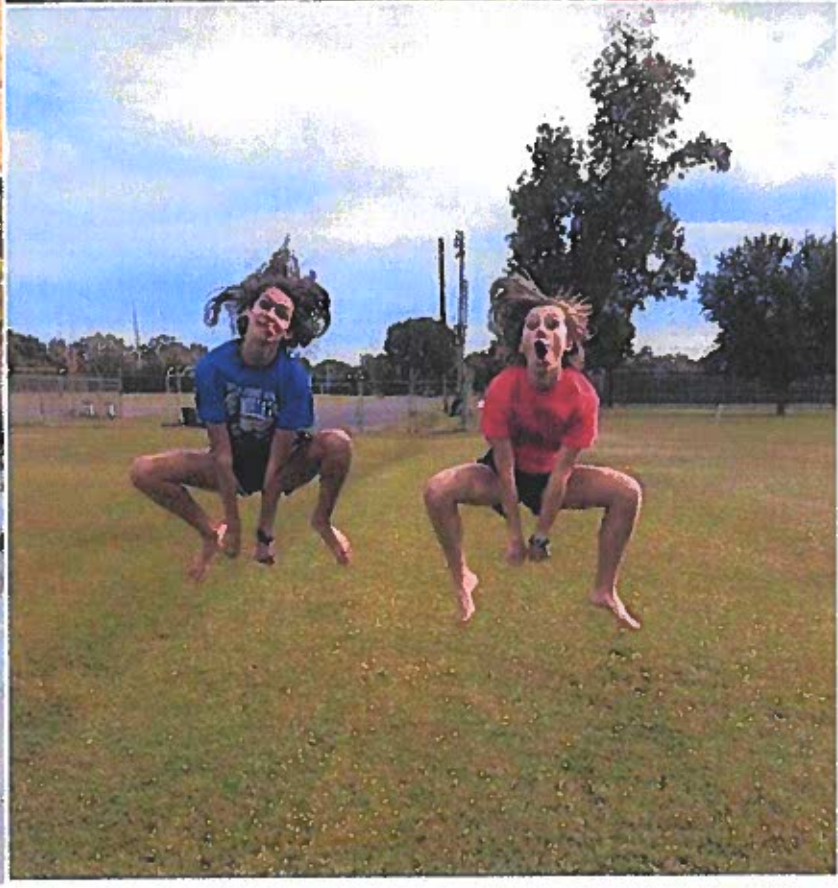
BOYS TEAM: Episcopal School of Acadiana
BOYS INDIVIDUAL: Colton Cochran, Simsboro
GIRLS TEAM: Choudrant
GIRLS INDIVIDUAL: Marissa Bennett, Choudrant

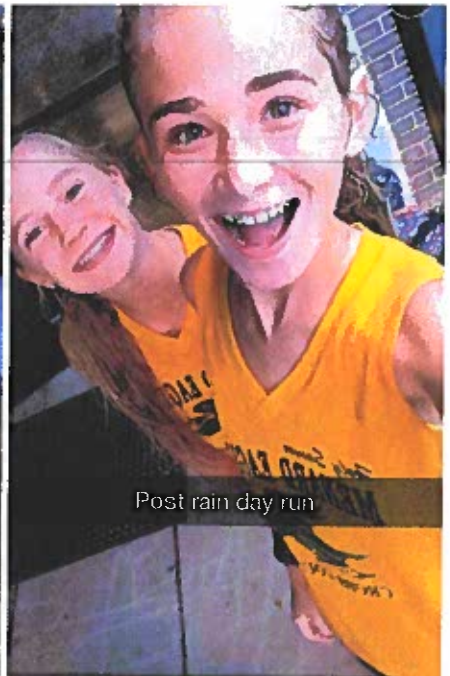
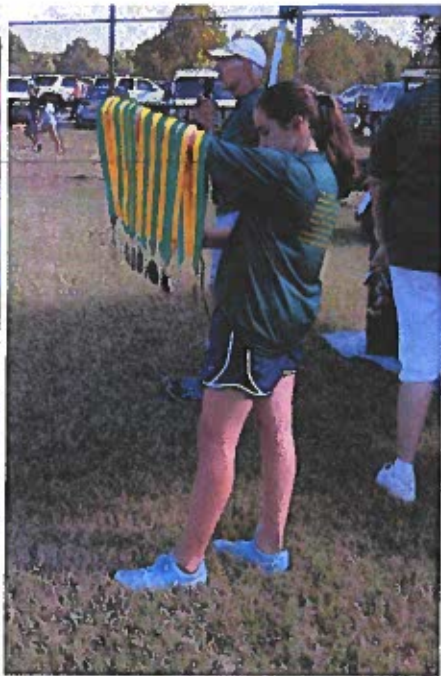
CLASS C

BOYS TEAM: Hackberry
BOYS INDIVIDUAL: Alex Lewis, Holy Rosary
GIRLS TEAM: Claiborne Christian
GIRLS INDIVIDUAL: Gabrielle Jennings, First Baptist

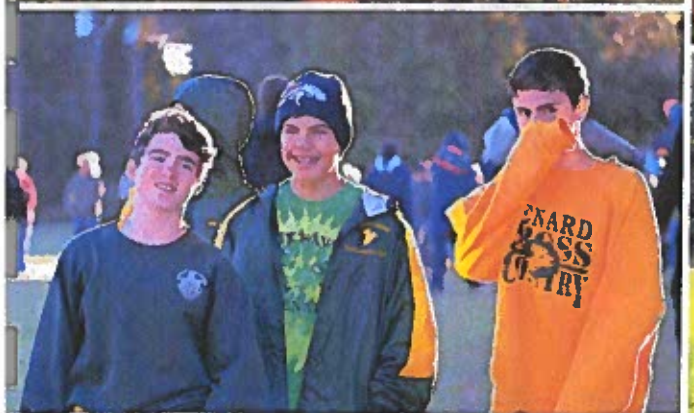
ADVOCATE
11/18/14







Post rain day run

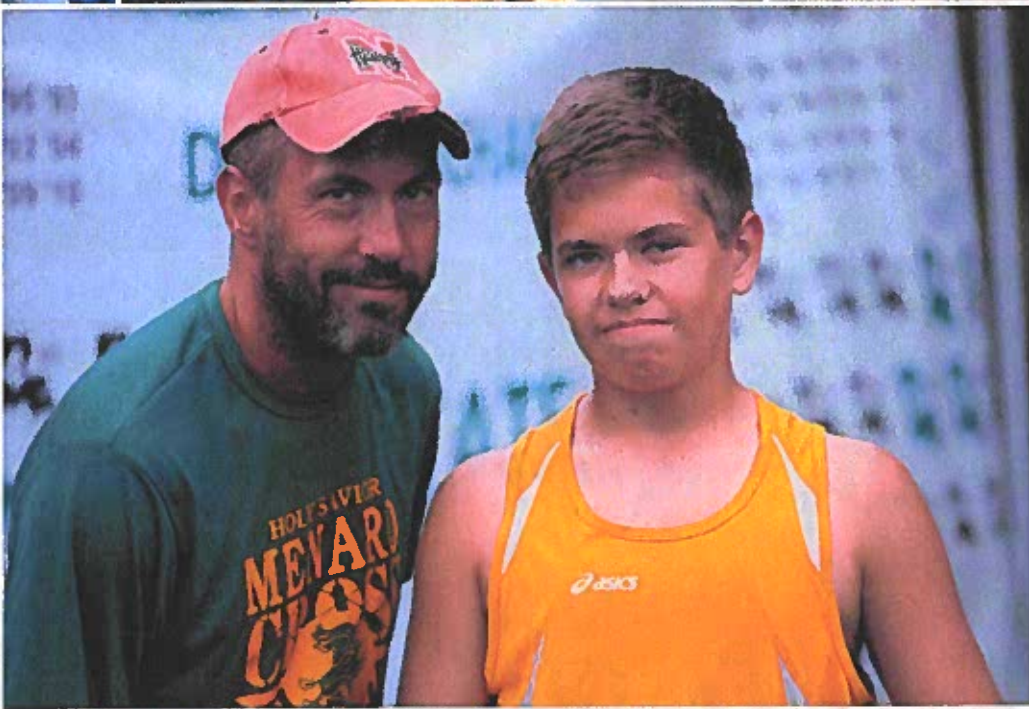


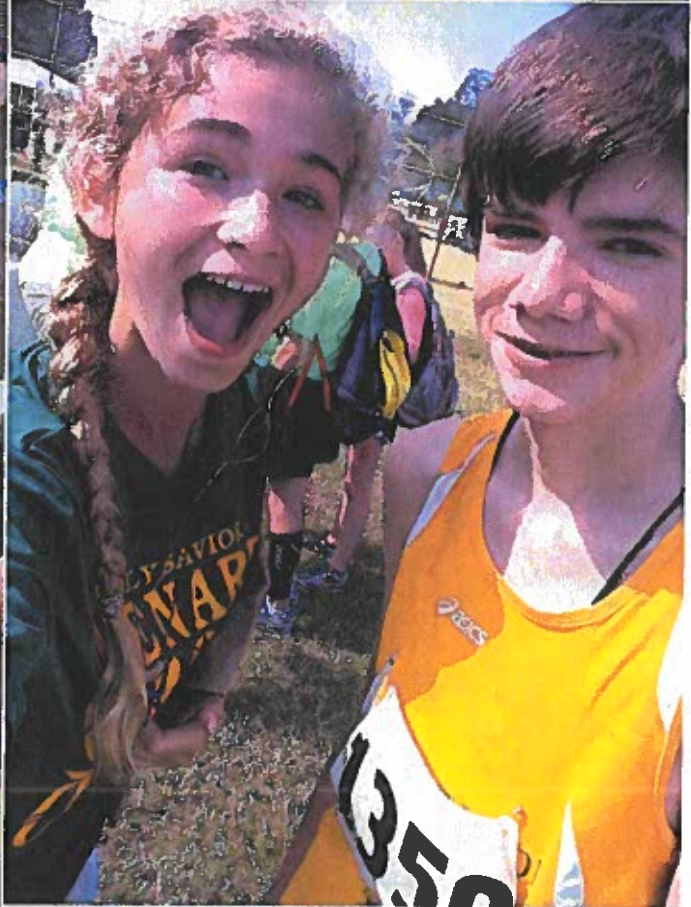
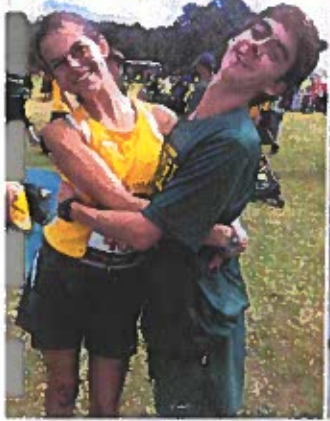




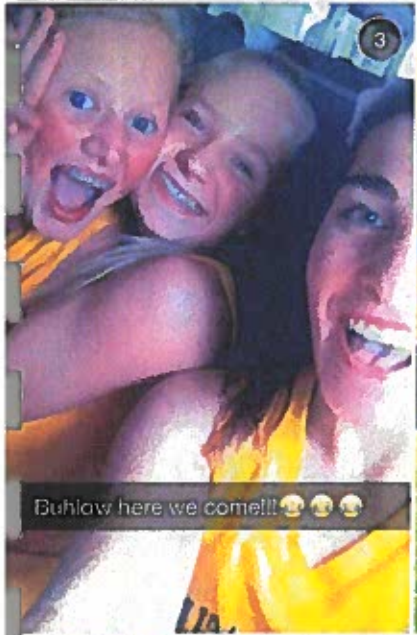
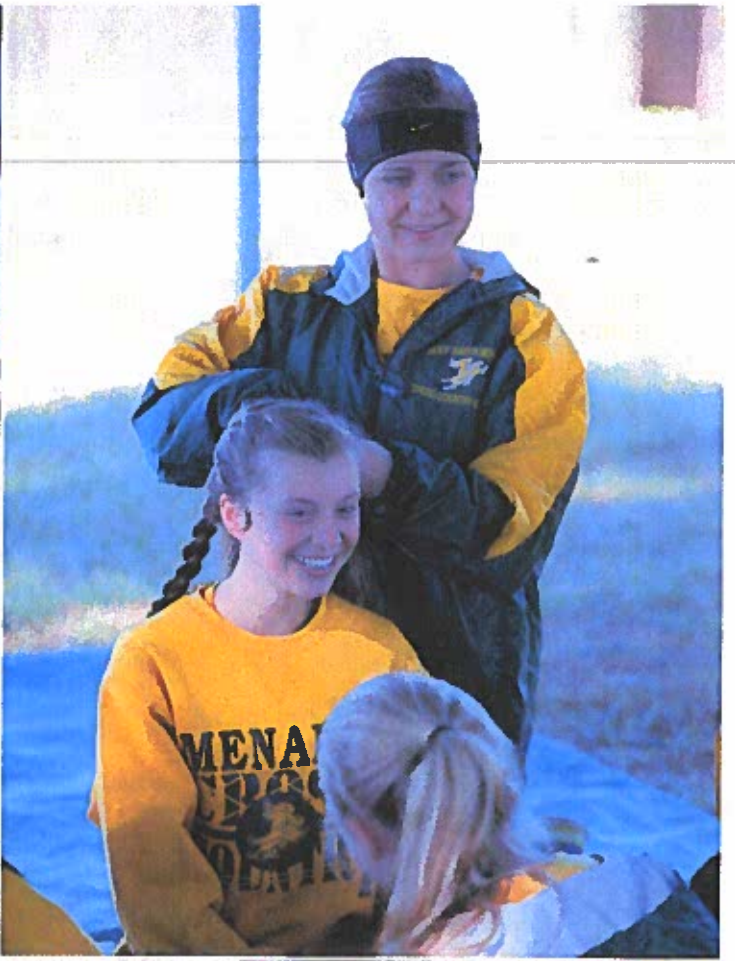
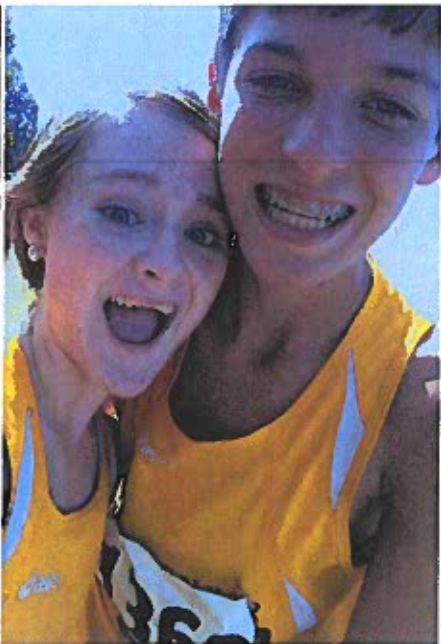






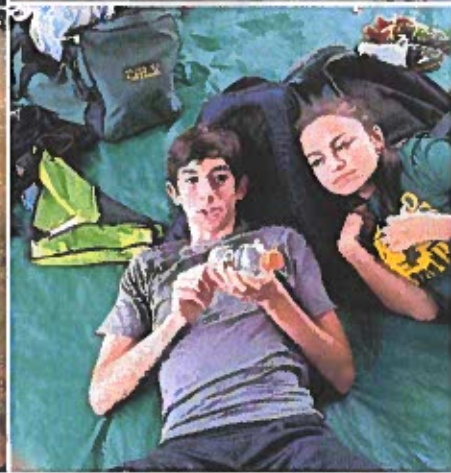






Buhlow here we come!!! 🤔🤔🤔

Mi LOVE doing mi hair. HOW SWEET



GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
AUGUST	1	Team Meeting 3-2-1 Easy (6)	1-6x800-1 EASY (Mile 3 RP+30) (5)	TT-1 2-1-1 (4)	2:4x400:2 (5)	X	Kincaid Back Parking Lot 7AM (6)	30	
	2	Team Meeting 2-2-1 Easy (5)	1-5x800-1 (4 1/2)	EASY (Mile 3 RP+30) (3)	TT-1 2-1-1 (4)	1:4x400:2 (4)	X	Kincaid Back Parking Lot 7AM (6)	26 1/2
	3	Team Meeting 2-1-1 Easy (4)	1-4x800-1 (4)	EASY (Mile 2 RP+30) (3)	TT-1 1-1-1 (3)	1:4x400:1 (3)	X	0Y0 (3)	20
	4	Team Meeting 1-1-1 Easy (3)	1/2-4x800-1/2 (3)	EASY (3)	TT-1 1/2-1-1 (2 1/2)	1:2x400:1 (2 1/2)	X	0Y0 (3)	17
	5	Team Meeting 1-1 TL'S (2)	TL'S (2)	TL'S (2)	TT-1 1/2-1-1/2 (2)	TL'S (2)	X	0Y0 (2)	12

T & T Coddown 2 Yoga

GET ALL YOUR MILES

- * ST MICHAEL IN 26 DAYS! WILL WE BE READY?
- * ALL W/O'S START WITH WARM UP ROUTINE AND END WITH COOL DOWN ROUTINE
- * "EASY" MEANS RP + 120 (ISH) (GROUPS 1-3)

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
	1	Bunlow 3+12 (4)	TEMPO RP+90 (6)	EASY (2 mile TT course) (4)	TT-2 1-2-1 (4)	TEMPO RP+90 (6)	X	Kincaid Back Parking Lot 7AM (6)	30
	2	Bunlow 2+12 (3)	TEMPO RP+90 (5)	EASY (") (4)	TT-2 1-2-1 (4)	TEMPO RP+90 (5)	X	Kincaid Back Parking Lot 7AM (6)	27
	3	Bunlow 1+12 (2)	TEMPO RP+90 (4)	EASY (") (3)	TT-2 1-2-1 (4)	TEMPO RP+90 (4)	X	0Y0 (3)	20
	4	Grass Lap + Red Dot + Backs (3)	EASY No Walk (3)	EASY (") (3)	TT-1 1/2-1-1/2 (2)	No Walk (3)	X	0Y0 (3)	17
	5	18 TL'S No Walk (2)	18 TL'S No Walk (2)	No Walk 18 TL'S (2)	1/2-1-1/2 (2)	No Walk 18 TL'S (2)	X	0Y0 (2)	12

"EASY" IS RP+120 OR FASTER

SWIM & EAT (Carbs)

GROUP	MON (25)	TUE (26)	WED (27)	THU (28)	FRI (29)	SAT (30)	SUN (31)	TOTAL
1	Kincaid 1/2 3x mile 1/2	Easy 4	Easy 4	Easy #3 RP+30 6	1/2 4x800 1/2 3	X	Last Sunday! Kincaid 7AM Menard 6	29
2	Kincaid 1/2 2x mile 1/2	Easy 3	Easy 4	Easy #3 RP+30 5	1/2 4x800 1/2 3	X	See Group 1 6	27
3	Kincaid 1/2 1x mile 1/2	Easy 2	Easy 3	Easy #3 RP+30 4	1/2 3x800 1/2 2 1/2	X	OYO 2 1/2	2 1/2
4	No walk 1/2 1x mile 1/2	Easy 2	Easy 3	Easy 3	1/2 2x800 1/2 2	X	OYO 3	16
5	18TL'S 2	18TL'S 2	18TL'S 2	18TL'S 2	18TL'S 2	X	OYO 2	12

Monday

Monday is OYO run Swim & Eat (Ahrens)
 "Easy" means RP+120 GET ALL YOUR MILES!
 Pot Luck Supper next week!

GROUP	MON (1)	TUE (2)	WED (3)	THU (4)	FRI (5)	SAT (6)	SUN (7)	TOTAL
1	SEPTMBER LABOR DAY	Swim 12x400 5min 90 sec 4	TEMPO RP+60 4	EASY 6	5-8-5 1 1/2	ST MIKE 1-3-1 5	OYO 4	24 1/2
2		Swim 10x400 5min 90 sec 3 1/2	TEMPO RP+60 3	EASY 5	5-8-5 1 1/2	ST MIKE 1-2-1 4	OYO 3	20
3		Swim 8x400 5min 90 sec 2	EASY 3	EASY 4	5-8-5 1 1/2	ST MIKE 1-2-1 4	OYO 2	17 1/2
4		Swim 6x400 5min 2 1/2	EASY 3	EASY 3	5-8-5 1 1/2	OYO 3	OYO 2	15
5		Swim 4x400 5min 2	EASY 2	18TL'S 2	18TL'S 2	5-8-5 1 1/2	OYO 2	OYO 2

"EASY"
= RP+120

SWIM & EAT
VAUGHN'S

POT LUCK
SUPPER
6PM

DO THESE
MILES!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
SEPT 1-5	1 Buklow 3+12	Easy	5min 12x400 5min 75 sec	CC to the MOVIES!	5-8-5	Episcopal 1-3-1	OYO	26 1/2
	2 Buklow 2+12	Easy	5min 10x400 5min 75 sec		5-8-5	Episcopal 1-3-1 or 1-2-1	OYO	21
	3 Buklow 1+12	Easy	5min 8x400 5min 75 sec		5-8-5	Episcopal 1-2-1	OYO	16 1/2
	4 Buklow 1+10	Easy	5min 6x400 5min 75 sec		5-8-5	Episcopal 1-2-1	OYO	15
	5 Buklow 1+8	18 TL'S	5min 4x400 5min 75 sec		5-8-5	Episcopal 1-2-1	OYO	13

LEAVE AFTER 7TH PERIOD (IN SCHOOL UNIFORM) GET ALL THE MILES!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
SEPT 1-5	1 COMPTON 6x800	INDIANS 30 MIN	5min 12x400 5min 75 sec	PRIDE RUN	5-8-5	STM 1-3-1	OYO	29 1/2
	2 6x800	INDIANS 30 MIN	5min 10x400 5min 75 sec			STM 1-3-1 1-2-1	OYO	27 1/2
	3 5x800	INDIANS 30 MIN	5min 8x400 5min 75 sec			STM 1-2-1	OYO	23
	4 4x800	INDIANS 24 MIN	5min 6x400 5min 75 sec			STM 1-2-1	OYO	20 1/2
	5 4x800	18 TL'S	5min 4x400 5min 75 sec			STM 1-2-1	OYO	15 1/2

GROUP	MON (22)	TUE (23)	WED (24)	THU (25)	FRI (26)	SAT (27)	SUN (28)	TOTAL
1	10min 8x400 5min 75sec (3 1/2)	5-8-5 (1 1/2)	Centra Champs (5)	EAST (6)	5-8-5 (1 1/2)	BattleHorn (5)	OYO (4)	26 1/2
2	10min 8x400 5min 75sec (3 1/2)	5-8-5 (1 1/2)	(4)	(5)	5-8-5 (1 1/2)	(4)	(3)	22 1/2
3	10min 6x400 5min 75sec (3)	5-8-5 (1 1/2)	(4)	(4)	5-8-5 (1 1/2)	(4)	(2)	20
4	10min 4x400 5min 75sec (2 1/2)	5-8-5 (1 1/2)	(3)	(3)	5-8-5 (1 1/2)	(3)	(2)	16 1/2
5	5min 4x400 5min 75sec (2)	5-8-5 (1 1/2)	(3)	(2)	5-8-5 (1 1/2)	(3)	(2)	15

MISS
8TH
PERIOD

GROUP	MON (29)	TUE (30)	WED (1)	THU (2)	FRI (3)	SAT (4)	SUN (5)	TOTAL
1	Buhtow 3+12 (4)	TEMPO 4 in 30 (4)	5min 12x400 5min 75sec (4)	Easy (6)	5-8-5 (1 1/2)	MISS/PRI (1)	OYO (4)	28 1/2
2	Buhtow 2+12 (3)	TEMPO 4 in 32 (4)	5min 10x400 5min 75sec (3 1/2)	Easy (5)			OYO (3)	24 1/2
3	Buhtow 2+12 (3)	TEMPO 3 in 27 (3)	5min 10x400 5min 75sec (3 1/2)	Easy (4)			OYO (2)	21
4	1+12 (2)	Easy (3)	5min 8x400 5min 75sec (3)	Easy (3)			OYO (2)	18
5	1+8 (1 1/2)	Easy (3)	5min 6x400 5min 75sec (2 1/2)	Easy (3)			OYO (2)	17

SEPTEMBER ~ OCTOBER

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	BuHLOW 3+12 (4)	EASY (LAST 1/4 ALLOUT) (4)	5min 12x400 5min (6) (4)	EASY (4)	500's (1 1/2)	CATHOLIC (5)	OYO (2)	26 1/2
2	BuHLOW 2+12 (3)	(3)	5min 10x400 5min (6) (3 1/2)	(3)	(1 1/2)	(4)	(3)	21
3	BuHLOW 2+12 (3)	(3)	5min 8x400 5min (6) (3)	(3)	(1 1/2)	(3)	(2)	18 1/2
4	BuHLOW 1+12 (2)	(3)	5min 6x400 5min (2 1/2)	(3)	(1 1/2)	(3)	(2)	17
5	BuHLOW 1+B (1 1/2)	(2)	5min 4x400 5min (2)	(3)	(1 1/2)	(3)	(2)	15

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	BuHLOW 3+12 (4)	TEMPO 4 in 30 (4)	5min 12x400 5min (4) ASSOC (2)	TEMPO 6 in 51 (8:30) (6)	No School 5-8-5 OYO (1 1/2)	MENARD (4)	OYO (4)	27 1/2
2	BuHLOW 2+12 (3)	TEMPO 3 in 24 (3)	5min 10x400 5min (3) 45 sec (3 1/2)	TEMPO 6 in 45 (9:00) (5)	(1 1/4)	(3)	OYO (3)	22
3	BuHLOW 2+12 (3)	TEMPO 3 in 26 (3)	5min 8x400 5min (3) 45 sec (3)	TEMPO 4 in 36 (9:00) (4)	(1 1/4)	(3)	OYO (2)	19 1/2
4	BuHLOW 1+12 (2)	No WALK (3)	5min 6x400 5min (2 1/2) 45 sec (2 1/2)	No WALK (3)	(1 1/2)	(3)	OYO (2)	17
5	BuHLOW 1+B (1 1/2)	No WALK (3)	5min 4x400 5min (2) 45 sec (2)	No WALK (3)	(1 1/2)	(3)	OYO (2)	16

OCTOBER ~

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
OCTOBER	1	12x400 5min 45sec (20)	EASY (21)	JOHN MILLER (22)	EASY (23)	RACERS 5-8-5 (14) REST-6 (6)	NSU (24)	OYO (25)	(26)
	2	10x400 5min 45sec	EASY (3)		EASY (3)	5-8-5 (14) (5)		OYO (3)	(3)
	3	8x400 5min 45sec	EASY (3)		EASY (3)	5-8-5 (14) (4)		OYO (3)	(2)
	4	6x400 5min 45sec	EASY (2)		EASY (2)	5-8-5 (14) (3)		OYO (3)	(2)
	5	4x400 5min 45sec	EASY (2)		EASY (2)	5-8-5 (14) (3)		OYO (2)	(2)

STATE IN (4) WEEKS!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
OCTOBER ~ NOVEMBER	1	EASY (27)	PARISH CHAMPS (28)	EASY (29)	400's 45 sec (12)	5-8-5 (31)	ST THOMAS MORE (1)	OYO (2)	26 1/2
	2	EASY (3)		EASY (6)					4
	3	EASY (3)		EASY (5)					3
	4	EASY (2)		EASY (4)					2
	5	EASY (2)		EASY (3)					2

out of uniform day
(years and current team t-shirt)
~ yearbook pictures ~

GROUP	MON (3)	TUE (4)	WED (5)	THU (6)	FRI (7)	SAT (8)	SUN (9)	TOTAL
1	5-8-5 1 1/2	District (Buhlow)	EASY (RP+10)	400's-12 30 sec 4	5-8-5 1 1/2	Natchitoches Central	4	27
2	1 1/2			400's-10 3 1/2	1 1/2		3	24
3	1 1/2		4	400's-8 3	1 1/2		2	20
4	1 1/2		3	400's-6 2 1/2	1 1/2		2	18
5								

SPAGHETTI SUPPER!

GROUP	MON (10)	TUE (11)	WED (12)	THU (13)	FRI (14)	SAT (15)	SUN (16)	TOTAL (17)
Boys 1	Tempo 8:15 pace	NSU Practice Menard @ 9AM	10 min 10x400 5 min (15)	10-4-10 (2 1/2)	Tempo (3)	Coach's 8AM (PC)	No Run	STATE!
Girls 2	8:30 pace (4)							STATE!
3	All Runner Team Meeting Behind School			Boys Team Meeting	Friday Night Prayer Meeting		Girls Team Meeting	
4								
5	OLPS Memorial Mass 7PM		Memorial Mass 6PM					

NOVEMBER

BE ALL YOU CAN BE

To be an athlete, you must first learn
That it's "self-respect" you'll have to earn.
You must conquer you, or you'll surely get beat.
'cause you are the one, against whom you must compete.

Victories are the reason a team comes to be,
but scores and stats are for the fans to see.
All athletes know that what matters more,
is attention to the effort, that causes the score.

Sprinters can lope and leapers can hop;
talent without effort is always a flop.
If you hold back in fear, of opponents or mistakes,
you simply don't have the "stuff" that it takes.

Speak first to yourself and firmly say,
"I'm going all out -- today is the day."
Then concentrate totally to do what you're told;
be poised, be alert, be aggressive and bold.

That's what it takes to earn "self-respect."
It's not quite as tough as many suspect.
The goal never changes, all athletes agree,
"whatever you have -- is what you must be."

Heed no opponents name or fame;
Care naught for other's praise or blame;
For there is this fact at the final gun:
If you were "all you can be" -- you won.

-- Robert L. Kleine

Everyone is a potential winner!

The 2014 Season is Underway!

The Track season ended at the (VERY wet!) state meet May 9 and 10, which means MERC miles started Sunday, May 11. How does the 2014 season look? Let's use the word "interesting" for now! We lose two key girls (Lindsay Vaughan and Mallory Bartow) to graduation but no boys, so on the girls' side we have some rebuilding to do. We have 48 returning runners and a whopping 28 rookies on the current roster!!! So "interesting" seems like the very correct word for now. We have much to build on: the girls are reigning state champs and the guys were fifth. So the basic goals for this year (at least as the Coach sees it!) are the girls repeat and the guys move up - it's a simple sport.

And it really is a simple sport. As long as consistent, hard work is something you're ok with. The "talents" of CC are not throwing, catching and the like; the talents of CC are attitude, work ethic, goal setting, patience, perseverance and the like. CC is a 90% mental sport.

So, to the veterans, welcome back for another adventure! To the rookies, stick with it (attitude, work ethic, goal setting, patience, perseverance, etc) all the way! In the end, you will be very proud of yourself for all you accomplish, for the fabulous condition of your body, and for "surviving" your first season of the greatest high school sport there is!

KICK-OFF-THE-SEASON-CC-MEETING

We met last Wednesday, May 14. If you were not there, you MUST see Coach this week. Current Menard students stop by my classroom; not yet Menard students call to make arrangements to meet.

SUMMER GOALS SHEET

The goal sheet is a requirement of all CC runners. They were due this past Friday. Current Menard students bring by my classroom; not yet Menard students again, call to make arrangements to meet. You will not run with us without a completed goals sheet. A copy of the goals sheet is attached. Any questions, call Coach.

CROSS COUNTRY, INDOOR AND OUTDOOR TRACK PATCHES

All patches for the year will be ordered this Friday, May 23. CC patches are paid for by CC, track patches are \$20 each. If you did not see Coach about patches at the Track Banquet, SEE HIM BY THURSDAY! Coach will assume you are not ordering patches if you don't take care of this.

CONTACT COACH?????

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

MENARD EAGLE RUNNING CLUB ("MERC")

The Menard Eagle Running Club is a Menard Cross Country "honorary" group with very high entry requirements. Membership is limited to runners accomplishing one or more of the following: running 400 miles (7th & 8th grades), 500 miles (9th & 10th grades), 600 miles (11th & 12th grades), or a top ten finish at designated meets. This year's MERC meets are not yet set, but will include Episcopal, Catholic, Menard, and State. The mileage must be logged between the end of the previous year track season (that would be May 11*) and the district CC meet in November. Members receive a special t-shirt at the end of the year for this achievement, and their name is added to the MERC plaque in the gym foyer. Each year a runner qualifies, a different color shirt is awarded according to this schedule: 1st year - gray, 2nd year - red, third year - yellow, fourth year - green, fifth year - blue, and sixth year - black. Only three black shirts have ever been awarded. Only a very few have earned more than one shirt. THIS IS A HEADS UP FOR YOU INCOMING 7th GRADERS - GET YOUR 400 MILES!!! Of course, you must run a good bit in the summer to achieve this.

CROSS COUNTRY WEB SITE

This is a great web site! As the season progresses, hundreds of runners' times will be compiled and ranked. Check it out from time to time.

la.milesplit.com
Go to: stats → xc individual
Or go to: stats → xc team
Or any of their other stuff!

MENARD CAMP OF CHAMPIONS #2! Deposits of \$100 are due now!

The Chicot cabins have been reserved! And money has been spent. To reserve a place at camp, Coach needs a deposit of \$100. We have added an extra day (Sunday thru Thursday this time), so the total runner cost will be \$250 for next summer. Dates are Sunday, July 27, 2014 thru Thursday, July 31, 2014. Make out your check to Coach, not to Menard, and take care of at least the down payment soon (it's all on my credit card!).

TURN IN UNIFORMS!

Track is over, please put your Menard track uniform items in a bag with your name on it and turn it in to Coach in his classroom. Cleaned, of course! This week of course!

THE 2014 CROSS COUNTRY SCHEDULE

The preliminary CC schedule is attached to this newsletter - check it out! There will be some changes - stay tuned! (Rumor has it we're going to Mississippi once.)

SHOES, LOGS AND WATCHES!

All runners are required to keep their running log book up to date DAILY and to turn it in every Monday - even in the summer! 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 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 feet 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.

Last year's state meet:

Here's what it took to make the state team last year (course a little over 3 miles)

Girls Varsity (110 runners) Team Time 97:30 Gap Time 2:06

Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
3	Robichaux, Mallory	5.56	6.38	6.39	19.13	All-State!	+4 19.46
7	Ahrens, Grace	6.20	6.53	6.56	20.09	All-State!	+0
10	Vaughan, Lindsay	6.26	6.50	7.02	20.18	All-State!	-36 20.15
16	Bovanna, Merrin	6.31	7.01	7.35	21.07		+31
17	Robichaux, Kelley	6.40	7.11	7.28	21.19		+25 20.57
18	Bartow, Mallory	6.20	6.53	6.11	21.24		+47 19.58
20	Long, Avery	6.50	7.34	7.24	21.48		+10 21.33

Boys Varsity (130 runners) Team Time 92:05 Gap Time 1:45

Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Yr Ago
20	Robichaux, Cole	5.39	6.16	6.28	18.23		-12 18.37
31	McMickens, Quist	6.04	6.27	6.36	19.07		-19 20.10
33	Schneider, Bradley	5.51	6.41	6.44	19.16		+25 18.51
39	Junest, Doug	6.10	6.35	6.43	19.28		-1 19.23
56	Milton, Kent	6.15	6.56	7.02	20.13		+37
68	McMickens, Drew	6.27	7.02	7.12	20.41		+52 19.05
73	Rogers, Taylor	6.17	7.13	7.30	21.00		-8 21.28

SUMMER RUNNING

Running on your own (OYO) should be well underway (MERC????). Summer running as a group starts Monday, June 2nd. We run from Coach's (303 Tanglewood Dr - down the service road from Menard, one block past Heyman Lane) every Monday, Wednesday, and Friday at 7 AM SHARP. This is not required, but if you're in town, try hard to be there. The runs will be based on ability - no one will be asked to run more than he/she can. This is for 6 year vets and brand new rookies and everybody in between. Try to be at Coach's by 6:45 AM to stretch.

RUNS WILL START PROMPTLY AT 7 AM!

A schedule was passed out at the CC meeting. Here's the first few weeks:

Mon	June 2	6:45	Coach's	Bus to Kincaid - back at 9 AM (bus will depart AT 6:45 PROMPT!)
Wed	June 4	6:45	Coach's	Tempo run
Friday	June 6	6:45	Coach's	800's and pancakes (there's a waffle rumor also)

Week of June 9 thru June 13 Coach will be out of town - run OYO.

Mon	June 16	6:45	Coach's	Bus to Kincaid - back at 9 AM (bus will depart AT 6:45 PROMPT!)
Wed	June 18	6:45	Coach's	Tempo run
Friday	June 20	6:45	Coach's	800's and pancakes (we'll see if the waffle rumor is true!)

A few of our runners will be running with Dan Ahrens during the summer. Either way, all will be doing Kincaid trails together on Mondays and all will be at Coach's on Friday.

Holy Savior Menard Cross Country 2014!

August 13, 2014

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FROM THE COACH

We're in! We are going to have a very (you fill in the adjective) year. My choices might be interesting, awesome, big, fun, fantastic, My choices might be all of the above! We have lots of returning runners, and lots of rookies. When the roster settles down we most likely will have the largest team in our history. Whatever else this season brings us, it's for sure going to be a very, very fun year!

We have goals: The boys - who moved from 13th in 2012 to 5th last year, won't be satisfied with another 5th, and would love to see enough improvement to challenge for a trophy. The girls were champions last year and won Episcopal and Catholic to have their best season in Menard history. What do we do for an encore? Well, maybe we'll just do it all again! Stay tuned!

KICK OFF THE SEASON POT LUCK SUPPER THURSDAY, September 4, MENARD CAFETERIA, 6 PM
Put it on your calendar! Thursday, September 4, 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 lunch, so bring your favorite dish.*

SHOES, LOGS AND WATCHES!

All runners are required to keep their running log book up to date DAILY and to turn it in every Monday. Once the race starts, 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 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.

AFTER SCHOOL PRACTICE

Practices start at 3:20 beside the Alumni Center. For scheduling, count on practice lasting until 5 PM. We practice Monday thru Friday (and Sunday for some) no matter what the weather. Groups 1 and 2 will meet in the back parking lot at 4th Sundays to run at Kincaid.

PRACTICE DRESS CODE

The practice uniform (black shorts and gold shirt) is required attire at every on campus practice. New practice shirts have been ordered and will be available - \$20 - next week.

MENARD CAMP OF CHAMPIONS #2

We spent 4 days at Chico State Park for the second year, running lots, eating lots, and playing lots. Great time was had by all. Thanks again to all parents who pitched in to make it all a great success. Check out the schedule for the 2015 dates.

DOWN PAYMENT \$100 DUE NOW FOR THE 2015 CAMP. The full payment to Chico State Park must be paid this September. This will come out of Coach's not-so-deep pocket. The down payment will cover the reservation costs. This will be a refundable payment if you end up not being able to attend.

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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 2. Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 2 or 3 groups! Here's the groups as of today:

GROUP 1 GRACE AHRENS, MERRIK BOWMAN, AVERY LONG, KELLEY ROBICHAUX, MALLORY ROBICHAUX, CLAIRE VAUGHN, NICK DUPIENE, ASCHER LUKE, QUINT MCMICKENS, KENT MILTON, COLE ROBICHAUX, AUSTIN ROGERS, TAYLOR ROGERS, BRADLEY SCHNEIDER

GROUP 2 MADISON DONNALLY, MIRANDA HAWTHORNE, FAITH MCHIELS, REGAN ROBICHAUX, GABI ROMERO, KATHERINE VAUGHN, MARTHA VOLTZ, SETH BENTON, TREY BROWN, WILL CARBO, JUDE HOPWELL, ISAAH LACHNEY

GROUP 3 NOELLE DUNN, ABBY FIELDS, CHRISTIAN JEANSONNE, EMILLE JUNEAU, AVA KARAM, ABBY LONG, CARSON RABALAIS, ALYSSA RABIE, ANNE STANDLEY, VICTORIA VAUGHAN, BRANDON CORELL, ZACH FAIRBANKS, MATT GUILLORY, MICHAEL LANAUX, GABE PETERMAN

GROUP 4 KATELYN BENOIT, KATHRYN CHATMAN, BRITTANY DUCOTE, CAMERON ERICKSON, BRITTNEY JEANSONNE, ANNIE KARAM, JACKIE MATHEWS, RACHEL MCMINN, CAMILLE MONSEAUX, ALEXA RABIE, EMILY SACCARO, PEYTON SAMPEY, CONNOR DESPINO

GROUP 5 SHAMYRA ARMSTRONG, FRANKIE AYMOND, GENTRY FREEMAN, AVA HARRISON, HANNAH KRAMEL, ALLI MATT, GRACE MCCAIN, BREANNA ROBINSON, FORTY SUPTAVEEPPAT, NAKAYA TROWEL, KATELYN WALTERS, STEPHEN DAVIS, BAILEY FARALDO, JONATHAN SCALFANO, KEN TRAVEUM WOODARD

MANAGERS SARAH CHATMAN, VICTORIA HIRCHAK

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS, DUFFEL BAGS, AND SWEATSHIRTS ORDER FORM!

One of our traditions is to provide a t-shirt (free) to every runner. Each year the shirt slogan is unique. It's also a tradition that our parents wear these shirts to the meets. The order form is located at the end of this newsletter. **DEADLINE FOR ORDERS IS FRIDAY, AUGUST 22.** Again, only runner t-shirts are paid for by cross country. All additional orders must be paid for (additional t-shirts, sweatshirts, duffel bags). None of the above is required.

HYDRATION!

It's really too hot most days to run. Not drinking enough water - and that would be 8 glasses a day minimum - is nothing less than dangerous. So runners **MUST TAKE CARE TO DRINK AT HOME AND AT SCHOOL** (before school, during breaks, during lunch, and at practice). Besides being dangerous to your health, it slows you down!

LESA4 FORMS

Three forms (Participation, Drug, and Medical) **MUST** be on file at Menard for any athlete to be eligible to participate in sports. Coach needs stuff from: Armstrong, Aymond, Ducote, Fields, Freeman, Harrison, Kramel, Mathews, Matt, McCain, Rabalais, Robinson, Romero, Suptaveeppat, Trowel, Benton, Despino, Faraldo, Scalfano, Woodard. Contact Coach with questions. **THESE MUST BE COMPLETED AND TURNED IN TO COACH ASAP!**

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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 23 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 race.

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 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 6)

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 Carbo's, Wednesday, August 20. We will practice after school as we normally do. Then we'll take the bus to the Carbo's, and - you guessed it - swim and eat! Parents can pick runners up there (4502 Willowick 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.

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 (DESPERATELY 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.

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TRACK AND CC PATCHES ARE IN!

The CC patches are covered by Cross Country. The track patches are \$20 each. This amount per each runner who ordered patches was sent out during the summer. Any questions, Coach has amounts and patches in class room.

MILES, MILES, MILES!

How do you get good at this CC thing? Well - you run a lot. We get a little sophisticated about what we do, but the bottom line - especially for new runners - is simple: RUN! And run a lot (it's a simple sport). Here's a summary of log book miles for the summer.

SEASON MILES SUMMER 2014!

THE GIRLS		MILES	THE GUYS		MILES
1	Robichaux, Kelley	12 285	1	McMickens, Quint	9 285
2	Bowman, Merrik	10 272	2	Duffene, Nick	10 274
3	Vaughn, Claire	7 259	3	Brown, Trey	9 256
4	Ahrens, Grace	9 257	4	Rogers, Taylor	9 235
5	Robichaux, Regan	10 223	5	Rogers, Austin	9 220
6	Robichaux, Mallory	12 205	6	Schneider, Bradley	12 209
7	Jeansonne, Christian	10 201	7	Milton, Kent	8 198
8	Jeansonne, Brittney	11 186	8	Fairbanks, Zach	9 145
9	Vaughn, Katherine	7 183	9	Robichaux, Cole	11 132
10	Voltz, Martha	10 179	10	Carbo, Will	8 121
11	Long, Avery	9 178	11	Peterman, Gabe	8 116
12	Saccaro, Emily	11 174	12	Guillory, Matthew	8 101
13	Hawthorne, Miranda	10 162	13	Hopewell, Jude	7 84
14	Donnelly, Madison	10 158	14	Lanaux, Michael	9 75
15	Benoit, Katelyn	11 126	15	Luke, Ascher	9 75
16	Karam, Ava	10 122			
17	Karam, Annie	11 112			
18	Dunn, Noelle	10 107			
19	Chatman, Kathryn	10 103			
20	Romero, Gabi	7 95			
21	Michiels, Faith	7 94			
22	Monceaux, Camille	10 83			
23	Sampey, Peyton	7 83			
24	Vaughan, Victoria	7 76			
25	Long, Abby	7 73			
26	Rabie, Alyssa	9 45			
27	Erickson, Cameron	11 38			
28	Standley, Anne	9 15			