

Monday, October 22, 2012

ANNOUNCEMENT

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

THE GIRLS WERE 6TH AND THE BOYS WERE 16TH OF 31 TEAMS

RUNNING IN THE VARSITY GIRLS RACE WERE

- RACHEL ENGELSMAN
- LINDSAY VALGHIAN
- MEG MORRISON
- MALLORY BARTOW
- EVERY LONG
- MARCELINE JONES

AND

RUNNING IN THE VARSITY BOYS RACE WERE

- BRADLEY SCHNEIDER
- DREW McNICKERS
- DOUG JUNEAU
- COLE ROBICHAUX
- TAYLOR ROGERS
- QUINT McNICKENS

AND

OUR TOP SEVEN RUNNERS IN THE JUNIOR VARSITY RACES WERE

- BRITTANY DUCOTE
- MIRANDA HAWTHORNE
- AVA KARAM
- CARSON KUBILIUS
- ANNE STANDLEY
- RACHEL McMINN
- EMILY SACCARD

Thursday, October 25, 2012

ANNOUNCEMENT

CROSS COUNTRY COMPETED AT THE JOHN MILLER INVITATIONAL AT BURLOW YESTERDAY. THE GIRLS WON BY 20 OVER BEATING 44 STATE CHAMP BENTON AND 15 OTHER TEAMS. THE BOYS PLACED 11TH OF 21 TEAMS.

RUNNING IN THE VARSITY GIRLS RACE WERE

- LINDSAY VALGHIAN
- MALLORY BARTOW
- EVERY LONG
- RACHEL ENGELSMAN
- AND KELLEY ROBICHAUX

AND

RUNNING IN THE VARSITY BOYS RACE WERE

- COLE ROBICHAUX
- DREW McNICKERS
- DOUG JUNEAU
- AND GRAYSON BURNS

AND

OUR TOP SEVEN RUNNERS IN THE JUNIOR VARSITY RACES WERE

- MARSHA VOLTZ, WHO WON THE GIRLS JV RACE
- MADELINE JONES, WHO PLACED 2ND
- MIRANDA HAWTHORNE
- AVA KARAM
- BRITTANY DUCOTE
- ANNE STANDLEY
- AND CARSON KUBILIUS

Thursday, November 3, 2011

ANNOUNCEMENT

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

THE GIRLS DOMINATED, WINNING FOR THE FOURTH YEAR IN A ROW WITH MALLORY BARTOW FINISHING 2ND, MALLORY ROBICHAUX 3RD, LINDSAY VALGHIAN 4TH, KELLEY ROBICHAUX 10TH, MEG MORRISON 11TH, RACHEL ENGELSMAN 12TH, AND MARTHA VOLTZ 13TH

THE BOYS FINISHED IN FIFTH PLACE. SCORING FOR THE BOYS WERE

- BRADLEY SCHNEIDER
- DREW McNICKERS
- DOUG JUNEAU
- AND TAYLOR ROGERS

AND

THE GIRLS JV TEAM ALSO WON, PLACING 6TH IN THE TOP TEN

THE TOP TEN JV GIRLS WERE

- EVERY LONG 1ST
- MADELINE JONES 4TH
- MIRANDA HAWTHORNE 5TH
- ANNE STANDLEY 6TH
- BRITTANY DUCOTE 9TH
- AND AVA KARAM 10TH

Monday, November 5, 2012

ANNOUNCEMENT

CONGRATULATIONS AGAIN TO BOTH THE BOYS & GIRLS CROSS COUNTRY TEAMS FOR THEIR PERFORMANCE AT THE DISTRICT MEET HELD AT LAKESIDE IN MINDEA, LAST SATURDAY

BRADLEY SCHNEIDER IS THE GIRLS DISTRICT CHAMPION AND MALLORY ROBICHAUX IS THE GIRLS DISTRICT CHAMPION

ALSO SCORING FOR THE GIRLS WERE

- LINDSAY VALGHIAN
- EVERY LONG
- RACHEL ENGELSMAN
- MALLORY BARTOW
- KELLEY ROBICHAUX
- AND MARTHA VOLTZ

AND

ALSO SCORING FOR THE BOYS WERE

- DREW McNICKERS
- DOUG JUNEAU
- COLE ROBICHAUX
- AND QUINT McNICKENS

AND

THE STATE MEET IS ONE WEEK FROM TODAY

Tuesday, November 13, 2012

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 NATCHITOCHES YESTERDAY

IN THE SUPER TOUGHA CLASSIFICATION, THE GIRLS PLACED A CLOSE THIRD OUT OF 13 SCHOOLS. THE BOYS PLACED 11TH OF 21 SCHOOLS. MALLORY ROBICHAUX EARNED ALL-STATE FOR HER TOP TEN FINISH

RUNNING FOR THE GIRLS WERE

- MALLORY ROBICHAUX
- MALLORY BARTOW
- LINDSAY VALGHIAN
- RACHEL ENGELSMAN
- KELLEY ROBICHAUX
- EVERY LONG
- AND MEG MORRISON

AND

RUNNING FOR THE BOYS WERE

- BRADLEY SCHNEIDER
- MALLORY BARTOW
- DREW McNICKERS
- DOUG JUNEAU
- GRAYSON BURNS
- QUINT McNICKENS
- AND TAYLOR ROGERS

MENARD CROSS COUNTRY RECORDS

(As of November 15, 2011)

Individual Times (3 miles)

Mallory Robichaux	18:17	Buhlow (District)	November 9, 2011
Doug Smith	15:00	Lake Buhlow	October 22, 1986

Team Times – Girls (3 miles)

Mallory Robichaux	18.39	Comeaux
Rachel Engelsman	20:29	October 29, 2011
Mallory Bartow	20.43	Acadiana Park, Lafayette
Lindsay Vaughan	20.52	
Carson Rabalais	21.21	Total: 102.04 (20:25 Average)

Team Times – Boys (3 miles)

Mark Landreneau	15:08	* 3-mile splits in 5K race
Joffroi Holcombe	16:01	Jesse Owens Invitational *
Wes Pepitone	16:32	October 6, 2001
Daniel Garner	16.47	Decatur, Alabama
Brandon Adams	17:10	Total: 81.38 (16:19 Average)

Course Records

Acadiana Park	Mallory Robichaux	18.39	10/29/11	Mark Landreneau	15.30	10/27/01
Ft Buhlow (6)	Mallory Robichaux	18.17	11/09/11	Mark Dotson	15:49	10/18/08
Highland Park	Mallory Robichaux	18.44	10/08/11	Danon O'Kelly	15:25	10/12/96
Northwestern	Mallory Robichaux	18.46	10/22/11	Mark Dotson	15:40	11/01/08
Cedar Creek	Mallory Robichaux	20.48	10/03/09	Mark Landreneau	15:41	10/06/01

Meet Records

Catholic/St Joseph	Mallory Robichaux	18.44	10/08/11	Danon O'Kelly	15.25	10/12/96
Cenla Champs	Mallory Robichaux	20.24	09/21/11	Doug Smith	15.00	10/22/86
District	Mallory Robichaux	18.17	11/09/11	Doug Smith	15.05	11/13/86
Menard Invitational	Mallory Robichaux	18.55	10/15/11	Mark Dotson	15.49	10/18/08
State	Mallory Robichaux	18.46	11/15/11	Doug Smith	15.41	11/21/85

CUMMULATIVE MILES

	2006	2007	2008	2009	2010	2011	2012	TOTAL
Bartow, Mallory	10	F						2,136
Ducote, Britany	8	F	292	414	520	481	429	188
Engelsman, Rachel	9	F	290	463	480	371	212	1,804
Erickson, Cameron	8	F		212	175	212	40	598
Evans, Catherine	11	F			164			40
Hawthorne, Miranda	7	F						282
Jeanfreau, Rebecca	9	F			143			205
Jeansonne, Brittny	9	F						132
Jones, Madeline	9	F						397
Karam, Annie	9	F						171
Karam, Ava	8	F						254
Long, Avery	7	F						303
McMinn, Rachel	7	F						141
Morrison, Meg	11	F				251		335
Rabalais, Carson	9	F				188		73
Rabalais, Kelley	9	F				379		444
Robichaux, Mallory	9	F		502	582	780		482
Saccaro, Emily	9	F						143
Standley, Anne	9	F						219
Vaughan, Lindsey	7	F	174	349	275	485		365
Voltz, Martha	10	F						1,648
	8	F						175

TOTAL MEETS

	2006	2007	2008	2009	2010	2011	2012	TOTAL
Bartow, Mallory	10	F						50
Ducote, Britany	8	F	11	11	8	13	7	10
Engelsman, Rachel	9	F	13	13	12	13	11	48
Erickson, Cameron	8	F	10	6	10	6	11	27
Evans, Catherine	11	F					4	4
Hawthorne, Miranda	7	F				10	7	17
Jeanfreau, Rebecca	9	F					10	10
Jeansonne, Brittny	9	F					10	10
Jones, Madeline	9	F					10	10
Karam, Annie	9	F					10	10
Karam, Ava	8	F			11	12	11	34
Long, Avery	7	F					11	11
McMinn, Rachel	7	F					7	7
Morrison, Meg	11	F				9	9	18
Rabalais, Carson	9	F				13	5	18
Rabalais, Kelley	9	F				13	8	21
Robichaux, Mallory	9	F		14	12	13	8	47
Saccaro, Emily	9	F					9	9
Standley, Anne	7	F					10	10
Vaughan, Lindsey	10	F	12	14	8	10	9	53
Voltz, Martha	8	F					11	11

TOTAL MEETS

	2006	2007	2008	2009	2010	2011	2012	TOTAL
Brown, Trey	7	M						175
Burns, Grayson	7	M						300
Davis, Thomas	10	M						74
Fowler, Payton	8	M				73		108
Juneau, Doug	7	M						405
McMickens, Drew	10	M						122
McMickens, Quint	7	M						483
Robichaux, Cole	8	M			247	408		306
Rogers, Taylor	7	M						400
Schneider, Bradley	10	M						271

battlefield

cross country festival



powered by

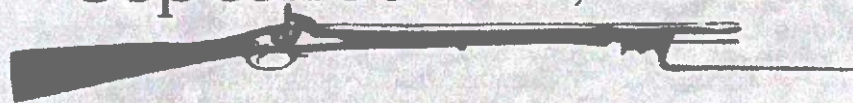


FORGE
RACING

&



september 29, 2012



port hudson state historic site
Jackson, LA

John C Miller Sr. Run

Varsity Boys
 1. Benton, 33; 2. Anacoco, 120; 3. Buckeye, 132; 4. Barbe, 135; 5. Pineville, 174; 6. Elizabeth, 202; 7. Grace Christian, 212; 8. Rapides, 245; 9. Avoyelles Charter, 306; 10. ASH, 325

Varsity Girls
 1. Menard, 60; 2. Benton, 98; 3. Barbe, 145; 4. Anacoco, 151; 5. Buckeye, 162; 6. Grace Christian, 173; 7. Pineville, 206; 8. Leesville, 245; 9. Lacassine, 253; 10. Natchitoches Central, 254

Individual Boys
 1. Jacob Chicola, Buckeye
 2. Alex Whittington, Benton
 3. Brandon Lewis, Benton
 4. Drake Hinz, Benton
 5. Samuel Turnipseed, Anacoco
 6. John Palmer, Georgetown
 7. Jesse Morris, Sam Houston
 8. Brady Hoogenwerf, Barbe
 9. Garrett Gibson, Benton
 10. Austin Williams, Anacoco

Individual Girls
 1. Kellie Webb, Barbe
 2. Katie McKay, Benton
 3. Colby Carey, Natchitoches Central
 4. Grace Ahrens, Alex Country Day
 5. Rebecca Fontenot, Tourings Catholic
 6. Mallory Robichaux, Menard
 7. Lindsay Vaughn, Menard
 8. Quinci Middlebrooks, Benton
 9. Mallory Barrow, Menard
 10. Tia Sims, Anacoco

TOWNTALK 10/24

Chicola, Menard shine at meet

Buckeye's Jacob Chicola won the individual boys title, and Holy Savior Menard, placing three runners in the top 10, won the girls team title at the John Miller Cross-Country Run Wednesday at the Fort Buhlow Recreation Area.

Benton, which had three of the top four finishers in the boys division, won the boys team title, led by runner-up Alex Whittington, and Kellie Webb of Barbe won the individual girls title. Samuel Turnipseed of Anacoco and John Palmer of Georgetown placed fifth and sixth and Austin Williams of Anacoco was 10th.

Colby Carey of Natchitoches Central placed third in the girls run behind Webb and Katie McKay of Benton. Grace Ahrens of Alexandria Country Day was fourth. Menard's top finishers were Mallory Robichaux (6th), Lindsay Vaughn (7th) and Mallory Barrow (9th). Tia Sims of Anacoco finished 10th.

No times were reported.

TOWNTALK 10/27/12



CHURCH
 TODAY
 10/15/12

Cross-country needs Highland Park

I have been a part of Louisiana high school cross-country for over 25 years. One of the highlights of our season is trips to Highland Road Park in Baton Rouge for the big races. This is "sacred ground" to me and to our veteran runners. We all have too-numerous-to-count "war stories" of our races there.

It would be a sad — very sad — thing if Highland Road Park was made not available for cross-country running.

It seems to me the economic impact alone would dictate that this would never be allowed to happen. Our team usually makes three trips per season to Highland Road Park. We leave at 4:30 a.m. (and worry about parking space by the way), run our races and return home. Before we leave town, we eat probably 75 lunches, and many people stick around to shop — many a prom dress has been bought by our runners in Baton Rouge.

That's a lot of energy I'm not sure we'd spend to run somewhere other than Highland Road Park. It's the only place we've ever run in Baton Rouge.

The four major cross-country meets at Highland Road Park attract well over 100 out-of-town schools to Baton Rouge every season. Conservatively assume 20 runners and 10 parents (we bring over 30 runners and at least 40 parents) show up for each. That's thousands of meals, much shopping and more than a few hotel stays.

I have heard there are plans to "improve" Highland Road Park. I — and I'm sure many, many others — would hope that the coming changes take into account providing for cross-country to continue its very rich tradition there.

WALLY SMITH, teacher and coach
 Holy Savior Menard High School
 Alexandria

ADVOCATE
 10/10/12

Wednesday
Buhlow Recreational Area
BUCKEYE

BOYS

Top 10 Runners: 1. Jacob, Chicola, Buckeye, 16:47.22; 2. Christoph Moeller, Avoyelles Public Charter, 18:11.91; 3. Chase Jones, Buckeye, 18:15.12; 4. Terrance Mann, Mamou, 18:16.77; 5.

Austin Williams, Anacoco, 18:19.33; 6. John Palmer, Georgetown, 18:31.17; 7. Cameron Farris, Cameron, Alex Country Day, 18:33.93; 8.

Zach Brenner, Grace Christian, 18:34.94; 9. Trevor Parish, Buckeye, 18:50.74; 10. Houston Brady, Elizabeth, 18:59.41

Team Results: 1. Buckeye, 61; 2. Pineville, 125; 3. Elizabeth, 127; 4. Menard, 173; 5. Anacoco, 176; 6. Grace Christian, 176; 7. St. Mary's, 180; 8. Leesville 184; 9. Oak Hill, 200; 10. Avoyelles Public Charter, 222; 11. Pine Prairie, 229; 12. Tioga, 279; 13. Natchitoches Central, 303; 14. Mamou, 320; 15. Georgetown, 367; 16. Many, 451

GIRLS

Top 10 runners: 1. Mallory Robichaux, Menard, 21:12.66; 2. Colbey Carey, Natchitoches, 22:10.27; 3. Grace Ahrens, Alex Country Day, 22:12.97; 4.

Rachel Engelsman, Menard, 22:27.24; 5. Lindsay Vaughan, Menard, 22:32.88; 6. Lindsey Smith, Leesville, 22:35.87; 7. Kelley Robichaux, Menard, 22:41.17; 8. Macaila Bell, Pineville, 22:56.77; 9.

Haleigh Lachney, Simpson, 23:05.20; 10. Amanda Moses, Buckeye, 23:13.09

Team Results: 1. Menard, 32; 2. Leesville, 103; 3.

Buckeye, 106; 4. Grace Christian, 107; 5.

Anacoco, 122; 6. Pineville, 125; 7. Natchitoches Central, 138; 8. Avoyelles Public Charter, 177; 9.

Elizabeth, 231; 10. Tioga, 287

TOWN TALK
 10/26/12

BOYS COMPOSITE POLL

- | | | |
|--------------------|-----|----|
| 1. St. Paul's | (6) | 95 |
| 2. Jesuit | (1) | 83 |
| 3. Episcopal | | 81 |
| 4. West Monroe | (3) | 73 |
| 5. Catholic (BR) | | 59 |
| 6. Brother Martin | | 46 |
| 7. Walker | | 36 |
| 8. Parkway | | 28 |
| 9. St. Thomas More | | 24 |
| 10. Ruston | | 9 |

Also Receiving Votes: St. Thomas Aquinas, John

GIRLS COMPOSITE POLL

- | | | |
|-------------------------|-----|----|
| 1. Dominican | (9) | 99 |
| 2. St. Joseph's Academy | | 88 |
| 3. Mt. Carmel Academy | | 71 |
| 4. St. Scholastica | | 60 |
| 5. Fountainbleau | | 59 |
| 6. Ruston | (1) | 49 |
| 7. Parkway | | 36 |
| 8. Vandebilt Catholic | | 26 |
| 9. St. Michael | | 20 |
| 10. Mandeville | | 17 |

Also Receiving Votes: Benton, Menard, C.H.S.P

ADVOCATE 10/4/12

Rapides Cross Country (Parish Champs)

Girls Varsity School Time

Grace Ahrens Alexandria Country Day 20:41
Mallory Barton Menard 21:07
Mallory Robichaux Menard 21:08
Lindsay Vaughn Menard 21:10
 Macaila Bell Pineville 21:25
 Carolyn Garvis Bolton 21:32
 Olivia Slayler Grace Christian 21:46
 Mandi Moses Buckeye 22:00
 Menard, 22:11
 Menard, 22:23
Rachel Engelsman Menard 22:40
Marlee Slayler Grace Christian 22:42
 Peyton Cole Buckeye 23:15
 Ally Tyler Buckeye 23:17
Mattie Bolliah ASH 23:22
Martha Valtz Menard 23:23
 Hope Rosier Buckeye 23:24
 Krystal Davis Buckeye 23:48
 Hailey Teal Grace Christian 24:02
 Mary Beth Tarpley Pineville 24:11
 Rylee Smith Grace Christian 24:16
 Rachel Hebert Pineville 24:17
 Emily Webb Grace Christian 24:18
 Megan Price ASH 24:35
 Katie Johnson Grace Academy 24:39
 Lianna Cogbill Tioga 24:40
 April A. Grace Christian 25:09
 Alyssa Parish Buckeye 25:26
 Alley McFarland Pineville 25:41
 Brittica Reed Pineville 26:06
 Myah Breaux ASH 26:55
 Carly Evans Pineville 27:13
 Tiara White Tioga 30:25
 Brook Dupuy ASH 30:27
 Amanda Foster ASH 31:13
 Tioga, 32:14
 Caitlyn Coates Tioga 33:18
 Hannah Boggs Tioga 32:46
1st place: Menard 30 points
2nd place: Buckeye 64 points
 3rd place: Grace Christian 86 points
 4th place: Pineville 110 points
 5th place: ASH 144 points
 6th place: Tioga 175 points

Boys Varsity School Time

Jacob Chicola Buckeye 17:35
 Zach Brenner Grace Christian 17:51
 Cameron Farris Alexandria Country Day 17:54
 Trevor Parish Buckeye 18:04
 Cohen LaCour Grace Christian 18:05
 Chase Jones Buckeye 18:07
 Garrett Stickell ASH 18:10
 Spencer Taylor ASH 18:11
 Austin Edwards Buckeye 18:22
 Austin Lewis Pineville 18:22
 Kenny Dellgadillo Tioga 18:37
Nathan Calhoun Pineville 18:43
Bradley Schnieder Menard 18:45
Cole Robicheaux Menard 18:48
 Jackson Newman Pineville 18:49
 John Lacour Grace Christian 18:50
 Jared Couture Buckeye 18:59
 Clinton Cogbill Tioga 19:01
 Travis Burns Grace Christian 19:24
 Hunter Aymonds Buckeye 19:29
 Tahj Beaudoin ASH 19:31
Andrew Guess Pineville 19:35
Drew McMickens Menard 19:47
 Jack Nolan ASH 19:50
Doug Juneau Menard 19:51
 Daniel Rufkin Pineville 20:02
 Austin, Pineville 20:03
Quint McMinkins Menard 20:13
 Ethan Mannor, Grace Christian 20:14
 Trent Guillory Grace Christian 20:43
 Adam Spence Grace Christian 21:03
 David Brocata ASH 21:57
 Austin Nelson Pineville 22:19
 Tyler O'Brein Tioga 22:38
Taylor Rogers Menard 23:22
 Austin Bordelon Tioga 23:22
 Giovanni Roberts ASH 23:41
 Jose Fernandez Tioga 23:44
 Kerry Fuselier ASH 23:58
 1st place: Buckeye 37 points
 2nd place: Grace Christian 74 points
 3rd place: Pineville 87 points
4th place: ASH 100 points
5th place: Menard 109 points
 6th place: Tioga 162 points

TOWN TALK 11/2/12

Sacred Heart races to Class 2A girls title

NEW ORLEANS AREA

BY ROBIN FAMBROUGH

Advocate sportswriter

MATCHUPCHES - Academy of Sacred Heart won five consecutive state cross country titles before moving into Class 2A a year ago.

Coach Greg Caro knew his team needed a specific kind of focus to succeed at the Louisiana High School Athletic Association Cross Country Championships on Monday.

"The last six weeks, we were focusing on the teams we needed to focus on," Sacred Heart coach Greg Caro said. "That was Episcopal, Newman, Menard and St. Thomas Aquinas."

"Episcopal ran a wonderful race today. But our girls pack ran super dupe today. We have one junior, three freshmen and two sixth-graders. This was great."

Sacred Heart placed all five of its scoring runners in the top 17 while winning the Class 2A girls title at the Walter Ledet Track Complex.

The Cardinals led a New Orleans group that claimed three individual titles and three team runner-up finishes.

John Curtis Christian (2A boys), St. Martin's Episcopal

(1A boys) and Patrick Taylor (Class B boys) were the New Orleans area's runner-up finishers on the first day of the annual two-day LHSAA meet. Country Day was third in the 1A girls competition.

First Baptist Christian's Gabrielle Jennings (Class C), Patrick Taylor's Celia Zaeringer (Class B) and Newman's Haley Johnson (2A) were individual champions with New Orleans area ties.

Caro said he told his girls to pass runners from the other top teams while also trying to run as close together as possible.

Newman's Johnson won the three-mile race in 18 minutes, 25.81 seconds — the day's best girls time.

Megan Jackson, who placed ninth (19:44.36), was the top finisher for Sacred Heart, which also put Madeline Kling (13th), Sarah Dawson (14th), Mary Nusloch (15th) and Caroline Bloemer (17th) in its scoring group.

► See SACRED HEART, page 8C

ADVOCATE 11/13/12

SACRED HEART

Continued from page 1C

The Cardinals finished with 68 points to finish ahead of Baton Rouge-based Episcopal (83) and 2011 champion Menard-Alexandria (87). Hammond's St. Thomas Aquinas (119) placed fourth.

The 2A race came near the end of the day. Jennings, of Slidell-based First Baptist, vowed to finish the day's first race, despite issues with shin splints. The freshman claimed her fifth individual title in cross country with a time of 19:29.59.

"It's been a hard season," Jennings said. "I've had trouble with my hip and shin splints. It

hurt pretty bad today, but I'm not a quitter. I had to be careful because there were some curves on the course, and it hurt when I went to make the cut. I was determined to finish."

Patrick Taylor's Zaeringer won the Class B girls title for the second time in three years in 18:55.23.

"It was my best time of the season," Zaeringer said. "I was quite surprised at how fast I ran. My previous best was 19:13. It (state title) means a lot."

Two north Louisiana schools, Elizabeth in Class C and Anacoco in Class B, swept boys and girls titles.

Elizabeth scored 34 points to win the girls title and 47 to

claim the boys title. Anacoco finished with 51 points to win the girls title and 66 on the boys side.

Patrick Taylor, a third-place finisher the past two seasons, claimed the runner-up trophy in the Class B boys competition with 68 points. Evan Michael (16:46.82) placed second, and Stephen Torry (16:56.52) was third for the Tigers.

St. Martin's finished with 78 points to edge Catholic-Pointe Coupee (82) for second in the 1A boys division. Donaldsonville's Ascension Catholic won with 29. Metairie Park Country Day's Adam Goldberg placed third (16:39.11). St. Martin's Ian Jenkins (eighth, 17:19.42) led runner-up St. Martin's.

In the day's final race, John

Curtis was second to BR's Episcopal, which claimed its 17th straight Class 2A boys title. Episcopal (35), Curtis (71) and St. Thomas Aquinas (81) were the top three finishers.

Devyn Keith led the Patriots, placing third (15:57.20) and was one of three runners to break the 16-minute barrier in the day's fastest race.

Catholic-PC won the 1A girls title with 33 points, ahead of Ascension Catholic (67) and Country Day (77). Kathryn Fagan, who placed 11th (20:50.35) led MPCD.

The other New Orleans area competitor to garner a top 10 finisher was Jennings' sister, Madelyn, who was second in the Class C girls race (21:36.41).

STATE CROSS COUNTRY MEET RESULTS

MARATHONS - Monday's team scores and top 10 individual results from Classes C, B, A and 2A boys and girls 3-mile races at the LUSAA Cross Country Championships staged at the Walter P. Ledet Track Complex on the Northwestern State campus.

Class 2A

Boys
Team scores: 1. Episcopal, 35; 2. John Curson, 41; 3. St. Thomas Aquinas, 81; 4. Isadore Newman, 141; 5. Lakeside, 148; 6. Runnels, 150; 7. University High, 230; 8. Rosepine, 233; 9. Delcambre, 288; 10. Pine Prairie, 303; 11. Haynes Academy, 316; 12. Pope John Paul II, 322; 13. Menard, 338; 14. Catholic New Iberia, 453; 15. North Webster, 308; 16. Mansour, 428; 17. Thomas Jefferson, 454; 18. Fisher, 481; 19. Mary, 591.
Top 10 individuals: 1. Christian Johnson, 15:12.87; 2. Enrique Soto, Lakeside, 15:27.23; 3. Devyn Keith, John Curson, 15:57.26; 4. Bryan Stauney, Episcopal, 16:03.63; 5. Wesley Brown, Episcopal, 16:21.10; 6. Andrew Brouillette, Runnels, 16:21.74; 7. Dustin Thompson, Rosepine, 16:21.74; 8. Tommy Brocato, St. Thomas Aquinas, 16:30.80; 9. James Taylor, Lakeside, 16:27.38; 10. Craig Rock, St. Thomas Aquinas, 16:30.80.

GIRLS

Team scores: 1. Sacred Heart, New Orleans, 68; 2. Episcopal, 83; 3. Mary, 87; 4. St. Thomas Aquinas, 119; 5. McGehee, 162; 6. Isadore Newman, 178; 7. University High, 180; Lakeside, 190; 9. Catholic New Iberia, 222; 10. John Curtis, 228; 11. Calvary Baptist, 235; 12. Rosepine, 458; 13. Delcambre, 302; 14. Fisher, 444; 15. Thomas Jefferson, 484; 16. Pine Prairie, 468; 17. North Webster, 506; 18. Mary, 572.
Top 10 individuals: 1. Haley Johnson, Isadore Newman, 18:25.91; 2. Hayley Hester-

man, Calvary Baptist, 18:30.93; 3. Alissa Sanders, Lakeside, 18:43.26; 4. Bobbi Arner, St. Thomas Aquinas, 19:05.71; 5. Deven Kimbrell, Episcopal, 19:21.71; 6. Destiny Williams, St. Thomas Aquinas, 19:18.58; 7. Alicia Stamey, Episcopal, 19:21.71; 8. Hayley Schwab, University Lab, 19:36.85; 9. Megan Jackson, Sacred Heart, 19:44.34; 10. Mallory Robichaux, Menard, 19:46.82.

Class 1A

Boys
Team scores: 1. Ascension Catholic, 29; 2. St. Martin's, 76; 3. Catholic Pointe Coupee, 82; 4. Metairie Park Country Day, 88; 5. Westminster Christian, 133; 6. St. Mary, 178; 7. Cedar Creek, 199; 8. St. Edmund, 199; 9. Houma Christian, 199; 10. Sacred Heart, Ville Platte, 298; 11. Merryville, 328; LaSalle, 373; raise river, 388.
Top 10 individuals: 1. Zach Capello, Ascension Catholic, 16:11.41; 2. Jesse Hood, Ascension Catholic, 16:13.76; 3. Austin Gelberg, Metairie Park Country Day, 16:39.11; 4. Clayton O'Callaghan, Catholic Pointe Coupee, 16:51.75; 5. Trey Capello, Ascension Catholic, 17:11.24; 6. Hays Bondy, Catholic Pointe Coupee, 17:18.05; 7. Scott Magglio, St. Mary, 17:17.27; 8. Ian Jenkins, St. Martin's, 17:19.42; 9. Austin Luica, Hanson, 17:49.87; 10. Cameron Faigouast, Westminster, 17:55.11.

GIRLS

Team scores: 1. Catholic Pointe Coupee, 33; 2. Ascension Catholic, 67; 3. Metairie Park Country Day, 71; 4. St. Edmund, 114; 5. Cedar Creek, 156; 6. Merryville, 197; 7. Westminster Christian, 198; 8. Christian Life, 198; 9. Sacred Heart, Ville Platte, 256; 10. Houma Christian, 250; 11. Vermillion Catholic, 258; 12. Logansport, 291; 13. LaSalle, 405.
Top 10 individuals: 1. Addie Burlleigh, Catholic Pointe Coupee, 19:26.87; 2. Kirst-

en Landry, Ascension Episcopal, 19:37.62; 3. Keisie Williams, Merryville, 20:18.00; 4. Meredith Witty, Catholic Pointe Coupee, 20:31.67; 5. Kristen Olinde, Catholic Pointe Coupee, 20:31.93; 6. Olivia Palmer, Catholic Pointe Coupee, 20:34.37; 7. Breanna Elliott, Christian Life, 20:38.11; 8. Stephanie Breaux, Ascension Catholic, 20:40.44; 9. Brianna Ramirez, St. Edmund, 20:41.05; 10. Peyton Hammond, Opelousas Catholic, 20:45.19.

Class B

Boys
Team scores: 1. Anacoco, 56; 2. Patrick Taylor Academy, 68; 3. Choudrant, 100; 4. Rapides, 145; 5. Midland, 154; 6. Grace Christian, 159; 7. Oak Hill, 187; 8. Episcopal Academies, Bell City, 287; 10. Hornbeck, 297; 11. Weston, 300; 12. Avozelles Public Charter, 308; 13. Lacassine, 360; 14. Glenmora, 374; 15. Hathaway, 379; 16. Grand Lake, 383; 17. Castor, 386; 18. Holden, 444; 19. Evans, 457; 20. Negreek, 538.
Top 10 individuals: 1. Brandon Smith, Choudrant, 16:32.72; 2. Evan Michel, Patrick Taylor, 16:45.82; 3. Stephen Torry, Patrick Taylor, 16:55.52; 4. Sam Turnipseed, Anacoco, 17:03.02; 5. Nathan Anderson, Choudrant, 17:20.68; 6. Austin Williams, Anacoco, 17:23.41; 7. Zachary Brenner, Grace Christian, 17:35.37; 8. Colton Cochran, Simsboro, 17:39.93; 9. Chris Moeller, Avozelles Public Charter, 17:43.79.

GIRLS

Team scores: 1. Anacoco, 51; 2. Grace Christian, 80; 3. Choudrant, 110; 4. Coopers, 144; 5. Lacassine, 145; 6. Bell City, 149; 7. Patrick Taylor Academy, 173; 8. Midland, 196; 9. Pitkin, 199; 10. Castor, 210; 11. Avozelles Public Charter, 265; 12. Oak Hill, 295; 13. Evans, 320.
Top 10 individuals: 1. Celia Zaeringer, Patrick Taylor, 18:55.93; 2. Clarissa Smith,

Holden, 19:02.59; 3. Marissa Bennett, Choudrant, 19:41.17; 4. Hailey Cooley, Lacassine, 20:26.07; 5. Tiffany Harer, Anacoco, 20:44.04; 6. Tia Simms, Anacoco, 20:45.49; 7. Olivia Slayter, Grace Christian, 20:47.21; 8. Corey Dixon, Converse, 20:55.75; 9. Hailey Teal, Grace Christian, 21:01.42; 10. Hayley Gaultry, Lacassine, 21:09.56.

Class C

Boys
Team scores: 1. Elizabeth, 47; 2. Claiborne Christian, 57; 3. Johnson Bayou, 87; 4. Holy Rosaly, 74; 5. Georgetown, 93; 6. Plainview, 154; 7. Assembly Christian, 174.
Top 10 individuals: 1. John Palmer, Georgetown, 17:03.77; 2. Beau Bennett, Claiborne Christian, 17:16.93; 3. Reid Dimaggio, Holy Rosaly, 18:09.91; 4. Collin McClellan, Elizabeth, 18:16.72; 5. Bradly Barnes, Claiborne, 18:17.32; 6. Bradley Barnes, Claiborne, 18:22.10; 7. Nell Miguel, Johnson Bayou, 18:23.36; 8. Joseph Boswell, Elizabeth, 18:27.35; 9. Jed Lewis, Claiborne Christian, 18:27.35; 10. Houston Brady, Elizabeth, 18:35.09.

GIRLS

Team scores: 1. Elizabeth, 34; 2. Georgetown, 42; 3. Claiborne Christian, 54; 4. Johnson Bayou, 116; 5. Maurepas, 117.
Top 10 individuals: 1. Gabrielle Jennings, First Baptist, 19:29.59; 2. Madelyn Jennings, First Baptist, 21:35.41; 3. Kennedy Sutterfield, Elizabeth, 22:07.85; 4. Rebekah Jowers, Claiborne Christian, 22:07.26; 5. Madison Paul, Elizabeth, 23:07.26; 6. Karyn Hudson, Georgetown, 23:12.81; 7. Rayfeigh Bennett, Claiborne Christian, 23:32.56; 8. Morgan Bruce, Georgetown, 24:09.37; 9. Grace Gauder, Elizabeth, 24:13.54; 10. Brooke Kendrick, Georgetown, 24:14.58.

ADVOCATE 11/13/12

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
AUGUST	1	Team Meeting WU 2+2 CD	2+2	2+2	one mile TT 1+1	2+2	Kincaid 7AM Coach's	OYO	30
	2	Team Meeting WU 2+1 CD	2+2	2+1	one mile TT 1+1	2+1	Kincaid 7AM Coach's	OYO	23
	3	Team Meeting WU 2 CD	2+1	1+1	one mile TT 1/2+1/2	1+1	Kincaid 7AM Coach's	OYO	16
	4	Team Meeting WU 1+1 CD	1+1	1+1	one mile TT 1/2+1/2	1+1	OYO	OYO	13
	5	Team Meeting WU 1 CD	1+1/2	1+1/2	one mile TT 1/2+1/2	1+1/2	OYO	OYO	10

All w/o's start with warm up routine
 All w/o's end with cool down routine

GET ALL YOUR MILES!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
AUGUST 2	1	1/2 3x mile 1/2 RP+4S	2+3 TT course	2 mile TT 1/2-2-1/2	EASY w/4x90 RP	EASY	Kincaid 7AM Coach's	OYO	29
	2	1/2 2x mile 1/2 RP+4S	2+2 TT course	2 mile TT 1/2-2-1/2	EASY w/3x90 RP	EASY	Kincaid 7AM Coach's	OYO	25
	3	1/2 1x mile 1/2 FAST	2+1 TT course	1 mile TT 1/2-1-1/2	EASY	EASY	Kincaid 7AM Coach's	OYO	19
	4	1+1	1+1	1 mile TT 1/2-1-1/2	NO WALK	NO WALK	OYO	OYO	13
	5	1+1/2	1+1/2	1 mile TT 1/2-1-1/2	NO WALK	NO WALK	OYO	OYO	10

SWIM & EAT MORRISON'S

GET ALL THE MILES!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	(10)	(11)	(12)	(13)	(14)	(15)	(16)	
1	Buhlow 3+12 (4)	TEMPO RP+60 (4)	1/2 6x800 1/2 (4)	EASY RP+90 (6)	5-8-5 (2)	Episcopal 1-3-1 (5)	OYO (4)	29
2	2+12 (3)	TEMPO RP+60 (3)	1/2 6x800 1/2 (4)	EASY RP+90 (4)	5-8-5 (2)	1-3-1 (5)	OYO (3)	24
3	1+12 (2)	NO WALK (3)	1/2 4x800 1/2 (3)	NO WALK (3)	5-8-5 (2)	1/2-2-1/2 (3)	OYO (2)	18
4	1/2+12 (1 1/2)	NO WALK (2)	1/2 3x800 1/2 (2 1/2)	NO WALK 10 TLES (2)	5-8-5 (2)	(2)	OYO (2)	14
5	1/2+10 (1 1/2)	NO WALK (2)	1/2 2x800 1/2 (2)	NO WALK 10 TLES (2)	5-8-5 (2)	(2)	OYO (2)	13 1/2

↑
HIGHLAND
PARK
#2!

↑
GET
ALL
THE MILES!

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	(17)	(18)	(19)	(20)	(21)	(22)	(23)	
1	Buhlow 3+12 (4)	Easy (4)	1/2-6-1/2 (4)	Easy (6)	5-8-5 (2)	SACRED HEART 1-3-1 (5)	OYO (4)	29
2	2+12 (3)	(3)	1/2-6-1/2 (4)	(4)	5-8-5 (2)	1-3-1 (5)	OYO (3)	24
3	1+12 (2)	(2)	1/2-4-1/2 (3)	(3)	5-8-5 (2)	1-2-1 (4)	OYO (2)	18
4	1/2+12 (1 1/2)	(2)	1/2-3-1/2 (2 1/2)	(2)	5-8-5 (2)	1/2-2-1/2 (3)	OYO (2)	15
5	1/2+10 (1)	(2)	1/2-2-1/2 (2)	(2)	5-8-5 (2)	1/2-2-1/2 (3)	OYO (2)	14

SEPTEMBER

GROUP	MON (24)	TUE (25)	WED (26)	THU (27)	FRI (28)	SAT (29)	SUN (30)	TOTAL	
1- SEPTEMBER	1	8:00 pace or better (6)	5-8-5 (2)	CENLA CHAMPS (5)	EASY (4)	5-8-5 (2)	BATTLEFIELD (5)	OYO (4)	28
	2	8:30 pace or better (5)	5-8-5 (2)	(5)	EASY (4)	5-8-5 (2)	(5)	OYO (3)	26
	3	no walk (4)	5-8-5 (2)	(4)	EASY (3)	5-8-5 (2)	(4)	OYO (2)	21
	4	no walk (3)	5-8-5 (2)	(3)	EASY (3)	5-8-5 (2)	(3)	OYO (2)	18
	5	~~~~~~							

GOT THESE MILES !!

MISS T&B PERIODS

IT IS A SMART THING TO GET IN AN EASY RUN THE DAY AFTER A RACE!

GROUP	MON (1)	TUE (2)	WED (3)	THU (4)	FRI (5)	SAT (6)	SUN (7)	TOTAL
OCTOBER	1	10min 10x400 Swim (4)	EASY (4)	SIMPSON (4)	EASY (6)	No Practice	HOMECOMING	18
	2	10min 8x400 Swim (3 1/2)	(4)	(4)	(5)			16 1/2
	3	5min 6x400 Swim (2 1/2)	(3)	(3)	(4)			12 1/2
	4	5min 4x400 Swim (2)	(3)	(3)	(3)			11
	5	~~~~~~						

GROUP	MON (8)	TUE (9)	WED (10)	THU (11)	FRI (12)	SAT (13)	SUN (14)	TOTAL	
OCTOBER	1	BURLOW 3+12 (4)	EASY RP+120 (4)	10 MIN 12x400 5 MIN (5)	EASY RP+120 (6)	5-8-5 (2)	CATHOLIC (4)	OYO (4)	29
	2	2+12 (3)		10 MIN 10x400 5 MIN (4)		5-8-5 (2)		OYO (3)	23
	3	1+12 (2)		5 MIN 8x400 5 MIN (3)		5-8-5 (2)		OYO (2)	19
	4	1+10 (2)		5 MIN 6x400 5 MIN (2)		5-8-5 (2)		OYO (2)	16
	5	~~~~~							

GROUP	MON (15)	TUE (16)	WED (17)	THU (18)	FRI (19)	SAT (20)	SUN (21)	TOTAL	
OCTOBER	1	BurLOW 3+12 (4)	RP+120 (4)	10 MIN 12x400 5 MIN (4.5) (4.5)	RP+120 (6)	8 AM 5-8-5 (1.5)	NSU (4)	OYO (4)	28
	2	2+12 (3)	RP+120 (4)	10 MIN 10x400 5 MIN (4.5) (4)	RP+120 (5)			OYO (3)	24.5
	3	1+12 (2)	NO WALK (3)	10 MIN 8x400 5 MIN (4.5) (3.5)	NO WALK (4)			OYO (2)	19
	4	1+12 (2)	NO WALK (2)	10 MIN 6x400 5 MIN (4.5) (3)	NO WALK (3)			OYO (2)	16.5
	5	~~~~~							

STATE 4 WEEKS!

4 BOX LUNCHES

GET YOUR MILES!

CROSS COUNTRY WORKOUTS

2012

TRAINING PHASE

3 weeks! (11)

GROUP	MON (22)	TUE (23)	WED (24)	THU (25)	FRI (26)	SAT (27)	SUN (28)	TOTAL	
NOVEMBER	1	400's ASH 10 10x400 5	5-8-5	BOULEVARD LEANWILLER	EASY SPRINT LAST 1/4	TEMPO RP+60	ASH TRACK 9AM "From the Gate"	OYO	26 1/2
	2	10 8x400 5	5-8-5			TEMPO RP+60	ASH TRACK 9AM	OYO	23
	3	10 6x400 5	5-8-5		NO WALK	NO WALK	ASH TRACK 9AM	OYO	19 1/2
	4	RUN!	5-8-5	↓	↓		ASH TRACK 9AM	OYO	15 1/2
	5								

PRAYER MEETING!

CROSS COUNTRY WORKOUTS

2012

TRAINING PHASE

2 weeks!! (12)

GROUP	MON (29)	TUE (30)	WED (31)	THU (1)	FRI (2)	SAT (3)	SUN (4)	TOTAL
NOVEMBER / OCTOBER	1	5-8-5	EASY SPRINT LAST 1/4	TEMPO RP+60	5-8-5	LAKESIDE	OYO	26
	2							23
	3							19
	4							
	5							

SPAGHETTI SUPPER!

FARISH CHAMPS

LAKESIDE

GROUP	MON	TUE	WED	THU	FRI	SAT	SUN	MON
	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
1	8:15 Pace	10min 10x400 5min	8:15 pace + 4 strides	5-8-5	Tempo 7:45 Pace	NSU Practice 9AM	No Run	STATE!
2	8:30 Pace	10min 10x400 5min	8:30 pace + 4 strides	5-8-5	Tempo 8:00 Pace	NSU Practice 9AM	No Run	STATE!
3	↑ ALL RUNNER TEAM MEETING BEFORE RUN							
4						↑ BOYS TEAM MEET 5PM	↑ GIRLS TEAM MEET 3PM 4PM	
5								

State of Mind

If you think you are beaten, you are;
if you think you dare not, you don't.
If you like to win, but think you can't,
it's almost a cinch you won't.

If you think you'll lose, you're lost;
for out in the world we find
success begins with a fellow's will;
it's all in the state of mind.

If you think you're outclassed, you are;
you've got to think high to rise,
you've got to be sure of yourself
before you can win the prize.

Life's battles don't always go
to the stronger or faster man;
but sooner or later the man who wins
is the man who thinks he can.

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.

Holy Savior Menard Cross Country 2012! August 18, 2012 _____ 5

MILES, MILES, MILES!

How do you get good at this CC thing? Well - you run a lot. We got 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 thru August 12th. This includes summer miles.

1 Robicheaux, Mallory	10	F	271
2 Robicheaux, Kelley	10	F	254
3 Bartow, Mallory	11	F	237
4 Mollackers, Brent	7	M	200
5 Engelsman, Rachel	10	F	166
6 Vaughan, Lindsay	11	F	158
7 Jones, Madeline	10	F	134
8 Juneau, Doug	8	M	128
9 Rogers, Taylor	7	M	127
10 Hawthorne, Miranda	8	F	124
11 Morrison, Meg	12	F	96
12 Robicheaux, Cole	9	M	81
13 Karam, Ava	8	F	64
14 Long, Avery	7	F	64
15 Burns, Grayson	7	M	52
16 Jeanfreu, Rebecca	9	F	51
17 Erickson, Cameron	9	F	28
18 Rabalais, Carson	10	F	14
19 Aucoin, Stephanie	11	F	0
20 Cannata, Alessa	11	F	0
21 Crosby, Stalae	7	F	0
22 Ducoit, Brittany	8	F	0
23 Evans, Katherine	11	F	0
24 Hirschak, Deanne	7	F	0
25 Jeanne, Britney	9	F	0
26 Mohlin, Rachel	7	F	0
27 Perry, Chelsea	9	F	0
28 Richardson, Eternity	7	F	0
29 Saucier, Maddie	7	F	0
30 Seastunk, Kenzie	7	F	0
31 Standley, Anne	7	F	0
32 Voltz, Martha	7	F	0
33 Burns, Troy	7	M	0
34 Davis, Thomas	10	M	0
35 Fowler, Payton	8	M	0
36 Schneider, Bradley	10	M	0
37 Seeling, Jacob	7	M	0

Holy Savior Menard Cross Country 2012! August 18, 2012 _____ 7

Here's a short recap of the end of last season. These are the results of the state meet in Natchitoches. As everyone knows (of course!) the girls won comfortably, and the guys were 7th in the VERY tough 2A classification. And our very own Mallory Robicheaux was the individual state champ!

Team Standings

Boys (20 Teams)

1 Episcopal, BR (2A)	37	7 MENARD (2A)	186
2 St Thomas Aq (2A)	57	8 John Curtis (2A)	198
3 Lakeside (2A)	87	9 Decambre (2A)	307
4 Newman (2A)	134	10 North Webster (2A)	314
5 Ramets (2A)	174	11 Pine Prairie (2A)	331
6 University (2A)	180	12 Catholic, NI (3A)	344

Team Standings

Girls (17 Teams)

1 MENARD (2A)	59	7 St Thomas Aq (2A)	177
2 Episcopal, BR (2A)	70	8 Calvary Baptist (2A)	213
3 Sacred Heart NO (2A)	73	9 John Curtis (2A)	288
4 McGeece (2A)	101	10 Rosepine (2A)	297
5 Newman (2A)	143	11 Catholic, NI (3A)	323
6 University (2A)	148	12 Fisher (2A)	361

FINAL RANKINGS

These are the rankings based on total team times at the state meet. Composite means all classifications combined.

COMPOSITE BOYS		COMPOSITE GIRLS	
BOYS		GIRLS	
1 Catholic, BR (5A)	1:21.24	1 Dominican (5A)	1:38.13
2 St Paul (5A)	1:22.05	2 Fountainbleau (5A)	1:41.30
3 Brother Martin (5A)	1:22.07	3 Mandeville (5A)	1:42.04
4 West Monroe (5A)	1:23.38	4 St Joseph (5A)	1:43.27
5 Jesuit (5A)	1:23.45	5 MENARD (2A)	1:44.83
6 Episcopal, BR (2A)	1:24.03	6 Mt Carmel (5A)	1:44.46
7 Parkway (4A)	1:24.46	7 St Scholastica (5A)	1:45.24
8 AB Shaw (5A)	1:25.56	8 Parkway (4A)	1:45.57
9 St Thomas Aq (2A)	1:26.05	9 Ruston (4A)	1:45.59
10 Walker (3A)	1:26.15	10 Episcopal, BR (2A)	1:46.19
11 Lakeside (2A)	1:26.40	11 Benton (4A)	1:46.21
12 St Th More (5A)	1:27.04	12 ED White (3A)	1:47.29
13 Ruston (4A)	1:27.14	13 Sacred Heart NO (2A)	1:47.31
14 Airline (5A)	1:27.50	14 Met Park CD (1A)	1:48.55
15 Ponchatoula (5A)	1:27.52	15 Christian Life (1A)	1:49.01
16 AB Rummet (5A)	1:28.35	16 McGeece (2A)	1:49.01
17 Ascoo Cath (1A)	1:28.44	17 St Michael (4A)	1:49.07
18 Mandeville (5A)	1:28.47	18 Central (4A)	1:49.23
19 St Michael (4A)	1:29.01	19 E. Ascension (5A)	1:49.45
20 Midland (D)	1:29.09	20 Jewel Summer (1A)	1:51.24
21 ED White (3A)	1:29.38	21 Newman (2A)	1:51.25
22 Met Park CD (1A)	1:29.51	22 Barbe (5A)	1:51.44
23 Terrebonne (5A)	1:30.07	23 Anacoco (2A)	1:51.45
24 Anacoco (2A)	1:30.34	24 Walker (5A)	1:51.52
25 Northshore (5A)	1:30.35	25 University (2A)	1:52.08

Holy Savior Menard Cross Country 2012! August 14, 2012 _____ 8

These are same rankings except they are broken into large (3,4,5A) schools, and small (C,B,A,2A) schools.

SMALL SCHOOL BOYS		SMALL SCHOOL GIRLS	
1 Episcopal, BR (2A)	1:24.03	1 MENARD (2A)	1:44.43
2 St Thomas Aq (2A)	1:26.05	2 Episcopal, BR (2A)	1:46.19
3 Lakeside (2A)	1:26.40	3 Sacred Heart NO (2A)	1:47.31
4 Ascoo Cath (1A)	1:28.44	4 Met Park CD (1A)	1:48.55
5 Midland (B)	1:29.09	5 Christian Life (1A)	1:49.01
6 Met Park CD (1A)	1:29.51	6 McGeece (2A)	1:49.01
7 Anacoco (2A)	1:30.34	7 Newman (2A)	1:51.25
8 Newman (2A)	1:31.40	8 Anacoco (2A)	1:51.45
9 University (2A)	1:32.44	9 University (2A)	1:52.08
10 Ramets (2A)	1:33.07	10 Cath, PC (1A)	1:52.13

LARGE SCHOOL BOYS		LARGE SCHOOL GIRLS	
1 Catholic, BR (5A)	1:21.24	1 Dominican (5A)	1:38.13
2 St Paul (5A)	1:22.05	2 Fountainbleau (5A)	1:41.30
3 Brother Martin (5A)	1:22.07	3 Mandeville (5A)	1:42.04
4 West Monroe (5A)	1:23.38	4 St Joseph (5A)	1:43.27
5 Jesuit (5A)	1:23.45	5 Mt Carmel (5A)	1:44.46
6 Parkway (4A)	1:24.46	6 St Scholastica (5A)	1:45.24
7 AB Shaw (5A)	1:25.56	7 Parkway (4A)	1:45.57
8 Walker (5A)	1:26.15	8 Ruston (4A)	1:45.59
9 St Th More (5A)	1:27.04	9 Benton (4A)	1:46.21
10 Ruston (4A)	1:27.14	10 ED White (3A)	1:47.29

HELP!

There are LOTS of ways to get involved with our program -- and Coach needs all the help he can get. First off is the Pot Luck Supper -- this is right now, and we need a coordinator. We need a Meet Prep Crew - we have a tent, tarp, flag, banner, and water coolers that need to be transported to the meets every week - someone with a truck who is planning on attending the meets? We have a major fund raiser (box lunches) that we do every year - we need a coordinator! We put on two meets each year that require all the assistance you can give. Picture-taking is a big need. Then there's the banquet. Contact Coach if you have the time and can coordinate some of this stuff. More info on those and more at the Pot Luck.

CONTACT COACH?????

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

Holy Savior Menard Cross Country 2012!

August 25, 2012 #2

FROM THE COACH

This week we add the Monday Buhlow workouts (everyone's favorite!). We have our second Swim & Eat on Tuesday, and the Kick-Off-The-Season-Pot-Luck-Supper on Thursday. As we will always do, we practice every day, rain or shine - don't miss!

A little clarification about missing practice. During the week, if you are at school, come to practice even if you are injured - you are part of this team. If you have an after school conflict, let Coach know before the end of the school day. The same applies to Saturday workouts. You are obligated to be there even if you are injured and cannot run - again, you are part of this team. Once the meets start, all runners should attend - running or not. You all are part of this team!

KICK OFF THE SEASON POT LUCK SUPPER THURSDAY, August 30, MENARD CAFETERIA, 6 PM

Put it on your calendar! Thursday, August 30, 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 pot luck, so bring your favorite dish.

AFTER-SCHOOL PRACTICE

Practice starts at 3:20 behind the school. For scheduling, count on practice lasting until 5 PM, but usually we're done a little earlier. We practice Monday thru Friday (and Saturday for some) no matter what the weather. Groups land 2 will run at Coach's at 7 AM Saturdays until the meets start.

PRACTICE DRESS CODE

The practice uniform is required attire at every on campus practice. Runners who have not purchased practice gear:

Aucoin, Camela, Crosby, Engelsman, D Hirschak, Karam, Morrison, Rabalais, Richardson, Standley.

SWIM & EAT!

The first S&E at the Morrison's was a great success! THANKS! The next S&E is at the Juneau's this Tuesday. We will practice after school as we normally do. Then we'll take the bus to the Juneau's. Parents can pick runners up there (480 Westgard Blvd) no later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work getting ready for these events, so attendance is MANDATORY for all runners.

TRAINING GROUPS

The groups are always changing! 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 latest:

- GROUP 1** Mallory Robichaux, Grayson Burns, Doug Juneau, Quint McMickens
- GROUP 2** Mallory Barton, Rachel Engelstman, Madeline Jones, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Cole Robichaux, Taylor Rogers, Bradley Schneider
- GROUP 3** Miranda Hawthorne, Ava Karam, Avery Long, Carson Rabalais, Thomas Davis
- GROUP 4** Cameron Erickson, Britney Jansonne, Rachel McMin, Anne Standley, Martha Voltz, Trey Brown, Jacob Seeling
- GROUP 5** Stephanie Aucoin, Alexis Camela, Shalica Crosby, Brittany Ducote, Catherine Evans, Deanna Hirschak, Rebecca Jeanfrau, Chelsea Lachney, Eternity Richardson, Kenzie Seastrunk, Payton Fowler

MANAGERS Victoria Hirschak, Brooke Jones, Kaelyn Rachal

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS WILL BE ORDERED THIS WEEK!

The first round voting deadline for this year's slogan has passed. Most, but not all, voted (vote by emailing Coach). The second round voting for the slogan finalists will start today - check your email! All runners and runner parents are eligible to vote! One of our traditions is to provide a t-shirt to every runner. Each year the shirt slogan is unique. It's also a tradition that our parents wear these shirts to the meets we travel to. Sorry, but all non-runners must purchase their shirts. Order forms have been passed out. DEADLINE FOR ORDERS IS THIS WEDNESDAY!!! (if the forms just didn't make it home, email Coach your family sizes and send the money (\$10 per shirt) with your runner. Runners who have not ordered family shirts:

Aucoin, Camela, Crosby, Davis, D Hirschak, B Jones, McMin, Rabalais, Richardson, Seastrunk, Standley.

LHSAA 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:

Aucoin, Camela, Crosby, Jansonne, Lachney, McMin, Richardson, Seastrunk, Standley, Voltz.

THESE MUST BE IN THIS WEEK!

TRIAL TRIALS!

The one mile time trial was Thursday, August 16. The two miler (one mile for some) was Wednesday, August 22. Check out the time improvements! Here's the results and also previous year's results for current runners

MENARD CC	ONE MILE TRIALS					TWO MILE TRIALS					
	2012	2012	2011	2010	2009	2008	2012	2011	2010	2009	2008
1 Robichaux, Mallory	F	5:53	6:10	5:51	7:00		12:59	12:34	12:38	13:40	
2 Burns, Grayson	M	6:41					13:03				
3 Schneider, Bradley	M	6:07					13:12				
4 Robichaux, Cole	M	6:28	6:29	6:51			13:33	13:58	15:43		
5 McMickens, Quint	M	6:13	7:17				13:36	14:56			
6 Juneau, Doug	M	6:15					13:41	14:56			
7 Robichaux, Kelley	F	7:03	7:54				14:08	16:15			
8 Barton, Mallory	F	7:19	7:09	6:17	6:54	7:47	14:10	14:35	13:10	16:43	
9 Rogers, Taylor	M	7:08					14:32				
10 Engelstman, Rachel	F	7:18	6:28	6:18	7:36		14:42	14:49	14:20		
11 Morrison, Meg	F	7:14	7:09				15:15	14:48			
12 Vaughan, Lindsay	F	7:38	7:38	6:38	10:50		15:21	14:35	15:08	14:57	
13 Jones, Madeline	F	7:35	8:37	9:11			16:10	18:41			
14 Hawthorne, Miranda	F	8:30	8:04				18:42				
15 Davis, Thomas	M	7:57					18:50				
1 Long, Avery	F	7:37	8:55								
2 Karam, Ava	F	8:05	6:56								
3 Voltz, Martha	F	8:27									
4 Erickson, Cameron	F	8:56	8:45	8:32	9:11						
5 Brown, Trey	M	9:21	9:38								
6 Ducote, Brittany	F	9:43	10:00								
7 McMin, Rachel	F	9:50									
8 Seeling, Jacob	M	10:03	10:50								
9 Jeanfrau, Rebecca	F	10:11	11:07								
10 Fowler, Payton	M	10:43									
11 Jansonne, Britney	F	10:44	10:01								
12 Evans, Catherine	F	10:45	11:59								
13 Standley, Anne	F	10:50	10:52								
14 Perry, Chelsea	F	11:58	11:48								
15 Seastrunk, Kenzie	F	11:59	11:46								
Aucoin, Stephanie	F	11:15									
Crosby, Shalica	F	11:19									
Richardson, Eternity	F	12:04									
Camela, Alexis	F	12:45									
Hirschak, Deanna	F	13:16									
Rabalais, Carson	F			8:22						19:36	

THE 2012 CROSS COUNTRY SCHEDULE - SO FAR!

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
** TUESDAY	August 28	SWIM & EAT #2!	Juneau's	6:00 PM (After Practice)
** THURSDAY	August 30	POT LUCK SUPPER	Menard Cafeteria	(After Practice)
** WEDNESDAY	September 5	SWIM & EAT #3!	Schneider's	(After Practice)
** SATURDAY	September 8	ST MICHAEL	Highland Park, Baton Rouge	8:45 AM
** SATURDAY	September 15	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
? SATURDAY	September 22	SACRED HEART	Grand Coteau	8:30 AM
** WEDNESDAY	September 26	CENLA CHAMPS	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	September 29	BATTLEFIELD FESTIVAL	Jackson, LA	9:00 AM
** SATURDAY	October 6	No meet - Homecoming Weekend		
** SATURDAY	October 13	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** WEDNESDAY	October 17	JOHNNY MILLER	Fort Buhlow Recreation Area	3:30 PM
** FRIDAY	October 19	Box Lunch Day!	Menard Cafeteria	9:00 AM
** SATURDAY	October 20	MENARD	Fort Buhlow Recreation Area	9:00 AM
** WEDNESDAY	October 24	BUCKEYE	Fort Buhlow Recreation Area	3:00 PM
? SATURDAY	October 27	COMEAU	Acadiana Park, Lafayette	9:00 AM
** MONDAY	October 29	SPAGHETTI SUPPER	Leo J's	6:00 PM
** TUESDAY	October 30	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

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

** SATURDAY	November 3	NSU (DISTRICT)	NSU, Natchitoches	
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches	
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26 th Annual CC Banquet	Menard Cafeteria	6:00 PM

** Date confirmed

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 8)

This is our first meet of the season. The meet is at Highland Park in Baton Rouge, where we've raced many, many times. Maps will be available that Saturday morning. If you're planning on driving (we car pool - no bus), line up as if you were dropping off students before school. A schedule for the day will be in the newsletter. Fair warning - it will be very early!!!!

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 races start, runners are required to complete a race review (see back of log book) for each race. 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 Ram Wild on Jackson Street (in front of Mac's) where they will put you in the proper shoe.

RUNNING IN THE MEETS

We want all CC runners to participate, but the amount 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 21 minutes Boys 2 mile sub 18 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 attend! We need lots of help with water, split times, etc - and the races are always exciting! And Cross Country is a TEAM SPORT!

HELP!

There's LOTS of ways to get involved with our program - and Coach needs all the help he can get. First off is the Pot Luck Supper - this is right now, and we need a coordinator. We need a Meet Prep Crew - we have a tent, tarp, flag, banner, and water coolers that need to be transported to the meets every week - someone with a truck who is planning on attending the meets? We have a major fund raiser (box lunches) that we do every year - we need a coordinator! We put on two meets each year that require all the assistance you can give. Picture-taking is a big need. Then there's the banquet. Contact Coach if you have the time and can coordinate some of this stuff. More info on these and more at the Pot Luck.

CONTACT COACH?????

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

FROM THE COACH

Team? - or is it TEAM!?? Team - when it exists in the full sense of the word - is a very beautiful thing. It's being a part of something big, something important. It's wanting to be there for your teammates no matter what, because you know your teammates will be there for you no matter what. It's knowing that somehow - no matter who you're the #1 athlete or the very fast athlete, the oldest veteran or the brand new rookie - you're an important part of the whole, of the family.

It's when you have this huge desire to be there for each other when there's a need, and a huge desire just to be there period! When you look back at your Menard time, it's stuff like TEAM you'll remember most. Because it's more important in life than winning or losing a competition.

This world we live in - especially the very environments we personally live in - need a better TEAM mentality. Right now we're part of this cool thing called Cross Country - and that's a TEAM thing. But we're also part of other teams - family, school, church, and the bigger community of central Louisiana.

TEAM is not a noun. TEAM is a verb. It's a dynamic thing that lives and dies by action or lack of action, by involvement or indifference. And it's not team action or team lack of action, it's personal action or inaction. You can make a difference! It's not about getting, it's about giving.

You are in training - life training. In the big picture of life this CC thing is a little thing. But CC is an opportunity to personally grow, to become a real teammate, to experience the beauty of being a part of something. Down the road you will be a part of church families, companies, and your very own family. Being a team player in all these areas MAKES A DIFFERENCE!

And don't make the mistake of waiting for someone else to "be team." You be team now! One of JFK's more famous quotes was, "Ask not what your country can do for you, but what you can do for your country." Jesus said it this way: "Love your neighbor as yourself." Again - TEAM is a verb, not a noun.

Think about it. Is TEAM a verb for you, or is it a noun? Not just in CC but in all your environments. You can make a difference!

ONE Team - ONE Goal - In Christ!

From the last newsletter... *A little clarification about missing practice.* During the week, if you are at school, come to practice even if you are injured - you are part of this team! If you have an after school conflict, let Coach know before the end of the school day. The same applies to Saturday workouts. You are obligated to be there even if you are injured and cannot run - again, you are part of this team. Once the meets start, all runners should attend - running or not. You all are part of this team!

SWIM & EAT!

The first S&E at the Morrison's was a great success! THANKS! The second S&E was at the Juneau's. THANKS! The third and last S&E is at the Schneider's this Wednesday. We will practice after school as we normally do. Then we'll take the bus to the Schneider's. Parents can pick runners up there (315 Welwyn Way) no later than 5:45 PM or meet us back at school at 6 PM. Our host parents do a lot of work getting ready for these events, so attendance is MANDATORY for all runners.

KICK OFF THE SEASON POT LUCK SUPPER TUESDAY, September 4th, MENARD CAFETERIA, 6 PM

Put it on your calendar! Tuesday, September 4th, 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 pot luck, so bring your favorite dish.**

A number of us are still dealing with missing and/or incomplete LHSAA forms. Tuesday night is it: completed forms by Tuesday night or no practice or races until they are completed. Come early to the Pot Luck and complete these forms!!!! Here's the list:

Engelsman	Wrong Med form
Erickson	Wrong Med form
Evans	Wrong Med form
Hawthorne	Med
Jeanfranco	Wrong Med form
Jossonne	Med, Participation incomplete
Karam	Med, Drug, Participation
Lachney	Med, Drug incomplete, Participation incomplete
McNina	Med, Participation incomplete
Morrison	Med
Rabalais	Wrong Med form
K. Robichaux	Wrong Med form
Vaughan	Wrong Med form
Volz	Wrong Med form, Participation incomplete

AFTER SCHOOL PRACTICE

Practice starts at 3:20 behind the school. For scheduling, count on practice lasting until 5 PM, but usually we're done a little earlier. We practice Monday thru Friday (and Saturday for some) no matter what the weather. Groups 1 and 2 will run at Coach's at 7 AM Saturdays until the meets start.

PRACTICE DRESS CODE

The practice uniform (black shorts and official practice t-shirt) is required attire at every on campus practice.

ST. MICHAEL THE ARCHANGEL (Saturday, September 8) 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. If you're planning on driving, line up as if you were dropping off students before school.

4:30 AM	Meet at Menard - BE ON TIME
8:45 AM	JH Boys & Girls (2 miles)
9:15 AM	Girls Varsity (3 miles)
10:00 AM	Boys Varsity (3 miles)
10:30 AM	JV Boys & Girls (2 miles)
11:15 AM	Awards
	Back at Menard around 3:00 PM

Please be on time at Menard. Parking is a real problem at Highland Park, and registration takes a while and the first race runners need time to warm up.

We will take 1-49 south to US 190; US 190 to LA 415 (we will stop at the McDonald's right before crossing the Mississippi River for bathrooms); 1-10 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. There is usually no room in the upper parking lot by the time we get there. We have been warned that cars parking on the streets will be towed!

We will have our tent and flag set up near the scoring tent. All runners are expected to stay for the awards ceremony.

What to bring? It may rain - it may be muddy. Change of clothes, towel, clean shoes, lunch \$, wear your race stuff. We will have water like we do at practice. There will be no chairs available - parents might want to bring chairs.

Race Line ups:	Race 1 (8-45 AM) JH Boys/Girls	Ducote, Hawthorne, Ava Karam, Long, Stanley, Volz Brown, Burns, Juneau, McNielens, Rogers
	Race 2 (9-15 AM) Varsity Girls	Jones, K Robichaux, M Robichaux
	Race 3 (10-00 AM) Varsity Boys	Not in this one!
	Race 4 (10-30 AM) JV Boys/Girls	Erickson, Jeanfranco, Saccaro, C Robichaux, Schneider

Races 1 and 4 are 2 miles. Races 2 and 3 are 3 miles.

Some runners do not have 2 mile times fast enough for racing - yet! Tuesday will be the last day to take care of that business if you choose to.

In the past years, a family has stepped forward to transport the tent, banner, flag, and water coolers to the meets. That family has graduated, and Coach needs a new volunteer - no experience needed! Any volunteers????

UNIFORMS

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** Date confirmed

CROSS COUNTRY TEAM AND FAMILY T-SHIRTS HAVE BEEN ORDERED!

One of our traditions is to provide a t-shirt (free) to every runner. It's also a tradition that our parents wear these shirts to the meets we travel to. We will have them in time for the St. Michael's meet.

DIFFEL BAGS ARE IN!

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!

Holy Savior Menard Cross Country 2012! September 1, 2012 5

TRAINING GROUPS

The groups will change every week! 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 latest:

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Holy Savior Menard Cross Country 2012!

September 8, 2012 4

ST MICHAEL THE ARCHANGEL (Saturday, September 8) MEET RESULTS

HOT!! The expected cool weather didn't happen - until we left! The times - Menard's and everyone else's - paid the price. We ran LOTS of rookies (14), and there were lots of great first race times, especially considering the weather. The brand new all-rookie boys team had a great day, finishing 10th of 16 in the JH race. The JH girls got even better results, finishing 4th of 14 teams. Individually, hats off to Mallory with her second place (t-shirt and medal) finish in the girls varsity race, and Bradley's 12th place t-shirt finish in the JV race.

Girls Varsity (94 runners) Team Time XXX One Time XXX

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr		
2	Robichaux, Mallory	6:20	7:10	7:13	20:43	+146	T & Medal!	19:14
16	Robichaux, Kelley	6:47	7:43	7:59	22:29	+55		DNF
60	Jones, Madeline	7:45	10:01	9:04	26:50	+123		17:50

JH Girls (165 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr		
21	Long, Avery	7:44	8:05	15:49		FR!	
24	Karam, Ava	7:46	8:13	15:59		FR!	
27	Hawthorne, Miranda	7:26	8:39	16:05	+34		16:33
28	Standley, Anne	7:35	8:34	16:09		FR!	
85	Voltz, Martha	8:26	9:59	18:25		FR!	
94	Ducote, Brittany	8:26	10:15	18:41		FR!	

JH Boys (202 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr	
18	Juneau, Doug	6:15	6:52	13:07	+23	
25	McMickens, Quint	6:25	7:08	13:33		FR!
29	Burns, Grayson	6:28	7:14	13:42		FR!
119	Rogers, Taylor	7:24	8:56	16:20		FR!
165	Brown, Trey	8:58	10:10	19:08		FR!
175	Seeling, Jacob	8:58	10:33	19:31		FR!

JV Girls (37 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr		
25	Erickson, Cameron	9:52	11:47	21:39	+239		18:14
26	Jeanfrou, Rebecca	9:51	12:07	21:58		FR!	
27	Saccaro, Emily	9:50	12:26	22:16		FR!	

JH Boys (85 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr		
12	Schneider, Bradley	3:53	6:42	12:37		FR!	t-shirt!
19	McMickens, Drew	5:54	7:04	12:58		FR!	
31	Robichaux, Cole	6:22	7:08	13:30	+75		24:14

Holy Savior Menard Cross Country 2012! September 8, 2012 2

ST MICHAEL THE ARCHANGEL MEET RESULTS Continued

Team Standings

Boys Junior High (16 Teams)			Girls Junior High (14 Teams)							
1	Episcopal, BR (2A)	62	7	Ranetta (2A)	208	1	St Aloysius	45	7	St George
2	Our Lady of Mercy	94	8	SH Elementary	213	2	Our Lady of Mercy	60	8	St Jude
3	NW Middle	104	9	Alex CD	243	3	Episcopal, BR (2A)	101	9	NW Middle
4	St George	116	10	MENARD (2A)	250	4	St Joseph	117	10	Newman (2A)
5	St Paul (5A)	192	11	ESA (B)	286	5	MENARD (2A)	157	11	MBS
6	St Aloysius	199	12	St Jude	289	6	Cypress Heights	171	12	SH Elementary

RECORDS SET AT ST MICHAEL'S

Grade Records
 Mallory Robichaux #4 10th grade Kelley Robichaux #18 10th grade
 Madeline Jones #18 10th grade

Highland Course Records

Mallory Robichaux #5 10th grade

EPISCOPAL AT HIGHLAND PARK (Saturday, September 17)

The Episcopal meet is one of the big ones! It's run at Highland Park - just like the St Michael meet except bigger. This is a quality meet - lots of very good teams will be there. Maps will be available Saturday morning. Here's the schedule of races:

4:30 AM	Meet at Menard - BE ON TIME
4:40 AM	Leave for Baton Rouge
8:20 AM	Junior Varsity Boys and Girls (2 or 3 miles)
9:00 AM	Girls Varsity (3 miles)
9:40 AM	Boys Varsity (3 miles)
10:10 AM	Girls Junior High (2 miles)
10:40 AM	Boys Junior High (2 miles)
11:10 AM	Awards
	Back at Menard around 3:00 PM

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

ALL RUNNERS MUST BE THERE FOR ALL THE RACES.

Just like for St Mike's, we will take I-49 south to I-10 (we will again stop at the McDonald's at the LA 415 exit for bathrooms); I-10 to Sigan Lane; Sigan Lane to Highland Road; Highland Road to Highland Park.

We will have our tent and flag set up again. **All runners are expected to stay for the awards ceremony.**

What to bring? It may rain - it may be muddy. Change of clothes, towel, clean shoes, McDonald's \$, wear your race staff. We will have water like we do at practice. There will be no chairs available - parents might want to bring chairs.

Race Line ups:	Race 1 (8:20 AM) JV Boys/Girls	Rabalais, Davis, D McMickens, Schneider
	Race 2 (9:00 AM) Varsity Girls	Bartow, Engelstman, Jones, Morrison, K Robichaux, M Robichaux, Vaughan
	Race 4 (10:10 AM) JH Girls	Ducote, Erickson, Hawthorne, Jeanfrou, Jeansonne, Karam, Long, McMin, Saccaro, Standley, Voltz
	Race 5 (10:40 AM) JH Boys	Brown, Burns, Juneau, Q McMickens, Robichaux, Rogers, Seeling

Holy Savior Menard Cross Country 2012! September 8, 2012 3

THE 2012 CROSS COUNTRY SCHEDULE - SO FAR!

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.

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** SATURDAY	September 15	EPISCOPAL	Highland Park, Baton Rouge	8:20 AM
? SATURDAY	September 22	SACRED HEART	Grand Coteau	8:30 AM
** WEDNESDAY	September 26	CENLA CHAMPS	Fort Bablow Recreation Area	3:00 PM
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** SATURDAY	October 20	MENARD	Fort Bablow Recreation Area	9:00 AM
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YEARBOOK PICTURES WILL BE TAKEN BEFORE WE LEAVE FOR THE PARISH CHAMPIONSHIP MEET. WE WILL BE IN JEANS AND TEAM T-SHIRTS. (OUT OF UNIFORM DAY FOR CROSS COUNTRY.)

** SATURDAY	November 3	NSU (DISTRICT)	NSU, Natchitoches	
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches	
** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26 th Annual CC Banquet	Menard Cafeteria	6:00 PM

** Date confirmed

SPIN & EAT!

The first S&E at the Morrison's was a great success! The second S&E was at the Juneau's - another great success. The third and last S&E was at the Schneider's - success again! THANKS TO ALL THREE FAMILIES for all your work!

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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. The St Michael's results are now there.

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

FRIDAY NIGHT PRAYER MEETINGS

For over 20 years Coach and Ms Bocky have hosted prayer meetings at our house. The August meeting saw upwards of 70 Menard students here. If you haven't been yet - try out September! Friday after the Thursday Buckeye Football game - be there!!!

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The groups will change every week! 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 latest:

- GROUP 1** Mallory Robichaux, Grayson Burns, Doug Jansau, Quint McMickens
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- GROUP 5** Catherine Evans, Rebecca Jeanfreau, Annie Karam, Payton Fowler
- MANAGERS** Victoria Hirschak, Brooke Jones, Kaelyn Rachall

CENLA CHAMPS SPONSOR!

We have a sponsor for the CENLA CHAMPS trophies and t-shirts: Farm Bureau Insurance! Thanks to Steven Vaughan (current runner dad!) and Willie Crawford (ex Menard runner dad!). THANKS!!!

MENARD INVITATIONAL SPONSORS!

Cabrini Hospital and Dr. Joe Landreneau are again sponsoring our big race. THANKS once again!!!

CONTACT COACH????

Contact Coach Smith ANYTIME you need to!
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 Cell 446-8887 whenever!
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All runners keep a log of their miles in their Menard CC log book. All racers complete a race review (found in the very back of the log book) for every race. This is a chance to do a little reflection on your race, and set some goals for the next race. Coach will read and comment on each of them. This is one of those "little things" that make each runner a better runner. Please take some time, give it some thought, and be honest with yourself!

Girls Debut 2012 in 3rd at Big Episcopal Meet!

Weather lets up a little, and we get 16!! PR's! The girls lose only to 5A powerhouses Dominican and St Joseph, easily beating the rest of the field. The JH's continue to over achieve with the boys 11 of 22 teams and the girls 11 of 18. Congrats to Bradley and Drew for their big top tens in the JV race (and to Thomas for surviving the JV race!).

Note the lineup for the Sacred Heart race. This is a small race and an easy course, so the guys are going to get their 3-mile initiation this time around!

EPISCOPAL (Saturday, September 13) MEET RESULTS

Girls Varsity (152 runners)	Team	Time	106.58	Gap	Time	2:27		PR +/-	Last Yr
Place		Mile 1	Mile 2	Mile 3	Finish				
8	Robichaux, Mallory	6:09	6:51	6:51	19:51	SPRI	t-shirt!	+94	18.45
22	Robichaux, Kelley	6:31	7:17	7:20	21:08	PR!		-26	15.17
31	Vaughan, Lindsey	6:40	7:36	7:28	21:44			+93	20.26
39	Engelsman, Rachel	6:39	7:45	7:33	21:57			+140	20.58
49	Bartow, Mallory	6:34	7:46	7:58	22:18			+134	21.32
58	Morrison, Meg	6:48	8:04	7:48	22:40			+44	22.29
92	Jones, Madeline	7:45	8:19	8:28	24:32	PR!		-13	17.00

2 mile PR's: Kelley Robichaux 13.48

JH Girls (192 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
58	Long, Avery	7:29	8:34	16:07	+14
65	Voltz, Martha	7:29	8:33	16:22	-123! PR!
67	Karam, Ava	7:58	8:27	16:25	+26
79	Ducote, Brittany	7:29	9:18	16:47	-154! PR!
107	Standley, Anne	8:36	9:05	17:41	+92
160	Erickson, Cameron	9:23	11:01	20:24	+168 SPRI
161	Jansonne, Britney	8:46	11:42	20:28	PR!
165	McMinn, Rachel	8:54	11:40	20:34	PR!
173	Jeanfreau, Rebecca	9:26	12:12	21:38	-20 PR!
181	Karam, Annie	10:46	13:02	23:48	PR!

JH Boys (235 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
47	Burns, Grayson	6:10	6:36	12:46	-50 PR!
52	Jansau, Doug	6:04	6:46	12:50	+6 SPRI
55	McMickens, Quint	6:12	6:47	12:59	-34 PR!
58	Robichaux, Cole	6:09	6:54	13:07	+48 SPRI
170	Rogers, Taylor	7:20	8:16	15:36	-44 PR!
221	Brown, Trey	8:08	9:22	17:30	-98! PR!
223	Fowler, Payton	8:18	9:18	17:36	PR!
231	Seeling, Jacob	8:21	9:58	18:19	-73! PR!

EPISCOPAL MEET RESULTS Continued

JV Boys (77 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	
2	Schneider, Bradley	5:42	6:40	12:22	-15 PR!
5	McMickens, Drew	5:33	7:03	12:56	-2 PR!
106	Davis, Thomas	7:24	10:00	17:24	PR!

Girls Varsity (16 Teams)

1	Dominican (5A)	38	7	St Thomas Aqu (2A)	180
2	St Joseph (5A)	51	8	Ascot Cath (1A)	192
3	MENARD (2A)	119	9	St Michael (4A)	195
4	Episcopal, BR (2A)	151	10	Zachary (4A)	334
5	Cath, PC (1A)	159	11	Assumption (4A)	335
6	Vanderbilt Cath (4A)	160	12	Thibodaux (5A)	337

RECORDS SET AT EPISCOPAL

Grade Records	Runner	Time	Grade
Mallory Robichaux	#1 10th grade	Kelley Robichaux	#9 All Grades; #6 10 th grade
Rachel Engelsman	#8 10 th grade	Madeline Jones	#30 All Grades; #14 10 th grade
Lindsay Vaughan	#5 11 th grade	Mallory Bartow	#9 10 th grade
Meg Morrison	#7 12 th grade		

Highland Course Records

Mallory Robichaux	#1 10 th grade	Kelley Robichaux	#9 All Grades; #4 10 th grade
Lindsay Vaughan	#5 11 th grade		

SACRED HEART, GRAND COTEAU (Sunday, September 24th)

The course is fast - lots of PR's in the past. Here's the schedule:

6:00 AM	Meet at Menard - BE ON TIME	8:30 AM	JV Boys/Girls (2 miles)
6:05 AM	Leave for Grand Coteau	9:30 AM	Junior High Girls (2 miles)
9:00 AM	Junior High Boys (2 miles)	10:30 AM	Girls Varsity (3 miles)
10:00 AM	Boys Varsity (3 miles)		Back at Menard around 1:00 PM
11:15 AM	Awards		

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

All runners are expected to stay for the awards ceremony.

Race Line ups:	Race 1 JV Girls & Boys	Evans, Davis, Rabalais
Race 2 JH Boys	Brown, Fowler, Seeling	
Race 3 JH Girls	Ducote, Erickson, Jeanfreau, Jansonne, Karam, Karam, Long, McMinn, Saccaro, Standley, Voltz	
Race 4 Varsity Boys	Burns, Jansau, McMickens, McMickens, Robichaux, Rogers, Schneider	
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Holy Savior Menard Cross Country 2012! September 15, 2012 4

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CENLA CHAMPS WORKER MEETING

NEXT MONDAY, September 24 - 4:30 PM (after practice)
 Menard runs this meet, so we have to do all the registering, scoring, etc. There is some preliminary work to be done before Wednesday - packets, race #'s, assignments, etc. If you can make it, try to be there - we need lots of help!

Holy Savior Menard Cross Country 2012! September 15, 2012 5

CENLA CHAMPS (Wednesday, September 26)

This race is called "CENLA CHAMPS" because all central Louisiana schools are invited to come run. We usually have around 20 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 Tuesday or Wednesday, September 25 and 26, Coach needs LOTS of help. We set up the course starting around 8AM on Tuesday. Race registration starts at 2 PM on Wednesday.** We need help with course monitors, registration and scoring -- no experience necessary! Just email Coach Smith -- or just show up around 2 PM or as soon as you can!

- 1:30 PM Leave for Buhlow on bus (RUNNERS WILL MISS 7th AND 8th PERIODS)
- 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
- 6:15 PM Bus arrives at Menard

Race Line ups: Race 1 JV Girls Stay tuned!
 Race 2 JV Boys
 Race 3 Varsity Girls
 Race 4 Varsity Boys

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

A great BIG Thank you to the Volunteer Parents for helping keep our runners hydrated. Ice down sports drinks in a rolling ice chest and bring to meet on date. We have 35 runners.

Event	Date	Volunteer
Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Reese Ducote
Cenla Champs -Buhlow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeanne Karam
Johnny Miller -Buhlow	Wed Oct 17	Kellie Seccaro
Menard Inv -Buhlow	Sat Oct 20	Corey Rogers
Buckeye -Buhlow	Wed Oct 24	Beth Erickson
Comeaux -Lafayette	Sat Oct 27	Carol Hirschak
Parish Champ -Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District -Natchitoches	Sat Nov 3	Renee Warner

Holy Savior Menard Cross Country 2012! September 15, 2012 6

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 Episcopal, Catholic, Menard, and State. The mileage must be logged between the end of the previous year track season and the district CC meet (November 3rd). 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 two black shirts and six blue have ever been awarded. Only a very few have earned more than one shirt. Here's a list of the 36 runners who have earned three or more shirts since the group was formed in 1988:

- Black** (Andrew Lemoine, Christian Taylor)
- Blue** 4 (Lauren Patty, Dannon O'Kelly, Joffroi Holcombe, Steven Jansonec)
- Green** 12 (Leslie Mameel, Jesse Petrus, Emily Demarco, Francis Vanderlick, Jon Jansic, Thomas Kajor, Will Lindpage, Mellynn Baker, Mark Dotson, Mallory Barlow, Daniel Seccar, Brennan Vidrine)
- Yellow** 18 (Jenni Nokes, Sarah Ragosa, Dore Fletcher, Jade White, Courtney Michiels, Jon Pommerenka, Nathan Fowell, Joe Landronau, Mark Landronau, Wes Peppone, Lora Pharis, Elizabeth Landronau, Bridget Deigrepost, Heather Badoaux, Lanie Samsing, Isaac Eilts, Mallory Robichaux, Lindsay Vaughan)
- Red** 17 **Gray** 48

Holy Savior Menard Cross Country 2012!

September 22, 2012 85

Brand New Boys Varsity Team Has Great First Race!

The Menard CC boys future looks good as our 5 rookies and 2 "vets" run seasons in their first varsity race of the season! Congrats to Bradley with his sub 19 and a t-shirt and to Mallory, Kelley, Lindsay, and Rachel who also earned t-shirts. The JH'ers continue their PR ways with another 6 in spite of the heat. There are no team scores yet - stay tuned! And thanks for the drinks!!!!

SACRED HEART @Agard, September 22 - MEET RESULTS

Girls Varsity (84 runners) Team Time 115:09 Gun Time 5:24

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
2	Robichaux, Mallory	6:28	7:18	7:19	21:05	+-shirt!	+168 19.45
4	Robichaux, Kelley	6:59	7:31	7:33	22:03	+shirt!	+55 23.22
8	Vaughan, Lindsay	7:08	7:42	7:36	22:26	+shirt!	+135 21.33
15	Engelzhan, Rachel	7:18	7:59	7:49	23:06	+shirt!	+209 23.10
46	Jansic, Madeline	7:58	8:54	9:37	26:29		+117 16.10

Boys Varsity (75 runners) Team Time 92:28 Gun Time 2:02

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
14	Schneider, Bradley	6:01	6:28	6:15	18:44	+shirt!	PR!
27	McMichens, Drew	6:25	6:55	6:25	19:45		PR!
28	Burns, Grayson	6:23	6:55	6:36	19:54		PR!
30	McMichens, Quint	6:40	6:53	6:46	20:19		PR!
38	Robichaux, Cole	6:27	6:54	7:25	20:46	+48	13.16
43	Jansau, Doug	6:40	7:12	7:14	21:06	+47	14.14
64	Rogers, Taylor	7:40	8:56	6:42	23:18		PR!

JH Girls (17 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr	
10	Votz, Martha	8:05	7:44	13:49	-33!	PR!
12	Long, Avery	8:30	7:48	16:18	+29	
13	Ducote, Brittany	8:05	8:18	16:23	-24!	PR!
17	Standley, Anne	8:20	8:10	16:30	+21	
26	Karam, Ava	8:53	8:25	17:18	+79	
39	McMinin, Rachel	8:54	9:33	18:27	-127!!	PR!
50	Seccaro, Emily	8:59	10:43	19:42	-148!!	PR!
52	Erickson, Cameron	9:42	10:02	19:44	+124	SPRI! 19.04
57	Jeanneane, Britiany	9:00	11:27	20:27	-11	PR!
71	Jeanneau, Rebecca	10:40	11:19	21:59	+21	
72	Karam, Annie	10:56	11:54	12:50	-52!	PR!

EPISCOPAL MEET RESULTS Continued
JL Burns (7th runner)

Place	Mile 1	Mile 2	Finish	PR +/-	
56 Brown, Trey	8.25	9.03	17.28	-21	PR1
65 Fowler, Peyton	9.15	9.11	18.26	+30	
75 Beebling, Jacob	9.24	10.48	20.12	+113	

JV Girls

Place	Mile 1	Mile 2	Finish	PR +/-	
7 Evans, Catherine	9.58	12.12	22.10		FR1

RECORDS SET AT SACRED HEART

Grade Records		Quint McMickens	#14 7 th grade
Grayson Burns	#11 7 th grade		
Sacred Heart Course Records		Kelley Robichaux	#9 All Grades; #4 10 th grade
Mallory Robichaux	#1 10 th grade		
Lindsay Vaughan	#5 11 th grade		

Zachipoo and Kelleyipoo???? Muddy Anne and Martha - check facebook - 9/18

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** SATURDAY	October 6	No meet - Homecoming Weekend		
** SATURDAY	October 13	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
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** MONDAY	October 29	SPAGHETTI SUPPER	???????	6:00 PM
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** SATURDAY	November 3	NSU (DISTRICT)	NSU, Natchitoches	
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** MONDAY	November 12	Post State Race Meal	Nicky's	
** THURSDAY	November 15	26 th Annual CC Banquet	Menard Cafeteria	6:00 PM

CENLA CHAMPS (Wednesday, September 26th)

This race is called "CENLA CHAMPS" because all central Louisiana schools are invited to come run. We usually have around 20 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 Tuesday or Wednesday, September 25 and 26, Coach needs LOTS of help. We set up the course starting around 9:30 AM on Tuesday (Coach has dental appointment at 8). 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!

The guys had their debut Saturday at Sacred Heart - now it's some of the girls turn! Check out the line ups

1:30 PM	Leave for Baulow on bus (RUNNERS WILL MISS 7 th AND 8 th PERIODS)		
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	6:15 PM	Bus arrives at Menard

Race Line up: Race 1 JV Girls Erickson, Evans, Jeanfreau, Jeansonne, Anne Karam, McMinn, Rabalais, Seccora
 Race 2 JV Boys Brown, Davis, Fowler, Secking
 Race 3 Varsity Girls Barrow, Ducote, Engelman, Jason Karam, Long, Morrison, Robichaux, Robichaux, Standley, Vaughan, Voltz
 Race 4 Varsity Boys Burns, James, McMickens, McMickens, Robichaux, Rogers, Schneider

TRAINING GROUPS

The groups change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 3 groups! Here's the latest:

GROUP 1	Mallory Robichaux, Grayson Burns, Doug James, Quint McMickens, Taylor Rogers, Bradley Schneider
GROUP 2	Mallory Barlow, Rachel Engelman, Madeline Jones, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Drew McMickens, Cole Robichaux,
GROUP 3	Brittany Ducote, Cameron Erickson, Miranda Hawthorne, Ava Karam, Avery Long, Rachel McMinn, Carson Rabalais, Emily Seccora, Anne Standley, Martha Voltz, Trey Brown, Thomas Davis, Peyton Fowler, Jacob Secking
GROUP 4	Catherine Evans, Rebecca Jeanfreau, Brittany Jeansonne, Annie Karam,
MANAGERS	Victoria Hirschak, Brooke Jones, Kaelyn Rachal

WHAT ARE ALL THOSE INITIALS!

All groups 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

HOW TO SCORE A CC MEET

It's pretty simple. Every runner gets points depending on their finish place. The number one runner gets one point, the number two runner gets two points, the number fifty runner gets 50 points, and so on. The individual scores for the top five runners for a particular team are totaled to create the school's team score. Low score wins. If a team does not have five runners, they cannot qualify for team scoring. In case of ties (not common, but happens, each team's sixth runner becomes the tie-breaker.

Holy Savior Menard Cross Country 2012!

Girls Dominate! Rookie Guys an Amazing 4th!

CENLA CHAMPS (Wednesday, September 26th) MEET RESULTS

The girls place 4 in the top ten to continue our local grip on local CC. Congrats to Mallory on another win. Also congrats to Avery, Martha, Ava, Brittany, and Anne, who got their 3-mile initiation. The guys beat a bunch of teams with a team that includes 3 7th graders! Where do you think this is headed?! Also congrats to Taylor who gets the only PR of the day.

Girls Varsity (83 runner) Team Time 115:09 Gap Time 5:24

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
1 Robichaux, Mallory	6:32	7:19	7:21	21.12	-175	20.24
4 Engelman, Rachel	7:07	7:50	7:30	22.27	+170	22.36
5 Vaughan, Lindsay	7:07	7:48	7:37	22.32	+141	
7 Robichaux, Kelley	6:57	7:39	8:05	22.41	+93	25.12
21 Morrison, Meg	7:23	8:40	8:19	24.22	+146	23.13
38 Jones, Madeline	8:18	9:05	8:48	26.11	+99	27.40
43 Long, Avery	8:38	9:33	8:40	26.51		
53 Voltz, Martin	8:37	9:33	10:24	28.35	FR1	
56 Karam, Ava	8:38	9:33	10:42	28.53	FR1	
60 Ducote, Brittany	8:41	10:30	10:11	29.22	FR1	
62 Standley, Anne	8:41	10:30	10:23	29.34	FR1	

Boys Varsity (124 runner) Team Time 99:28 Gap Time 2:01

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
27 McMickens, Drew	6:19	7:22	6:24	20:05	+20	
34 James, Doug	6:31	6:51	7:01	20:23	SPR1	+4 24.22
36 Robichaux, Cole	6:29	7:45	6:46	20:30	SPR1	+12 13.58
39 Schneider, Bradley	6:04	7:10	7:19	20:33		+109
48 Burns, Grayson	6:28	7:02	7:27	20:57		+63
52 McMickens, Quint	6:43	7:27	6:59	21:09		+50
93 Rogers, Taylor	7:08	8:07	7:59	23.14	PR1	-4

JV Girls (77 runner)

Rabalais, Carson	8:37	8:26	17:01	+191	16.37
Erickson, Cameron	9:41	9:45	19:26	SPR1	+108 20.16
McMinn, Rachel	9:39	10:19	19:58		+91
Seccora, Emily	9:42	11:15	20:57		+75
Jeansonne, Brittany	9:33	11:25	20:58		+51
Jeanfreau, Rebecca	10:53	11:29	22:22		+44
Evans, Catherine	11:49	11:21	23:10		+60
Karam, Anne	11:50	12:06	23:56		+66

CENLA CHAMPS MEET RESULTS Continued

IV Boys (77 Runners)

Place	Name	Mile 1	Mile 2	Finish	PR +/-	Last Yr
	Fowler, Peyton	9:48	9:10	18:58	+82	
	Brown, Trey	9:47	9:26	19:13	-105	
	Davis, Thomas	9:10	DNF			

Team Standings

Boys Varsity (16 Teams)

1	Buckeye (3A)	61	8 Grace Christian (B)	176	1 MENARD (2A)	32	6 Pinville (3A)	125
2	Pinville (3A)	123	7 St Mary's (1A)	180	2 Leesville (4A)	103	7 Natch Coast (3A)	138
3	Elizabeth C	127	8 Leesville (4A)	184	3 Buckeye (3A)	106	8 Avoyelles PC (B)	177
4	MENARD (2A)	175	9 Oak Hill (B)	200	4 Grace Christian (B)	107	9 Elizabeth C	231
5	Anacoco (B)	176	10 Avoyelles PC (B)	222	5 Anacoco (B)	122	10 Tioga (4A)	287

Girls Varsity (10 Teams)

RECORDS SET AT CENLA CHAMPS

Grade Records
None

Buhlow Course Records
Mallory Robichaux #4 10th grade

CENLA CHAMPS Meet Records

Kelley Robichaux	#8 All Grades; #4 10 th grade	Avery Long	#3 7 th grade
Anne Standley	#4 7 th grade	Mallory Robichaux	#1 10 th grade
Ranchel Engelstman	#3 10 grade	Lindsay Vaughan	#5 11 th grade
Meg Morrison	#5 12 th grade		

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. The St Michael's results are now there.
In milesplit.com
Go to: stats → xc individual
Or go to: stats → xc team
Or any of their other stuff!

CONTACT COACH?????

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

THE 2012 CROSS COUNTRY SCHEDULE - Now thru October 27 Changes!

I think 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. Check out October 6!

DAY	DATE	EVENT	LOCATION	FIRST RACE
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** WEDNESDAY	October 24	BUCKEYE / JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
** SATURDAY	October 27	ERATH	Erath, LA	
** MONDAY	October 29	SPAGHETTI SUPPER	????????	6:00 PM
** TUESDAY	October 30	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

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

** SATURDAY	November 3	NSU (DISTRICT)	NSU, Natchitoches
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches
** MONDAY	November 12	Post State Race Meal	Nicky's
** THURSDAY	November 15	26 th Annual CC Banquet	Menard Cafeteria

Battlefield Cross Country Festival Saturday, September 29th

This is a brand new race! It's being put on by the Baton Rouge Area Sports Federation. And it's a brand new course! So we're off into the unknown - good, bad, or ugly. Officially it's at the Port Hudson Historic Site, 236 Hwy 61, Jackson, LA 70748. There will be maps available Sat morning. Here's the schedule and lineup:

BECAUSE THIS IS A NEW RACE AND RACE SITE, ALL RUNNERS AND PARENTS WILL MEET AT MENARD AND CARAVAN TOGETHER.

6:00 AM	Levy's Menard (Please be on time!)
9:30 AM	JV Girls (2 miles)
10:00 AM	JV Boys (2 miles)
10:30 AM	Varsity Girls (3 miles)
11:00 AM	Varsity Boys (3 miles)
11:45 AM	Awards

Race Line up:

Race 1 JV Girls	Ducote, Erickson, Evans, Jeanfrancois, Jeanneanne, Annie Karam, McMin, Rabalais, Saccaro, Standley
Race 2 JV Boys	Brown, Fowler
Race 3 Varsity Girls	Engelstman, Jones, Karam, Long, Morrison, Robichaux, Robichaux, Vaughan, Voltz
Race 4 Varsity Boys	Burns, Jussaul, McMickens, McMickens, Robichaux, Rogers, Schneider

TRAINING GROUPS

The groups change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 3 groups! Here's the latest:

- GROUP 1** Mallory Robichaux, Grayson Burns, Doug Jencou, Quint McMickens, Taylor Rogers, Bradley Schneider
- GROUP 2** Mallory Bartow, Rachel Engelstman, Madeline Jones, Meg Morrison, Kelley Robichaux, Lindsay Vaughan, Drew McMickens, Cole Robichaux,
- GROUP 3** Britany Ducote, Cameron Erickson, Miranda Hawthorne, Ava Karam, Avery Long, Rachel McMin, Carson Rabalais, Emily Saccaro, Anne Standley, Martha Voltz, Troy Brown, Thomas Davis, Peyton Fowler, Jacob Scolding
- GROUP 4** Catherine Evans, Rebecca Jeanfrancois, Britany Jeanneanne, Annie Karam,
- MANAGERS** Victoria Hirschak, Brooke Jones, Kaelyn Rachal

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

A great BIG Thank you to the Volunteer Parents for helping keep our runners hydrated. Ice down sports drinks in a rolling ice chest and bring to meet on date. We have 35 runners.

THANKS, parents - it's means a lot!!!

Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Renea Ducote
Cenla Champs -Buhlow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeanne Karam
Johnny Miller -Buhlow	Wed Oct 17	Kellie Saccaro
Menard Inv- Buhlow	Sat Oct 20	Cory Rogers
Buckeye- Buhlow	Wed Oct 24	Beth Erickson
Comeaux- Lafayette	Sat Oct 27	Carol Hirschak
Parish Champ- Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District- Natchitoches	Sat Nov 3	Renee Warner

BOX LUNCHES!

It's time to SELL, SELL, SELL those box lunches!!!! Every bit helps, but the big sales help the most. Don't procrastinate! SELL, SELL, SELL!!!! This is CC's big fund raiser - let's make it a great success!

Holy Savior Menard Cross Country 2012!

Welcome to real CC!

Rain, mud, some hills, and lots of ants - another typical day in the life of a CC runner. Not the best way to introduce a new race into our season! Congrats to all - parents and runners - who braved the elements. Of course, we can brag about being there and getting wet, dirty, and ant-bit. Also congrats to our 2 PR girls, Martha and Ava. And for those who didn't PR - check your place against the total number of runners in your race. You all beat a lot of runners! Sorry about the JV girls mile splits - didn't happen. So it's on to Simpson - another new one. Stay tuned!

BATTLEFIELD Saturday, September 29th MEET RESULTS

Girls Varsity (85 runners) Team Time 1:11:27, Gap Time 3:45

Place	Name	Mile 1	Mile 2	Mile 3	Finish
7	Engelstman, Rachel	7:04	7:58	9:03	24:05
10	Vaughan, Lindsay	7:24	7:48	9:11	24:23
48	Long, Avery	8:28	8:57	9:58	27:23
56	Voltz, Martha	8:28	8:58	10:20	27:46
57	Karam, Ava	8:28	8:57	10:25	27:50
62	Jones, Madeline	8:15	9:00	11:07	28:22
67	Morrison, Meg	7:48	10:02	11:57	29:47

Boys Varsity (163 runners) Team Time 1:08:38, Gap Time 1:34

Place	Name	Mile 1	Mile 2	Mile 3	Finish
58	Schneider, Bradley	6:19	6:51	7:28	20:36
86	Robichaux, Cole	6:43	7:23	7:43	21:49
93	McMickens, Drew	6:34	7:18	8:08	22:00
94	Burns, Grayson	6:56	7:20	7:47	22:03
100	McMickens, Quint	7:00	7:23	7:47	22:10
117	Jencou, Doug	7:02	7:28	8:29	22:59
141	Rogers, Taylor	7:29	8:19	8:07	24:55

JV Girls (171 runners)

Place	Name	Mile 1	Mile 2	Finish
36	Ducote, Britany			17:26
37	Hawthorne, Miranda			17:28
76	Erickson, Cameron			19:34
97	Saccaro, Emily			20:27
116	Jeanneanne, Britany			20:58
156	Evans, Catherine			22:55
160	Karam, Annie			24:10

JV Boys (195 Runners)

Place	Name	Mile 1	Mile 2	Finish
117	Brown, Trey	8:30	10:34	19:04
124	Davis, Thomas	8:05	10:34	18:39
159	Fowler, Peyton	8:58	11:25	20:23

RECORDS SET AT CENLA CHAMPS OR BATTLEFIELD

Grade Records			
Avery Long	#43 all time; #13 7 th grade	Anne Standley	#17 7 th grade
Maria Voltz	#46 all time; #17 8 th grade	Ava Karam	#47 all time; #18 8 th grade
Brittany Ducote	#20 8 th grade		

Buhlow Course Records
Mallory Robichaux #4 10th grade

CENLA CHAMPS Meet Records			
Kelley Robichaux	#8 All Graders; 44 10 th grade	Avery Long	#3 7 th grade
Anne Standley	#4 7 th grade	Mallory Robichaux	#1 10 th grade
Rachel Engelstman	#3 10 grade	Lindsay Vaughan	#5 11 th grade
Meg Morrison	#5 12 th grade		

Simpson Invitational (Wednesday, October 3)

This is another brand new race! And another brand new course! So once again we're off into the unknown - good, bad, or ugly. The meet is at Simpson High School (west of Menard out LA 28 West about 40 minutes from school). Take LA 28 West from school for 24 miles; then right on LA 465 for 7 miles to Simpson. Here's the schedule and lineup:

- 1:30 PM Leave Menard on bus AFTER 6th PERIOD
- 3:30 PM JV Girls (2 miles)
- 4:00 PM JV Boys (2 miles)
- 4:30 PM Varsity Girls (3 miles)
- 5:00 PM Varsity Boys (3 miles)
- 5:30 PM Awards
- 7:00 pm Back to Menard

Race Line ups:	Race 1 JV Girls	Erickson, Evans, Jeanfreau, Jansonne, Annie Karam, McMin, Rabalais, Saccaro, Standley
	Race 2 JV Boys	Brown, Davis, Fowler
	Race 3 Varsity Girls	Ducote, Engelstman, Hawthorne, Jones, Karam, Long, Vaughan, Voltz
	Race 4 Varsity Boys	Burns, Jancus, McVickens, McVickens, Robichaux, Rogers, Schneider

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CENLA CHAMPS (Wednesday, September 26) MEET RESULTS

In the rush a few stats missed the cut! Congrats also to the 3 SPR's - Cameron, Doug, and Cole. Also check out the team standings.

Girls Varsity (81 runners) Team Time 1:15:09 Gap Time 5:24

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr		
1	Robichaux, Mallory	6:32	7:19	7:21	21:12	t-shirt	+175	20:24
4	Engelstman, Rachel	7:07	7:50	7:30	22:27	t-shirt	+170	22:36
5	Vaughan, Lindsay	7:07	7:48	7:37	22:32	t-shirt	+141	
7	Robichaux, Kelley	6:57	7:39	8:05	22:41	t-shirt	+93	23:12
21	Morrison, Meg	7:23	8:40	8:19	24:22		+146	23:13
38	Jones, Madeline	8:18	9:05	8:48	26:11		+99	27:40
43	Long, Avery	8:38	9:33	8:40	26:51	FRI		
51	Voltz, Martha	8:37	9:33	10:24	28:35	FRI		
56	Karam, Ava	8:38	9:33	10:42	28:53	FRI		
60	Ducote, Brittany	8:41	10:30	10:11	29:22	FRI		
67	Standley, Anne	8:41	10:30	10:23	29:34	FRI		

Boys Varsity (124 runners) Team Time 9:28 Gap Time 2:01

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr		
27	McVickens, Drew	6:19	7:22	6:24	20:05		+20	
34	Jancus, Doug	6:31	6:51	7:01	20:23	SPRI	+4	21:22
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JV Girls (77 runners)

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Girls Varsity (10 Teams)

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Menard Inv -Buhlow	Sat Oct 20	Corey Rogers
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Comeaux -Lafayette	Sat Oct 27	Carol Hirschak
Parish Champ -Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District -Natchitoches	Sat Nov 3	Renee Warner

CAN WE BLIP A SIMPSON VOLUNTEER IN THE LIST?

TRAINING GROUPS

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GROUP 4 Catherine Evans, Rebecca Jeanfreau, Britney Jansonne, Annie Karam

MANAGERS Victoria Hirschak, Brooke Jones, Kaelyn Rachal

Every runner is important - every runner makes a contribution - Every runner has the ability to work hard - Every runner has the talent to improve - Every runner is a cheer leader - Every runner can be a great example (hard work, attitude, etc). Every runner is important! (And that includes the managers!!!)

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!
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la.mileplit.com
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Or any of their other stuff!

Holy Savior Menard Cross Country 2012!

October 3, 2012 #9

Fast Course at Simpson!

The PR's abound at the Simpson "road" race. Roads make for fast times, and fast times we had as almost all PR'd - and some by gobs of time! No less than 6 girls moved into or up the all-time top 50 list, and Bradley entered the revered all-time boys list - a very hard feat! Only one of last year's state champ girls team ran, and the varsity rookies showed their stuff with some amazing PR's. The guys continue their quest to match last year's senior's best time by getting 4 and almost 5 into the 18's. Congrats to literally everyone this time around. Veteran PR's are especially hard to come by, so hat's off to Madeline and Cole. Also to Avery, who "swam" the first ten feet, got up and ran #3. Also to the giant PR girls Brittany, Martha, and again Avery, and the almost giant PR girls and guys Madeline, Ava, Taylor, and Doug. Here's the challenge: run these times October 13th at the big Catholic meet at Highland!

SIMPSON (Wednesday, October 3) MEET RESULTS

Girls Varsity (98 runners) Team Time 1:15:04	Gen Time 1:31	Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
20 Engelsman, Rachel	6:28	7:46	7:41	21:55	SPR!	+178	
36 Jones, Madeline	7:15	7:45	7:47	22:47	PR!	-118!	
42 Long, Avery	7:50	8:34	7:02	23:26	PR!	-205!!!	
43 Hawthorne, Miranda	7:23	8:30	7:34	23:27	PR!	-13	
44 Voltz, Martha	7:26	8:35	7:28	23:29	PR!	-257!!!	
57 Decote, Brittany	7:41	8:43	8:03	24:27	PR!	-295!!!	
69 Karam, Ava	8:08	9:16	8:46	26:10	PR!	-100!	

Boys Varsity (130 runners) Team Time 9:21:41	Gen Time 0:51:00	Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
18 Schneider, Bradley	5:48	6:25	5:57	18:10	PR!	-34	
31 Robichaux, Cole	6:03	6:31	6:04	18:38	PR!	-80	
34 McMickens, Drew	6:00	6:40	6:15	18:53	PR!	-52	
38 Juneau, Doug	6:07	6:47	6:05	18:59	PR!	-80	
40 Burns, Grayson	6:07	6:38	6:16	19:01	PR!	-53	
58 McMickens, Quait	6:27	6:58	6:19	19:44	PR!	-35	
97 Rogers, Taylor	6:53	7:41	7:17	21:51	PR!	-83	

JV Girls (77 runners)	Place	Mile 1	Mile 2	Finish	PR +/-
Rabalais, Carolee	7:57	7:59	15:56	SPR!	+124
Standley, Anne	8:09	8:11	16:11		+2
Saccaro, Emily	8:14	8:55	17:09	PR!	-153!
Erickson, Cameron	8:25	9:11	17:36	PR!	-4
Jeansonne, Britney	8:19	10:17	18:36	PR!	-111!
Jeanfreau, Rebecca	9:56	10:17	20:15	PR!	-85
Karam, Annie	10:20	10:55	21:15	PR!	-95
Evans, Catherine	10:23	11:14	21:37	PR!	-33

JV Boys (77 Runners)	Place	Mile 1	Mile 2	Finish	PR +/-
Davis, Thomas	7:31	7:43	15:14	PR!	-130!
Brown, Trey	8:20	9:04	17:24	PR!	-4

Holy Savior Menard Cross Country 2012! October 3, 2012 #2

RECORDS SET AT SIMPSON

Grade Records	#26 all time; #6 7 th grade	Miranda Hawthorne <th>#27 all time; #11 8th grade</th>	#27 all time; #11 8 th grade
Avery Long	#28 all time; #12 8 th grade	Brittany Decote	#32 all time; #13 8 th grade
Martha Voltz	#47 all time; #18 8 th grade	Rachel Engelsman	#8 10 th grade
Ava Karam	#23 all time; #11 10 th grade	Grayson Burns	#6 7 th grade
Madeline Jones	#11 7 th grade	Doug Juneau	#13 8 th grade
Quait McMickens	#24 9 th grade	Bradley Schneider	#43 all time

BOX LUNCHES!

The time is upon us! It's time to **SELL, SELL, SELL** those box lunches!!!! Every bit helps, but the big sales help the most. Don't procrastinate! **SELL, SELL, SELL!!!!** This is CC's big fund raiser - let's make it a great success!

CATHOLIC AT HIGHLAND PARK (Saturday, October 13th) (And LAST 4:30 AM!!!)
The Catholic meet is THE big one! It's run at Highland Park - just like the Episcopal meet, 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 of races:

4:30 AM	Meet at Menard - BE ON TIME
4:40 AM	Leave for Baton Rouge
8:30 AM	Open (2 miles or 3 miles)
9:00 AM	Girls Junior High (2 miles)
9:30 AM	Boys Junior High (2 miles)
10:00 AM	Girls Varsity (3 miles)
10:30 AM	Boys Varsity (3 miles)
11:15 AM	Awards
	Back at Menard around 3:00 PM

IF A RUNNER IS NOT GOING TO RUN THIS MEET COACH MUST KNOW ABOUT IT BY 5 PM MONDAY

Open:	Evans, Rabalais, Davis (2 or 3 mile option)
Girls JH:	Decote, Erickson, Hawthorne, Jeanfreau, Jeansonne, Karam, Karam, Long, McMinn, Saccaro, Standley, Voltz
Boys JH:	Brown, Fowler
Girls V:	Bartow, Engelsman, Jones Morrison, K Robichaux, M Robichaux, Vaughan
Boys V:	Burns, Juneau, Q McMickens, D McMickens, Robichaux, Rogers, Schneider

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 2012! October 3, 2012 #3

THE 2012 CROSS COUNTRY SCHEDULE - Note the October 27 Closure!
I think 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. **Check out October 6th!**

DAY	DATE	EVENT	LOCATION	FIRST RACE
** SATURDAY	October 13	CATHOLIC	Highland Park, Baton Rouge	8:30 AM
** FRIDAY	October 19	Box Lunch Day!	Mezard Cafeteria	9:00 AM
** SATURDAY	October 20	MENARD	Fort Bulow Recreation Area	9:00 AM
** WEDNESDAY	October 24	BUCKEYE / JOHN MULLER	Fort Bulow Recreation Area	3:00 PM
** SATURDAY	October 27	ERATH	Erath, LA	
** MONDAY	October 29	SPAGHETTI SUPPER	???????	6:00 PM
** TUESDAY	October 30	PARISH CHAMPIONSHIPS	Fort Bulow 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.)

** TUESDAY	November 6	DISTRICT	Fort Bulow Recreation Area
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches
** MONDAY	November 12	Post State Race Meal	Nicky's
** THURSDAY	November 15	26 th Annual CC Banquet	Menard Cafeteria

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

A great BIG Thank you to the Volunteer Parents for helping keep our runners hydrated. Ice down sports drinks in a rolling ice chest and bring to meet on date. We have 35 runners.

THANKS, parents - it's means a lot!!!

Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Reesa Decote
Cenla Champs -Bulbow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeanne Karam
Johnny Miller -Bulbow	Wed Oct 17	Kellie Saccaro
Menard Inv. -Bulbow	Sat Oct 20	Corey Rogers
Buckeye -Bulbow	Wed Oct 24	Beth Erickson
Comesux - Lafayette	Sat Oct 27	Carol Hirschak
Parish Champ -Bulbow	Tues Oct 30	Elizabeth Morrison
NSU District -Natchitoches	Sat Nov 3	Renee Warner

HATS!
Some of you have seen the new CC hats that will soon be available. They will cost \$10. Just see coach when they come in. No need to pre-order

Holy Savior Menard Cross Country 2012! October 3, 2012 #4

TRAINING GROUPS
The groups change every week! Runners, as they progress, are encouraged to move up to higher groups. By the end of the season we'll probably only have 3 groups! Check out the changes!

GROUP 1	Malory Robichaux, Grayson Burns, Doug Juneau, Quait McMickens, Bradley Schneider
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GROUP 4	Catherine Evans, Rebecca Jeanfreau, Britney Jeansonne, Annie Karam,
MANAGERS	Victoria Hirschak, Brooke Jones, Kaelyn Rachal

CONTACT COACH?????

Contact Coach Smith ANYTIME you need to!
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SOME NATIONAL CC STATS.....

Guys top individual 3-miler	14:19
Guys 100 th individual 3-miler	14:58
Girls top individual 3-miler	16:12
Girls 100 th individual 3-miler	17:37
Guys top team (5K)	15.15, 15.17, 15.22, 15.30, 15.34
Girls top team (5K)	18.08, 18.10, 18.12, 18.26, 18.29

These are super large high schools with well over 100 runners.

Holy Savior Menard Cross Country 2012!

October 3, 2012 #10

Home Coming Edition!

BOX LUNCHES!

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MENARD INVITATIONAL VOLUNTEER LIST

Elsewhere in here is the volunteer list. Please let Coach know if you cannot help out Saturday!

STATE RANKINGS

The coaches from around the state vote every 2 weeks on who the top teams are. The rankings alternate between "composite" (all teams ranked regardless of classification), and "small / large" (5A, 4A, 3A in one ranking and all the smaller schools in a separate ranking). This is the small / large edition.

Boys Large School 10/2/12

1. St. Paul's (10)	100
2. West Monroe	83
3. Catholic BR	76
4. Jesuit	63
5. Walker	59
6. Parkway	57
7. Br. Martin	48
8. St. Thomas More	31
9. D'Town	12
10. Shaw	7

Boys Small School 10/2/12

1. Episcopal BR (10)	100
2. John Curtis	89
3. St. Thomas Aq.	79
4. Lakeside	72
5. Ascension Cath.	57
6. Newman	49
7. Country Day	30
8. St. Martin's	26
9. Midland	18
10. Runnels	12

Also receiving votes:

Ruston, ED White, Fountainbleau, St. Michael, Benton, Northshore

Also receiving votes:

Amoco, University, Catholic PC, Elizabeth, Patrick Taylor

Girls Large School

1. Dominican	99
2. St. Joseph's Academy	72
3. Fountainbleau	72
4. Mt. Carmel Academy	68
5. St. Scholastica Academy	43
6. Parkway	36
7. Ruston	30
8. St. Michael	28
9. Benton	21
10. Mandeville	18

Girls Small School

1. Menard	99
2. St. Thomas Aquinas	81
3. Episcopal	79
4. Newman	65
5. Louise McGhee	56
6. Catholic, Pointe Coupee	45
7. Sacred Heart (N.O.)	38
8. Ascension Catholic	31
9. Country Day	23
10. University High	8

Also Receiving Votes:

St. Thomas More, E.D White Catholic, Vandebilt Catholic

Also Receiving Votes:

Grace Christian, Lakeside, Christ in Life, John Curtis

Of course it's very cool to get that #1 ranking - but it would be even cooler if we could get all those runners back!!!!

ALL-TIME TOP MENARD TEAM TIMES

Here's a list of our top team times from over the years for you stat lovers! The times are the sum of the first 5 runners in that particular race.

BOYS 3 MILE			GIRLS 3 MILE			
TIME	COURSE	DATE	TIME	COURSE	DATE	
1	81.38	Jessa Owens	10/8/2001	102.04	Acadiana	10/28/2011
2	83.28	Cedar Creek	10/7/2000	103.13	Acadiana	10/24/2009
3	83.64	NSU	11/14/2001	103.29	ASH	11/3/2009
4	84.08	Highland	10/13/2001	103.53	Buhlow #8	11/8/2011
5	84.38	Acquinas	9/15/2001	104.06	Sacred Heart	10/14/2008
6	84.43	Acadiana	10/27/2001	104.10	Highland	9/17/2011
7	84.50	Buhlow #1	10/22/1998	104.31	NSU	11/15/2010
8	84.81	Breaux Bridge	9/30/2000	104.35	Highland	10/2/2010
9	84.82	Buhlow #6	10/28/2000	104.41	NSU	11/15/2011
10	85.08	NSU	11/3/2001	105.10	NSU	11/15/2005
11	85.10	Buhlow #4	9/19/2001	105.27	Highland	9/10/2011
12	85.11	Highland	10/14/2000	106.02	NSU	11/17/2009
13	85.13	Highland	9/22/2001	106.03	Grand Coteau	9/25/2010
14	85.17	Buhlow #6	11/7/2001	106.09	Buhlow #8	10/19/2011
15	85.32	NSU	11/15/2000	106.15	Highland	10/8/2011

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These are super large high schools with well over 100 runners.

Big PR day at Catholic!

9 PR's at Highland on a not-so-cool day (and some better than the -- we thought -- untouchable Simpson PR's) -- very cool! Avery (who stayed on her feet this time) and Taylor got the variety PR's, and Ava, Emily, Cameron, Rebecca, Annie, Payton, and Trey got the 2-mile PR's -- CONGRATS!

CATHOLIC AT HIGHLAND PARK MEET RESULTS

Girls Varsity (211 runners) Team Time 1:15.04. Gap Time 1:24

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr		
44	Engelstman, Rachel	6.44	7.30	7.22	21.36	SPR!	+119	23.22
73	Morrison, Meg	6.54	7.49	7.42	22.25	SPR!	+29	22.09
87	Long, Avery	7.22	7.46	7.40	22.48	PR!	-38	
130	Bartow, Mallory	6.54	8.42	8.52	24.28		+264	22.32
137	Jones, Madeline	7.45	8.21	8.36	24.42		+115	16.16
141	Volz, Martha	7.20	8.51	8.36	24.47	FHP3M!	+78	
143	Ducote, Brittany	7.21	8.50	8.39	24.50	FHP3M!	+23	

Boys Varsity (122 runners) Team Time 23:41. Gap Time 0:31. G

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-		
170	Schneider, Dudley	5.44	6.45	6.53	19.22	FHP3M!	+72
182	Burns, Grayson	6.16	6.39	6.36	19.31	FHP3M!	+30
217	McMickens, Quint	6.23	6.50	6.55	20.08	FHP3M!	+24
290	Jensen, Doug	6.24	6.58	7.12	20.34	FHP3M!	+15
253	Rogers, Taylor	6.41	7.18	7.32	21.31	PR!	-20
291	Davis, Thomas	7.38	9.23	9.35	26.36	PR!	

BOX LUNCHES!

Our time is up! It's the last minute time to SELL, SELL, SELL those box lunches!!!! Every bit helps, but the big sales help the most. Don't procrastinate! SELL, SELL, SELL!!!! This is CC's big fund raiser -- let's make it a great success!

We also need all the help we can get on Friday -- especially drivers!

Junior High Girls 222 Runners

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr		
85	Karam, Ava	7.19	8.01	15.50	PR!	-9	
112	Standley, Annee	7.57	8.34	16.31		+22	
134	Secora, Emily	8.14	8.43	16.57	PR!	-12	
146	Erickson, Cameron	8.21	8.56	17.17	PR!	-19	18.58
200	Jeanneane, Brittany	8.40	10.47	19.27	HPPR!		
205	Jeanneane, Rebecca	9.29	10.13	19.42	PR!	-31	
212	Karam, Annie	10.05	10.53	20.58	PR!	-17	

Junior High Boys 288 Runners

Place	Mile 1	Mile 2	Finish	PR +/-		
248	Fowler, Payton	8.07	8.38	16.45	PR!	-51
250	Brown, Trey	8.07	8.42	16.49	PR!	-35

Junior Varsity Girls

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr		
	Rebelski, Carter	7.09	8.02	15.11	SPR!	+45	14.47

RECORDS SET AT CATHOLIC

Grada, Rosanna	#24 all time; #5 7 th grade	Rachel Engelstman	#8 10 th grade
Avery Long			
Meg Morrison	#5 12 th grade		

Highland Park Course Records			
Avery Long	#4 7 th grade	Meg Morrison	#5 12 th grade
Grayson Burns	#5 7 th grade	Quint McMickens	#6 7 th grade

Meet Records at Catholic			
Avery Long	#4 7 th grade	Rachel Engelstman	#3 10 th grade
Meg Morrison	#5 12 th grade	Grayson Burns	#4 7 th grade
Quint McMickens	#6 7 th grade		

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© MENARD INVITATIONAL ©

Our big race was to be SATURDAY, October 20. The NSU meet has drained almost all the schools, so we have cancelled for this year. We will be back next year!!!! We will instead go to the NSU meet - see below.

NSU INVITATIONAL (Saturday, October 20)

All runners will ride the bus to NSU. Return trip can be by bus or with parents.

Leave Menard	9:00 AM
Arrive NSU	10:15 AM
Varsity Girls	11:00 AM
Varsity Boys	11:45 AM
JV Boys & Girls	12:30 AM
Awards	1:00 PM
Leave NSU	1:30 PM

Race 1 Varsity Girls:	Barlow, Engelman, Hawthorne, Jones, Long, Morrison, K Robichaux
Race 2 Varsity Boys:	Burns, Junco, McMickens, McMickens, Robichaux, Rogers, Schneider,
Race 3 JV Race:	Ducote, Erickson, Jeanfran, Jeansonne, Karam, Karam, McMinn, Rabalais, Saccaro Standley, Voltz, Brown, Fowler

10:10 AM (2 miles)

RUNNER MILES SUMMARY SO FAR THIS SEASON

THE GIRLS	MILES	MERC	THE GUYS	MILES	
1 Robichaux, Mallory	10	443	1 McMickens, Quint	7	391
2 Robichaux, Kelley	10	377	2 Junco, Doug	6	297
3 Barlow, Mallory	11	358	3 Rogers, Taylor	7	281
4 Jones, Madeline	10	313	4 Burns, Grayson	7	227
5 Vaughan, Lindsay	11	288	5 Robichaux, Cole	9	223
6 Engelman, Rachel	10	289	6 Schneider, Bradley	10	194
7 Morrison, Meg	12	230	7 Brown, Troy	7	104
8 Hawthorne, Miranda	8	206	8 McMickens, Drew	10	88
9 Long, Avery	7	200	9 Davis, Thomas	10	88
10 Karam, Ava	8	178	10 Fowler, Payton	8	55
11 Erickson, Cameron	8	144			
12 Standley, Anne	7	144			
13 Jeanfran, Rebecca	9	135			
14 Ducote, Brittany	8	107			
15 Karam, Annie	9	100			
16 Voltz, Martha	8	82			
17 Saccaro, Emily	9	80			
18 McMinn, Rachel	7	74			
19 Jeansonne, Brittany	9	73			
20 Rabalais, Carson	10	73			
21 Evans, Catherine	11	40			

BOX LUNCHES A HUGE SUCCESS!!

Friday, October 19 was put-it-all-together and make-all-the-deliveries day! Thanks so much for all who showed up Thursday night and Friday morning to help make our fundraiser such a great success. We delivered almost 1000 lunches and cleared over \$5000!!!! (Final numbers not in yet!) All great team successes require lots of people doing lots of work. In this case, sellers, donators, cooks, cookie makers, and more. But all team successes also require a person who invests tons of time, tons of enthusiasm and cheerleading, and tons of organization. Thanks, Renee for being the person of the hour this year! And thanks, Gaynell and Jay LeMoine (past box lunch coordinators), for again investing time and mentoring one more time!

Intro To State Course!

We have 18 runners seeing NSU for the very first time, and 7 are first time 3-milers! CC is not a sport that holds still! And we get 3 PR's (congrats Avery, Ava, Annel) and 3 SPR's (congrats Rachel, Meg, Mallory)! But the fastest person today was mama Erickson - at least the State Police think so! The girls lost only to 3 5A's and 2 4A's. The boys race is full of big schools. We'll be back in 23 days to see how we stand at the state meet when it's just the 2A's - stay tuned!

NSU/NOT @ MENARD MEET RESULTS

Girls Varsity (142 runners) Team Time 1:10.12, Gap Time 1:02

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr	
26 Engelman, Rachel	6:36	7:28	7:34	21:28	SPR	+111	21:41
33 Vaughan, Lindsay	6:47	7:32	7:31	21:50		+99	21:30
39 Morrison, Meg	6:48	7:46	7:52	22:06	SPR	+10	
41 Barlow, Mallory	6:54	7:31	7:52	22:17	SPR	+133	21:25
48 Long, Avery	7:07	7:45	7:39	22:31	PR	-17	
69 Voltz, Martha	7:07	8:19	8:16	23:42		+13	
79 Jones, Madeline	7:40	8:22	8:28	24:30		+103	24:45

2 mile PR's: Long, Voltz

NSU/NOT @ MENARD MEET RESULTS (Continued)

Boys Varsity (162 runners) Team Time 99:04, Gap Time 1:02

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
60 Schneider, Bradley	5:55	6:30	6:3	18:53	+45	
71 McMickens, Drew	5:57	6:31	6:43	19:11	+18	
83 Burns, Grayson	6:15	6:35	6:44	19:34	+33	
95 Junco, Doug	6:20	7:07	6:58	20:22	+83	21:44
102 Robichaux, Cole	6:19	7:21	7:22	21:02	+144	21:32
113 Rogers, Taylor	6:38	7:17	7:4	21:35	+4	
138 McMickens, Quint	7:26	8:18	8:33	24:17	+273	

2 mile PR's: D McMickens, Rogers

RECORDS SET AT NSU

Grade Records	Records	Records
Avery Long #24 all time; #5 7 th grade	Anne Standley #44 all time; #14 7 th grade	
Rachel McMinn #48 all time; #15 7 th grade	Ava Karam #39 all time; #16 8 th grade	
Emily Saccaro #49 all time; #17 9 th grade	Cameron Erickson #25 9 th grade	
Rachel Engelman #8 10 th grade	Carson Rabalais #17 10 th grade	
Mallory Barlow #9 11 th grade	Meg Morrison #5 12 th grade	

Course Records	Records
Avery Long #5 7 th grade	Lindsay Vaughan #3 11 th grade
Meg Morrison #5 12 th grade	Grayson Burns #2 7 th grade

Junior Varsity Girls (100 runners)

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
32 Ducote, Brittany	8:05	8:42	8:16	25:03	+96	
33 Hawthorne, Miranda	7:50	8:48	8:30	25:08	+101	24:14
34 Karam, Ava	8:08	8:44	8:23	25:15	PR	-55
36 Rabalais, Carson	8:08	8:44	8:40	25:32	+251	24:09
45 Standley, Anne	8:17	8:55	9:18	26:30	PR	-1841
53 McMinn, Rachel	8:27	9:31	9:09	27:07	FR	
54 Saccaro, Emily	8:28	9:30	9:16	27:14	FR	
85 Erickson, Cameron	9:15	10:47	10:43	30:45	+208	
87 Jeansonne, Brittany	9:06	11:13	10:41	31:00	FR	
90 Jeansonne, Rebecca	9:53	10:51	10:54	31:38	FR	
91 Karam, Annie	9:51	10:51	10:54	31:38	FR	

2 mile PR's: Annie Karam, McMinn

Junior Varsity Boys (64 Runners)

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
61 Fowler, Payton	8:11	9:08	9:05	26:24	FR	
63 Brown, Troy	8:15	9:34	9:20	27:09	FR	

Team Standings

Boys Varsity (18+ Teams)

1 St Th More (4A)	54	8 Capitals Steve (4A)	189	1 St Joseph (5A)	51	8 Amasco (B)	277
2 Airline (5A)	124	9 Amasco (B)	203	2 St Th More (4A)	92	9 Backeye (1A)	227
3 St Michael (4A)	131	10 Loyola (2A)	294	3 West Monroe (5A)	116	10 Calvary Baptist (2A)	276
4 Barbe (5A)	146	11 Hornbeck (B)	330	4 St Michael (4A)	144	11 Dyrk (5A)	277
5 W Ouachita Chr (4A)	163	12 Calhoun Chr (C)	334	5 Barbe (5A)	163	12 Caldo Mag (5A)	308
6 Byrd (5A)	166	13 St Mary's (1A)	349	6 MENARD (2A)	177	13 Loyola (2A)	318
7 Backeye (1A)	184	14 MENARD (2A)	365	7 Cabrini (4A)	182	14 Captain Steve (4A)	349

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1 St Joseph (5A)	51	8 Amasco (B)	277
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THE NEVER FINAL 2012 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
** WEDNESDAY	October 24	JOHN MILLER	Fort Buhlow Recreation Area	3:00 PM
** MONDAY	October 29	SPAGHETTI SUPPER	Spirit's	6:00 PM
** TUESDAY	October 30	PARISH CHAMPIONSHIPS	Fort Buhlow Recreation Area	3:30 PM

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

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

TRAINING GROUPS

The groups are still changing! Check out the changes!

GROUP 1	Grayson Burns, Doug Junco, Drew McMickens, Quint McMickens, Cole Robichaux, Bradley Schneider
GROUP 2	Mallory Barlow, Rachel Engelman, Miranda Hawthorne, Madeline Jones, Ava Karam, Avery Long, Meg Morrison, Kelley Robichaux, Mallory Robichaux, Lindsay Vaughan, Martha Voltz, Thomas Davis, Taylor Rogers
GROUP 3	Brittany Ducote, Cameron Erickson, Rebecca Jeanfran, Brittany Jeansonne, Annie Karam, Rachel McMinn, Carson Rabalais, Emily Saccaro, Anne Standley, Troy Brown, Payton Fowler
GROUP 4	Catherine Evans
MANAGERS	Victoria Hirschak, Brooke Jones, Kathryn Radcliff

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. The mileage must be logged between the end of the previous year track season and the district CC meet (November 6th). 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, 3rd year - yellow, 4th year - green, 5th year - blue, and 6th year - black. No boys and no girls black shirts and only six blue have ever been awarded. Only a very few have earned more than one shirt. Here's a list of the 34 runners who have earned three or more shirts since this group was formed in 1988:

Black 2 (Andrew Lemoine, Christian Taylor)

Blue 4 (Laura Patty, Dana O'Kelly, Joffroi Holcombe, Steven Jeansone)

Green 12 (Leslie Mameel, Jesse Petrus, Emily Demarco, Francis Vanderlick, Jon Jeanne, Thomas Kajor, Will Littlepage, Mollym Baker, Mark Dotson, Daniel Seaser, Brennan Vidrine, Mallory Bartow)

Yellow 18 (Jenni Nolis, Sarah Ragosa, Dore Flescher, Jodie White, Courtney Michiels, Jen Pommerenka, Nathan Fowell, Joe Landreous, Mark Landreous, Wes Poplison, Lora Pharis, Elizabeth Landreous, Bridget Daigrepom, Heather Badaux, Lemie Sanasing, Isaac Eiltz, Mallory Robichaux, Lindsay Vaughan)

Red 17 **Gray 48**

MERC qualifiers so far this year: **Mallory Robichaux and Quint McMickens**. Congrats! There may be more - stay tuned!

CONTACT COACH?????

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

SHIRTS!

We have extra practice shirts - girls and boys, and we have extra green team shirts. The practice shirts are \$20 and the team shirts are \$10.

HATS!

The brand new CC hats are in! \$10 for the CC family - \$15 for outside buyers

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 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 10 straight A's and another 15 A/B honor roll students out of 33 runners!!! Collectively, we have 155 A's, 60 B's, 10 C's, 5 D's and just 1 F. That's a 3.57 team average! In the GPA race, the juniors are a perfect 4.00, edging out the seniors and 7th grade. The girls just barely beat out the boys by a mere 4 hundredths. Great job, runners - keep it up!!!

Overall Cross Country Boys & Girls GPA	3.57	1 - 11 th grade	4.00
Overall Cross Country Girls GPA	3.58	2 - 12 th grade	3.86
Overall Cross Country Boys GPA	3.54	3 - 7 th grade	3.80
		4 - 8 th grade	3.45
Overall Cross Country JH GPA	3.65	5 - 9 th grade	3.35
Overall Cross Country HS GPA	3.51	6 - 10 th grade	3.32

"A" HONOR ROLL (10)

Mallory Bartow, Trey Brown, Madeline Jones, Annie Karam, Ava Karam, Avery Long, Quint McMickens, Mallory Robichaux, Anne Strandley, and Lindsay Vaughan

"A/B" HONOR ROLL (15)

Thomas Davis, Rachel Engelsman, Cameron Erickson, Miranda Hawthorne, Victoria Hirschak, Rebecca Jeanfreu, Brooke Jones, Drew McMickens, Rachel McMini, Meg Morrison, Kaelyn Rachall, Kelley Robichaux, Taylor Rogers, Bradley Schneider, and Martha Voltz

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. The St Michael's results are now there

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

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

THANKS, parents - it's means a lot!!!

Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Renea Decote
Ceala Champs -Buhlow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeanne Karam
Johnny Miller -Buhlow	Wed Oct 17	Kellie Saucaro
Menard Inv- Buhlow	Sat Oct 20	Curey Rogers
Backsyo- Buhlow	Wed Oct 24	Beth Erickson
Comeaux- Lafayette	Sat Oct 27	Carol Hirschak
Parish Champ- Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District-Natchitoches	Sat Nov 3	Renee Warner

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!)

JOHN MILLER INVITATIONAL (Wednesday, October 24th)

We'll leave school on the bus after 6th Period

JV Boys & Girls	3:00 PM	2 miles
Girls Varsity	3:30 PM	3 miles
Boys Varsity	4:00 PM	3 miles
Awards	4:30 PM	
Back at school	5:30 PM ish	

This is an out-of-uniforms day for cross country - jeans and current team shirt mandatory.

As of today:
Varsity Girls: Bartow, Engelsman, Hawthorne, . . . Robichaux
Varsity Boys:
All the rest run the JV races

SPAGHETTI SUPPER (Monday, October 29th)

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 quickly out grew that location! In recent years the district meet has not been a major event, but the tradition of gathering to eat before district (or parish) is still with us. We're meeting at Spirits (Texas and Jackson Street). This is a social gathering for the entire family so please come join us. The meal is set and the cost is \$6.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER
Spirits (1260-H Texas Avenue, Alexandria)
MONDAY, OCTOBER 29th
6:00 PM \$5.00 PER PERSON

PARISH CHAMPIONSHIPS (Tuesday, October 30th)

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 6th Period.

JV Boys & Girls	3:00 PM	2 miles
Girls Varsity	3:30 PM	3 miles
Boys Varsity	4:00 PM	3 miles
Awards	4:30 PM	
Back at school	5:30 PM ish	

Race rosters TBA

LAKE SIDE INVITATIONAL ("District" Meet for us) (Saturday, November 3rd)

The Lakeside meet is near Minden, LA. This will be the final tune-up for the state meet, and the last race of the season for all but the state meet runners. For years we have had no other teams in our district. We do have one team this year, and they may or may not show up for this race - stay tuned! Simple - only two (2 mile) races!

5:00 AM	Leave Menard
9:00 AM	Girls Race
9:45 AM	Boys Race
10:30 AM	Awards
3:00 PM	Back at Menard

NSU PRACTICE (State Meet Runners Only) (Saturday, November 10th)

Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet, eat (Layone's), and return. Back around 2 PM. Runners only - no parents this time.

STATE TEAM MEETINGS (November 10th and 11th)

Runners (runners only, no parents) meet at Coach's house for dinner just before the state meet. A little different this year - all guys on Saturday and all girls on Sunday should be here, whether you're running at state or not.

Guys	Saturday, November 10 th	5:00 PM
Girls	Sunday, November 11 th	4:00 PM

STATE MEET (Monday, November 12th)

Only a maximum of seven designated boys and girls will 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
Hang out at Coach's house after Mass (sausage and biscuits available or bring your own stuff)	
11:00 AM	Leave for NSU
12:15 PM	Arrive at NSU
12:45 PM	Girls team walk/jog course - begin warm-up routine
12:45 PM	Scratch Meeting (Coach only)
1:45 PM	2A Girls Race
2:15 PM	Boys team walk/jog course - begin warm-up routine
3:15 PM	2A Boys Race

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

26th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 15th)

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 Stephanie Bartow.

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

Thursday, November 15th, 6:00 PM, Menard cafeteria

Girls Rule Buhlow!

The girls haven't lost at Buhlow in a good while, and today's no different. Big schools Barb and Benton show up to no avail as the girls win 29. It's an exciting day with both Robichaux girls running for the first time in a month. Our three top tens are too much for the field - nuff said! The guys are missing Bradley and Taylor but still get a 13th - their future is very exciting! They didn't team score the JV girls, but if they had we would have been easy team winners. Congrats to Martha for winning for the first time (by at least 100 yards!) and a big PR to boot, and Madeline with her 3rd place! Also congrats to Mallory B and Lindsay with their SPR's and who earn MERC with their top tens. There were a ton of Buhlow PR's also: Rebecca, Brittny, Annie, Avery, Emily, Martha, Trey, Payton, Quint, and Cole. We're back at Buhlow next Tuesday for the last time this year - stay tuned!

JOHN MILLER MEET RESULTS

Girls Varsity (132 runners) Team Time 1:10.12, Gen Time 1:03

Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
6	Robichaux, Mallory	6:42	7:32	7:14	21:28	t-shirt	+191
7	Vaughan, Lindsay	6:55	7:19	7:19	21:33	SPR! t-shirt	+82
9	Bartow, Mallory	6:55	7:27	7:20	21:42	SPR! t-shirt	+98
22	Long, Avery	7:15	8:03	7:33	22:51		+20
25	Morison, Meg	7:10	8:03	7:45	22:58		+62
34	Engelmann, Rachel	7:29	8:36	7:56	24:01		+284
	Robichaux, Kelley	7:43	9:42		DNP		23:18

Boys Varsity (181 runners) Team Time 99:04, Gen Time 1:07

Place	Name	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
40	Robichaux, Cole	6:15	6:43	6:3	19:28		+50
58	McMichael, Drew	6:08	7:12	6:46	20:06		+15
67	Junen, Doug	6:43	7:07	6:31	20:21		+82
73	McMichael, Quint	6:45	7:06	6:37	20:28		+44
129	Barns, Grayson	6:25	7:53	6:2	23:38		2:77

Team Standings

Boys Varsity (21 Teams)

Rank	Team	Points	Rank	Team	Points	Rank	Team	Points		
1	Benton (AA)	33	7	Rapides (B)	1	MENARD (2A)	69	7	Pinville (5A)	206
2	Amocco (B)	170	8	ASH (4A)	1	Benton (4A)	98	8	Leesville (4A)	245
3	Buckeye (3A)	132	9	Avoyelles PC (B)	1	Barbe (5A)	145	9	Lacassine (B)	253
4	Pinville (5A)	115	10	Leesville (4A)	1	Amocco (B)	151	10	Natch Com (5A)	254
5	Elizabeth (C)	174	13	MENARD (2A)	1	Buckeye (3A)	162	11	ASH (4A)	350
6	Grace Christian (B)	202				Grace Christian (B)	173	12	Elizabeth C	400

JOHN MILLER MEET RESULTS (Continued)

Junior Varsity Girls (81 runners)

Place	Name	Mile 1	Mile 2	Finish	PR +/-	Last Yr
1	Voltz, Martha	7:23	7:31	14:45	PR! -64!	t-shirt + mt
3	Jones, Madeline	7:38	7:33	15:11	+11	t-shirt + mt
	Hawthorne, Miranda	7:52	8:10	16:02	+31	
	Karam, Ava	7:59	8:09	16:08	+18	
	Ducote, Brittny	8:04	8:58	17:02	+51	
	Standley, Anne	8:17	8:47	17:04	+55	
	Robichaux, Carson	8:59	8:45	17:44	+232	22:38
	Saccaro, Emily	9:14	8:32	17:46	+49	
	Jeanmonac, Brittny	9:33	10:27	20:00	+84	
	Erickson, Cameron	9:32	10:54	20:26	+189	
	Jeanmonac, Rebecca	10:14	10:26	20:40	+58	
	Karam, Annie	10:14	10:35	20:49	+5	
	McMinn, Rachel	9:14		DNF		

Junior Varsity Boys (141 Runners)

Place	Name	Mile 1	Mile 2	Finish	PR +/-
	Davis, Thomas	7:33	8:36	16:09	+55
	Brown, Trey	8:21	8:21	16:42	PR! -7
	Fowler, Payton	8:22	8:24	16:46	+1

RECORDS SET AT JOHN MILLER

Category	Name	Grade
Grade Records	Mallory Bartow	#6 11 th grade
Course Records	Lindsay Vaughan	#4 11 th grade

THE (NEVER FINAL) 2012 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
** MONDAY	October 29	SPAGHETTI SUPPER	Spirit's	6:00 PM
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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, October 22nd)

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 heat 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 quickly out grew that location! In recent years the district meet has not been a major event, but the tradition of gathering to eat before district (or parish) is still with us. We're meeting at Spirits (Texas and Jackson Street). This is a social gathering for the entire family so please come join us. The meal is set and the cost is \$6.00 per person. Informal dress. Don't miss!

PRE-DISTRICT SPAGHETTI SUPPER
Spirits (1240-H Texas Avenue, Alexandria)
MONDAY, OCTOBER 22nd
6:00 PM \$6.00 PER PERSON

PARISH CHAMPIONSHIPS (Thursday, October 25th)

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 6th period.

JV Boys & Girls	3:00 PM	2 miles
Girls Varsity	3:30 PM	3 miles
Boys Varsity	4:00 PM	3 miles
Awards	4:30 PM	
Back at school	5:30 PM ish	Race rosters TBA

LAKESIDE INVITATIONAL "District" Meet for us! (Saturday, November 3rd)

The Lakeside meet is near Minden, LA. This will be the final tune-up for the state meet, and the last race of the season for all but the state meet runners. For years we have had no other teams in our district. We do have one team this year, and they may or may not show up for this race - stay tuned! Simple - only two (3 mile) races!

5:00 AM	Leave Menard
9:00 AM	Girls Race
9:45 AM	Boys Race
10:30 AM	Awards
3:00 PM	Back at Menard

NSU PRACTICE (State Meet Runners Only) Saturday, November 10th

Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet; eat (Layone's); and return. Back around 2 PM. Runners only - no parents this time.

STATE TEAM MEETINGS (November 10th and 11th)

Runners (runners only, no parents) meet at Coach's house for dinner just before the state meet. A little different this year - all guys on Saturday and all girls on Sunday should be here, whether you're running at state or not.

Guys	Saturday, November 10 th	5:00 PM
Girls	Sunday, November 11 th	4:00 PM

STATE MEET (Monday, November 12th)

Only a maximum of seven designated boys and girls will 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
Hang out at Coach's house after Mass (sausage and biscuits available or bring your own stuff)	
11:00 AM	Leave for NSU
12:15 PM	Arrive at NSU
12:45 PM	Girls team walk/jog course - begin warm-up routine
12:45 PM	Scratch Meeting (Coach only)
1:45 PM	2A Girls Race
2:15 PM	Boys team walk/jog course - begin warm-up routine
3:15 PM	2A Boys Race

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

26th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 15th)

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 Stephanie Bartow.

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

Thursday, November 15th, 6:00 PM, Menard cafeteria

Holy Savior Menard Cross Country 2012!

November 3, 2012 #14

Parish Champs!

Both the varsity girls and the JV girls can't be beat as the VG's get 6 in the top 12 for 30 points and an easy win. The JVG's do it a little better, 6 in the top 10 for 25 points and also an easy win. Congrats to the 9 PR and 2 SPR runners - and the - new stat - 7 BPR runners! Also congrats to all the top 10 finishers and their t-shirts! Last week it was Martha getting a JV win, this week it's Avery's turn to get the win - congrats both of you!

PARISH CHAMPS RESULTS

Girls Varsity (8 runners) Team Time 107:53, Gap Time 1:22

Place	Mile 1	Mile 2	Mile 3	Finish	SPR!	BPR!	t-shirt!	PR +/-	Last Yr
2 Bartow, Mallory	6:52	7:15	6:54	21:01	SPR!	BPR!	t-shirt!	-57	21.52
3 Robichaux, Mallory	6:52	7:15	6:55	21:02			t-shirt!	+165	19.07
4 Vaughan, Landon	6:53	7:14	6:57	21:04	SPR!		t-shirt!	+53	21.34
10 Robichaux, Kelley	6:54	7:35	7:33	22:22			t-shirt!	+74	22.30
11 Morrison, Meg	6:56	7:53	7:35	22:24		BPR!		+28	22.39
12 Engelstana, Rachel	6:55	7:52	7:53	22:40				+183	21.26
17 Voltz, Martha	7:11	8:12	8:00	23:23	PR!	BPR!		-6	

Boys Varsity (51 runners) Team Time 97:21, Gap Time 1:27

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-	Last Yr
13 Schneider, Bradley	5:50	6:25	6:3	18:45	+35	
14 Robichaux, Cole	5:57	6:38	6:12	18:47	BPR!	+9 21.30
24 McMickens, Drew	6:01	6:59	6:47	19:47	BPR!	+54
27 Jensen, Doug	6:22	6:59	6:29	19:50	BPR!	+51
31 McMickens, Quint	6:29	7:07	6:30	20:12	BPR!	+28
44 Rogers, Taylor	7:16	7:57	8:08	21:21		+110

Junior Varsity Girls (23 runners)

Place	Mile 1	Mile 2	Finish	PR +/-	Last Yr
1 Long, Avery	7:17	7:00	14:17	PR!	(t-shirt)
4 Jones, Madeline	7:14	7:54	15:28		(t-shirt) 27:01
5 Hawthorne, Miranda	7:47	7:47	15:34		(t-shirt) 24:11
6 Scandley, Anne	7:57	7:40	15:37	PR!	(t-shirt)
9 Decote, Brittany	8:16	8:09	16:25		(t-shirt)
10 Karasz, Ava	8:16	8:09	16:25		(t-shirt)
15 McMan, Rachel	8:36	8:06	16:42	PR!	
16 Seccaro, Emily	8:38	8:09	16:47	PR!	
17 Erickson, Carmone	8:41	8:26	17:09	PR!	
22 Jeanvonne, Britney	9:01	9:59	19:00		
28 Jeanfran, Rebecca	9:42	9:50	19:32	PR!	
30 Karasz, Annie	9:57	9:51	19:51	PR!	

Junior Varsity Boys (48 Runners)

Place	Mile 1	Mile 2	Finish
36 Fowler, Peyton	8:07	7:46	15:53
37 Davis, Thomas	7:41	8:13	15:54
40 Brown, Tzy	8:22	8:46	17:08

PARISH CHAMPS RESULTS (Continued)

Team Standings

Boys Varsity (7 Teams)

1 Buckeye (5A)	57
2 Grace Christian (B)	74
3 Pineville (5A)	87
4 ASH (4A)	100
5 MENARD (2A)	109
6 Toga (4A)	152

Girls Varsity (6 Teams)

1 MENARD (2A)	30
2 Buckeye (3A)	64
3 Grace Christian (B)	86
4 Pineville (5A)	110
5 ASH (4A)	144
6 Toga (4A)	165

RECORDS SET AT PARISH CHAMPS

Grade Records	Grade	Runner	Time
Martha Voltz	#27 All Grades, #11 8 th grade	Lindsay Vaughan	#5 11 th grade
Mallory Bartow	#4 11 th grade		
Course Records	Grade	Runner	Time
Mallory Bartow	#7 All Grades, #1 11 th grade	Martha Voltz	#5 8 th grade
Mallory Robichaux	#2 10 th grade	Lindsay Vaughan	#2 11 th grade
Meg Morrison	#5 12 th grade	Quint McMickens	#4 7 th grade

THE NEVER FINAL 2012 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	START TIME
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches	Girls 1:45 PM Boys 3:15 PM
** MONDAY	November 12	Post State Race Meet	Nicky's	
** THURSDAY	November 15	26 th Annual CC Banquet	Menard Cafeteria	6:00 PM

LONG DRINK EAGLE STICKERS!

Have you noticed the new eagle stickers on the cover of the log books? It's a borrowed idea from some of those football helmets. How do you get one? It's evolving a bit, but here's the current criteria

- PR (2 stickers)
- SPR
- MERC (2 stickers)
- Win t-shirt or medal
- First race
- Varsity top five runner on team
- Individual top ten finish in race
- Team win
- 100, 200, 300... log miles

CONTACT COACH!!!!

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

SHIRTS!

We have extra practice shirts - girls and boys, and we have extra green team shirts. The practice shirts are \$20 and the team shirts are \$10.

HATS!

The brand new CC hats are in! \$10 for the CC family - \$15 for outside buyers.

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. The St Michael's results are now there
 la milesplit.com
 Go to: stats → xc individual
 Or go to: stats → xc team
 Or any of their other stuff!

HOLY SAVIOR MENARD SPORTS DRINK PARENT VOLUNTEER LIST

THANKS, parents -- it's means a lot!!!

Episcopal -BR	Sat Sept 15	Stephanie Bartow
Sacred Heart -Sunset	Sat Sept 22	Renea Ducote
Cenla Champs -Buhlow	Wed Sept 26	Sissy Jones
Battlefield Festival -BR	Sat Sept 29	Ashley Long
Catholic -BR	Sat Oct 13	Jeane Karam
Johnny Miller -Buhlow	Wed Oct 17	Kellie Saccaro
Menard Inv- Buhlow	Sat Oct 20	Corey Rogers
Buckeye- Buhlow	Wed Oct 24	Beth Erickson
Comenau- Lafayette	Sat Oct 27	Carol Hirschak
Parish Champ- Buhlow	Tues Oct 30	Elizabeth Morrison
NSU District- Natchitoches	Sat Nov 3	Renee Warner

STATE TEAM MEETINGS (November 10th and 11th)

Runners (runners only, no parents) meet at Coach's house for dinner just before the state meet. **A little different this year - all boys on Saturday and all girls on Sunday should be here, whether you're running at state or not.**

Guys Saturday, November 10th 5:00 PM
 Girls Sunday, November 11th 4:00 PM

STATE MEET (Monday, November 12th)

Only a maximum of seven designated boys and girls will 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
 Hang out at Coach's house after Mass (sausage and biscuits available or bring your own stuff)
 11:00 AM Leave for NSU
 12:15 PM Arrive at NSU
 12:45 PM Girls team walk/jog course - begin warm-up routine
 12:45 PM Scratch Meeting (Coach only)
 1:45 PM 2A Girls Race
 2:15 PM Boys team walk/jog course - begin warm-up routine
 3:15 PM 2A Boys Race

We have reservations for all of us at Nicky's at 4:30 PM to celebrate whatever happens at the state meet!

LSHSAA STATE MEET NEW PROCEDURE

Also, this year at the State Cross Country Meet, all persons must have a band on their wrist to enter facility or will be ask to leave the premises. When Head Coaches arrives at the main entrance to pick up team packets, they will receive a band and will then be directed to the team packet area to pick up their team packets. Coaches will be asked to check their packets before leaving that area to make sure the proper number of bands are enclosed. Coaches will then have to take the packet back to their team members and place a band on each participant. Please remind your parents and fans that we will not sell tickets this year. Everyone entering will be buying an arm band and they must wear the band at all times.

24th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 15th)

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 Stephanie Bartow.

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

Thursday, November 15th, 6:00 PM, Menard cafeteria

OLPS GIVING TREE CHRISTMAS OUTREACH

Last year we adopted two families, raised \$600, 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 last Monday. If each family can come up with \$25 (or more - Coach and Becky are in for \$50), we will be able to a special thing for the kids and the moms. We will get the details on ages and gender soon. Get any donations you desire to make to Coach sometime soon. Some have already done so! Merry Christmas!!!

TURN IN UNIFORMS!

Once your racing season is over, please put your 4 Menard CC uniform items in a bag with your name on it and turn it in to Coach in his classroom. Cleaned, of course!

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!):

LAKESIDE INVITATIONAL ("Harrier" Meet for all Saturday, November 17th)

The Lakeside meet is near Minden, LA. This will be the final tune-up for the state meet, and the last race of the season for all but the state meet runners. For years we have had no other teams in our district. We do have one team this year, and they may or may not show up for this race - stay tuned! Simple - only two (3 mile) races!

5:00 AM Leave Menard
 9:00 AM Girls Race
 9:45 AM Boys Race
 10:30 AM Awards
 3:00 PM Back at Menard

NSU PRACTICE (State Meet Runners Only) Saturday, November 17th

Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet, eat (L.A.S.O.S.), and return. Back around 2 PM. Runners only - no parents this time.

BEST BUHLOW 3 MILE TIMES

		2008	2009	2010	2011	2012
Bartow, Mallory	11 F	21:28	20:38	21:34	21:04	21:01
Ducote, Brittany	8 F					29:22
Engelmas, Rachel	10 F		19:40	21:40	20:48	22:27
Erickson, Cameron	9 F			27:17		
Evans, Catherine	11 F					
Hawthorne, Miranda	8 F				23:42	
Jeanfreau, Rebecca	9 F					
Jeanneume, Brittny	9 F					
Jones, Madeline	10 F			26:29	25:10	26:11
Kazam, Annie	9 F					
Kazam, Ava	8 F					28:53
Long, Avery	7 F					22:51
McMinn, Rachel	7 F					
Morrison, Meg	12 F				21:29	22:24
Rabalais, Carson	10 F				22:17	
Robichaux, Kelley	10 F				22:02	22:22
Robichaux, Mallory	10 F		19:42	19:16	18:17	21:02
Saccaro, Emily	9 F					
Standley, Anne	7 F					29:34
Vaughan, Lindsay	11 F	21:43	20:34	20:11	21:04	21:04
Voltz, Martha	8 F					23:23
Brown, Trey	7 M					
Darns, Onyvon	7 M					20:57
Javis, Thomas	10 M					
Fowler, Payton	8 M					
Juncos, Doug	8 M				20:19	19:50
McMickens, Quint	7 M					20:12
McMickens, Drew	10 M					19:47
Robichaux, Cole	9 M		20:34	19:58	18:47	
Rogers, Taylor	7 M					23:14
Schneider, Bradley	10 M					18:45

Menard conquers the Ant Hill!

Just two races - we all run 3-milers - and we all run the "Ant Hill!" And we run it very successfully. (For those not there, the "Ant Hill" is the biggest, baddest hill we've seen all year - in a lot of years! So what happens? We get 9 PR's and 1 SPR and 5 t-shirts! And the girls get another win! It's complicated, but this race is our district race, so congrats to our district champions Bradley and Mallory! It's also a designated MERC race, so congrats to Bradley, Avery and Rachel for qualifying! Congrats to the 9 PR, 1 SPR, and 5 t-shirt runners - see below. Here's the stats:

DISTRICT (LAKESIDE) RESULTS

Place	Name	Time	PR +/-	Yr Ago
4	Robichaux, Mallory	6:08	+123	18.17
5	Vaughan, Lindsay	6:31	+65	21.20
8	Long, Avery	6:49	-45	
9	Engelstein, Rachel	6:33	+133	20.48
11	Bartow, Mallory	6:40	+120	21.26
12	Robichaux, Kelley	6:48	+110	22.02
13	Voltz, Martha	7:17	-22	
14	Morrison, Meg	6:48	+74	22.29
20	Hawthorne, Miranda	7:17	+16	23.42
27	Standley, Anne	7:37	-121	11
29	Karam, Ava	7:38	-28	
30	Jones, Madeline	7:37	+122	25.10
41	Erickson, Cameron	8:34	+80	
42	McMinn, Rachel	8:34	+96	
48	Joussomeau, Britney	8:07	-90	11
53	Jessifera, Rebecca	9:27	-23	
54	Karam, Anale	9:27	-1	

* Buholz

Varsity (61 runners) Team Time 59:08 Cap Time 1:40

Place	Name	Time	PR +/-	Yr Ago
10	Schneider, Bradley	5:39	+43	
19	McMickens, Drew	5:55	+52	
22	Jensen, Doug	6:08	+56	20.19
23	Robichaux, Cole	6:04	+84	19.58
29	McMickens, Quin	6:09	+49	13.54
39	Fowler, Peyton	7:23	-90	11
60	Brown, Trey	7:25	-90	11

2 mile PR's: Brown

* Buholz

RECORDS SET AT PARISH CHAMPS

Grade Records	Boys Varsity (6 Teams)	Girls Varsity (6 Teams)
Avery Long #13 All Grades; #5 7 th grade	1 Lakeside (2A) 26	1 MENARD (2A) 37
Martha Voltz #26 All Grades; #11 8 th grade	2 W Ouchida Chr (1A) 75	2 Lakeside (2A) 69
Cameron Erickson #22 9 th grade	3 Claiborne Chr (C) 82	3 Cahary Baptist (2A) 90
Avery Long #9 All Grades; #4 7 th grade	4 MENARD (2A) 103	4 Claiborne Chr (C) 123
Mallory Robichaux #1 10 th grade	5 Loyola (2A) 122	5 Cedar Creek (1A) 131
Mallory Bartow #3 11 grade	6 Cedar Creek (1A) 132	6 Loyola (2A) 166
Martha Voltz #5 8 th grade		
Lindsay Vaughan #1 11 th grade		
Anne Standley #34 All Grades; #13 7 th grade		
Ava Karam #37 All Grades; #14 8 th grade		
Britney Joussomeau #25 9 th grade		

OLPS GIVING TREE CHRISTMAS OUTREACH

Last year we adopted two families, raised \$600, 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 last Monday. If each family can come up with \$25 (or more - Coach and Becky are in for \$50), we will be able to do a special thing for the kids and the moms. We will get the details on ages and gender soon. Get any donations you desire to make to Coach sometime soon. Some have already done so! Merry Christmas!!!

WE LOVE OUR MANAGERS (AND MANAGER MOM!)

We have some managing - in the background - but not necessarily quiet - valuable people on this team. That would be our 3 managers and one manager mom. THANKS Keelyn, Brooke, and Victoria for being there meet after meet and handling all those splits, and being there practice after practice and handling all the whatever's of the particular day. We couldn't do it without you! And thanks Allyson Rachall for always being the backup manager when we're short - and doing it with only one foot! Again.

THANKS!

FINAL LOG BOOK TURN IN (MONDAY, November 5th)

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!):

STATE MEET TEAMS

- Guys: Burns, JunEAU, McMickens, McMickens, Robichaux, Rogers, Schneider
Girls: Bartow, Engelstein, Long, Morrison, Robichaux, Robichaux, Vaughan, Voltz (alternate)

NSU PRACTICE (State Meet Runners Only) Saturday, November 10th

Meet at 9 AM at Menard. We'll take the bus to Natchitoches; run and discuss the course and the state meet, eat (Layone's), and return. Back around 2 PM. Runners only - no parents this time.

STATE TEAM MEETINGS (November 10th and 11th)

Runners (runners only, no parents) meet at Coach's house for dinner just before the state meet. A little different this year: all guys on Saturday and all girls on Sunday should be here, whether you're running at #46 or not.

All Guys	Saturday, November 10 th	5:00 PM
All Girls	Sunday, November 11 th	4:00 PM

The 8 state meet girls will meet at 3:00 PM then be joined by all the girls at 4 PM.

STATE MEET (Monday, November 12th)

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LSHSA STATE MEET NEW PROCEDURE

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Thursday, November 15th, 6:00 PM, Menard cafeteria

TURN IN UNIFORMS!

Once your racing season is over, please put your 4 Menard CC uniform items in a bag with your name on it and turn it in to Coach in his classroom. Cleaned, of course!

THE (PROBABLY FINAL) 2012 CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	LOCATION	FIRST RACE
** MONDAY	November 12	STATE CHAMPS	NSU, Natchitoches	Girls 1:45 PM
** MONDAY	November 12	Post State Race Meal	Nicky's	Boys 3:15 PM
** THURSDAY	November 15	26 th Annual CC Banquet	Menard Cafeteria	6:00 PM

SHIRTS!

We have extra practice shirts - girls and boys, and we have extra green team shirts. The practice shirts are \$20 and the team shirts are \$10.

HATS!

The brand new CC hats are in! \$10 for the CC family - \$15 for outside buyers

CROSS COUNTRY WEBSITE
 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. The St Michael's results are now there.
 la.milesplit.com
 Go to: stats → xc individual
 Or go to: stats → xc team
 Or any of their other stuff!

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

Girls 3rd, Guys 13th in Super Tough 2A!

STATE (NSU) RESULTS

The girls ran the best-ever Menard team time, but it wasn't quite enough this time around as we finish behind Sacred Heart NO and Episcopal. The all-rounder guys team finds out what 2A is all about. But we will all be back next year - except for senior Meg. WE'LL MISS YOU! Congrats to all the PR's and SPR's.

Girls Varsity (129 runners) Team Time 101:25 PR! Gun Time 1:11

Place	Mile 1	Mile 2	Mile 3	Finish	SPR!	All-State!	PR +/-	Yr App.
10 Robichaux, Mallory	6:10	6:52	6:44	19:46	SPR!		+89	18,46
11 Barow, Mallory	6:20	6:42	6:56	19:58	PR!		-8	21,28
16 Vaughan, Lindsay	6:25	6:48	7:02	20:15	SPR!		+4	21,20
21 Engelstam, Rachel	6:25	7:00	7:04	20:29	SPR!		+52	21,11
29 Robichaux, Kelley	6:33	7:10	7:14	20:57	PR!		-11	23,05
42 Long, Avery	6:49	7:18	7:24	21:33	PR!		-15	
55 Morrison, Meg	6:53	7:37	7:51	22:22			+28	21,56

2 mile PR's: Barow, Long, K Robichaux, Vaughan

Varsity (120 runners) Team Time 96:15 Gun Time 1:08

Place	Mile 1	Mile 2	Mile 3	Finish	PR +/-
54 Schneider, Bradley	5:55	6:28	6:28	18:51	+41
59 Robichaux, Cole	6:01	6:30	6:28	18:57	+19
67 McNickens, Drew	5:57	6:28	6:4	19:05	+24
74 James, Doug	6:18	6:14	6:31	19:21	+24
81 Burns, Grayson	6:27	6:46	6:46	19:49	+58
96 McNickens, Quinn	6:26	6:52	6:52	20:10	+26
109 Rogers, Taylor	6:39	7:20	6:29	21:28	-3

2 mile PR's: D McNickens

Team Standings		Team Standings	
Boys (19 Teams)		Girls (18 Teams)	
1 Episcopal, BR (2A)	35	7 University (2A)	230
2 John Curtis (2A)	71	8 Rosspine (2A)	213
3 St Thomas Aq (2A)	81	9 Decarbore (2A)	289
4 Newman (2A)	141	10 Pine Prairie (2A)	303
5 Lakeside (2A)	149	11 Haynes (2A)	316
6 Rancho (2A)	150	13 MENARD (2A)	332
		1 Sacred Heart NO (2A)	68
		2 Episcopal, BR (2A)	83
		3 MENARD (2A)	87
		4 St Thomas Aq (2A)	119
		5 McGehee (2A)	162
		6 Newman (2A)	179
		7 University (2A)	180
		8 Lakeside (2A)	190
		9 Catholic, N1 (1A)	227
		10 John Curtis (2A)	238

RECORDS SET AT THE STATE MEET

Grade Records	#12 All Grades: #5 7 th grade	Mallory Robichaux	#1 10 th grade
Avery Long	#3 10 th grade	Kelley Robichaux	#7 10 th grade
Rachel Engelstam	#5 All Grades: #1 11 th grade	Lindsay Vaughan	#2 11 th grade
Most Records (State)	#3 All Grades: #1 11 th grade	Lindsay Vaughan	#4 All Grades: #2 11 th grade
Mallory Barow	#9 All Grades: #5 7 th grade	Mallory Robichaux	#1 10 th grade
Avery Long	#2 10 th grade	Kelley Robichaux	#5 10 th grade
Rachel Engelstam			
Course Records (NSU)	#3 All Grades: #1 11 th grade	Lindsay Vaughan	#4 All Grades: #2 11 th grade
Mallory Barow	#9 All Grades: #5 7 th grade	Mallory Robichaux	#1 10 th grade
Avery Long	#2 10 th grade	Kelley Robichaux	#5 10 th grade
Rachel Engelstam			

OLDS GIVING TREE CHRISTMAS OUTREACH

Last year we adopted two families, raised \$600, 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 last Monday. If each family can come up with \$25 (or more - Coach and Becky are in for \$50), we will be able to do a special thing for the kids and the moms. We will get the details on ages and gender soon. Get any donations you desire to make to Coach sometime soon. Some have already done so! Merry Christmas!!!

26th ANNUAL CROSS COUNTRY BANQUET (Thursday, November 15th)

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 Stephanie Barow.

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

Thursday, November 15th, 6:00 PM, Menard cafeteria

TURN IN UNIFORMS!

Once your racing season is over, please put your 4 Menard CC uniform items in a bag with your name on it and turn it in to Coach in his classroom. Cleaned, of course!

CONTACT COACH?????

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

You Know You're A Runner...

- when all your friends think you eat too healthy
- when you not only eat gels, but you know the best flavors of every brand
- when you consider pasta a food group
- when pasta is the only food you'll eat two nights before a race
- you know how to pronounce (correctly) Plantar Fasciitis
- when you have a favorite ice pack
- when you laugh about chaffing
- when you brag about losing toenails
- when your room smells like a nursing home because of all the analgesic you use
- when you run even though you are sick
- when you know the names and remedies for every possible injury from bursitis to shin splints
- when your rolling pin is kept near your bed instead of in the kitchen
- when every T-shirt you own has a race name and sponsors listed on it
- when your socks come in two categories: running socks and others
- when you have tons of race shirts but can't find a work shirt for the life of you
- when you balk at the cost of everyday shoes and then spend \$75 - \$150 on a pair of running shoes that will only last 3 months and think you're getting a fabulous deal
- when you think a black Timex Ironman watch goes with black tie dress
- when you spend \$12 on socks that help you avoid blisters

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit." George Sheehan