



Central High School CROSS COUNTRY

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Central Cross Country 2019

IMPORTANT DATES!

May 29	Parent Meeting at 6:00 p.m., CHS All Purpose Room
June 11	Summer runs at Silver Lake Park begin. Every Tuesday at 6:30 p.m. Meet at the beach.
July 11	Summer runs at Silver Lake Park extend to Tuesday and Thursday at 6:30 p.m.
July 17 & August 7	Repeat Wednesdays at Central High School at 6:30 p.m.
August 19 (Monday)	Practice begins at <u>8:30 a.m.</u> at Silver Lake Park, Lot #3 (by the soccer fields). Make work arrangements prior to this date. Missed practices due to work commitments will not be in your best interest. Also, all forms, fees, and physicals must be taken care of before you practice. Don't miss practice for these reasons. It will likely cost you the first meet!
August 21 (Wednesday)	Cross Country Parents Meeting at 6:00 p.m. at CHS All Purpose Room
Contact:	Coach Olsen olsenk@westosha.k12.wi.us 262-914-4096

2019 CENTRAL CROSS COUNTRY SCHEDULE

Mon., Aug. 19	Practice Starts	Silver Lake Park
Wed., Aug. 21	Parents Meeting	CHS AP Room (6:00 p.m.)
Wed., Aug. 28	Antioch Triangular	Fox River Park
Tues. Sept. 3	Lancer Invite	UW-Parkside
Thurs., Sept. 12	Conference Relays	Elkhorn
Sat., Sept. 21	Angel Invite	UW-Parkside
Sat., Sept. 28	Laser Invite	Kettle Moraine
Thurs., Oct. 3	County Meet	UW-Parkside
Thurs., Oct. 10	Falcon Invite	Fox River Park
Sat., Oct. 19	Conference Meet	UW-Parkside
Thurs. Oct. 24	South Milwaukee (JV)	Grant Park (So. Milwaukee)
Sat. Oct 26	Sectional Meet	UW-Parkside
Sat., Nov. 2	State Meet	Wisconsin Rapids

CROSS COUNTRY

About The Sport

Cross Country is a foot race over grass, through trails and over hills. It requires strength, speed and strong mental toughness. It is unlike any other sport in that each team member is doing the exact same thing, with the same goals, responsibilities and blind faith that everyone is performing at his/her best to achieve victory. Cross Country is a sport that maximizes individual effort.

Regardless of the competition you face you can always race against, and measure your improvement, by the watch. Cross Country is an extremely demanding sport that will challenge the strongest and most competitive athlete. Unfortunately it has received some very misconceived stereotypes.

Cross Country is for athletes that enjoy competition and testing the limits of their bodies. It has an aura about it that must be experienced to be appreciated. Take the challenge – experience the experience – Run Central Cross Country!

Some Facts About Cross Country

1. No one rides the bench – No one is ever cut.
2. Greater opportunities to letter and win medals.
3. Dynamic team sport.
4. Excellent individual opportunities.
5. Excellent overall conditioning sport.
6. Incorporates the basic physical activity found in almost all competitive sports and training.
7. Lifetime sport.

Facts About Central Cross Country, A Program with "Pride in our Stride"

Since 1987 Central Cross Country has claimed . . .

- Fifteen County Championships
- Twenty-five Conference Championships
- Twelve State Qualifying Teams
- Numerous Individual State Qualifiers
- Twenty-two Individual Conference Champs
- Eleven Individual County Champs

SPEED VS. STAMINA NEEDED FOR VARIOUS DISTANCES

<u>Distance</u>	<u>Speed</u>	<u>Stamina</u>
100 Yards	95%	5%
200 Yards	90%	10%
440 Yards	80%	20%
880 Yards	65%	35%
1 Mile	50%	50%
5K	20%	80%
6 Miles	10%	90%
Marathon (26 miles)	5%	95%

Probably in no other sport is mental conditioning so important to success as in Cross Country. Cross Country is known as a sport where there is "mind over matter".

The distance runner must learn to use the mental factors involving the ability to ignore pain, determination, ability to stand suffering, courage, desire to be successful, and achieve running success.

GUIDES TO ACHIEVING YOUR POTENTIAL

- Allow for accomplishment through progression
- Develop a strong base before the season
- Have individual goals
- Have team goals
- Show team loyalty
- Strive to run to the best of your ability (desire to excel – maximum effort can become a habit)
- Develop self confidence and a winning attitude
- Demand and expect discipline
- Be willing to sacrifice (Sweat + Sacrifice = Success)
- Be patient, realistic and consistent
- Place emphasis on participation rather than coming in first
- Challenge yourself to the limit on occasion (hard runs, long runs and races)
- Avoid injuries, stay healthy
- If willing to pay the price in the summer, you will not have to pay the price in the fall (losing)

CENTRAL CROSS COUNTRY SHEET OF FAME

GIRLS

5K SCHOOL RECORD: MELISSA CAPRA 2014 18:45 STATE MEET, RIDGES GOLF COURSE WIS RAPIDS
TEAM RECORD 5K: 2014 102:14 FALCON INVITE, FOX RIVER PARK

STATE QUALIFIERS

1979	MARY HASKE	44	12:34
1980	MARY HASKE	32	12:32
1981	MARY HASKE	19	12:00
1982	MARY HASKE	16	11:53
1983	KRIS MASNICA	60	
1984	KRIS MASNICA	24	12:00
1998	DARCI ROBINSON	76	16:01
1999	DARCI ROBINSON	35	15:34
2000	DANA CALZAVARA	54	15:43
2001	DANA CALZAVARA	68	15:44
2002	JESSICA LAMP	46	15:30
2003	JESSICA LAMP	28	15:16
2004	JESSICA LAMP	20	15:26
2009	HANNAH ANDREKUS	66	15:56
2015	MEGHAN CAPRA	92	20:25
2016	MEGHAN CAPRA	56	19:48
2017	HEAVEN ANDERSON	106	20:34
2017	MEGHAN CAPRA	41	19:45
2018	HEAVEN ANDERSON	45	19:46

SECTIONAL CHAMPIONS

1980	MARY HASKE	12:32
1982	MARY HASKE	11:44
2013	MELISSA CAPRA	14:55

REGIONAL CHAMPIONS

COUNTY CHAMPIONS

1982	MARY HASKE	11:57
1984	KRIS MASNICA	12:26
1988	JENNI CLARK	12:29
1999	DARCI ROBINSON	15:37
2001	DANA CALZAVARA	15:58
2013	MELISSA CAPRA	15:06
2014	MELISSA CAPRA	19:36
2015	MEGHAN CAPRA	19:56

STATE QUALIFYING TEAMS

1979	GIRLS	CLASS A	
1998	GIRLS	DIVISION 1	15 TH
1999	GIRLS	DIVISION 1	15 TH
2012	GIRLS	DIVISION 1	13 TH
2013	GIRLS	DIVISION 1	14 TH
2014	GIRLS	DIVISION 1	17 TH

SECTIONAL CHAMPIONSHIPS

1979	GIRLS	CLASS A
1998	GIRLS	DIVISION 1
2012	GIRLS	DIVISION 1
2013	GIRLS	DIVISION 1

REGIONAL CHAMPIONSHIPS

CONFERENCE CHAMPIONSHIPS

1997, 1998, 1999, 2000, 2001, 2003, 2005, 2008,
2012, 2013, 2014, 2016

CONFERENCE CHAMPIONS

1978	LOUISE HASKE	12:00
1979	MARY HASKE	12:42
1980	MARY HASKE	13:13
1981	MARY HASKE	11:59
1982	MARY HASKE	12:18
1983	KRIS MASNICA	12:18
1999	DARCI ROBINSON	15:43
2000	DARCI ROBINSON	16:17
2001	DANA CALZAVARA	15:52
2002	JESSICA LAMP	15:35
2003	JESSICA LAMP	15:31
2004	JESSICA LAMP	15:55
2008	CANDICE MORETTI	15:45
2012	MELISSA CAPRA	15:35
2013	MELISSA CAPRA	15:12
2014	MELISSA CAPRA	19:50

DIVISIONAL CHAMPIONS

1984	KRIS MASNICA	12:06
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COUNTY TEAM CHAMPIONS

1979, 1982, 1983, 1984, 1985, 1989, 1990, 1991,
1999, 2000, 2001, 2012, 2013, 2014, 2016

SOUTHERN LAKES DIV. CHAMPIONSHIPS

1989, 1990, 1992

CONFERENCE RELAY CHAMPIONS

1998, 1999, 2000, 2001, 2002, 2004, 2005, 2012,
2013, 2014, 2015

CENTRAL CROSS COUNTRY SHEET OF FAME

BOYS

5K SCHOOL RECORD: TONY ESCARCEGA 1991 15:53 COUNTY MEET @ UW-PARKSIDE
TEAM RECORD 5K: 2015 84:04 SECTIONAL MEET @ UW-PARKSIDE

STATE QUALIFIERS

1983	STEVE LUDWIG	81	17:12
1987	MIKE MANOWSKI	62	16:43
1989	SHANE CARR	17	16:22
1990	TONY ESCARCEGA	107	17:56
1991	TONY ESCARCEGA	12	17:03
1997	CHAD ROBINSON	47	17:08
1998	CHAD ROBINSON	35	16:43
2000	TOM OBENAUF	42	16:43
2001	ADAM ANDERSON	36	16:38
2001	TOM OBENAUF	31	16:37
2003	JOSH MONSON	34	16:29
2006	MARCUS ANDERSON	40	16:53
2006	MARCUS HAWKINS	101	17:27
2006	ROBERT MEYERS	111	17:31
2009	ERIK CARLSON	82	17:10
2013	JACOB HEBIOR	33	16:37
2013	SHANE MCNEALY	128	17:29
2015	JACOB HEBIOR	75	17:12
2016	SHEEL PATEL	27	16:25

SECTIONAL CHAMPIONS

1991	TONY ESCARCEGA	16:07
2013	JACOB HEBIOR	16:05
2015	JACOB HEBIOR	16:05

REGIONAL CHAMPIONS

1974 LAURENS BITTER

COUNTY CHAMPIONS

1972	JOE BELANGER	
1973	LAURENS BITTER	
1988	MIKE MANOWSKI	17:30
1989	TONY ESCARCEGA	15:51
1990	TONY ESCARCEGA	16:56
1991	TONY ESCARCEGA	15:53
1998	CHAD ROBINSON	16:29
2015	JACOB HEBIOR	16:05

STATE QUALIFYING TEAMS

1972	BOYS	CCM	
1988	BOYS	CLASS A	15 TH
1989	BOYS	CLASS A	15 TH
1998	BOYS	DIVISION 1	15 TH
2010	BOYS	DIVISION 1	18 TH
2011	BOYS	DIVISION 1	18 TH
2012	BOYS	DIVISION 1	13 TH
2014	BOYS	DIVISION 1	17 TH

SECTIONAL CHAMPIONSHIPS

REGIONAL CHAMPIONSHIPS

1972	BOYS	CCM
1974	BOYS	CCM

CONFERENCE CHAMPIONSHIPS

1990, 1996, 1998, 1999, 2000, 2001, 2002, 2003,
2004, 2006, 2010, 2011, 2012, 2015

CONFERENCE CHAMPIONS

1988	MIKE MANOWSKI	16:30
1989	SHANE CARR	16:34
1991	TONY ESCARCEGA	16:01
1998	CHAD ROBINSON	16:56
2000	TOM OBENAUF	16:58
2001	TOM OBENAUF	16:34
2003	JOSH MONSON	16:59
2011	CASEY MERRILL	16:27
2012	TYLER FIEBELKORN	16:28
2013	JACOB HEBIOR	16:19
2014	JACOB HEBIOR	16:31
2015	JACOB HEBIOR	16:28
2016	SHEEL PATEL	16:41

DIVISIONAL CHAMPIONS

1988	RANDY SCHULTZ	16:50
1989	SHANE CARR	16:29
1991	TONY ESCARCEGA	16:27

COUNTY TEAM CHAMPIONS

1972, 1974, 1988, 1989, 1990, 1998, 1999, 2012

SOUTHERN LAKES DIV. CHAMPIONSHIPS

1988, 1989, 1990, 1994, 1996

CONFERENCE RELAY CHAMPIONS

1996, 1999, 2000, 2001, 2002, 2003, 2004, 2006,
2011, 2012, 2014, 2015