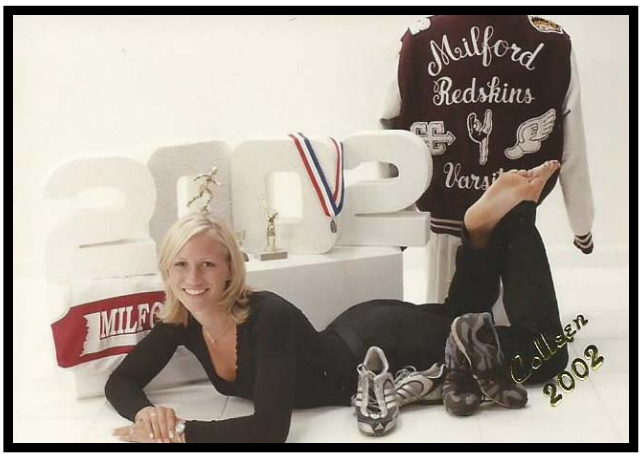
Colleen Johnson

A part of the MHS Class of 2002. Colleen earned 11 varsity letters in Cross Country, Gymnastics and Track and Field. Colleen was a member of the 2000 Cross Country team, which placed second in the State. At the time of her graduation she held school records in the Pole Vault, 1600 Relay, 3200 Relay, Distance Medley Relay and the Pole Vault Relay. She was a three-time Regional Champ and two-time State Medalist in the 1600 relay. She was the 2002 pole vault Regional Champion. She was a member of the 1999 State Champion gymnastics team as well as being the Regional Champion and All-State in the floor exercise. After high school she attended Central Michigan University where she was a member of the two-time MAC Champion Track & Field team. She also is 2nd all-time at CMU in the indoor pole vault at 12'. Colleen says that she is "beyond grateful for the Milford Athletic program and the incredible coaches she was blessed to have. Brian Salyers and Chris Ceresa were two coaches who not only shaped her high school and collegiate careers, but who also taught her lifelong lessons.