

*SENECA EAST HIGH SCHOOL
FALL SPORTS AWARDS*



NOVEMBER 11, 2003

6:30 P.M.

2003

Seneca East Girls Cross Country

<i>Julie Farrell</i>	<i>Senior</i>	<i>3rd Year Varsity</i>
<i>Valerie Niedermier</i>	<i>Senior</i>	<i>4th Year Varsity</i>
<i>Becca Ruffing</i>	<i>Senior</i>	<i>4th Year Varsity</i>
<i>Samantha Ruffing</i>	<i>Senior</i>	<i>3rd Year Varsity</i>
<i>Kristin Barrell</i>	<i>Junior</i>	<i>3rd Year Varsity</i>
<i>Stephanie Farrell</i>	<i>Junior</i>	<i>2nd Year Varsity</i>
<i>Amy Kaple</i>	<i>Junior</i>	<i>3rd Year Varsity</i>
<i>Joy Kessler</i>	<i>Junior</i>	<i>3rd Year Varsity</i>
<i>Amanda McConnell</i>	<i>Sophomore</i>	<i>2nd Year Varsity</i>
<i>Heidi Kiesel</i>	<i>Freshman</i>	<i>1st Year Varsity</i>

Cross Country Special Awards

Most Improved Award *Julie Farrell*

Rookie Of The Year Award *Heidi Kiesel*

Coach's Award *Amy Kaple*

Orange & Black Brick *Sam Ruffing*

Orange Brick *Mark & Martha Kessler*



300 – 500 Mileage Club

300 miles

Valerie Niedermier	355
Julie Farrell	339
Amanda McConnell	329
Joy Kessler	324
Kristin Barrell	323
Amy Kaple	306
Stephanie Farrell	304
Becca Ruffing	306



400 Miles

None

<u>Name</u>	<u>Average Time</u>	<u>Best Race</u>
Amanda McConnell	20:37.3	Centerburg (19:47) PR
Heidi Kiesel	20:57.7	Regional (20:15) PR
Kristin Barrell	21:05.9	Galion (20:33) PR
Joy Kessler	21:07.2	Centerburg (20:35.7) PR
Valerie Niedermier	21:11	T. Carnival. (20:16.9)
Becca Ruffing	22:44	Regional (21:50.5) PR
Julie Farrell	23:16.6	M.A.L. (22:30) PR
Amy Kaple	24:36.7	T. Cranival. (22:57.2) PR
Samantha Ruffing	24:41.9	Chicago (23:53.5)
Stephanie Farrell	27:37.4	Chicago (26:37.5)

School Record: Briana Shook 18:01 (State Meet)

Meets

New London Inv.
Columbus Grove Inv.
Tiffin Carnival
Galion Inv.
Centerburg Inv
Lexington Inv.
Sean Earl Lakefront Inv. (Chicago)
M.A.L.
District
Regional
State

Total record: 152 - 45

Individual Honors:

1st Team All-District

Amanda McConnell (4th)
Joy Kessler (5th)
Valerie Niedermier (7th)

2nd Team All-District

Heidi Kiesel (8th)
Kristin Barrell (10th)

1st Team M.A.L.

Amanda McConnell (6th)
Kristin Barrell (7th)

2nd Team M.A.L.

Heidi Kiesel (8th)
Joy Kessler (9th)
Valerie Niedermier (11th)

Individual State Qualifier

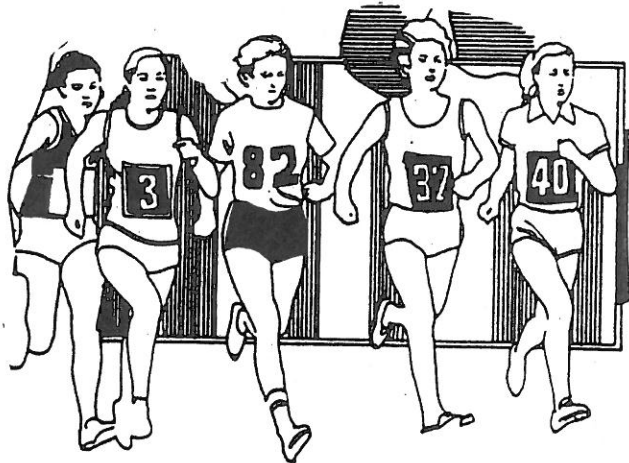
Amanda McConnell (17th @ Regional)

Academic All-Ohio (3.5 G.P.A. or higher)

Valerie Niedermier, Julie Farrell, Joy Kessler, Amanda McConnell

Varsity

Champion
Champion (Red Div.)
7th (Div. 2-A)
8th (Div. 2)
Runner-Up
7th
14th
Runner-Up
Runner-Up
3rd
7th



2003 Boys Cross Country

Date	Place	Won	Lost
August 23 rd	New London	5	13
August 30 th	Columbus Grove	1	15
September 6 th	Tiffin Carnival	0	52
September 13 th	Galion	4	28
September 20 th	Centerburg	1	20
September 27 th	Lexington	0	22
October 4 th	Chicago	5	26
October 11 th	M.A.L.	0	9
October 18 th	District	0	8
Total =		16	193



The 2003 cross-country season was a learning experience for this young team. Kurt Miller and Chris Buckley returned for a 4th season. They also returned as the only two upper classmen. Kurt, looking for a return trip to Columbus, started the season with a 5th place finish at New London in a time of 16:24. Unfortunately, the season would not turn out the way Kurt would have hoped. After becoming ill at Columbus Grove, the same problem continued to hamper Kurt throughout the season. Chris would have to pick up the leadership that Kurt shows during practice. Chris did exactly that as his times continued to improve throughout the season. Chris's hard work resulted in a 1:29 improvement from the first race in New London to the final race on a more difficult course in Galion.

I would like to thank all the parents who supported our team this year. From the team meals, to the goody bags provided to the kids before each race, your support does mean a lot. I would also like to thank Jeff Phillips who helped me out in my first year of coaching. Jeff really taught me a lot of things about cross-country that I can use to help

build our program back up in future years. Last, I would like to thank the runners. It is hard to imagine how hard these kids work until you watch practice. From running 6-8 miles one day, to doing speed drills the next, these kids really do work hard. Thanks for your hard work, and I hope to see you again next year.

Letter winners

Kurt Miller	4th
Chris Buckley	4 th
Ben Miller	2 nd
Matt Schock	2 nd
Curtis Senn	1 st
Kevin Foust	1 st
Mike Kohlenberg	1 st

Most Valuable Runner Kurt Miller

Coach's Award Chris Buckley

