

Coach's Corner: October 2014

High School Cross Country: Mid-Season Updates

We're half way through the season and heading into the championship phase, starting with Frosh-Soph Championships, October 14th; and moving to Regionals, October, 30th; and State, November 8th.

Few surprises as far as teams heading the field. Here is a Top 10 put together using results from *athletic.net*. There is a bit of subjectivity involved, but I based the standings from the best performances of teams and individuals racing both 5K and 3M distances. Unlike the Coaches Polls that are published on *runnerspace.com/NV*, I included all southern Nevada teams (i.e. The Meadow's girls), not just D-1 and 1A teams.

Boys

1. Green Valley
2. Centennial
3. Basic
4. Palo Verde
5. Arbor View
6. Clark
7. Shadow Ridge
8. Coronado
9. Bishop Gorman
10. Durango

Girls

1. Centennial
2. Arbor View
3. Palo Verde
4. Coronado
5. The Meadows
6. Green Valley
7. Foothill
8. Shadow Ridge
9. Faith Lutheran
10. Desert Oasis

Surprises? Yes, Basic's boys haven't been this strong since Larry Burgess retired. And they're doing it with a team effort, no Top-15 individuals. The other surprise among the boys, for me at least, is Clark; they're the only 1A team to make the list. No real surprises among girls' teams. The three Sunset teams leading the way stand out, as you'll see looking at the leading individual runners.

The following dozen runners are having the best seasons so far. For runners on the same teams, I've listed them by the "pecking order" on their teams.

Boys

Dajour Braxton (Centennial)
Jake Holland (Bishop Gorman)
Robert Daseler (Bishop Gorman)
Austin Rogers (Green Valley)
Lenny Rubi (Green Valley)
Noah Landers (Palo Verde)
Garrett Meyer (SECTA)

Girls

Alexis Gourrier (Centennial)
Kayla Roberts (Centennial)
Brooke Locey (Desert Oasis)
Madison Fletcher (Arbor View)
Nicole Snow (Arbor View)
Isabella Sakai (Arbor View)
Emma Wahlenmaier (Palo Verde)

Josh Nyberg (Valley)	Tori Landers (Palo Verde)
Jonathan Blaine (Shadow Ridge)	Jeneke Heerema (Meadows)
Tim Myers (Arbor View)	Ellen Hirsberg (Meadows)
Chase Wood (Faith Lutheran)	Karina Haymore (Foothill)
Flimon Fre (Clark)	Ingrid Zarate (Del Sol)

These lists too are somewhat subjective. But the names at the top are there for a reason. Braxton and Rogers have the best resume's. Holland and Daseler both ran extremely fast 5K times at a recent invitational in California. They have yet to prove themselves against their Nevada contemporaries. Rudi, the Gator's #2 runner, gives Green Valley a terrific one-two. He, Myers, and Nyberg are the top sophomores on the list. Noah Landers leads the talented Panthers. Meyer, Wood, and Fre are the leading 1A runners in the South.

Among the top girls, Gourrier is the latest frosh sensation. She and Roberts, last year's top freshman, will be tested at Regionals and State by the defending state champs, Arbor View, led by Fletcher, Snow, and Sakai. And Palo Verde, who counters with Wahlenmaier, Landers, and a team also deep in veterans. Locey is probably going to State as an individual; it will be her fourth trip. Heerema leads The Meadows team. She and Hirsberg, a freshman, (along with Bailey and Delaney Gosse and Krista Thompson) make the Mustangs a lock to win D-3 State again. Haymore, a sophomore transfer (from Arizona), gives Foothill a good shot of being the third team from Sunrise to qualify for State. Zarate, a newcomer as a junior, is currently the top-ranked D-1A girl in the South.

Finally, I want to highlight the top runners who are members of our track club. Leading the list are Garrett Meyer, Josh Nyberg, and Jonathan Blaine, among the boys, and Jeneke Heerema and Karina Haymore, among the girls. All have already been cited above among the "best of the best."

Other LVTC runners, boys, who are having success this season are Robert Lovelady, running as Green Valley's #3; Andrew Goldsmith, Palo Verde's #2; Davian Parks, SECTA's #2 behind Garrett Meyer; and Cody Thornock, running currently as Clark's #5.

Among other girls running well this fall, who are LVTC members, the following stand out. Danielle Green runs for Coronado as their #2 (close behind Samantha Conaway). Kate Vanderstelt is currently #6 on the Palo Verde juggernaut. Ojesa Kwong, LVTC Championship Series frontrunner, is #5 on her team at Durango as a freshman. And the SECTA duo of Carla Gaston and Abigail Torres-Jimenez are leading the D-1A Roadrunners in their quest to make State.

I invite all to come on out and cheer for all these talented athletes. With Regionals and State at Sunset Park—after a 26-year hiatus—it promises to make for a great pair of meets.

(Phil Lawton)