

2024 Cross Country Preseason Information

Returning Letter Winners:

Girls:

1. Lola Mendlik (SQ)
2. Alexa Tremblay (SQ)
3. Charlotte Schrum
4. Tiffany Ramirez
5. Jenna Meadows
6. Emily Bahnsen
7. Anna Galvin

Boys:

1. Kevin Sanchez
2. Ethan Olsen
3. Ivan Ledesma
4. Matthew Sandoval
5. Omar Ramos

Head Coach: Nick Bradley (Year 10)

Asst. Coach: Raegan Andersen (Year 2)

Middle School Coach: Monica Lara (Year 2)

Team Strengths: The coaches are really excited to get the season going this year! Our numbers are up from last year which is great to see the program growing. We will rely on our leaders and returning runners to show our newcomers the ropes. On the girls side, we have all 7 of our varsity runners returning this season along with some new faces that will give us the chance to be competitive at meets. It is nice that those girls all have a year of varsity experience under their belts. This allows us to know what to expect at the meets as well capitalize on areas we know we need to improve on to get meet ready. This starts at practice and the girls have been working really hard and applying the feedback that us coaches are giving them. Lola Mendlik and Alexa Tremblay both qualified for the state meet last year and we are eager to see what they and the team can do in their final season running as Monarchs. On the boys side, we will have some new faces competing for varsity spots as we had some runners graduate last year. We are looking for Kevin Sanchez and Ethan Olsen to lead and pace our varsity team as last years eighth graders are now a part of the high school team. The middle school boys were a competitive team last year and placed 2nd in the Hawkeye Ten. We are eager to combine their talent with our experienced returning runners to create a strong team that can compete at the highest level in our

conference and at districts. We are excited for the growth in both our boys and girls programs and are ready to see them work together to represent our community at meets. **(Comments from Coach Raegean Andersen)**

Team Concerns: One concern we have is helping our freshman athletes and newcomers adjust to the increased demands, particularly with the addition of another mile to their race. Our athletes have been doing a great job of pushing themselves on our longer runs, but going from racing 2 miles to 3 miles is definitely an adjustment. The training program we have in place will prepare them for this jump. The Logan meet will be the first time many of our athletes will race 3 miles, but they will need to trust their training and our upperclassman to guide them through this transition. Our program has athletes' with positive attitudes and strong work ethic and we know they have the capability to go out and compete with schools on any given night. **(Comments from Coach Raegean Andersen)**