

Cross-Country 2021

Maggie Gorman	Grace Fox	Sage Slessor	Anna Tarvestad
MVC All-Academic	MVC All-Academic	MVC All-Academic	MVC All-Academic
	HM All-Metro	HM All-Metr	
Makenna Hetrick			
2nd Team All-Metro			

The 2021 Women's XC season was one of new beginnings for the girls. We had six returning runners, but welcomed nine new members to our team and sport including two exchange students. We were led by four year runners and captains Emily Fechhelm, Grace Fox and Maggie Gorman. We also returned to a more normal school year which most of us hadn't experienced for two years. The girls were excited for the season and started running together in June. They quickly became a tight knit group pushing and supporting each other. By the season's end, 11 of the 16 girls ran a personal best. Makenna Hetrick led the team and earned Second Team All-Metro honors. Grace Fox and Sage Slessor earned Honorable Mention All-Metro Honors. Grace Fox, Maggie Gorman, Sage Slessor and Anna Tarvestad all earned Academic All-Conference honors.

Alex Wittnebel	Finn DeBoom	Linden Hague	John Lorenz
MVC All-Academic	MVC All-Academic	MVC All-Academic	MVC All-Academic
Cameron Smeby	Asle Hage	Kriene Schneidermann	HM All-Metro
MVC All-Academic	MVC All-Academic	HM All-Metro	

Summary: The Warrior Men's Cross Country team kicked off their 2021 campaign on August 9th with its annual First-Day-of-Practice time trial, running three loops, or 2.4 miles, around Bever Park. Top finishers junior John Lorenz and senior co-captain Lucas McCarley formed the core of the Warriors' varsity squad the rest of the season along with senior co-captain Cameron Smeby, sophomores Kriene Schneidermann and Kyle Reisinger, and freshmen Lucas Burkamper and Louis Dew. While Wash may not have sent anyone to the State Meet in Fort Dodge this fall, they made steady progress over nine meets--all 5K, or 3.1 miles--beginning September 4th at Linn-Mar and continuing through the State Qualifying Meet on October 20th at Seminole Valley in Cedar Rapids. Competing in a conference that included 4 of the eventual top 10 teams in 4A cross country in Iowa, the 20-man squad battled all season in meets and trained hard in practices. As usual, the team's workouts included everything from 400 repeats on the track (as many as 24 for the varsity guys) in mid September to the annual 13.1-mile Xavier run (with Blizzards waiting for the finishers), done in early October this year. And as a result, every returning athlete achieved a new personal record (PR) this fall. Based on their solid performances and time improvements John Lorenz and Kriene Schneidermann were named Honorable Mention All-Metro

solid performances and time improvements, John Lorenz and Kylene-Schneidemann were named Honorable Mention All-Metro runners for 2021, while the following athletes received awards at the end-of-season banquet: John Lorenz (Most Valuable Runner); Cameron Smeby (Lewi Manirumva Award for Perseverance and Excellence); Lucas Burkamper (Rookie of the Year Award); Lucas McCarley (Ed Luebe Award for Leadership); and Finn DeBoom (Dr. Ralph Plagman Four-Year Achievement Award).

