**2018 End of Season Cross Country Banquet @ Legacy in Coon Valley**

**“Together we Push”**

**6:00-6:30 Dining and Socializing**

**Welcome:** Dave Nelson

**Season HIghlights:** Brian Huebner

* Season Highlights
* Letter and Award Winners

**Team Members (Letter Points Earned): Athletes (**Jonah Jepson 41.5 and Annika Seland 38)

Kade 195 Captain Erinn 163 Captain

Brendan 59 Justice 64 Captain

Griffin 91.5 Sierra 111 Captain

Derek 135 Kelsie 118

Haakon 56 Evelyn 80

Luke 63.5 Liza 89

Cooper 148 Abbie 79.5

Manuel 67.5 Melody 61

Conor 56 Ellen 114

Levi 56 Grace 57.5

Lars 56 Faith 98.5

Bailey 87 Anna 74

Eli 63

Tayler 94 **4 Year Letterwinners (Letter Points Earned):**

Jhett 138 Brendan Buros 70.5 / 103 / 60 / 59 =292.5

Dustin 56 Sierra Cade 167 / 93 / 86 / 111 =457

Erinn Sebion 95 / 122 / 154 / 163 =534

**Runners of Week:** Kade Sherry 68.5 / 104 / 178 / 195 =545

**Week 1: ( Scrimmage )**

Kade Sherry Erinn Sebion

**Week 2: ( Ken Trott )**

Taylor Thunsted Kelsie Helgerson

**Week 3: ( Time Trial )**

Bailey Olson Luke Bjorklund Abbie Larrington Melody Berg

**Week 4: ( All American)**

Kade Sherry Erinn Sebion

**Week 5: ( Dana Waddell / Brookwood )**

Jhett Sherry Faith Welton

**Week 6: ( Rescheduled Westby )**

Derek Helgerson Eli Larrington Ellen Johnson Anna Dunnum

**Week 7 ( Durand / NightFall )**

Derek Helgerson Brendan Buros Erinn Sebion Sierra Cade

**Week 8: ( Tomah / Prediction and Color Run )**

Luke Bjorklund Justice Franks

**Week 9: ( Conference )**

Eli Larrington Dustin Kenyon Abbie Larrington Melody Berg

**Individual Personal Best Performances:**

Kade Sherry 17:20 Dana Waddell Erinn Sebion 21:40 Nightfall

Derek Helgerson18:09 Nightfall Sierra Cade 22:04 Nightfall

Cooper Lipski 18:45 Nightfall Kelsie Helgerson 22:09 Nightfall

Jhett Sherry 19:09 Nightfall Ellen Johnson 22:20 Nightfall

Taylor Thunstedt19:10 Nightfall Evelyn Gimurtu 22:23 Nightfall

Manuel Chavez 19:44 Dana Waddell Anna Dunnum 22:41 Nightfall

Griffin Grass 19:45 Nightfall **Justice Franks 22:21 Conference**

Bailey Olson 19:45 Nightfall Faith Welton 22:54 Nightfall

Lars Gredtebeck 19:46 Nightfall Liza Jackson 22:55 Nightfall

Haakon Mathison 20:12 Nightfall Grace Hebel 24:24 Luther

Brendan Buros 20:16 Nightfall **Abbie Larrington 24:11 Conference**

Luke Bjorklund 20:24 Nightfall **Melody Berg 26:53 Conference**

**Eli Larrington 20:02 Conference**

Levi Hamiliton 21:03 Nightfall

**Dustin Kenyon 21:06 Conference**

Conor Vatland 21:47 Dana Waddell

Jonah Jepson 25:34 Nightfall

**Team Awards / Special Awards:**

**Captain(s)**: Kade Sherry, Erinn Sebion, Sierra Cade, and Kelsie Helgerson

**2018 M.V.R Tanner Gibbons “Norse” Award (All Time Leader: Hayden Fredrickson’s 301 Letter Points):**

Kade Sherry (195)

**2018 M.V.R.Brenna Gibbons “Norse” Award (All Time Leader Elena Schmidt’s 258 Letter Points):**

Erinn Sebion (163)

**Newcomer of the Year Award:**

Bailey Olson and Evelyn Girmutu

**Jacob Cina Intangible Award:**

Griffin Grass and Faith Welton

**Freshmen of the Year:**

Jhett Sherry and Anna Dunnum

**Allyson Daines “Overcoming Obstacles” Award:**

Justice Franks

**Hailey Hansen Award “Four Year” Award** She was 4 X State Qualifier and 2 X Individual Conference Champion.

Male All Time Leader Hayden Fredrickson **797\*** and Female All Time Leader Abbey Wedwick **861\***

Brendan Buros 70.5 / 103 / 60 / 59 =292.5

Sierra Cade 167 / 93 / 86 / 111 =457

**Family of Honor**

Mark and Vicki Sebion

Gary and Marcia Helgerson

**Inaugural Westby Cross Country Hall of Fame Inductee Presentation**

Presentation and Induction of Audun Saterbak by Brian Huebner

Presentation and Induction of Allyson Daines by Dave Nelson

**Guest Speaker: Allyson Daines**

**Closing:** Dave Nelson

**Postscript:**

Signed team photos as gifts to special friends.

Winter training with Audun.

UW-L Turkey Trot [**turkeytrot@uwlax.edu**](mailto:turkeytrot@uwlax.edu)Saturday, November 17th

Footlocker-Saturday, Nov. 24th <http://www.footlockercc.com/>

Bix 7 Saturday, July 27th https://bix7.com/

Group photos beginning with Seniors.

**2019 WestbyCC to DC Trip. It will happen and here is the tentative plan.**

Fly out Wednesday, August 28th

We will travel with and stay in Virginia team from Hortonville Wisconsin.

We will compete at Grand Meadows Invitational (potentially the last ever).

We will spend one compete day in DC at Mall.

I anticipate a cost of $700 per person, but I can not say anything for certain.

We will once again do several fundraisers (brat sales and 24 hour run) to off set cost per student.

**I would need to have a tentative list of athletes who are potentially interested in taking part in this trip by Jan. 1st. I will remind athletes once again in December of sign up.**

***2019 Schedule***

Sun., Aug. 18th Alumni Run @ Westby Track 6:00 PM

Sat., Aug. 24th Scrimmage @ Norwalk Park 9:00 AM

Tues., Aug. 27th Ken Trott @ Westby 5:15 PM

Sat., Aug. 31st Grand Meadows Invitational @ The Plains Virginia

Thurs., Sept. 5th Viroqua Invitational @ Vernon County Fair Grounds

Sat., Sept. 14th All American Invitational @ Luther College

Tues., Sept 17th Dana Waddell @ McCarthy Park Sun Prairie

Sat., Sept 21st Winona Cotter Invitational @ Winona

Tues., Sept 24 Westby Invitational @ Westby 5:15 PM

Sat., Sept 28th Homecoming Hue Hustle

Week of Oct. 1st TBD

Fri., Oct. 4th Nightfall Wisconsin Dells @ Spring Brook Golf Course hosted by Princeton / Green Lake Cross Country Teams

Mon., Oct. 7th Chileda Classic @ Maple Grove Venues hosted by Luther

Sat., Oct. 19th Coulee Conference Championship @ Maple Grove Venues hosted by Luther

Sat., Oct. 26th WIAA Sectionals TBD

Sat., Nov. 2nd WIAA State Cross Country Meet @ Wisconsin Rapids