

HAMILTON CROSS COUNTRY PREVIEWS

BOYS

Coaches: Lauren Baldasari, Matt Benedetti (2nd seasons).

Last year: 1-10

Roster: Ryan Meckel (Jr.), Calvin Rowe (So.), Isaac Gonzalez (So.), Harold Ordonez (Jr.), Billy Markley (Jr.), Ian Reed (Fr.)

Baldasari says: We only have three returnees – Rowe, Gonzalez and Ordonez. We had a bunch of wrestlers last year who are not back. Our top runner, Jason Acquaviva, graduated and is actually running cross country at Jacksonville University.

But our returnees are dedicated and starting this year already at their bests from last year so I'm looking forward to watching their times continue to drop. The others are brand new to running. Ryan Meckel dabbled in running and other events during Spring Track last year but eventually made it his goal to improve steadily. He worked tirelessly and enthusiastically over the summer to do that. He's our team leader and he'll continue to improve as the season progresses. Markley is a transfer from TCA, where there's no cross country team so he's excited to be able to compete for the first time. Reed has made tremendous improvements over the last few weeks and I'm looking forward to watching him get faster.

GIRLS

Coaches: Lauren Baldasari, Matt Benedetti (2nd seasons)

Last year's record: 2-9

Roster: Marlena Duda (So.), Carly Goss (Jr.), Hilary Hernandez (So.), Rebecca Campagnucci (Fr.), Allison Ordonez (Fr.), Loren Rodas (Jr.)

Baldasari says: Duda is our only returnee but she's back with a new competitive spirit and the heart of a runner. She's been having some shin pain lately but when she's ready to race she'll be one of our top runners.

Everyone else is new to running but they have shown commitment and dedication so I believe they'll be here year after year. Carly Goss has shown a lot of potential and if she can stay injury-free she'll do great things. Hernandez and Campagnucci have made significant strides over the summer and I expect their times to fall a lot over this season. Ordonez and Rodas, along with two other frosh girls, are our newest recruits and are working on base-building.

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For both boys and girls teams, we're still working hard to increase knowledge of/and interest in cross country at West. Of course I hope we can rack up a few wins, but beyond that I believe our team this year is a lot more devoted to the sport, to our team, and to improving than last year-- and this is huge for me. This is going to help create a base of invested participants for years to come.

NOTTINGHAM CROSS COUNTRY PREVIEWS

BOYS/GIRLS

Head Coach: "Irish" Mike Walsh, 3rd season

Assistant: Andrew Parsons

Last season: Boys, 3-10; Girls 1-12

Rosters: Boys: Eric Cougan (Sr.), Nabil Jemal (Sr.), Tre Foster (Jr.), Frank Gonzalez (Jr.), Ryan Struble (Jr.), Michael John (Jr.), Zachary Helm (Jr.), Anthony Tafrow (So.), Darnall Jean Louis (So.), Andrew Dinetta (So.). Girls: Samantha Williams (Sr.), Melissa Bauerle (Sr.), Sarah Hackman (Sr.), Rosa Colon (Jr.), Rebecca Sanchez (Jr.), Safia Bryant (Jr.), Lian King (So.), Joyce Lai (So.), Theresa Henry (So.).

Walsh says: Our top runners for the boys are Eric Cougan, Michael John and Zachary Helm, and for the girls Melissa Bauerle, Rosa Colon, Samantha Williams, Sarah Hackman and Theresa Henry. We have significantly improved our times since last fall. Last year we were running to finish, competing against our own times. This year we want to change our mindset, challenge ourselves...we want to race to compete. The CVC is strong as always so this is no small task. We have a great group of kids so we will see how we do.

STEINERT CROSS COUNTRY PREVIEWS

BOYS

Head coach: Erin Blew, 4th season

Last season: 4-9

Roster: To come

Blew says: Our top runners are returning varsity athletes Brendan Harshman, Joseph Morrongiello, Steven Ridge and Anthony Liedtka. Losing 11 boys to graduation in June, the team is looking to the leadership of those four to fill the shoes of those who graduated. The addition of 7 freshmen and several upperclassmen points to the continued growth of the program.

GIRLS

Head coach: Ron "Yack" Yacyk, 2nd season

Last season: 9-4

Roster: Ali Feldenzer (Sr.), Katie Gaffney (Sr.), Kelsey Harshman (Sr.), Carolyn McClure (Sr.), Dominique Michalec (Sr.), Tia Quaste (Sr.), Megan Sibree (Sr.), Lauren O'Hagan (Jr.), Larissa Strycharz (Jr.), Kaitlin Neinstedt (Jr.), Lauren Matrisciano (Jr.), Lorena Limato (So.), Adrianna Graziano (Fr.).

Yacyk says: This year's team will be led by the efforts of returning Matrisciano, Strycharz, Gaffney, Harshman, McClure and Michalec. After losing Christa Strycharz and Jessica Pirrera to graduation, we'll look for this group of experienced runners to step up.