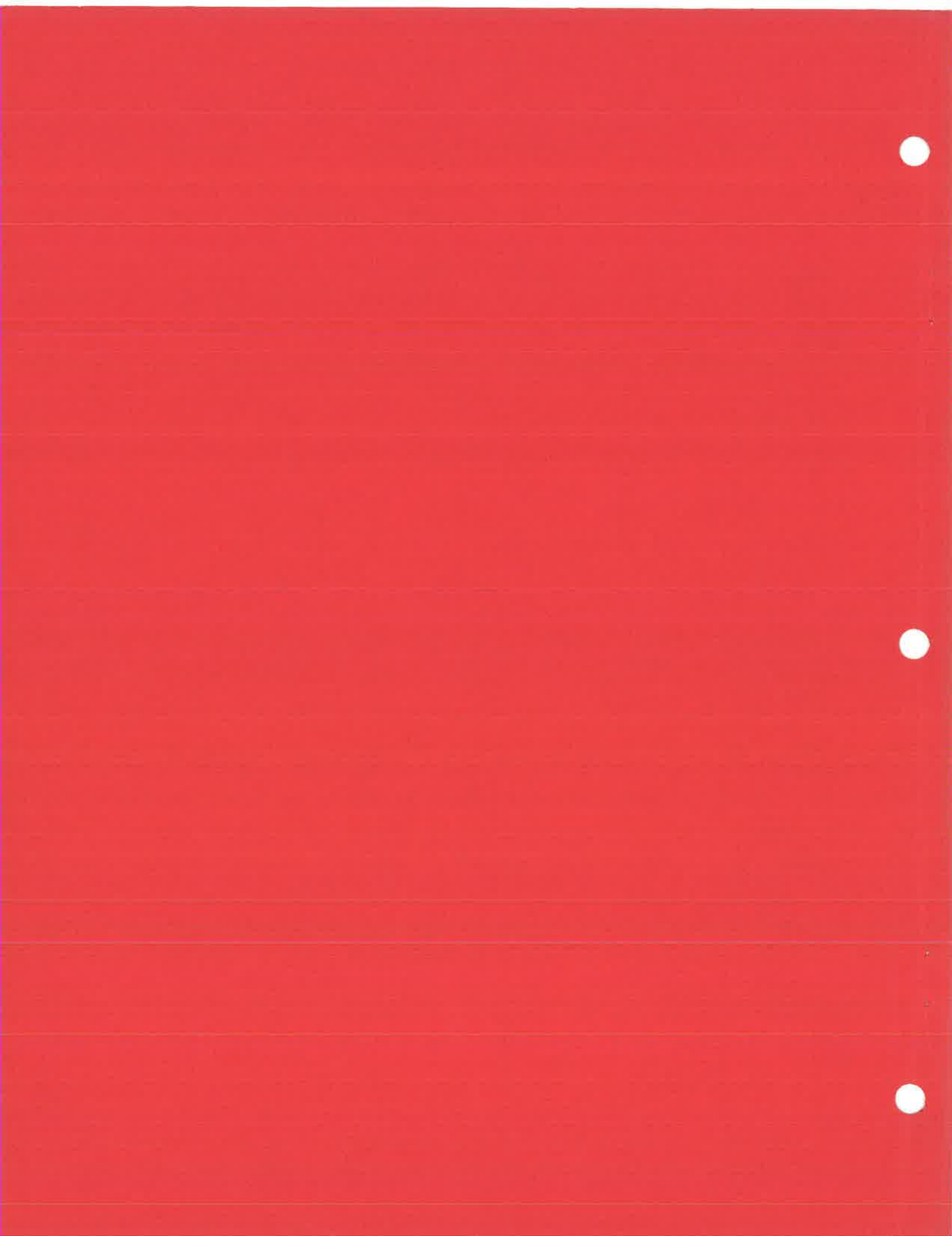


Neenah Cross Country 2005

The Great Red Army!

<u>Meet</u>	<u>JV Team</u>	<u>Varsity #1</u>	<u>Varsity #2</u>
West Bend Invite	2nd Place	5th Place	NA
Developmental	NA	NA	NA
Neenah Invite	2nd Place	5th Place	8th Place
Marshfield Invite	1st Place	3rd Place	NA
Marquette Invite	5th Place (Frosh 3rd)	6th Place	11th Place
Oshkosh North	1st Place	3rd Place	NA
Fondy Relays	1st Place	1st Place	NA
Viking Invite	2nd Place	7th Place	NA
FVA Conference	1st Place	2nd Place	NA
WIAA Sectional	NA	2nd Place	NA
WIAA State Meet	NA	16th Place	NA



Neenah Awards

Senior Letter Winners:

Greg Bacon
Ian Borsecnik
Josh Canner
Noah Hanstedt
Richard Harding
James Hedman
Drew Heindel
Nate Irvine
Michael Green
Reid Kuen
Ben McDonald
Chris Rayden
Cort Rowe
Tim Schultz
Jimmy Stanley
Kyle Steckbauer
Mike Stiff
Patrick Strain
Sam Vandenlangenberg
Cory Vorland
Ross Younger

Junior Letter Winners:

Matt Wunderlich
Brent Young

Sophomore Letter Winners:

Andrew Christiansen
Tim Schraufnagel

Freshmen Letter Winner:

Kaiser Behnke

Fox Valley Association First Team All Conference

Mike Stiff
Brent Young

Fox Valley Association Second Team All Conference

Tim Schraufnagel
Ian Borsecnik
Kaiser Behnke

Fox Valley Association Honorable Mention All Conference

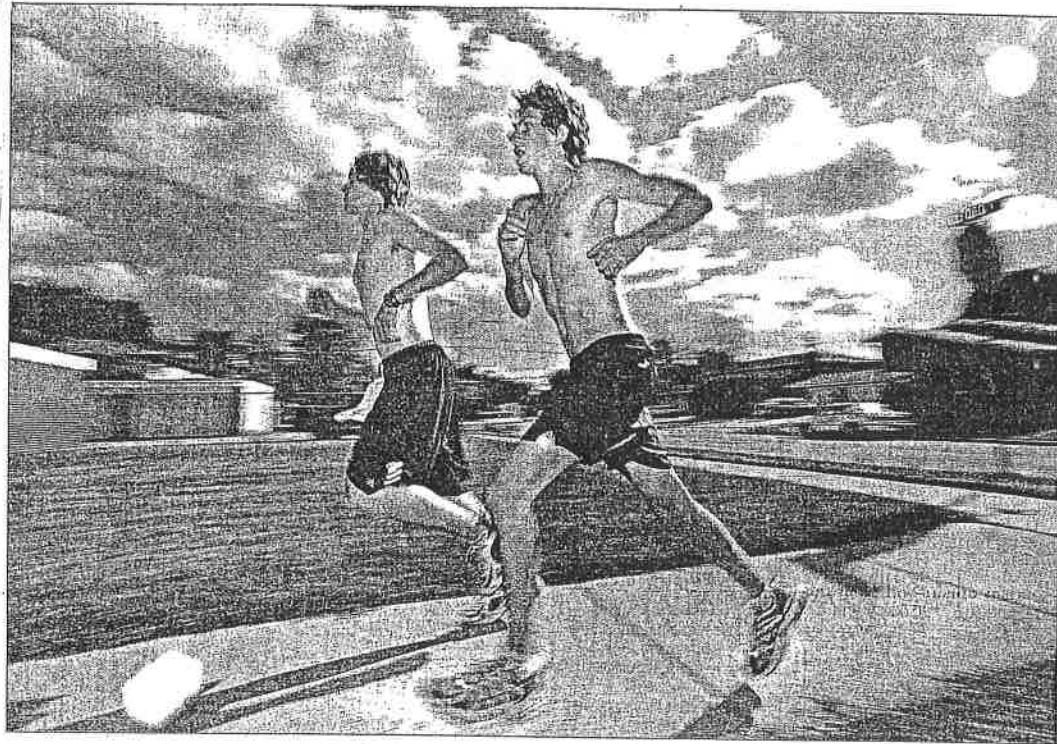
Matt Wunderlich
Ross Younger

Ian Borsecnik: Oshkosh North Junior Varsity Champion
Eric Shantz: Fondy Relays Junior Varsity Champion
Greg Bacon: Junior Varsity FVA Conference Champion

Rockets reloading roster



News-Record photo by Duke Behnke
NEENAH HIGH SCHOOL senior Mike Stiff, here at the Neenah Invitational, leads the Rockets into WIAA sectional competition Friday. The Rockets took second last week in the Fox Valley Association meet.



NEENAH RUNNERS PAUL GESSLER (right) and Jake Irvine take part in a distance run during the Rockets' practice on Wednesday.

Post-Crescent photo by Sharon Cekada

Neenah expects to succeed despite losing 17 runners

By Joe Ziemer

Post-Crescent staff writer

In his 11 years of coaching, Neenah boys' cross country coach John Morgen has seen and gotten used to a lot of things. One of them is replacing runners.

That is exactly what Morgen and the Rockets will have to do this year. Neenah lost virtually its entire varsity squad from one year ago — 17 letterwinners to be exact.

"That's something that's just part of the sport," Morgen said. "It's not uncharted waters for us."

While Neenah has become accustomed to losing talented athletes throughout the years, those graduated seniors represented a very successful class. As a group, they were a part of

three Fox Valley Association titles, a state championship in 2001 and three additional trips to the state meet.

"They were really big leaders for us," Neenah senior Mike Stiff said of the departed class. "They always pushed us through practice."

Graduation losses or not, the Rockets expect success. In Morgen's 11 years as head coach, Neenah has won six Fox Valley Association titles and reached the state meet eight times, including the last seven years in a row.

"So much of a team's success is often their perception," Morgen said. "You've heard the old saying, 'Success breeds success.' I think the tradition of winning gives our athletes a sense they can achieve great things."

Neenah is not content to merely rebuild. The Rockets



Stiff



Younger

expect to contend in the always tough FVA, a conference that includes Kimberly, one of the top teams in the state, as well as tough teams like Appleton East and Fond du Lac.

To continue their winning tradition this season, Morgen will look to his seniors for leadership, particularly Ross Younger and Stiff.

"There is a lot of pressure to live up to the Neenah standard," Younger said. "But, that also keeps us going. This is our time now. What the program does from here has a lot to do with us."

Younger, a one-time JV conference champion and a member of the 2004 FVA all-conference second team, is relishing that opportunity.

"The team really looks to Ross for leadership," Morgen said. "He's really taken on that

role. He's really going to help us, not only because of his ability but because of his leadership."

Like Younger, Stiff is also a past JV conference champion and was on the 2004 all-FVA second team.

"Mike is a very talented runner," Morgen said. "We hope he can inspire some other people to run with his performance."

In his final year at Neenah, Stiff does not intend to be just another also-ran.

"Our senior class is looking to win it," Stiff said.

Some preseason predictions have Neenah in the conference's second tier. The Rockets are not ready to resign themselves to that fate.

"I wouldn't be saying that too quick," Younger said. "I think we have a pretty strong team."

Joe Ziemer can be reached at 920-993-1000, ext. 230, or by e-mail at jziemer@nncrescent.com

Inside

■ A team-by-team look at area prep boys' cross country / D-4



Morgen

SPORTS

WEDNESDAY, SEPTEMBER 14, 2005

Neenah cross country a team approach

Special training methods prove to be successful

By JOE ZIEMER
FOR THE NEWS-RECORD

NEENAH — Six conference championships.

Eight trips to the state meet, one of them resulting in a state title in 2001.

Neenah boys cross-country coach John Morgen certainly knows how to get results.

He was named state coach of the year in 2001, District Four coach of the year twice, Fox Valley Association coach of the year five times and *The Post-Crescent* All-Area Coach of the Year twice.

His secret? A unique style.

For the past nine years, Morgen has kicked off the cross country season by taking his team to Onaway Island in Waupaca County for team-building.

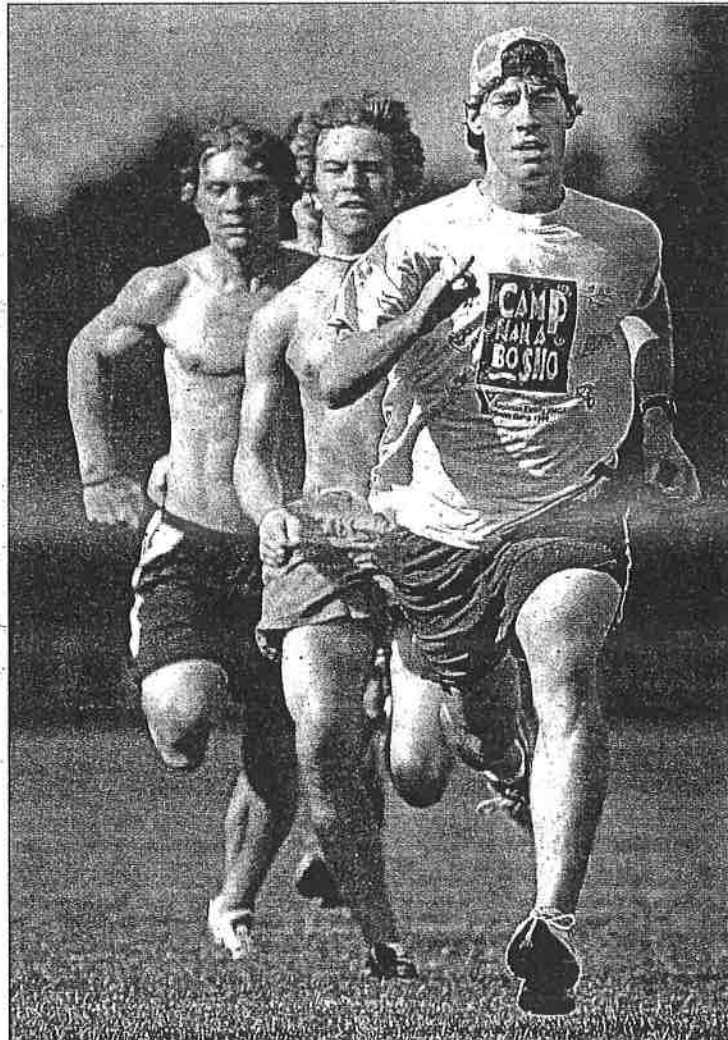


Morgen

At Camp Onaway, the Rockets not only train physically — through exercises like cross country courses, military courses and canoe relays — they also get to know their teammates.

"It's a great chance to take a large team and have them get to know each other," Morgen said. "After three or four days not only are the kids in better shape but they have gotten to know each other."

This year's Neenah squad is 79 Rockets strong—the largest in Morgen's 11-year tenure (When Morgen first took over



News-Record photo by Sharon Cekada

NEENAH HIGH SCHOOL cross-country runner Ross Younger (right) runs sprinting drills with the rest of the team during a recent practice at the school.

as Rockets coach, there were just 20 members of the boys cross country team). With such a large squad, the boundary-breaking and team-building activities come in quite handy.

"I think for one it gives team unity like you would not believe," Neenah senior Ross

Younger said. "It's the highlight of my season, except for the competitions themselves. It's just phenomenal."

"It brings us all closer," senior Mike Stiff added. "It helps us push to see where our limits are."

Morgen is more than just an

organizer and a motivator. When it comes to cross country, he is as much of a participant as he is a coach.

A major in the National Guard, Morgen is not afraid of a little running.

"It's nice to have a coach who can get in there," Younger said. "He's not just some overweight guy who says 'Go do this.' He's right there beside you."

Morgen also is not afraid of a little biking. During his free time this summer, Morgen biked up the east coast, from Atlanta to Portland, Maine. The trip took him 16 days, though it paled in comparison to last summer's trek from Everett, Wash., to Yorktown, Va.

"I think it's just amazing for that guy to do that," Stiff said.

Morgen also took part in an Ironman in Florida. He competed in his first Ironman in Lake Placid in 2000 and has been trying to compete in every one held in North America.

"They keep adding them," Morgen said.

Neenah assistant coach Mike Jovanovich also is an avid Ironman participant. To the Rockets cross country athletes, their coaches' determination and dedication gives them extra motivation.

"I think it helps us out," Younger said. "It's someone to look up to. I think everyone on the team looks up to Coach Morgan and Coach M.J. It gives us a sense of pride."

"Let's face it, these guys are getting old, but they're right there with us," Younger said. "That's definitely a very cool thing."

Joe Ziemer can be reached at 920-993-1000, ext. 230, or by e-mail at jziemer@postrescent.com.

West Bend CC 2005 Time Sheet

<u>Last Name</u>	<u>First Name</u>	<u>Grade</u>	<u>1 Mile</u>	<u>2 Mile</u>	<u>Final</u>	
Stiff	Mike	12	5:22	11:30	19:16.0	5k
Young	Brent R.	11	5:43	11:50	19:16.1	5k
Wunderlich	Matt	11	5:46	11:57	19:16.5	5k
Heindel	Drew	12	5:53	12:15	19:54	5k
Behnke	Kaiser	9	5:50	12:15	20:02	5k
Kuen	Ried	12	6:09	12:37	20:05	5k
Younger	Ross	12	5:54	12:29	20:11	5k
Harding	Richard	12	5:44	12:23	20:15	5k
Parker	Chris	9	5:51	12:25	20:29	5k
Canner	Josh	12	5:44	12:28	20:38	5k
Rayden	Chris	12	5:57	12:44	20:38	5k
Bacon	Greg	12	5:56	12:30	20:40	5k
Borsecnik	Ian	12	5:52	12:38	20:41	5k
Rohe	Dan	11	6:09	12:54	20:42	5k
Chrstiansen	Andrew	10	6:12	12:24	20:46	5k
Schraufnagel	Tim	10	5:46	13:05	20:49	5k
Lehman	Jeremy	11	6:10	13:02	21:19	5k
Schulz	Tim	12	5:55	12:57	21:20	5k
Shantz	Eric	11	5:57	12:54	21:26	5k
Rued	Cory	10	5:58	13:05	21:28	5k
Gruse	Jackson	9	6:16	12:55	21:31	5k
Rynearson	Dan	11	6:00	13:04	21:32	5k
McDonald	Ben	12	6:04	13:12	21:32	5k
Schedler	Jon	11	6:31	13:27	21:49	5k
Stanley	Jimmy	12	6:10	13:53	22:47	5k
VanDyke	Mike	10	6:16	14:05	22:52	5k
Steckbauer	Kyle	12	6:26	14:04	23:02	5k
Veaser	Matt	9	6:16	13:21	23:08	5k
Masin	Dustin	10	6:30	14:06	23:09	5k
Kaufman	Nate	11	6:50	14:15	23:13	5k
Buchen	Jacob	11	6:34	13:49	23:14	5k
Irvine	Nate	12	6:34	14:38	23:26	5k
Ciske	Sean	10	6:53	14:42	24:04:00	5k
Kittel	Andrew	11	6:57	14:43	24:06	5k
Nelessen	Eric	11	6:54	14:45	24:19	5k
Hanstedt	Noah	12	6:21	15:09	24:57	5k