



October 28, 2009

Neenah cross country benefits from team concept

Boys' and girls' programs have proven record of success

News-Record Editor

NEENAH — Cross country is more than a sport at Neenah High School.

It's a culture of success.

There's no disputing the success of the program over the years. The boys' team, under longtime coach John Morgen, came into the 2009 season with a string of 11 consecutive WIAA state tournament appearances. And the girls' team, led by fifth-year coach Mike Heidke, has been ranked highly for the entire season and is poised for success for years to come.

While success has never been an issue, Morgen doesn't dwell on dominating the competition. His focus is on the team-building component, which is vitally important for a program that attracted nearly 80 runners this fall.

"Our first goal is always to create a sense of team," said Morgen, who has coached the boys' program for the past 15 years. "There's an awful lot of athletes who go out and work hard. Some of those guys know they will not be running on the varsity squad. That says a lot about the program."

Given the large turnout, it's no surprise that competition is fierce for the eight varsity slots at invitationals and tournaments. Morgen sets up two varsity teams as often as possible to give more runners an opportunity to compete at the highest level.

The coach pointed out that the Rockets lost five varsity runners to graduation, but the team's depth produced outstanding replacements for this season. "That says a lot about the program," he said.

Morgen has a great deal of respect for his entire roster of runners, saying they learn the true value of teamwork and are instilled with a love of running and fitness that will carry over for years to come.

As a bonding exercise, the boys team travels to Camp Onaway in Waupaca County every year to focus on the upcoming season and to set goals.

"One of the goals is to create a true sense of team," Morgen said. "The only way to win is if we all win. I firmly believe our athletes run faster if they are running for more than just themselves."

Among the many Rockets who have bought into Morgen's team-first approach is senior Erik Hofferber, Neenah's No. 1 runner who has had an outstanding season.

Hofferber, who has embraced a leadership role this season, said the emphasis on team bonding and goal-setting is vitally important.

"It's huge," he said. "Onaway is probably the best time of the season."

The boys' and girls' teams have a mutual respect.

"I feel good about both of the programs," said Morgen. "There's a certain level of synergy between the girls' and boys' programs. Mike and I share ideas. I feel very good about the cooperation. We take pride in the girls' success. I think it's a healthy supportive relationship.

"The kids will sell the program. The success of the girls absolutely helps the boys."

Morgen is amazed at the number of students who participate in cross country at Neenah High School. Nearly 70 girls reported for the start of practice in August. With the boys' turnout, the teams have a combined total of nearly 150 runners.

"Normally, we have four buses when we go to a meet," Morgen said. "We may be the largest program in the state."

Morgen is extremely proud that so many students have decided to join the cross country program over the years.

"I am so grateful for this program at Neenah High School," he said. "It creates so many opportunities for young men and women. They have created something that so many kids have taken value in. It's unique."

Wisconsin Cross Country Coaches Association Rankings

Wisconsin Cross Country Coaches Association Rankings for the week ending 9/5/2009

Boys Division 1

- 1 Marquette University H.S.
- 2 Brookfield Central
- 3 Appleton East
- 4 Neenah
- 5 Stevens Point
- 6 Verona Area
- 7 Madison La Follette
- 8 Waukesha West
- 9 Arrowhead
- 10 Whitnall
- 11 Milwaukee King
- 12 Kimberly
- 13 South Milwaukee
- 14 Germantown
- 15 Hudson
- 16 Lakeland

Girls Division 1

- 1 Whitefish Bay
- 2 Waukesha West
- 3 Arrowhead
- 4 Homestead
- 5 Neenah
- 6 Madison West
- 7 La Crosse Central
- 8 Kenosha Tremper
- 9 Brookfield East
- 10 Wausau East
- 11 Germantown
- 12 Fond du Lac
- 13 Brookfield Central
Wausau West
- 15 Kimberly
Waukesha North

Boys Division 2

- 1 Shorewood
- 2 Nekoosa/Port Edwards
- 3 Little Chute
- 4 Tomahawk
- 5 Xavier
- 6 Wisconsin Lutheran
- 7 Oconto Falls
Saint John's NWMilitary
- 8 Academy (Boys)
- 9 McFarland
Messmer
- 11 Monroe
Port Washington
- 13 New Glarus/Monticello
- 14 Platteville
- 15 Marshall
Whitewater

Girls Division 2

- 1 Dodgeville/Mineral Point
- 2 Shorewood
- 3 Catholic Memorial
- 4 Wisconsin Lutheran
- 5 Pewaukee
- 6 Notre Dame
- 7 Tomahawk
- 8 Freedom
- 9 Lakeside Lutheran
- 10 Xavier
- 11 Westby
- 12 Mosinee
- 13 Luxemburg-Casco
Port Washington
- 15 Chilton
- 16 West Salem

Boys Division 3

- 1 Sevastopol

Girls Division 3

- 1 Oshkosh Lourdes

WCCCA Rankings

Wisconsin Cross Country Coaches Association
Rankings for the week ending 9/12/2009

Boys Division 1

- 1 Appleton East
- 2 Marquette University H.S.
- 3 Brookfield Central
- 4 Stevens Point
- 5 Neenah
- 6 Waukesha West
- 7 Verona Area
- 8 Arrowhead
- 9 Madison La Follette
- 10 Kimberly
- 11 Germantown
- 12 Oshkosh North
- 13 South Milwaukee
- 14 Hudson
Lakeland
- 16 New London
Whitnall

Girls Division 1

- 1 Whitefish Bay
- 2 Homestead
- 3 Waukesha West
- 4 Arrowhead
- 5 Madison West
- 6 Neenah
- 7 Muskego
- 8 Wausau West
- 9 La Crosse Central
- 10 Kenosha Tremper
- 11 Wausau East
- 12 Germantown
- 13 Brookfield Central
Fond du Lac
- 15 Waukesha North
- 16 Green Bay Preble

Boys Division 2

- 1 Shorewood
- 2 Xavier
- 3 Nekoosa/Port Edwards
- 4 Tomahawk
- 5 Little Chute
- 6 Wisconsin Lutheran
- 7 New Glarus/Monticello
- 8 Oconto Falls
- 9 McFarland
- 10 Valders
- 11 Westby
- 12 Port Washington
- 13 Notre Dame
Pewaukee
Platteville
- 16 Dodgeville/Mineral Point

Girls Division 2

- 1 Dodgeville/Mineral Point
- 2 Wisconsin Lutheran
- 3 Catholic Memorial
- 4 Shorewood
- 5 Notre Dame
- 6 Freedom
- 7 Pewaukee
- 8 Tomahawk
- 9 Lakeside Lutheran
- 10 Clintonville
- 11 West Salem
- 12 Sheboygan Falls
- 13 Luxemburg-Casco
Westby
- 15 Weyauwega-Fremont
- 16 Iowa-Grant/Highland

Boys Division 3

- 1 Darlington
Sevastopol
- 3 Cedar Grove-Belgium
Oshkosh Lourdes

Girls Division 3

- 1 Oshkosh Lourdes
- 2 Colfax
- 3 Sheboygan Area Lutheran
- 4 Three Lakes

Wisconsin Cross Country Coaches Association Rankings

Wisconsin Cross Country Coaches Association Rankings for the week ending 9/20/2009

Boys Division 1

- 1 Marquette University H.S.
- 2 Brookfield Central
- 3 Appleton East
- 4 Neenah
- 5 Waukesha West
- 6 Arrowhead
- 7 Stevens Point
- 8 Verona Area
- 9 Madison La Follette
- 10 Pulaski
- 11 Germantown
- 12 Milwaukee King
- 13 Lakeland
- 14 Madison West
- 15 Kenosha Tremper
- 16 New London
Oshkosh North

Girls Division 1

- 1 Whitefish Bay
- 2 Homestead
- 3 Arrowhead
Waukesha West
- 5 Madison West
Neenah
- 7 Brookfield Central
La Crosse Central
- 9 River Falls
Wausau West
- 11 Muskego
- 12 Kenosha Tremper
- 13 Germantown
Waukesha North
- 15 Menomonee Falls
- 16 Kettle Moraine
Wausau East

Boys Division 2

- 1 Shorewood
- 2 Nekoosa/Port Edwards
- 3 Tomahawk
- 4 Little Chute
- 5 Wisconsin Lutheran
- 6 Xavier
- 7 Port Washington
- 8 Oconto Falls
- 9 New Glarus/Monticello
- 10 McFarland
- 11 Valders
- 12 Westby
- 13 Pewaukee
- 14 Chequamegon
- 15 Platteville
- 16 Notre Dame

Girls Division 2

- 1 Dodgeville/Mineral Point
- 2 Wisconsin Lutheran
- 3 Shorewood
- 4 Freedom
- 5 Pewaukee
- 6 Catholic Memorial
- 7 Tomahawk
- 8 Notre Dame
- 9 Port Washington
- 10 Luxemburg-Casco
- 11 Westby
- 12 Xavier
- 13 Lakeside Lutheran
- 14 Sheboygan Falls
- 15 Weyauwega-Fremont
- 16 Chilton
Clinton

Boys Division 3

- 1 Sevastopol
- 2 Cedar Grove-Belgium
- 3 Darlington
Oshkosh Lourdes

Girls Division 3

- 1 Oshkosh Lourdes
- 2 Colfax
Sheboygan Area Lutheran
- 4 Edgar

Wisconsin Cross Country Coaches Association Rankings

Wisconsin Cross Country Coaches Association Rankings for the week ending 9/27/2009

Boys Division 1

- 1 Marquette University HS
- 2 Brookfield Central
- 3 Appleton East
- 4 Janesville Craig
- 5 Stevens Point
- 6 Neenah
- 7 Waukesha West
- 8 Arrowhead
- 9 Germantown
Madison Memorial
Verona Area
- 12 Madison La Follette
- 13 Kenosha Tremper
- 14 Madison West
- 15 Lakeland
Pulaski

Girls Division 1

- 1 Whitefish Bay
- 2 Waukesha West
- 3 Arrowhead
Homestead
- 5 Madison West
- 6 Wausau West
- 7 Waukesha North
- 8 Neenah
- 9 La Crosse Central
- 10 River Falls
- 11 Menomonee Falls
- 12 Kettle Moraine
- 13 Brookfield Central
- 14 Kenosha Tremper
- 15 Appleton East
- 16 Janesville Craig

Boys Division 2

- 1 Nekoosa/Port Edwards
- 2 Shorewood
- 3 Wisconsin Lutheran
- 4 Tomahawk
- 5 Little Chute
- 6 Xavier
- 7 Port Washington
- 8 Westby
- 9 New Glarus/Monticello
- 10 Valders
- 11 McFarland
- 12 Oconto Falls
- 13 Messmer
- 14 Brodhead/Juda
- 15 St John's Military Academy
- 16 Southwestern/Cuba City

Girls Division 2

- 1 Shorewood
- 2 Dodgeville/Mineral Point
- 3 Wisconsin Lutheran
- 4 Freedom
- 5 Catholic Memorial
Pewaukee
- 7 Westby
- 8 Port Washington
- 9 Tomahawk
- 10 Notre Dame
- 11 Luxemburg-Casco
- 12 Lakeside Lutheran
- 13 Chilton
Xavier
- 15 Clintonville
Sheboygan Falls

Boys Division 3

- 1 Cedar Grove-Belgium
- 2 Darlington
Sevastopol
- 4 Oshkosh Lourdes
- 5 The Prairie School

Girls Division 3

- 1 Oshkosh Lourdes
- 2 Sheboygan Area Lutheran
- 3 Colfax
- 4 Edgar
- 5 Cedar Grove-Belgium

Wisconsin Cross Country Coaches Association Rankings

Wisconsin Cross Country Coaches Association Rankings for the week ending 10/4/2009

Boys Division 1

- 1 Marquette University
- 2 Stevens Point
- 3 Appleton East
- 4 Brookfield Central
- 5 Arrowhead
- 6 Neenah
- 7 Janesville Craig
- 8 Waukesha West
- 9 Madison La Follette
- 10 Germantown
- 11 Pulaski
- 12 Madison West
- 13 Madison Memorial
- 14 Verona Area
- 15 Muskego
- 16 Lakeland

Girls Division 1

- 1 Whitefish Bay
- 2 Homestead
- 3 Waukesha West
- 4 Arrowhead
Madison West
- 6 Neenah
- 7 Kenosha Tremper
- 8 Wausau East
- 9 Janesville Craig
- 10 La Crosse Central
- 11 Germantown
- 12 Wausau West
- 13 Menomonie
- 14 Waukesha North
- 15 Brookfield Central
- 16 River Falls

Boys Division 2

- 1 Nekoosa/Port Edwards
Shorewood
- 3 Tomahawk
- 4 Wisconsin Lutheran
- 5 Xavier
- 6 Port Washington
- 7 Little Chute
- 8 New Glarus/Monticello
- 9 Westby
- 10 Valders
- 11 McFarland
- 12 Dodgeville/Mineral Point
Pewaukee
- 14 Oconto Falls
- 15 Turner
- 16 Kewaunee

Girls Division 2

- 1 Dodgeville/Mineral Point
- 2 Shorewood
- 3 Wisconsin Lutheran
- 4 Freedom
- 5 Pewaukee
- 6 Catholic Memorial
- 7 Westby
- 8 Port Washington
- 9 Clintonville
- 10 Tomahawk
- 11 Luxemburg-Casco
- 12 Notre Dame
- 13 Mosinee
New Glarus/Monticello
West Salem
- 16 Grafton
Lakeside Lutheran

Boys Division 3

- 1 Cedar Grove-Belgium
- 2 Darlington
Oshkosh Lourdes
Sevastopol
- 5 The Prairie School

Girls Division 3

- 1 Oshkosh Lourdes
- 2 Sheboygan Area Lutheran
- 3 Colfax
Edgar
- 5 Cedar Grove-Belgium

Wisconsin Cross Country Coaches Association Rankings

Wisconsin Cross Country Coaches Association Rankings for the week ending 10/11/2009

Boys Division 1

- 1 Appleton East
- 2 Marquette University
- 3 Brookfield Central
- 4 Stevens Point
- 5 Madison La Follette
- 6 Neenah
- 7 Arrowhead
- 8 Janesville Craig
- 9 Verona Area
- 10 Waukesha West
- 11 Hudson
- 12 Madison West
- 13 Germantown
Madison Memorial
- 15 Oregon
- 16 Tomah

Boys Division 2

- 1 Shorewood
- 2 Nekoosa/Port Edwards
- 3 Tomahawk
- 4 Wisconsin Lutheran
- 5 Port Washington
- 6 New Glarus/Monticello
- 7 Little Chute
- 8 Westby
- 9 McFarland
- 10 Xavier
- 11 Valders
- 12 Dodgeville/Mineral Point
- 13 Oconto Falls
Pewaukee
- 15 Monroe
Saint Croix Central

Boys Division 3

- 1 Cedar Grove-Belgium
- 2 Darlington
- 3 Oshkosh Lourdes
Sevastopol
- 5 The Prairie School

Girls Division 1

- 1 Whitefish Bay
- 2 Homestead
- 3 Waukesha West
- 4 Madison West
- 5 Arrowhead
- 6 Neenah
- 7 Wausau East
- 8 Germantown
- 9 Janesville Craig
- 10 La Crosse Central
- 11 Kenosha Tremper
Menomonie
- 13 Wausau West
- 14 Mount Horeb/Barneveld
River Falls
- 16 Bay Port
Brookfield East
Green Bay Preble

Girls Division 2

- 1 Dodgeville/Mineral Point
- 2 Wisconsin Lutheran
- 3 Shorewood
- 4 Freedom
Pewaukee
- 6 Port Washington
- 7 Tomahawk
- 8 Westby
- 9 Catholic Memorial
- 10 Notre Dame
- 11 Luxemburg-Casco
- 12 Chilton
- 13 Lakeside Lutheran
- 14 Mosinee
New Glarus/Monticello
- 16 Northwestern

Girls Division 3

- 1 Sheboygan Area Lutheran
- 2 Colfax
- 3 Oshkosh Lourdes
- 4 Cedar Grove-Belgium
- 5 Darlington

WCCCA Rankings

Wisconsin Cross Country Coaches Association
Rankings for the week ending 10/18/2009

Boys Division 1

- 1 Stevens Point
- 2 Marquette University HS
- 3 Appleton East
- 4 Brookfield Central
- 5 Arrowhead
- 6 Neenah
- 7 Janesville Craig
- 8 Hudson
- 9 Germantown
- 10 Madison Memorial
- 11 Madison La Follette
- 12 Waukesha West
- 13 Verona Area
- 14 Tomah
- 15 Oregon
- 16 Muskego

Girls Division 1

- 1 Whitefish Bay
- 2 Homestead
- 3 Waukesha West
- 4 Arrowhead
- 5 Madison West
- 6 Neenah
- 7 Kenosha Tremper
- 8 Wausau East
- 9 River Falls
- 10 Janesville Craig
- 11 La Crosse Central
- 12 Bay Port
- 13 Germantown
- 14 Wausau West
- 15 Brookfield East
- Milwa Arts/BayView/Life
Learn/Pulaski/Ron Reagan

Boys Division 2

- 1 Shorewood
- 2 Nekoosa/Port Edwards
- 3 Wisconsin Lutheran
- 4 Tomahawk
- 5 Port Washington
- 6 New Glarus/Monticello
- 7 Little Chute
- 8 Westby
- 9 McFarland
- 10 Pewaukee
- 11 Valders
- 12 Xavier
- 13 Dodgeville/Mineral Point
- 14 Oconto Falls
- 15 Baldwin-Woodville
- 16 Platteville

Girls Division 2

- 1 Dodgeville/Mineral Point
- 2 Pewaukee
- 3 Wisconsin Lutheran
- 4 Freedom
- 5 Shorewood
- 6 Catholic Memorial
- 7 Port Washington
- 8 Westby
- 9 Tomahawk
- 10 Notre Dame
- 11 Chilton
- 12 Ashland
- 13 Luxemburg-Casco
- 14 Lakeside Lutheran
- 15 Northwestern
- 16 Mosinee
- New Glarus/Monticello

Boys Division 3

- 1 Cedar Grove-Belgium
Darlington
- 3 Sevastopol
- 4 Oshkosh Lourdes

Girls Division 3

- 1 Oshkosh Lourdes
- 2 Colfax
- 3 Sheboygan Area Lutheran
- 4 Edgar

West Bend 2009

<u>Last Name</u>	<u>First Name</u>	<u>Grade</u>	<u>Final</u>	<u>Ave.</u>
Zarate	Brian	11	20:30	6:36
Galley	Trevor	11	20:34	6:38
Howard	Adam	10	20:44	6:41
Wismans	Nick	12	20:45	6:41
Rohe	Ricky	9	20:51	6:43
Lancaster	Kirk	9	20:52	6:43
Spranger	Tim	9	20:57	6:45
Ralston	Nick	9	21:02	6:47
Borsechnik	Ryan	12	21:06	6:48
Hanson	Nick	11	21:16	6:51
Coenen	Shawn	12	21:17	6:51
Ziepke	Adam	9	21:29	6:55
Bosio	Paul	11	21:31	6:56
Brosman	Dan	11	21:35	6:57
Blohm	Kyle	11	21:38	6:58
Mootz	Eric	12	21:38	6:58
Suechting	Peter	11	21:56	7:04
Kumbier	Kyle	9	21:57	7:04
Wiswall	Teddy	9	22:03	7:06
Mitchell	Sean	10	22:14	7:10
Kasper	John	11	22:20	7:12
Smith	Nick	9	22:29	7:15