

West Bend CC 2005 Time Sheet

Last Name	First Name	Grade	1 Mile	2 Mile	Final	
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

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.



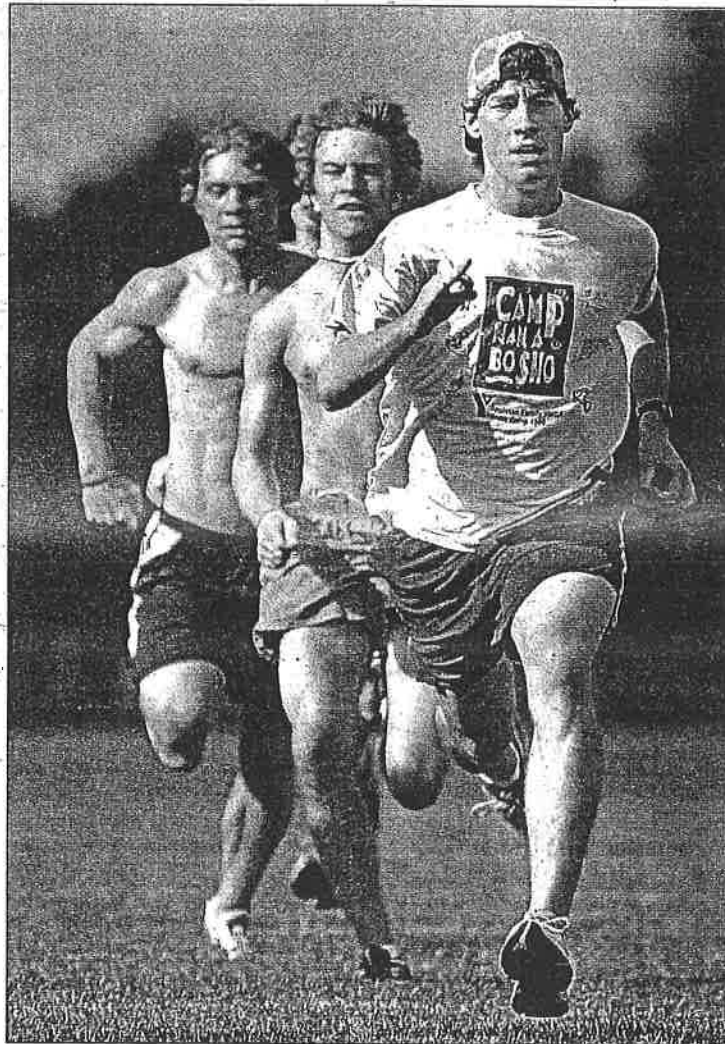
Morgen

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."

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Last Name	First Name	Grade	1 Mile	2 Mile	Final	
unger	Tyler	10	7:10	15:20	25:09	5k
Neff	Garett	10	7:03	15:20	25:18	5k
Rowe	Cort	12	6:50	15:15	25:25	5k
Strain	Paul J.	11	7:17	15:40	25:35	5k
Christnovich	Brian	11	6:59	15:09	25:41	5k
Walter	Jake	11	7:20	15:39	25:45	5k
Shantz	Luke	10	6:33	15:41	25:56	5k
Meyer	Dan	10	7:24	16:03	26:10	5k
Ruthven	Benjamin J.	11	7:18	15:41	26:17	5k
Ernst	Andrew	11	6:58	14:58	26:20	5k
Yeh	Alex	11	7:35	15:58	27:05	5k
Barry	Kevin	10	7:16	17:25	28:23	5k
Anderson	Dylan	10	7:54	19:10	28:30	5k
Strain	Patrick	12	7:05	17:49	28:32	5k
Rohde	Dan	11	7:57	16:15	28:51	5k
Vorland	Cory	12	7:40	18:28	29:39	5k
Drake	Alex	10	7:06	15:41	26:71	5k
inz	Rudolph	9	6:22	13:09	16:40	4k
Fahrenkrug	Derek	9	6:17	13:29	17:01	4k
Dedering	Josh	9	6:35	13:51	17:21	4k
Davis	Jack	9	7:00	14:29	18:15	4k
Blankfield	Andrew	9	7:12	14:47	18:28	4k
Young	Kyle	9	6:56	14:39	18:35	4k
Huxtable	Pierce	9	7:31	15:35	19:12	4k
Franke	Matt	9	7:21	15:25	19:33	4k
Schott	Craig	9	7:42	16:01	19:36	4k
Morley	Phillip	9	7:24	15:35	19:51	4k
Irvine	Ben	9	7:30	15:53	19:58	4k
Griffin	Colin	9	7:28	15:47	20:13	4k
Kane	Connor	9	7:39	16:25	20:43	4k
Brosman	Mike	9	9:03	18:15	27:19	4k
Bartman	Matt	11	DNC	DNC	DNC	5k
Cunningham	Sean	10	DNC	DNC	DNC	5k
een	Michael	12	DNC	DNC	DNC	5k
Green	Jordan	10	DNC	DNC	DNC	5k
Gressler	Paul	10	DNC	DNC	DNC	5k

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<u>Last Name</u>	<u>First Name</u>	<u>Grade</u>	<u>1 Mile</u>	<u>2 Mile</u>	<u>Final</u>	
Hedman	James	12	DNC	DNC	DNC	5k
Huxtable	Ken	11	DNC	DNC	DNC	5k
Israel	William	12	DNC	DNC	DNC	5k
Rose	Richard	11	DNC	DNC	DNC	5k
Shandonay	Spencer	10	DNC	DNC	DNC	5k
Vandenlangenberg	Sam	12	DNC	DNC	DNC	5k