

## JOHN ADAMS HONOR ROLL HISTORY

The history of the John Adams Cross Country Team goes back many years and includes many great teams and runners. This section of our yearbook is intended to help you to understand the tradition and appreciate some of the runners that have preceded you. To the best of all ascertainable knowledge this is an accurate record of the boys' history from 1946 to the present and the girls' history from 1978 to the present.

Girls cross country has only been an official IHSAA state sanctioned sport since 1981 so the history of the John Adams Girls' Cross Country Team is fairly short. But in the years Indiana has had girls cross country, JAGCC has established itself as a power in north central Indiana with outstanding teams and great leaders. Many of those great teams and leaders have added to our tradition in recent years. The pages that follow give an outline of those teams and an introduction to the leaders that helped develop those teams. Understanding the tradition and getting to know about those leaders will help **you** to build on the JAGCC tradition. The 1996 season was one of our best seasons with a 12 - 2 dual meet record, a City Championship, and runner-up finish in both the Sectional and Regionals; but a disappointing 13<sup>th</sup> at Semi-State gave us the motivation to set our sites higher. In 1997 we did just that and stretched ourselves to almost reach the stars. A 12 - 0 dual meet season was something that brought a smile, especially the win over #2 ranked Michigan City. Our first state ranking gave us something to defend at the invitationals and our NIC conference championship was a great accomplishment. But our greatest achievement was our Sectional and Regional Championships and our Semi-State performance. Our 7<sup>th</sup> place finish at the Semi-State fell short of our goal but proved to us that we are no longer intimidated; not only can we run with the big girls . . . we are the big girls ! For JAGCC it is very possible that our brightest years are on the immediate horizon . . . if we can build the leadership that we need to really excel and reach our potential.

The history of the John Adams Boys' Cross Country Team goes back many years and includes the only boys' team from South Bend ever to qualify for the state cross country meet. The JABCC teams of the mid-1960s included six straight City Champions and in the 1980's we had five straight South Bend City Champions and two Sectional Champions. After a brief lull in the late 80's the boys team once again was the team to beat in South Bend in the 1990's, winning consecutive City Championships in 1991, 1992 and again in 1995 and 1997. But 1997 was the year that the boys' team focused its sights beyond South Bend and set goals for later in October.

For many years we had been content to aim at the first week in October and aim at beating South Bend teams. The 1997 seniors had always wanted to run in the Semi-State and that brought us to new heights for 1997. An underdog all season after a 4<sup>th</sup> place finish at the Stampede, the 1997 edition of JABCC always ran from behind and always ran with their hearts, but they consistently got the job done. The 11 - 1 dual meet record and a second place finish in the NIC was a testament to their resolve. The City Championship (Varsity and JV) was nice. But the biggest accomplishment of the year was a 5<sup>th</sup> place finish at the Regional and a trip to the Semi-State . . . our first trip since 1986. The 1997 seniors have raised the bar for JABCC and I am hopeful that the new leadership will follow their lead. This is the group that really began Captain's Practices and a year-round commitment to running. I hope the underclass runners have learned from them and model their leadership.

## JAGCC HISTORY - HOW WE BECAME WHO WE ARE

In his first year coaching cross country Doug Snider recruited two girls, Kathy Doering and Jenny Horvath, to run with his boys cross country team. In 1978 girls weren't involved in cross country in Indiana and Doug had Jenny and Kathy run with the boy=s team - *in the boys races!* In the next two years Coach Snider recruited a number of girls to join his team and in 1979 and 1980 Bebe Chevez, Linda Lowman, Val Schlossberg, Monica Witsken, Linda Hemphill, and Maureen McNulty joined Jenny and Kathy to form the first complete girls= team in South Bend. In 1980 this girls= team went undefeated and won an uncontested City Meet in which Linda Hemphill finished 2nd, Linda Lowman 3rd, and Moe McNulty 4th. This was the start of the JAGCC team tradition, a tradition built by great teams, great leaders, and wonderful girls who enjoyed working hard with their teammates. As the coach of this team for all but the first six years I am proud of the record we have produced and the people that have contributed to our tradition.

In 1981 the IHSAA decided to sanction girls cross country with the girls running 3000 meters. The state meet series involved a sectional, regional, and state meet and Southport High School won the first state meet. In the first South Bend Sectional John Adams finished 2nd of 11 teams after winning their second consecutive City Championship. Our team record was 6 wins and 4 losses. But following the season Coach Snider moved on to New Prairie and the new coach, Tom Lower was more focused on the boy=s team: the 1982 team had only two girls and 1983 only six girls were on the team. I was the official "super fan" that year and I tried to make it to all the meets to cheer on the boys and girls team. It seemed to me that Coach Lower was unable to work with both the boys and girls teams and at the end of the season I asked him if he would like to have me work with the girls the following year. He gladly agreed. 1984 was my first "date" in a love affair that has lasted many happy years.

The 1984 team began with two seniors, one junior, and one sophomore. The three upper class girls were the only holdovers from the 1983 team that had very little coaching and not much work. The first day of school I went into the PE classes and recruited fifteen freshman who had no experience running and no idea what they were getting themselves into. It was a long season! We lost every meet and finished last in every invitational. The young girls were trying hard but had a lot to learn. After the Goshen Girls' Invitational we got on the bus to come home and one of the senior girls yelled out "Did we lose again?" When I replied that we had finished last the upper class girls cheered. I made a promise to myself that night that I would never again allow this team to see themselves as a loser. We have been "winners" ever since.

At the end of the season the young girls on the team choose Jenny Bethke, the only sophomore, as their Most Valuable Runner and captain for 1985. Jenny got injured the following summer and never ran again. But out of that group of freshman came Diane Lamborn, the first runner on the JAGCC to break 17 minutes. Diane was the 1985 MVP and was elected captain for 1986 and '87. In 1985 we also began to build a team that was competitive. Gina Kelley, Kasi Bolden, Angela Davis, and Amy Gaglio joined the team and by 1986 we had a winning record. These girls certainly didn't shine their first year but by 1986 we had a tradition: our first winning record, our first qualification for regionals, Kasi Bolden was the first girl to break 16:30 (at Wilson!), and two girls (Kasi and Angela) were under 17 at Sectionals. We also added a freshman named Sue Austgen who helped us begin the winter running club.

After our modest success in 1986 we had three girls who were really fired up to improve. Gina Kelley, Angela Davis, and Sue Austgen became our first year-round runners and their dedication began a tradition that was carried on through the 80's and was revived by the 1994 team. Gina, Angela, and Sue became close friends that pushed each other every day through the winter, spring, and summer. It had tremendous payoffs in the 1987 season.

The 1987 season was a real turning point for the JAGCC program. We won our first major invitational at Culver with Gina running a 15:48 and finishing second. Gina was also our first girl on the NIC All-Conference team and the first girl to be "feared" by other teams. It showed the team that dedication pays off. It also was the year that we first began to dream. In November we drove to the state finals in Indianapolis to see what it was like and we talked about it the whole trip back . . . was it possible for us to make it to the state finals?

The 1988 season was in many ways our finest hour. We began with a win at the South Bend Stampede beating two good teams, Warsaw and St. Joe. It was also the year that we began to change our image. Before 1988 many people at Adams saw girls cross country as the sport for girls who couldn't play any other sport. But the success of the 1987 team seemed to change that and when Jenny and Colleen Horan joined the team as freshman we realized that we could win the recruiting war as well as win on the course. Angela Davis, Sue Austgen, and Gina Kelley were once again the leaders but now we had a veteran team that had some depth. At Culver we finished 2nd, but that year there were 24 teams in the field and we had six girls under 17. The next week at Manchester we had six girls under 17 again. But the following week we had another disappointment at the City Meet as we finished second. In sectionals we turned it around, made it out, then ran our best regionals (now the semi-state) at Valpo finishing 8th.

Every team has to have a rebuilding year and 1989 was our first year to rebuild. The graduation of Gina, Angela, Kasi,

and Christine Yarger left a huge void and when Becky Walter didn't come out and Colleen Horan decided to play soccer we knew we had to start over. Sue Austgen led the team and prepared Jenny Horan to lead the team the next year. Sue won almost all our team awards including the Kiwanis award and then in the spring went on to be the Grand Kiwanis Award winner: a great honor for Sue, John Adams, and our team. The team had to count on freshman to fill in and we had a promising class: a large freshman class that seemed to have potential. This was an unusual class that didn't run great times but they seemed to enjoy each other and weren't afraid to work. Stacy Curtis, Kristy Dentino, Colleen Moore, and Tina Olando became our first class that distinguished themselves with their leadership.

1990 was a transitional year. Colleen Horan came to her senses and came back to cross country to join her twin sister. Both Jenny and Colleen received All-Conference recognition with Jenny being the first JAGCC runner to gain first team All-NIC. Jenny had become a year-round runner and some of the sophomores were joining her in the summer. The summer running paid off immediately in 1991. In the first race of the year I told Jenny and Colleen to hold back and wait for a group of freshman who were running well. We won the South Bend Stampede. We had solid leadership in Jenny, Colleen, and Donna Ruttschaw (our first girls' sergeant); an unselfish junior class; and a group of freshman that became known as the "Fab-Five." Rachel Chrastil, Shawna Crawford, Alison Fox, Michelle Vaughn, and Emily Warren all lettered and with their help we had arguably our greatest season: 14 wins, 2 losses; 8 wins, 1 loss in the NIC; and another trip to the Semi-State. We dreamed of a trip to Indianapolis but after Sectionals it became clear that our young legs were beginning to wear out. When we got out of the van at Valpo for the Semi-State in the snow and a below zero wind chill our fate was best exemplified by Rachel who cried from exhaustion the whole time. As the season drew to a close Alison asked, "What will we do without Jenny and Colleen?" The next season we learned another important lesson.

I imagine many people thought that 1992 would be an off year. We had lost what other teams had referred to as "the twins" and two of the Fab-Five didn't come out. It looked like a down year, but senior leadership rose to the occasion. In 1992 I learned that leadership is the most important factor in building a great team and a great program. The senior girls joined with the senior boys to form the finest role models for work ethic, leadership, and dedication that the John Adams Cross Country Team had ever experienced. From our first meeting before practice began, through the days at the beach, and all the way to the semi-state it was obvious that this was a group that had clear goals and a focus that would ensure that the goals would be achieved. They also knew how to have fun. They would settle for no less than another trip to semi-state and also wanted to have a 9-1 or 8-2 NIC record. When we lost to Michigan City Elston by one point, we decided that 7.5 and 2 would be good enough; now all we needed was a trip to the semi-state. When the state series came around we knew we had our hands full: Penn was, as usual, awesome; St. Joe was state ranked; and Riley was coming on. At Sectionals we ran poorly but got out. The next week our senior leadership came through: this was not a group that would be denied and they ran an inspired race at Culver to beat Riley and qualify for semi-state. Then it was a week of fun waiting for the Culver Semi-State. Everyone had fun at the semi-state except for me. I had gone to Colorado on a sports psychology conference and got food poisoning on the plane ride back. It was only the second meet I had missed in ten years. They ran great without me.

Even the best sports programs have their off years, the years when they work their hardest but still come up short of their goals. In 1993 we gained a huge freshman class and we worked our hardest but ended up with our first losing season since 1989. The loss of leadership from '92 was difficult to fill but Josie Anadon, Rachel Chrastil, and Michelle Vaughn grew up very fast to lead a very young team. We had so many goals that we had come so close to achieving. But our greatest success was that we maintained a closeness despite disappointments and adversity. In 1984 I promised myself and the team that I would never let us become losers again . . . 1993 showed me that we have built a tradition that will never allow us to see ourselves as losers. When it really counted at the 1993 sectionals, we ran one of our best races to make it out. When I look back at 1993, I will always remember that our record (5-7 and 2-7 NIC) doesn't begin to tell the story of who we were and how far we came. We were winners no matter what the won-loss column says. We were a team that cared for each other and a team that was building another tradition that would come alive in '94.

The 1994 season opened up a new chapter in the tradition of the John Adams Girls' Cross Country Team. The huge freshman class of '93 all came back and they brought some of their friends along, to make us the biggest team we had ever had and one of the biggest in northern Indiana. "Our" new rule about summer running (to qualify to go to the beach) led a lot of our team, both boys and girls, to run a lot more in the summer. This decreased the injuries and led many of the returning girls to make drastic improvement. We also added seven new freshmen to our team and a number of them made an immediate impact. Four of these freshman girls' earned varsity letters (the most freshman to letter since the "Fab 5" of '91) and two others did extremely well and might have lettered if they hadn't gotten injured. At the beginning of the year I said our season would depend, to a great degree, on whether our seniors came back from serious injuries; both of those seniors made major contributions to our success.

Rachel Chrastil was patient all summer and came back slowly. Many times her fourth and fifth place finish helped us win meets. And in the last cross country race of her high school career her 12th place helped us to win the race we had never been able to win before . . . a race in which she broke her leg. Michelle Vaughn, on the other hand, was a bit overanxious to start training after an injury in the spring and that set her back most of the season. But when Rachel went down with a stress fracture after the City Meet, Michelle was ready to rise to the occasion. The Sectionals were a warm-

up and then in the Regionals Michelle ran a 32-second PR to help us qualify for the Semi-State. Dana Goldberg gave our team spirit and a positive mental attitude. She, along with Michelle and Rachel, did an outstanding job of leading an extremely young team.

Youth . . . oh yes, how young was the team that went 9-3. Well, by the middle of September our top three runners were all freshman. And these three freshmen weren't just pretty good freshman, they were outstanding. Of the seventeen possible freshman records that could have been broken this year Erin and Sonya broke all seventeen of them . . . and Annie Dodds would have broken most of them if Erin or Sonya hadn't been in front of her. Only four freshmen have ever broken 17 for the JAGCC team; Erin, Sonya, and Annie are the first since Becky Walters in 1988. One freshman girl under 17 is enough to excite most coaches, but to have three under 17 **and** two significantly under 16 is very special.

The 1995 season was full of surprises and near misses. Unfortunately, the near misses may be the memories that many of us will remember the longest. It was the year we lost four meets by three or fewer points . . . and the year in which we tied Clay in the city meet and lost on the tie breaker. But it was also the year in which we had greater expectations and reached for the stars and learned to aim high and not get discouraged if we missed our mark. As long as we are satisfied simply by beating South Bend teams we can never make it to the big time. By reaching for the star we may just be able to hit the moon. From the end of the 1994 season we had set our goal to make it to the state meet and when the Michigan City coach called me in July to ask if they could run us I figured that we had to run the best to be the best. I told the defending state champions to come on over to Erskine to run us. They beat us 34-26 but we weren't intimidated and we set our sights high all year.

We figured we would be even better in >95 than in >94 because our young runners would mature. We hadn't realized how much we would miss the senior leadership from the previous season. It took us awhile to jell and having only one returning senior probably made the transition difficult in August and September. Rain the first day at the beach seems to be standard procedure the last few years and this year it didn't hamper the fun. We brought Edison with us for the first time and they got to experience putting up the tents in the rain, huddling around the picnic table playing cards, and the wonderful aroma of the outhouses. They left after the first night so they missed the year of romance at the beach. Nothing too serious but lots of couples playing cards, taking walks to the beach, and talking-talking-talking . . . or was there more?

Our season always begins with a non-meet at the Slicer Invitational at LaPorte and this meet may have been an omen we could never have predicted. The frosh-soph girls' race became a nightmare when Erin, Sonya, and Annie were leading the race and took a wrong turn. This wasn't really a wrong turn in that they went the direction they were told to go before the race, but they had been given the wrong directions. We stopped the race and reran it after the other three races. The results were the same and our young girls got a good workout but it was too hot to be running extra races. The next Saturday we were given another sign of the season. The Stampede was to be run at Rum Village (a bad omen in-and-of-itself) but when Erin and Sonya went 1 - 2 and we still lost to Clay by 8 I should have realized we were in for a long season. Two weeks later we went to the Rensselaer Invitational and the frosh-soph girls' took a 2nd place. This was uplifting and gave us a bright moment to be proud of, but the next week we came back to reality when we lost to both Penn and Clay.

The 1995 season was a roller coaster in relation to our performance and our interpersonal relationships. We never seemed to jell as a team despite the efforts of many of us, and our performance reflected this. When the going got tough, we seemed to leave and when there were close meets we always seemed to get the short end of the stick. We started the season at the beach with problems with people going their own way and segregating themselves from the team. This problem wasn't just a function of the couples at the beach, it was a larger problem that was never really resolved. An incident two days before the Culver meet brought the problem to a head but it never seemed to get resolved. The season continued after Culver and many people in the area may have seen the season as a success for the John Adams Girls' Cross Country Team. We tied for the varsity City Championship and lost on the tie breaker. We won the JV City Meet. We finished second in the Sectional, which was our highest finish since the very first year there was a girls' sectional in 1981. We qualified for the Semi-State. Unfortunately, I think many girls on the team will remember it as the year we had problems.

The 1996 season brought new promise. A large number of the senior girls left the team, probably in response to the difficulties of the previous season. That left us with one senior girl but fortunately that senior, Nicole Beeman, was one of the most diligent leaders to ever run for Adams. Nicole tried her best to get girls to come to captains' practice in the summer and once the season got under way she held us together and kept us focused. A huge freshman class gave us one of our largest teams ever and we got along well from the start of the season to the end. At the Stampede we won easily and in our first dual meet we ran fairly well beating Marian, LaVille, and Northwood but we lost to Michigan City. At Rensselaer our weakness showed as we finished 7<sup>th</sup> of 8 teams in the Frosh-Soph division; we had large numbers but we needed to get some experience as many of our freshmen were first time runners.

The next week in a dual meet at Erskine we beat Clay easily but lost again to Penn. We met to talk about it and Sonya

pounded the ground as she said, "We can't let this happen anymore." It pointed out our problem but didn't solve it. In 1995 we stood on the line between being a good team and a great team but we didn't realize what we needed to do to go to the next step. In 1995 we were a good team, clearly better than any other team in South Bend, but we didn't take the step we needed to run with the big girls in the big meets. At New Prairie we finished in the middle of the pack and the same was true at the Culver Invitational and Manchester. In the South Bend City Championship we blew everyone else away with 37 points to Clay's 61 and the next week in the Sectionals many of the girls ran well but we finished second to Penn 35 - 62. In the Regional we once again finished second to Penn, this time losing 51 - 85. But the next week at New Prairie we ran poorly and finished a disappointing 13<sup>th</sup>.

When I looked back at the 1996 season, I had to say it was successful. We healed most of the interpersonal problems of 1995 and our 12 - 2 record would make most coaches happy. But I was left with the feeling that we did not achieve our potential. There were things we didn't accomplish that were within our grasp. Sure, we beat-up on everyone in South Bend but when we faced real challenges we were not able to rise to the occasion. I decided as the season came to a close that our goal for 1997 would be to deal with pressure and expect a lot more of ourselves. I felt that the team that would return would be fairly strong and I expected that we would get some help from the incoming freshman class. I had known many of the incoming freshmen since they were in second grade and I knew they had some talent, but I hadn't expected the depth they would give us.

The 1997 season began with sporadic participation in captain's practices. The senior class had always been fairly independent and preferred to run on their own, and the summer of 1997 they were no different. Susie Creary, a junior, was filling in at Summer Track and her leadership (she would be one of the captains) got a number of incoming freshman to run, both in the morning and at captain's practice. Getting them to run helped them realize they could run with the varsity but also began establishing a bond that was probably the strongest we have had in the fourteen years I have coached. The first day of practice was a surprise with only 12 girls running (we had 25 girls on the team by the first week of school) but we had nine under 17, 4 under 16, and 2 under 15 . . . and Sonya didn't run! What was in for JAGCC this season? I was excited at the prospects.

Our camping trip was probably our best ever in terms of the work ethic that was established and the team spirit that was instilled. The night the seniors shared their goals was clearly the highlight and after the boys and Caroline, Anne, Erin, and Sonya spoke the team stood around and hugged each other and talked about the season. We had a clear focus that everyone supported; that night we began to unite as a team that would strive for the highest goals. After the 1996 season I considered that our late season fold at the Semi-State may have been due to not being able to deal with pressure and I decided that in 1997 I would change my coaching strategy; instead of shielding the team from pressure until Semi-State I was going to put pressure on them as soon as possible. I didn't have to wait long for pressure to come in the form of expectations. At the Slicer Invitational we did well with seven girls going under 17:35 on a very hot and humid day but our depth didn't really show through until Saturday in the Stampede.

The girls' field in South Bend in '97 was fairly weak and I expected to win the Stampede. But when I told the girls our goal was to score 20 points with only Katie Elgass splitting our top five I didn't really expect we would do that well . . . I was wrong, we were better than I had expected. Katie and Sonya went 1-2 (in 11:22 and 11:25) with Katie Elgass third, but then Anne, Laura, Susie, and Charity went 3, 4, 5, 6, 7 in 12:11 - 12:17. We dominated the field and scored 18 points; St. Joe was second with 81. I was impressed and I suspect that we also got Steve Furman's attention - on Monday he ranked us 19<sup>th</sup> in the state, a place we would hold all season. The following Thursday we had a chance to see if we could really run with the big girls when Michigan City came to Erskine. I told the girls we had a realistic shot at beating City if Sonya and Katie went 1 - 2 and one other girl could split up their top three. I talked to Tim Creason (the Tribune reporter) before the race and told him our plan; he thought I was nuts, "They're the #3-ranked team in the state." Katie and Sonya battled up front with "Nappy" and two girls from City and went 1 - 2 against City and in one of the best individual performances by a JA girl in a long time Susie Creary came from behind to pass three City girls on the hill to give us a 27 - 28 victory. It had to be our biggest dual meet victory of all time and showed us that we could run with anyone.

The next week at Erskine we were confident against LaSalle and Elkhart Central but Sonya was determined to beat Kelli Lipps. I told Sonya and Katie to let her lead until the third time up Eagle Hill and then blow her away on Cardiac. The strategy worked like a charm and further bolstered our confidence; we were good enough to plan our strategy and get into other people's heads. At Rensselaer the frosh-soph team ran well finishing second to LaPorte with four girls under 17; the junior-senior girls did OK with a 5<sup>th</sup> place finish. Katie and Sonya both finished 3<sup>rd</sup>. We were pleased and hungry for Tuesday's race with Penn at Elm Road.

I must admit I was worried about Penn. We knew very little about them but they had heard all about us. It was 85 degrees and very humid and we were running at their house . . . the odds were on their side even though I felt we had the better team. We had practiced at Elm Road earlier in a rain storm and this was not a group that was easily intimidated so maybe we could pull it off. We didn't just pull it off, we gave them a spanking! Sonya and Katie went 1 -

2; Laura and Chaylan went 4 - 5; and Susie, Anne, and Charity went 7 - 8 - 9 as we blew them away 19 - 42. I had told the team not to celebrate at Penn, wait until we get on the bus, I don't want Penn to think we're surprised that we beat them. After leaving the parking lot I told the girls to go ahead and cheer and we celebrated all the way home. We were going to be conference champs and a team to be contended with the rest of the season.

On Saturday at New Prairie we ran well without Katie, who had acquired an injury from band. We finished 9<sup>th</sup> and overcame our New Prairie jinx and might have finished as high as 4<sup>th</sup> if Katie had been healthy. The next week at Culver we faced the toughest field to be assembled outside of the state finals with ten of the top twenty teams running in our race and once again we rose to the occasion and were not intimidated, finishing 8<sup>th</sup>. The following Tuesday we went to Elkhart Central's new Charger Field on a misty day that would be marked by confusion. Sonya and Katie battled with Krissi Ernst from Mishawaka and when they came out of the woods with 800 to go all three took a wrong turn. I yelled at them but by the time they figured out which way to go Chaylan, Anne, and Charity had all passed them. Chaylan won the race and set a course record in 15:49 and we took the next three places in 16:00, 16:01, and 16:02 with Charity in 6<sup>th</sup> in 16:08. We were getting tougher by the week and looking forward to October.

The field at Manchester was not nearly as strong as Culver but we were without Sonya (who was taking the SAT) and Susie (who seemed to have acquired a stress fracture). We ran five girls under 16:30 and finished 5<sup>th</sup>. In the old days Manchester was a big deal - this year we already thinking about the state meet series. At the NIC meeting the next week, we landed Sonya, Katie, and Chaylan on 1<sup>st</sup> team and Anne, Charity, and Laura on 2<sup>nd</sup> team. I was voted Coach of the Year and the coaches had a long discussion on who should be Most Valuable Runner. All the coaches felt that Sonya and Katie should share the award but the conference has a rule about only one MVP and the coaches voted to give the award to Sonya. The next day was the City Meet . . . a meet that we had focused on for so many years but now were simply taking for granted. Our greatest mistake had **not** been that we set our goal too high and missed the mark, but that we had set our goal to low and hit the mark. This year we were interested in much more than City.

As the season progressed I had challenged the girls to score under 20 in all our meets other than the big invitationals and we had always succeeded. The Stampede had raised the bar and it seemed that we thrived on high expectations and a little bit of pressure. Our satisfaction goal for the City Meet was to score less than 20 points and our pride goal was to skunk them. We achieved our satisfaction goal with the lowest point total (18) since the 1990 St. Joe team (17) that went to state. Katie won in 15:13 with Sonya 2<sup>nd</sup>; Chaylan, Charity, Anne, and Laura went 4, 5, 6, 7; and Anna ran a solid 7<sup>th</sup> to finish 11<sup>th</sup>. The next day we had a celebration at Playland as the JV girls also broke 20 as they won over St. Joe and Clay. Sheila won in 17:01 with Leah and Abby close behind.

All season we had been training for the series of meets that started the next week. For years we had hoped that we would be ready but we had always entered the state meet series more hopeful than expectant. This year we felt different and that difference made all the difference in the world. We fully expected to win and would be angry if we didn't. I decided to let Susie run and see how she would feel; she had been a great leader for us all season and there was no way to find out if her leg would be all right unless she got out there and raced. With the exception of Susie we were injury free and healthy, anxious to run, not out of fear but from excitement. I told the girls that Penn would be out to get us and that they wouldn't be intimidated, and they weren't . . . they gave us a run for it but we responded with confidence. Sonya ran an outstanding race on her final day at Erskine winning in 14:59, three seconds off the course record, with Katie in 2<sup>nd</sup> nine seconds back. Laura (16:16), Charity (16:17), and Chaylan (16:17) went 7, 8, 9 for 27 points to beat Penn by eight. It was our first Sectional victory ever and we were proud of our accomplishment. But we were two weeks away from the big race and we needed to stay focused.

The week's preparation for Regionals left an unusual feeling. Susie had not run well at Sectionals and it became clear that her injury would sideline her for the year. Katie was beginning to feel sick but everyone else seemed to be doing well. A week that would usually be full of anxiety was almost business as usual. We didn't talk much about the upcoming race and most of the team seemed relaxed and jovial. It rained quite a bit during the week so we knew the ground at Culver would be soft and we were right. When we arrived at Culver, it was cold (45 degrees), windy, and Katie was pretty sick. I knew that Penn would be ready - and they were. Jessica Chaplin, Sonya, and Katie went after each other from the first K but by the time the team went up the hill behind the chapel I could see that Penn was going to give us a real battle . . . and they did. As I stood on the pavement at the bottom of the hill counting the runners I knew that Penn had us beat. I screamed at Anne Dodds, Anne, we're losing. You have to pass these Penn girls, and ran to the finish line. In the last 500 meters Anne and Chaylan passed three Penn girls to pull out the win. Just like Susie early in the season against Michigan City, gutsy performances won the day. After the race Anne told me that she gave it all she had cuz she didn't want to be the one who lost the race for us. Anne always gave us her best in races, in practice, and through her leadership. We beat Penn by four points.

All weekend I thought about getting the team ready for Semi-State. In years past we had disintegrated at Semi-State; What should I say to avoid a blow up? I considered downplaying the pressure since we had been so confident all season, but that seemed like whistling through the cemetery. This was the big day and everyone knew it - there was no reason to try and downplay the pressure they would feel. All season I had tried to emphasize the importance of dealing with pressure and the assurance that doing our best in the face of pressure would help us to achieve our goals. On

Monday after practice I had each girl complete a card stating whether they had done their best all season. After completing the card they put them in a box, we wrapped the box and promised not to talk or think about Saturday's race except at practice. In her usual delightful honest way Anna raised her hand and said, "I can't promise not to think about it, but I'll try." We all laughed and promised to try to stay busy and do our best not to take on any more pressure than we already carried. I told them the season had been wonderful - winning will be fun but losing will not take anything away from all we have accomplished, "Have faith in yourself and your teammates. We have done everything we can do. Run your best and enjoy the day."

Saturday was a typical day for Semi-State: Steady rain, gusty wind, a muddy New Prairie. Unfortunately, there was something unusual. Katie was sick as a dog. We warmed-up and stretched inside. I tried to hide my concern as they were stretching and wondered if Katie should run. I decided a sick Katie might be able to rise to the occasion. As the gun went off, I considered our chances a bit remote but I was confident we would run well. I had no idea how Katie would run. Going into the corkscrew, Sonya was running with a pack of four or five girls. Katie was back about a dozen places, Chaylan in about 50<sup>th</sup>, and Charity another dozen places behind. Unfortunately, our #5 runner was far behind. I raced over to the bridge to see Sonya in 3<sup>rd</sup>, Katie in 11<sup>th</sup>, Chaylan in 43<sup>rd</sup>, Charity in 55<sup>th</sup>, but still no 5<sup>th</sup>. As I ran to the finish line I kept thinking of the last K the last few years. So many times we had folded in the last thousand . . . I was hopeful this would be a breakthrough year. As they turned the corner, Jessica Chaplin was in the lead and right behind her was a group that included Katie. Not far behind her was Sonya, and then Chaylan, and then Charity. Unfortunately, on this day we needed one more person to run a great race. Our 7<sup>th</sup> place finish fell short of our goal but it was by no means a failure. For years we had folded at New Prairie - this year we stepped-up and gave it our best and everyone was proud of what we had done.

There are many JAGCC team accomplishments for 1997 of which I am proud, but the one that may stand out as the brightest moment was the reaction of the team to their race at Semi-State. At first there was disappointment but when they got the final results they held their heads high. Sonya, who had been hysterical the previous year, put it best when she said to me, "I gave it my best. I couldn't have run any harder. I had fun." This was a team that gave it everything they had in races and at practices. We worked hard and played hard and loved each other as much, or more, than any team I had ever coached. On Monday we met in the locker room and I said, "We don't run with the big girls, we are the big girls." I remembered back to three years before when the senior first joined the team and realized how far we had come. But we had one more step to take in 1997.

As she had done all season, Katie ran an outstanding race. Coming from behind she ran on sheer resolve to be the first girl from Adams to ever qualify for the state meet. She would take us to Bloomington and give us a chance to be more than spectators at the state final . . . and we were going to be sure we had fun. We left on Friday with Nathan driving my van with seven girls and I drove the school van with six girls. We checked into the motel and went to practice at the course at about 2:00. Everyone had a great time running the course or videotaping boys from other teams. The next morning we got up at a reasonable hour and got to the course in plenty of time for Katie to get warmed up and stretch. As usual, Katie liked the course and the hills and seemed confident and ready to run. She took off at a reasonable pace up the steep hill in the first half-mile and went through the first K in 28<sup>th</sup> place (3:31), the 2K in 25<sup>th</sup> place (7:23), the 3K in 25<sup>th</sup> place (11:30), and then kicked in the last thousand passing two girls to finish 23<sup>rd</sup> (15:20) and earn all-state honors.

The 1998 season began with high expectation and the hopes of a trip to the state finals. Katie's individual participation in >97 had resulted in many girls getting to see what the state finals were like but the glow of being there didn't seem to inspire many girls in June and July - attendance at captain's practice was spotty and not terribly enthusiastic. Camping was unusually wet with rain almost every day. It didn't seem to dampen our enthusiasm as we had a good time despite missing Captain Mike's and other annual festivities due to the rain. But the real wet blanket came two weeks later at the Stampede. In 1997 we blew the field away scoring 18 points but in 1998 St. Joe beat us in the 11-12 race. It was a message of what the season would be like; other would think we had done well but we knew that this would be a challenging season.

The Michigan City meet would be another omen as we lost to City by 5. We were ranked #20 in the state but we had a 1:23 split for 1 - 5 and a 2:11 split for 1 - 7. The next week we blew Elkhart Central off the course at Ox Bow and then put away Penn at St. Pats by 11 points. The conference championship seemed to be ours. That Saturday at New Prairie Katie put on one of the most competitive race ever run by an Adams harrier. In a battle from start to finish Katie, Krissi Ernst of Mishawaka, and Amber Miller from Benton Central sprinted the final thousand with Katie out-kicking Amber and Krissi to win in 15:08. But the rest of the team ran just-OK as we put up a 2:11 split for 1 - 5 and a 2:46 split for 1 - 7 to finish a disappointing 7<sup>th</sup>.

But the disappointment was only just beginning. On Wednesday I held Katie out of the Riley Washington race since she was tired from New Prairie and we easily won the meet and ran well. We had a 33 second 1 - 5 split and a 50 second 1 - 7 split. But on Thursday Katie turned her ankle in a hole at Playland. The team was goofing around and when the boys mooned the girls on the hill the girls ran into the tall grass and Katie stepped into a goffer hole. I hoped it was a minor sprain; it turned out to be a major sprain that put her out for most of the year. At Culver we ran poorly (13<sup>th</sup>) barely beating Penn with only three girls under 17. At Wilson Park the following Tuesday we got a real scare. Katie and Laura

were both out and we figured this one would be easy since Memorial only had two runners (that I knew about) and Mishawaka was sitting Krissi Ernst. It turned out that Memorial had three runners and with a thousand to go all three of them were in front of our #1 runner. In the most courageous final thousand of the conference season Annie Shepard came from behind on the hills of Wilson to pull out the win for us and save our conference championship beating two Memorial girls by two seconds.

The next week we went to Illinois to run in the Pat Savage Invitational and had fun. They would introduce us before every race (AWe wish to welcome John Adams, the team from Indiana . . . A) and the course was different with new teams. Everyone seemed to have a good time despite overcast and windy weather and we saw our first glimpse of what we hope to be a great future runner as Erin Tschida finished 19<sup>th</sup> of 177 runners in the frosh-soph race. At the conference meeting of the coaches Annie Shepard earned 1<sup>st</sup> team All-NIC with Charity, Chaylan, Laura, and Susie making 2<sup>nd</sup> team. Holding Katie out of the Riley-Washington meet cost her 1<sup>st</sup> team and the MVP in the conference. On to the City Meet.

The City Championship had, for year, been a big goal for our team. In the late >90's this is simply a stepping stone to the state meet series. Unfortunately, the City Meet this year was a forecast of things to come . . . things that we weren't expecting. Laura Kagarise ran an inspired race and won in 15:49 but St. Joe showed they were a team to contend with as they went 2, 3, 4, 5 (all in the low 16's) and beat us by 17. In >97 we had 7 of the top 8; in >98 St. Joe had 4 of the top 5. The next day we won the JV City Meet but the reality of the pasting we received the day before was still in the air as we looked ahead to the Sectional.

At the Sectional Penn and St. Joe rose to the occasion and left us in the dust. Both Penn and St. Joe put four girls in front of our first girl and Penn had five in front of our second. We finished third closer to fourth place Clay than to second place St. Joe. We seemed to have lost our focus and our confidence. As I look back on the end of the season it seems that we weren't ready for the adversity of injury and when it came we couldn't rise to the occasion. This is an important lesson to learn for >99 and beyond. In cross country anything can happen in the season or a race and you have to be ready for it.

In 1997 everything came so easily and we always expected to win. We had the leadership, we had the talent, we had the confidence, and we thought the wins were automatic. But in 1998 we weren't as ready physically or mentally. We expected the wins to come easily and when we began to struggle we didn't rise to the occasion. The rest of the season after Sectionals was anti-climatic. We thought we could pull it out at Regionals . . . but we didn't. We thought that maybe with Katie back for Semi-State things would return to normal . . . they didn't. We ended the season on a low note with a 12<sup>th</sup> place finish at New Prairie and no one going to the state finals.

The 1999 season began with great expectations. Susie and Anusha had graduated but we brought back most of the team that experienced a big disappointment in 1998. The girls had also experienced a great track season finishing sixth in the state with many superb efforts in the distance events. Erin Tschida had finished 3<sup>rd</sup> in the state as a freshman, Katie had finished in the top ten, and the 4 x 800 relay had done a great job; certainly this would be our year. But the first day of practice and the first day time trial should have given us a hint of what was to come. Only seven girls ran in the time trial (the lowest turnout ever) and four of the seven girls who did run had times worse than the previous year even though the weather was good. I was concerned, but convinced myself not to worry even though I wrote in my notes, AThis was not a good start to say the least. In fact, this is the worst first day time trial we have had in more than ten years.@ Camping went well with fairly good weather although there was a park ranger (a young woman) who gave us lots of grief. Our last day run in the campground was spirited although the ranger tried to spoil the party. A week later at the Alumni Race the humidity and intermittent rain may have dampened our spirits but the times were more of a concern to me: In >98 our #5 runner ran a 17:49, in >99 she ran 19:07; in >98 our #7 runner ran a 18:52, in >99 she ran a 19:44. We also had 8 girls who didn't run; this too should have been a grim sign.

Our first meet was the Stampede and we showed our strengths . . . and weaknesses. Our junior - senior team won easily 29 - 57 over St. Joe but in the frosh-soph race we didn't have enough girls to field a complete team. In fact, Erin Tschida was the only girl who competed. This was the start of a problem that worried me all season. We were a team with very few underclass runners while St. Joe was stacked with underclass girls as they ran away with the frosh-soph race. At LaPorte it was drizzly and cool (a nice change) and Erin ran alone in the 9-10 race, finishing second, with Katie turning in an impressive performance in the 11-12 race winning by over 40 seconds against a good LaPorte team.

In our first A dual meet@ we won three of four losing to Michigan City and just getting by Northwood. Katie beat out Vicky Bassett but then City went 2-3-4-5 to beat us by 11. Erin was our #5 at 17:39, which was a fairly good time on a humid 83 degree day. Our 1 - 5 split wasn't good (1:59) but 2 - 5 was less than a minute. We hoped for better weather and better efforts but four days later things were worse. At the Hokum - Karem it was 83 degrees and extremely humid and it showed in our efforts. Chaylan nearly passed out and was in the medical tent for what seemed like hours. It was not a good day to say the least and we all felt spent on the bus ride home: How far we had drifted since the bus ride home from Elm Road School two years earlier when we waited to cheer until we were a mile away from Penn after beating

them in the dual meet - today they beat us by 50+ and they looked great and we looked whipped.

The following Tuesday was our first conference meet against Elkhart Central and LaSalle. LaSalle was the home team and I worried about how the meet would be run. At the last minute I got a call that it had been moved to Bendix Woods and I knew we were in for disorganization. Sure enough, when we got there no one was around and thirty minutes later they were deciding on where the course would go. Good thing I brought along our flags! We got away without any injuries and the two wins were a relief . . . not because of the wins but because of the terrible course. On Saturday we went to Rensselaer (maybe for the last time) and ran an incomplete 9-10 race (four girls this time) and an 11-12 team that was missing five potential varsity runners (Katie, Charity, Annie, Chaylan, and Laura K.). Another long bus ride home with Penn coming up the following Tuesday.

On Tuesday we faced Penn and Clay at Erskine on a beautiful day to race - 70 degrees and partly cloudy. We were ready to run and had one of our best performances of the year. Katie won handily and Erin Tschida ran an outstanding race finishing third in 16:18. Charity was 5<sup>th</sup> but then we fell off quite a bit with Tammie 10<sup>th</sup> and Annie 15<sup>th</sup>. On the whole a very good race but we lost to Penn 27 - 30 . . . so close but no cigar and no conference championship. Our 1 - 5 split was 1:36 and 1 - 7 was just over 2 minutes - not bad considering Katie ran a 15:30. Off to the biggest invitational of the year and a chance to prepare for the semi-state.

Mid-September is gut check time for Indiana cross country - when we checked we found some unfortunate problems. Chaylan had been feeling ill ever since the Hokum -Karem and the doctor had diagnosed her with iron deficiency - bad enough that she couldn't even practice much less race. Katie had problems with her shins and the doctor thought it was a just an orthotic adjustment problem - it turned out to be a serious stress fracture. Laura Kagarise also had a stress fracture. We lined up for the New Prairie Invitational against some of the best teams in the state (Valpo was rated #14 in the state that week - who could have realized?) with less than our AA team and it showed.

The next week we ran Riley and Washington at 4H and had 7 of the first 9 girls. It was a good relief as many girls ran well. We had a 1 - 5 split slightly over a minute and a 1 - 7 split of 1:21 with 5 girls under 17 and 6 and 7 at 17 even and 17:11. It seemed like a great day but it turned out to be the first step in a series of on-again off-again questions for Katie. This was the race where Katie probably did the damage to her shin that would haunt her the rest of the season and limit her practice and races.

At Culver on Saturday we ran an incomplete team again. Charity had been running well all season but had made a commitment for her church so she missed Culver . . . and so did Katie, Chaylan, and Laura. Looking back on this season it seemed there was always a small (or large) group of injured runners sitting on the log at practice and available to help out the managers at meets. I can't remember ever having a year with so many missed meets for so many people. Erin Born didn't run a race until almost October and Laura Dickerson never ran in a race. When we ran Mishawaka and Elkhart Memorial at Erskine most of the team was back but it seemed like we were still running without the entire team. We beat Mishawaka easily and put 7 in front of Elkhart's 5<sup>th</sup>. Amelia showed us some real potential running #3 with a 17:05. Amelia was our first girl out of a PE class in a long time . . . our only freshman girl but a real winner. It looked like we were going to get our act together at the close of the season but then it happened. Word spread there had been a party on Saturday night after Rensselaer and the news wasn't good. I had heard the news from the grape vine and had hoped the rumors were wrong . . . unfortunately, the rumors I heard were not as bad as the real story.

The next two weeks were an ethical and emotional challenge for the whole team. In the end eight runners on the team turned themselves into the athletic director for breaking the athletic code of conduct and were ineligible for the rest of the year. The incident had an enormous impact on the team in many ways. It was an almost daily distraction that resulted in misunderstandings and rumors. As the plot thickened people from outside the team became involved in ways that threatened the team. And we had many chats-about-life about the importance of integrity. Losing eight runners also had a impact on the team as many of them were varsity runners. But most of all I think the greatest burden was felt by the individuals who were put in the moral dilemma of having to decide if it was more important to stay out of trouble and not reveal what they had done, or have the integrity to own-up to their mistakes and turn themselves in to Mr Kowalski. I think most of those involved made the right decision despite the fact that by implicating themselves they were going to suffer serious consequences: they were revealing their mistake to a sometimes unforgiving outside world; they were taking away an athletic award they had worked so hard to earn; they were eliminating their right to be a captain on the team; and admitting they had let down their team, coach and parents.

In all my years of coaching I have never gone through such a difficult period with a team. It was emotionally draining for all of us but as often happens with traumatic events it also taught us lessons and brought us together. Some people may find this hard to believe but I have had very few incidents that have made me more proud of a group of teenagers and young adults. Certainly they made some bad decisions on that night after Rensselaer but they showed class in owning up to their mistakes. It would have been easy to say I didn't do it. but they realized the importance of integrity and we all grew-up in those weeks. I will never forget the discussions I had with the individuals who turned themselves in to the

AD. They may have made a poor decision that night but they gained a lot in the end: It isn't difficult to know what you ought to do - the real challenge is to actually do it.

The team will probably always remember the 1999 season for the party and the suspensions that went with it. I hope the team will also remember the chats-about-life that began with the rumors . . . I know I will. Our discussions made me reflect on my role as a high school coach and led to a new chapter in this book. I decided at the end of the 1999 season to become more actively involved in working with the team on issues other than just running and sport psychology and encouraging academics. In 2000 I added a new chapter called Chats About Life: JACC Principles and Virtues to the Bible. I hope over the years the team can benefit from our chats and the chapter.

After the final suspension the rest of the season was anticlimactic. At the City Meet we lost by 6 points to an improving St. Joe team. Katie won, Chaylan ran an outstanding race in her second race back from her illness, Annie and Erin ran very solid races, with Charity and Amelia close behind but St. Joe was too strong. The next day we lost the JV Meet for the first time in nine years. The next week at the Sectionals we lost to Penn (by almost 30) and St. Joe (by 5) and the following week in the Regionals it was the same story losing to Penn (by 25) and St. Joe (by 12) and just beating Plymouth (by 4). At Semi-State Katie qualified with 15<sup>th</sup> place and the team ran OK - not great and not poorly - finishing 9<sup>th</sup> of 20 teams. For the team it was the end of a long season - - - for Katie it meant a second chance at the state finals and a gut-it-out-run on broken legs - - - but never a broken spirit.

At the state finals the team had fun but Katie struggles in her race. She gives it her best shot but her legs are shot and she ends up finishing 62<sup>nd</sup>. After the race I look for her and can't find her anywhere. Someone tells me she is in the medical tent and I break through the line to try to find her - - - no Katie. At last I wander behind the finish line and find her with her head leaning against a tree almost in tears. I've never seen Katie defeated before but I can see in her eyes the drain of a troublesome season and a serious painful injury. Her anger and frustration and emotional pain and physical pain summarize a season to remember and a season to forget. We all learn lessons in life if we keep our eyes and mind open. Sometimes the lessons hurt us but are a necessary part of growing up.

# JOHN ADAMS GIRLS' CROSS COUNTRY

## HONOR ROLL HISTORY

### 2000

<b>Most Valuable Runner</b>	Katie Koellner	<b>Team Record: 5 Wins 5 Losses</b>
<b>Sportsmanship</b>	Annie Shepard	<b>NIC Record: 5 Wins 2 Loss</b>
<b>Most Improved</b>	Melissa Odar	
<b>Kiwanis</b>		<b>Semi-State</b> - Did not qualify
<b>Most Valuable Underclass</b>		Regionals - 6 <sup>th</sup> of 10
<b>Team Spirit</b>		Sectionals - 4 <sup>th</sup> of 10
<b>Positive Mental Attitude</b>		City Meet Varsity - 3 <sup>rd</sup> of 5
<b>Captain</b>	Katie Koellner Johanna Phillips Annie Shepard	<b>City Meet JV</b> - Incomplete team Culver - 16 <sup>th</sup> of 19 <b>New Prairie</b> - 14 <sup>th</sup> of 31 <b>Stampede (9-10) and (11-12)</b> - incomplete teams

### 1999

<b>Most Valuable Runner</b>	Katie Koellner	<b>Team Record: 10 Wins 2 Losses</b>
<b>Sportsmanship</b>	Johanna Phillips	<b>NIC Record: 7 Wins 1 Loss</b>
<b>Most Improved</b>	Erin Tschida	
<b>Kiwanis</b>	Chaylan Binder	<b>Semi-State</b> - 12 <sup>th</sup> of 20
<b>Most Valuable Underclass</b>	Ern Tschida	<b>Regionals</b> - 3 <sup>rd</sup> of 10
<b>Team Spirit</b>	Chaylan Binder	<b>Sectionals</b> - 3 <sup>rd</sup> of 10
<b>Positive Mental Attitude</b>	Charity Brubaker	<b>City Meet Varsity</b> - 2 <sup>nd</sup> of 4
<b>Captain</b>	Chaylan Binder Charity Brubaker Katie Koellner	<b>City Meet JV</b> - 2 <sup>nd</sup> of 4 <b>Niles (Varsity)</b> - 10 <sup>th</sup> of 24 <b>Niles (9-10)</b> - 4 <sup>th</sup> of 24 Culver - 16 <sup>th</sup> of 20 <b>New Prairie</b> - 14 <sup>th</sup> of 26 <b>Stampede (9-10)</b> - 1 <sup>st</sup> of 5 (11-12) - incomplete team

### 1998

<b>Most Valuable Runner</b>	Katie Koellner	<b>Team Record: 11 Wins 1 Losses</b>
<b>Sportsmanship</b>	Susie Creary	<b>NIC Record: 8 Wins 0 Loss</b>
<b>Most Improved</b>	Annie Shepard	
<b>Kiwanis</b>	Susie Creary	<b>Semi-State</b> - 12 <sup>th</sup> of 20
<b>Most Valuable Underclass</b>	Katie Koellner	<b>Regionals</b> - 3 <sup>rd</sup> of 10
<b>Team Spirit</b>	Susie Creary	<b>Sectionals</b> - 3 <sup>rd</sup> of 10
<b>Positive Mental Attitude</b>	Susie Creary	<b>City Meet Varsity</b> - 2 <sup>nd</sup> of 6
<b>Captain</b>	Susie Creary Charity Brubaker	<b>City Meet JV</b> - 1 <sup>st</sup> of 4 <b>Niles (Varsity)</b> - 8 <sup>th</sup> of 24 <b>Niles (9-10)</b> - 9 <sup>th</sup> of 24 Culver - 13 <sup>th</sup> of 20 <b>New Prairie</b> - 7 <sup>th</sup> of 26 <b>Stampede (9-10)</b> - 1 <sup>st</sup> of 5 (11-12) - 4 <sup>th</sup> of 7

### 1997

<b>Most Valuable Runner</b>	Sonya Sterba	<b>Team Record: 12 Wins 0 Losses</b>
<b>Sportsmanship</b>	Susie Creary	<b>NIC Record: 8 Wins 0 Loss</b>
<b>Most Improved</b>	Chaylan Binder	
<b>Kiwanis</b>	Sonya Sterba	<b>Semi-State</b> - 7 <sup>th</sup> of 20
<b>Most Valuable Underclass</b>	Katie Koellner	<b>Regionals</b> - 1 <sup>st</sup> of 10
<b>Team Spirit</b>	Susie Creary	<b>Sectionals</b> - 1 <sup>st</sup> of 10
<b>Positive Mental Attitude</b>	Sonya Sterba	<b>City Meet Varsity</b> - 1 <sup>st</sup> of 6
<b>Captain</b>	Anne Dodds Erin Linder Sonya Sterba Susie Creary	<b>City Meet JV</b> - 1 <sup>st</sup> of 3 <b>Manchester</b> - 5 <sup>th</sup> of 24 Culver - 8 <sup>th</sup> of 20 <b>New Prairie</b> - 9 <sup>th</sup> of 26 <b>Stampede</b> - 1 <sup>st</sup> of 7

## 1996

<b>Most Valuable Runner</b>	Sonya Sterba	<b>Team Record: 10 Wins 2 Losses</b>
<b>Sportsmanship</b>	Nicole Beeman Susie Creary	<b>NIC Record: 7 Wins 1 Loss</b>
<b>Most Improved</b>	Jenny Dailey	<b>Semi-State - 13<sup>th</sup> of 20</b>
<b>Kiwanis</b>	Nicole Beeman	<b>Regionals - 2<sup>nd</sup> of 10</b>
<b>Most Valuable Underclass</b>	Susie Creary	<b>Sectionals - 2<sup>nd</sup> of 10</b>
<b>Team Spirit</b>	Susie Creary	<b>City Meet Varsity - 1<sup>st</sup> of 6</b>
<b>Positive Mental Attitude</b>	Sonya Sterba	<b>City Meet JV - 1<sup>st</sup> of 3</b>
<b>Captain</b>	Nicole Beeman	<b>Manchester - 10<sup>th</sup> of 24</b> <b>Culver - 14<sup>th</sup> of 20</b> <b>New Prairie - 11<sup>th</sup> of 21</b> <b>Stampede - 1<sup>st</sup> of 5</b>

## 1995

<b>Most Valuable Runner</b>	Sonya Sterba	<b>Team Record: 7 Wins 5 Losses</b>
<b>Sportsmanship</b>	Nicole Beeman	<b>NIC Record: 5 Wins 3 Losses</b>
<b>Most Improved</b>	Carolyn Raymer	<b>Semi-State - 16<sup>th</sup> of 20</b>
<b>Kiwanis</b>	Becki Heller	<b>Regionals - 3<sup>rd</sup> of 10</b>
<b>Most Valuable Underclass</b>	Sonya Sterba	<b>Sectionals - 2<sup>nd</sup> of 10</b>
<b>Team Spirit</b>	Nicole Beeman	<b>City Meet Varsity - 2<sup>nd</sup> of 5</b>
<b>Positive Mental Attitude</b>	Dana Goldberg Nicole Beeman	<b>City Meet JV - 1<sup>st</sup></b>
<b>Captains</b>	Nicole Beeman Becki Heller	<b>Manchester - 13<sup>th</sup> of 21</b> <b>Culver - 19<sup>th</sup> of 20</b> <b>New Prairie - 12<sup>th</sup> of 21</b> <b>Stampede - 2<sup>nd</sup> of 5</b>

## 1994

<b>Most Valuable Runner</b>	Erin Linder	<b>Team Record: 9 Wins 3 Losses</b>
<b>Sportsmanship</b>	Sonya Sterba Dana Goldberg	<b>NIC Record: 6 Wins 3 Losses</b>
<b>Most Improved</b>	Carolyn Raymer	<b>Semi-State - 14<sup>th</sup> of 15</b>
<b>Kiwanis</b>	Rachel Chrastil	<b>Regionals - 4<sup>th</sup> of 10</b>
<b>Most Valuable Underclass</b>	Erin Linder	<b>Sectionals - 3<sup>rd</sup> of 9</b>
<b>Team Spirit</b>	Dana Goldberg	<b>City Meet Varsity - 1<sup>st</sup> of 5</b>
<b>Positive Mental Attitude</b>	Dana Goldberg Nicole Beeman	<b>City Meet JV - 1<sup>st</sup></b>
<b>Captains</b>	Rachel Chrastil Dana Goldberg Michelle Vaughn	<b>Manchester - 21<sup>st</sup> of 24</b> <b>Culver - 12<sup>th</sup> of 18</b> <b>New Prairie - 12<sup>th</sup> of 21</b> <b>Stampede - 2<sup>nd</sup> of 9</b>

## 1993

<b>Most Valuable Runner</b>	Rachel Chrastil	<b>Team Record: 5 Wins 7 Losses</b>
<b>Sportsmanship</b>	Rachel Chrastil	<b>NIC Record: 2 Wins 7 Losses</b>
<b>Most Improved</b>	Becki Heller	<b>Semi-State - Did not qualify</b>
<b>Kiwanis</b>	Josie Anadon	<b>Regionals - 8<sup>th</sup> of 10</b>
<b>Most Valuable Underclass</b>	Joy Rhodes	<b>Sectionals - 5<sup>th</sup> of 11</b>
<b>Team Spirit</b>	Rachel Chrastil Dana Goldberg	<b>City Meet Varsity - 3<sup>rd</sup> of 6</b>
<b>Positive Mental Attitude</b>	Michelle Vaughn	<b>City Meet JV - 1<sup>st</sup> of 3</b>
<b>Captains</b>	Josie Anadon Rachel Chrastil Michelle Vaughn	<b>Manchester - 17<sup>th</sup> of 23</b> <b>Culver - 18<sup>th</sup> of 20</b> <b>New Prairie - 14<sup>th</sup> of 18</b> <b>Stampede - 3<sup>rd</sup> of 8</b>

## 1992

<b>Most Valuable Runners</b>	Michelle Vaughn Stacy Curtis	<b>Team Record: 8 Wins 2 Losses</b> <b>NIC Record: 7.5 Wins 2 Losses</b>
<b>Sportsmanship</b>	Alison Fox Dana Goldberg	<b>Semi-State - 13th of 16</b>
<b>Most Improved</b>	Kristy Dentino	<b>Regionals - 4th of 10</b>
<b>Kiwanis</b>	Colleen Moore	<b>Sectionals - 4th of 10</b>
<b>Most Valuable Underclass</b>	Michelle Vaughn	<b>City Meet Varsity - 2nd of 6</b>
<b>Team Spirit</b>	Alison Fox	<b>City Meet JV - 1st of 1</b>
<b>Positive Mental Attitude</b>	Kristy Dentino Stacy Curtis	<b>Manchester - 10th of 19</b> <b>Culver - 8th of 15</b>
<b>Captains</b>	Stacy Curtis Kristy Dentino Colleen Moore Tina Olando	<b>New Prairie - 7th of 19</b> <b>Stampede - 3rd of 9</b>

## 1991

<b>Most Valuable Runners</b>	Jenny Horan Colleen Horan Colleen Horan	<b>Team Record: 14 Wins 2 Losses</b> <b>NIC Record: 8 Wins 1 Loss</b>
<b>Sportsmanship</b>	Colleen Horan	
<b>Most Improved</b>	Kristy Dentino	<b>Semi-State - 13th of 16</b>
<b>Kiwanis</b>	Jenny Horan	<b>Regionals - 4th of 10</b>
<b>Most Valuable Underclass</b>	Alison Fox	<b>Sectionals - 3rd of 9</b>
<b>Team Spirit</b>	Colleen Horan Donna Ruttschaw	<b>City Varsity - 2nd of 6</b> <b>City JV - 1st of 2</b>
<b>Positive Mental Attitude</b>	Jenny Horan	<b>Manchester - 14th of 20</b>
<b>Captains</b>	Colleen Horan Jenny Horan Donna Ruttschaw	<b>Culver - 7th of 13</b> <b>New Prairie - 7th of 17</b> <b>Stampede - 1st of 6</b>

## 1990

<b>Most Valuable Runner</b>	Jenny Horan	<b>Team Record: 7 Wins 4 Losses</b>
<b>Sportsmanship</b>	Jenny Horan Kristy Dentino	<b>NIC Record: 6 Wins 3 Losses</b>
<b>Most Improved</b>	Colleen Horan Kristy Dentino	<b>First Semi-State - Did not qualify</b> <b>Regionals - 6th of 10</b>
<b>Kiwanis</b>		<b>Sectionals - 3rd of 11</b>
<b>Captain</b>	Jenny Horan	<b>City Meet Varsity - 2nd of 6</b> <b>City Meet JV - 2nd of 3</b> <b>Manchester - 14th of 18</b> <b>Culver - 11th of 22</b> <b>New Prairie - 11 of 18</b> <b>Stampede - 2nd of 5</b>

## 1989

<b>Most Valuable Runner</b>	Sue Austgen	<b>Team Record: 5 Wins 6 Losses</b>
<b>Sportsmanship</b>	Sue Austgen Jenny Horan	<b>NIC Record: 4 Wins 5 Losses</b>
<b>Most Improved</b>	Jenny Horan	<b>Semi State - None existed until &gt;90</b>
<b>Kiwanis</b>	Shannon Bickel	<b>Regionals - Did not qualify</b>
<b>Most Valuable Underclass</b>	Sue Austgen	<b>Sectionals - 5th of 15</b>
<b>Team Spirit</b>	Jenny Horan	<b>Goshen - 11th of 23</b>
<b>Positive Mental Attitude</b>	Sue Austgen	<b>City Meet - 3rd of 6</b>
<b>Captain</b>	Sue Austgen Sue Austgen	<b>City Meet JV - 3rd of 3</b> <b>Manchester - 18th of 20</b> <b>Culver - 11th of 16</b> <b>New Prairie - 11th of 17</b> <b>Stampede - 3rd of 7</b>

## 1988

<b>Most Valuable Runner</b>	Angela Davis	<b>Team Record: 6 Wins 5 Losses</b>
<b>Sportsmanship</b>	Shannon Bickel	<b>NIC Record: 5 Wins 4 Losses</b>
<b>Most Improved</b>	Sue Austgen	
<b>Kiwanis</b>	Christine Yarger	<b>Regionals - 8th of 16</b>
<b>Most Valuable Underclass</b>	Becky Walters	<b>Sectionals- 4th of 17</b>
<b>Team Spirit</b>	Gina Kelley	<b>Goshen - 8th of 23</b>
	Sue Austgen	<b>City Meet - 2nd of 6</b>
<b>Positive Mental Attitude</b>	Angela Davis	<b>City Meet JV - 1st of 1</b>
<b>Captains</b>	Gina Kelley	<b>Manchester - 7th of 22</b>
	Sue Austgen	<b>Culver - 2nd of 24</b>
		<b>New Prairie 6th of 20</b>
		<b>Stampede - 1st of 8</b>

## 1987

<b>Most Valuable Runner</b>	Gina Kelley	<b>Team Record: 7 Wins 4 Losses</b>
<b>Sportsmanship</b>	Charlotte Austgen	<b>NIC Record: 5 Wins 4 Losses</b>
<b>Kiwanis</b>		
<b>Captains</b>	Kasi Bolden	<b>Regionals - 10th of 16</b>
	Diane Lamborn	<b>Sectionals - 3rd of 16</b>
		<b>Goshen - 5th of 23</b>
		<b>City Meet Varsity - 3rd of 7</b>
		<b>City Meet JV - 1st of 2</b>
		<b>Manchester - 8th of 17</b>
		<b>Culver - 1st of 15</b>
		<b>New Prairie - 6th of 18</b>
		<b>Stampede - 2nd of 7</b>

## 1986

<b>Most Valuable Runner</b>	Kasi Bolden	<b>Team Record: 6 Wins 5 Losses</b>
<b>Sportsmanship</b>	Sue Austgen	<b>NIC Record: 4 Wins 5 losses</b>
<b>Kiwanis</b>		
<b>Captain</b>	Diane Lamborn	<b>Regionals - 14th of 16</b>
		<b>Sectionals - 3rd of 15</b>
		<b>Goshen - 6th of 12</b>
		<b>City Meet - 4th of 6</b>
		<b>First City JV Meet - 1st of 1</b>
		<b>Marian Invitational - 1st of 3</b>
		<b>Culver - 5th of 6</b>
		<b>New Prairie - 13th of 18</b>
		<b>Stampede - 4th of 6</b>

## 1985

<b>Most Valuable Runner</b>	Diane Lamborn	<b>Team Record: 5 Wins 7 Losses</b>
<b>Kiwanis</b>	Dawn Sivak	<b>NIC Record: 3 Wins 6 Losses</b>
<b>Captain</b>	Dawn Sivak	
		<b>Regionals - Did not qualify</b>
		<b>Sectionals - 7th of 15</b>
		<b>Goshen - 11th of 19</b>
		<b>City Meet - 3rd of 6</b>
		<b>Manchester - 14th of 17</b>
		<b>Culver - 5th of 6</b>
		<b>New Prairie - 17th of 28</b>
		<b>Stampede - 3rd of 4</b>

## 1984

**Most Valuable Runner** Jenny Bethke **Team Record: 0 Wins 9 Losses**  
**Kiwanis** Margie Verduin **NIC Record: 0 Wins 9 Losses**  
**Captains** Gail Wisniewski

**Regionals** - Did not qualify  
**Sectionals** - 12th of 12  
**Goshen** - 16th of 16  
**City Meet** - 6th of 6  
**Manchester** - 17th of 17  
**Culver** - incomplete team  
**New Prairie** - incomplete team  
**Stampede** - 6th of 6

**1984 - 1998 Coach Randy Isaacson - Record 127 - 69 (NIC 90 - 56)  
17 Years as Head Coach**

## 1983

**Most Valuable Runner** Linda Hemphill **Team Record: 3 Wins 6 Losses**  
**Kiwanis** Michelle Martino **NIC Record: 3 Wins 6 Losses**  
**Captains** Linda Hemphill  
Michelle Martino

**Regionals** - Did not qualify  
**Sectionals** - 8th of 12  
**City Meet** - ? of 5

## 1982

**Team Record: 0 Wins 9 Losses**  
Linda Hemphill, Michelle Martino and Renee Despre were the only three runners on the team

**1982 - 83 Coach Tom Lower - Record 3 - 15 (NIC 3 - 15) - 2 Years**

## 1981

**Most Valuable Runner** Linda Lowman **Team Record: 6 Wins 4 Losses**  
**Kiwanis** Beth Carter  
**Captain** Linda Lowman

**Regionals** - 5th of 16  
**Sectionals** - 2nd of 11  
**City Meet** - 1st of 4  
**Manchester** - 6th of 16

First year for girls state meet series

## 1980

**Bebe Chevez, Linda Hemphill, Linda Lowman Team Record: 11 Wins 0 Losses**  
**Maureen McNulty, and Val Schlossberg were on the team.** There are no records of MVPs or captains since girls cross country was still a club sport. Many of the 11 wins were against incomplete teams and the JAGCC team won an uncontested City Meet.

**1979** Bebe Chevez, Kathy Doering, Jenny Horvath, Linda Lowman, Val Schlossberg, and Monica Witsken were on team. There are no records of this team's meets.

**1978** Kathy Doering and Jenny Horvath were on this team that ran in the boys races.

**1978 - 1981 Coach Doug Snider - Record 17 - 4 - 4 Years**

## Girls All-NIC Selections

2000	Katie Koellner Annie Shepard	1 <sup>st</sup> team All-NIC and MVR 2 <sup>nd</sup> team All-NIC
1999	Charity Brubaker Katie Koellner Erin Tschida Tammy Smith	1 <sup>st</sup> team All-NIC 1 <sup>st</sup> team All-NIC 2 <sup>nd</sup> team All-NIC Honorable Mention
1998	Annie Shepard Charity Brubaker Chaylan Binder Laura Kagarise Susie Creary	1 <sup>st</sup> team All-NIC 2 <sup>nd</sup> team All-NIC 2 <sup>nd</sup> team All-NIC 2 <sup>nd</sup> team All-NIC 2 <sup>nd</sup> team All-NIC
1997	Chaylan Binder Katie Koellner Sonya Sterba Charity Brubaker Anne Dodds Laura Kagarise	1 <sup>st</sup> team All-NIC 1 <sup>st</sup> team All-NIC 1 <sup>st</sup> team All-NIC and MVR 2 <sup>nd</sup> team All-NIC 2 <sup>nd</sup> team All-NIC 2 <sup>nd</sup> team All-NIC
1996	Sonya Sterba Anne Dodds Erin Linder	1 <sup>st</sup> team All-NIC and MVR 2 <sup>nd</sup> team All-NIC 2 <sup>nd</sup> team All-NIC
1995	Erin Linder Sonya Sterba Annie Dodds	1 <sup>st</sup> team All-NIC 1 <sup>st</sup> team All-NIC Honorable Mention
1994	Erin Linder Sonya Sterba	2 <sup>nd</sup> team All - NIC 2 <sup>nd</sup> team All - NIC
1993	Michelle Vaughn	Honorable Mention
1992	Alison Fox Michelle Vaughn Stacy Curtis	1 <sup>st</sup> team All-NIC 2 <sup>nd</sup> team All-NIC Honorable Mention
1991	Jenny Horan Colleen Horan Stacy Curtis Rachel Chrastil	1 <sup>st</sup> team All-NIC 1 <sup>st</sup> team All-NIC 1 <sup>st</sup> team All-NIC Honorable Mention
1990	Jenny Horan Colleen Horan	1 <sup>st</sup> team All-NIC 2 <sup>nd</sup> team All-NIC
1989	Sue Austgen	2 <sup>nd</sup> team All-NIC
1988	Angela Davis Sue Austgen	2 <sup>nd</sup> team All-NIC 2 <sup>nd</sup> team All-NIC
1987	Gina Kelley	2 <sup>nd</sup> team All-NIC

## Four Year Letter Winners

Katie Koellner	1997 - 2000	Stacy Curtis	1989 - 1992
Abby Koepfle	1997 - 2000	Tina Olando	1989 - 1992
Johanna Phillips	1997 - 2000	Jenny Horan	1988 - 1991
Annie Shepard	1997 - 2000	Sue Austgen	1986 - 1989
Chaylan Binder	1996 - 1999	Kasi Bolden	1985 - 1988
Charity Brubaker	1996 - 1999	Gina Kelley	1985 - 1988
Susie Creary	1995 - 1998	Diane Lamborn	1984 - 1987
Anne Dodds	1994 - 1997		
Erin Linder	1994 - 1997		
Sonya Sterba	1994 - 1997		
Nicole Beeman	1993 - 1996		
Rachel Chrastil	1991 - 1994		
Michelle Vaughn	1991 - 1994		
Josie Anadon	1990 - 1993		

## Multiple MVP

Katie Koellner	1998, 1999
Sonya Sterba	1994, 1995, 1996, 1997
Jenny Horan	1990, 1991

## State Meet Qualifiers

Katie Koellner	1999 - place
Katie Koellner	1997 - 23 <sup>rd</sup> place

## All-State

Katie Koellner	-	Third Team (ICGSA)	1999
Katie Koellner	-	Honorable Mention (ICGSA)	1998
Katie Koellner	-	Second Team (ICGSA), 23 <sup>rd</sup> in state	1997
Sonya Sterba	-	Third Team (ICGSA)	1997
Sonya Sterba	-	Honorable Mention (ICGSA)	1994
Sonya Sterba	-	Honorable Mention (ICGSA)	1996

## Academic All-State

Susie Creary	-	Honorable Mention	1998
Caroline Beal	-	First Team	1997
Anne Dodds	-	First Team	1997
Erin Linder	-	First Team	1997
Sonya Sterba	-	First Team	1997
Rachel Chrastil	-	First Team	1994
Dana Goldberg	-	Honorable Mention	1994

# JOHN ADAMS GIRLS' CROSS COUNTRY POINT RECORDS

## 300 POINT CLUB

Katie Koellner (9)	1997	379
Sonya Sterba (11)	1996	375
Sonya Sterba (9)	1994	365
Katie Koellner (12)	2000	350
Sonya Sterba (10)	1995	355
Chaylan Binder (10)	1997	342
Michelle Vaughn(10)	1992	340
Sonya Sterba (12)	1997	339
Colleen Horan (12)	1991	329
Charity Brubaker (12)	1999	318
Charity Brubaker (10)	1997	315
Annie Shepard (10)	1998	315
Erin Linder (9)	1994	314
Angela Davis (12)	1988	313
Anne Dodds (12)	1997	309
Jenny Horan (12)	1991	304
Erin Linder (11)	1996	300

## 200 POINT CLUB

Erin Linder (10)	1995	293
Stacy Curtis (12)	1992	293
Gina Kelley (11)	1987	290
Annie Dodds (11)	1996	286
Annie Dodds (10)	1995	284
Sue Austgen (11)	1988	284
Stacy Curtis (11)	1991	279
Angela Davis (11)	1987	278
Katie Koellner (11)	1999	276
Sue Austgen (10)	1987	270
Kasi Bolden (12)	1987	268
Becky Walters (9)	1988	268
Annie Dodds (9)	1994	266
Laura Kagarise (10)	1998	266
Michelle Vaughn	1993	264
Susie Creary (12)	1998	263
Jenny Horan (11)	1990	262
Rachel Chrastil (11)	1993	261
Sue Austgen (12)	1989	260
Alison Fox (9)	1991	257
Alison Fox (10)	1992	253
Rachel Chrastil (10)	1992	249
Annie Shepard (11)	1999	245
Tammy Smith (9)	1998	244
Charity Brubaker (11)	1998	243
Michelle Vaughn (9)	1991	241
Laura Kagarise (9)	1997	240
Rachel Chrastil (9)	1991	237
Chaylan Binder (11)	1998	236
Susie Creary (10)	1996	232
Susie Creary (9)	1995	232
Colleen Horan (11)	1990	230
Leah Phillips (9)	1996	224
Erin Tschida (10)	1999	223
Gina Kelley (12)	1988	223
Charity Brubaker (9)	1996	222
Colleen Moore (12)	1992	220
Josie Anadon (11)	1992	219
Christine Yarger (12)	1988	217
Katie Koellner (10)	1998	215
Chaylan Binder (12)	1999	213
Nicole Beeman (12)	1996	213
Josie Anadon (10)	1991	213
Jenny Horan (10)	1989	211
Anna Moorman (9)	1997	206
Vicki Ray(12)	1994	205
Annie Shepard (12)	2000	203

## ***JABCC HISTORY - HOW WE BECAME WHO WE ARE***

In the fall of 1946 the state of Indiana held its first state cross country meet in Indianapolis. Northern Indiana was well represented as Mishawaka shared the state championship with Anderson. Anderson went on to win seven straight state titles and Northern Indiana began to develop many teams with outstanding runners. The same year Coach Ralph Powell began the John Adams Boys Cross Country team with five boys: George Granberry, Phil Layman, Lamar May, James Millea, and Howard Nivens. There was no captain of that team, no NIC conference, just five boys who wanted to run and Coach Powell. Their first year the JABCC team won 6 meets and lost 4. One of their losses was to eventual state champion Mishawaka by the score of 18 - 39. They beat South Bend Central (twice), Washington, and Riley (twice), and never lost to any school from South Bend; so I guess you could say we were the first "City Champions."

***Right: Lamar May, the first ever JACC captain.***

***Below:(From Left to Right) George Granberry, Phil Layman James Millea, and Howard Nivens.***

In their second year they finished with 6 wins

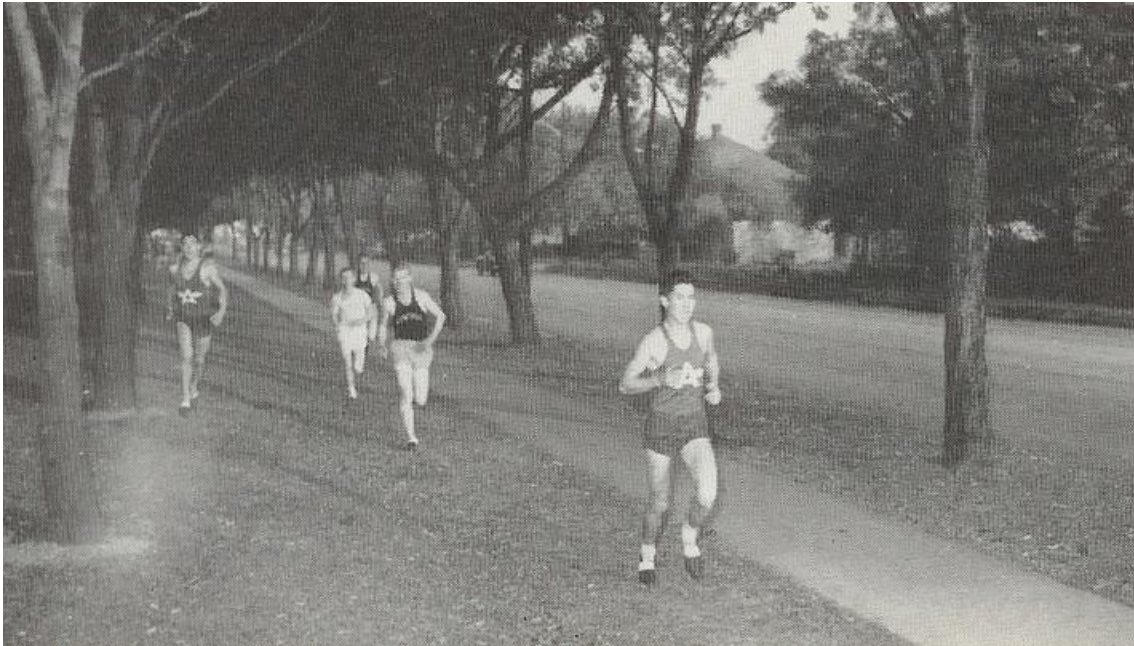


and 2 losses again beating all the South Bend schools. Lamar May was no Most Valuable Runner. 3rd in the Sectional but there is the Sectionals. Since there was assume that only the top one or ... pretty tough to make it out of

In 1949 a number of important Anderson won for the 4th time in Central was the state champion minutes and 50 seconds - they its first South Bend City beating every South Bend team finished third in the inaugural City Cross Country Team had its first of how he ran in the City Meet State Meet. It wasn't until 1962 participated in the State Meet finisher ever from Adams in the

was the first captain; until 1959 there The second JABCC team finished no record of what happened following no Regional until 1950 we must two teams went on to the State Meet sectionals back then.

event took place. At the state meet a row, James Lambert from Muncie in a time of 9:50 (that's right 9 ran 1.9 miles), and South Bend had Championship. Unfortunately, after for the first three years John Adams Meet. But the John Adams Boys individual star. There is no indication but Jack Bussert finished 8th in the that another JABCC runner and Jack is still the second highest State finals.



***Left: Jack Bussert powers 1949. Still the second history.***

***home, finishing 8<sup>th</sup> in the state in highest state finals finish in JABCC***

For the next ten years John as well. Riley was clearly the 9 of the next 10 City the other two or three points. In his last year as the Monogram Club Award and Marvin Cogdell was the program and was very number of years Coach Thank you Coach Powell for

Adams cross country did not fair nearly team to beat in South Bend as they won Championships, many times dominating schools, twice winning with less than 20 coach, cross country began awarding to the outstanding runner on the team first recipient. Coach Powell began the supportive of cross country; for a Powell was also the athletic director. giving us a start.

**Left: Coach Ralph Powell  
(1946->59) Record: 51-106  
NIC Record:27-81**

In 1960 Dale Gibson took over the JABCC team and brought about almost immediate results. In his first year Coach Gibson's team had 3 wins and 14 losses but in the next six years the JABCC teams won 61 meets and lost only 38, winning five straight South Bend City Championships.

In 1961 Coach Gibson had our first sectional champion in James

Nidiffer and in 1962 John Adams won it's first South Bend City Championship led by James, who won the Riley Invitational, the City Meet, the Sectional, 2nd in the conference meet, 3rd in the regional, and 6th in the State Meet. James was our first multiple MVP (1961 and 1962) and is still the highest finishing runner from Adams in the state finals.

**Left: Coach Dale Gibson (1960->66)**

**Record:64-52**

**NIC Record: 24-37**

**City Champs: 5 in a row**

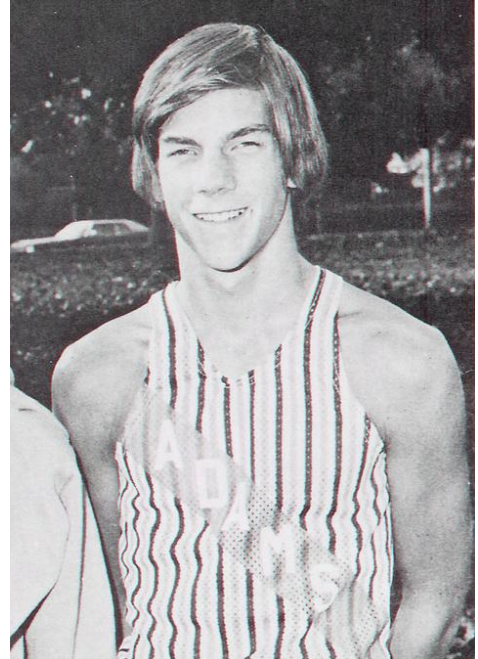
**Right: Jim Nidiffer- 2 time sectional champ, first Multiple MVP, conference runner-up, and still the highest state finisher in JABCC history. Captain in >62.**

In the 1960's John Adams Boys Cross Country was a power-house. From 1962 to 1967 Adams won six City Meets and in 1966 the JABCC team won its first Sectional Championship with a team that finished the season with 16 wins and only 1 loss. Unfortunately, there is no record of how they did in the regionals but this is arguably the best boys team to ever run for Adams, at least until 1980. Coach Gibson was the second coach of the JABCC team and he left something for future coaches and teams to shoot for in the coming years.

In 1967 Dan Poe took over as coach and put together some great teams. In his first five years Coach Poe's team finished 13-4, 10-3, 10-3, 11-5, and 9-5. They also won two City Championships. He also had the first teams that had large numbers of runner. From the mid-60s through the mid-70s John Adams was running it's home meets at POTAWATOMI and in 1972 the IHSAA lengthened the boys race from 1.9 miles to 2.5 miles. About the same time the JABCC team began to slip. In 1973 they fell to 2-10 and in Coach Poe's last year they were 1-13. In his eight years Coach Poe had some great teams with his first five years compiling a 60-28 record. In Coach Poe last year we also added the New Prairie Invitational to our meets, a meet we have run every year since 1974. In 1974 Dale Wiand became coach of the John Adams Cross Country team and in 1975 the SBCSC added the first JV City Championship.

**Left: Coach Dan Poe (1967->74)**  
**Record: 63-51 NIC record: 34-24**

**Right: Coach**  
**Dale Wiand**  
**(1975->77)**  
**Record: 12-29,**  
**NIC record: 3-22**



In 1978 Doug Snider became the fifth coach of the JABCC team. Doug was a young enthusiastic PE teacher who had a vision for the team. In his first year he molded a winning season with three returning letter winners and five first year letter winners. He also had a young freshman named

Jeff Sypniewski who earned his numerals that first year and later went on to be a state qualifier and still holds the school record in cross country. Coach Snyder's first team went 9-6 and finished 5th out of ten teams in the "City Meet" as Penn, Mishawaka, and others joined South Bend teams in the South Bend Invitational. In Coach Snyder's second year the IHSAA broke up the sectionals and added a semi-state to the state meet series. John Adams finished 2nd (of 9) in the City, 2nd of 9 in the Sectionals, 3rd of 10 in the Regionals, and 11th of 16 in the Semi-State. This set the stage for the following year, a year that will be remembered by many as the finest season for any John Adams Cross Country Team.

**Left: Coach Doug**  
**Snider (1978->81)**  
**Record: 38-18**  
**NIC record: 20-16**  
**-Coached the only ever state qualifying**  
**team in 1980.**  
**-Regional Champs**  
**-Sectional Champs**

**Right: Jeff Sypniewski**  
**Captain:1981**  
**1<sup>st</sup> team NIC: >79, >81**  
**MVP: >79, >81**  
**StateQualifier:1980, >81(indiv.)**

***-Placed 21<sup>st</sup> at state in 1981.***

***-School record:15:22.8***

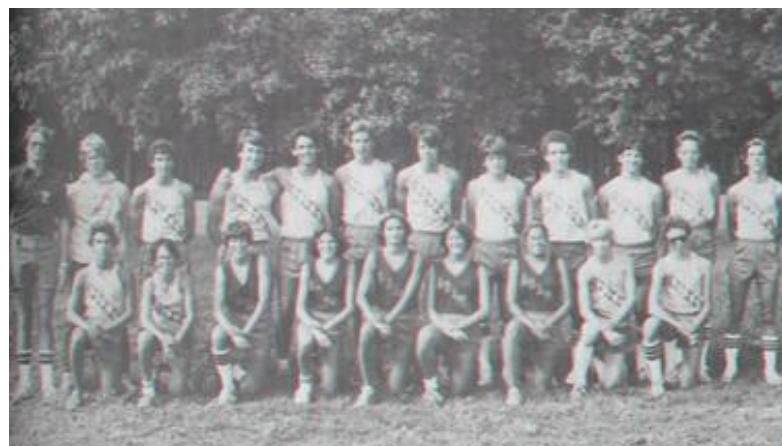
By 1980 the John Adams Cross Country Team included a boys and a girls team. The girls still did not have a state meet series but more and more schools fielded girls teams. Coach Snider worked to build a family atmosphere on the JACC team and the unity that developed helped both the boys and girls teams. The girls team finished 11-0 but the boys team overshadowed even the girls great record. The JACC teams were the first school to win all three South Bend City Meets when they won the boys Varsity and JV Meets and the girls Varsity Meet. The boys team was fortunately to be able to extend their season. After winning the City Championship they went on to win the Sectionals (our second Sectional title), win the Regionals (our first Regional title), and finish 4th in the Semi-State to be the first team from South Bend to qualify for the State Finals. After winning the first City Championship in ten years, this team set the standard and brought back the tradition that Coach Gibson's teams has created: from 1980 through 1984 the JABCC team won five City Championships and from 1980 to 1983 they qualified for 4 Semi-States in a row.

***Right: The 1980 Sectional champion, regional champion, NIC co-champion and only ever state qualifying team***



During this period the JABCC team had some great leadership. In 1981 Jeff Sypniewski and Lenny Randazzo were both elected first team All-NIC, the first time John Adams has had two boys on the first team and they led their team to the only conference championship ever for the Eagles, as they tied with Penn and Mishawaka. But in 1982 Coach Snider left Adams to go to New Prairie and Tom Lower, a very young coach, took the reins. The first three year Coach Lower had great success, winning the City Meet three times and in 1983 his harriers finished second in the Sectionals with two boys under 16:47, five under 17:12, 6 under 17:30, and 8 boys under 18! They scored 58 points in the Sectional and had five boys in the top 17 but still finished second and went on to finish second in the Regionals and 14th in the Semi-State.

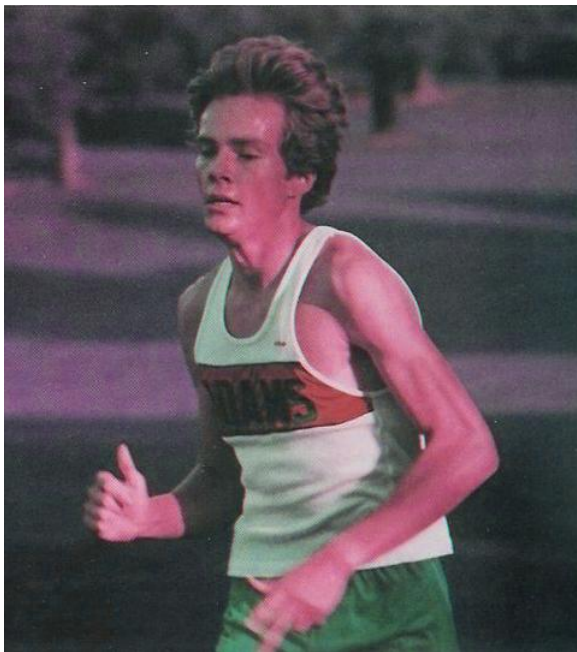
But the success came too easy. The following year they won the City Meet (and the JV City Meet), won the sectional, but then folded and finished 5th in the Regional and didn't make it to the Semi-State. It was the first time since the Semi-State began in 1979 that John Adams hadn't qualified. The team felt they had a bad race but the problems went much deeper. The 1981 team had some great runners but more importantly they had some great leaders. When Jeff Sypniewski and Lenny Randazzo graduated, and Doug Snider, left there was a void of leadership. It took many years to fill the void. Leaders are much harder to find than good runners and they are much more valuable to the team!



**(Note: This has been the history from 1946-1984. In 1984, Coach Randy Isaacson began to coach The Boys and Girls Cross Country programs. The history from >84- 2000 is in the form of Coach Randy=s Personal account.)**

In my first four years coaching I never really realized how important leadership was to a team. I had some great runners in those first four years. A number of them had great natural ability that won them plenty of ribbons, medals, and trophies. One in particular had not only great natural ability but also a tremendous work ethic and dedication. But despite all those All-NIC winners, Individual City and Sectional Champions, and State qualifiers we were never a winner: from 1984 to 1989 we never had a winning record! My first four years coaching the John Adams boys cross country team were a real learning experience for me and the athletes on the team.

In 1984 began coaching the girls team. I had no experience coaching and it was truly on the job training. The team had



been terrible the previous two years and my job was primarily to recruit girls to run. But in August of 1985 Mr. Przybysz came up to me in the parking lot at Adams the first day of practice and asked me if I would be willing to also coach the boys team. Without any thought I agreed and minutes later we had our first practice. I was taking over a team that had one of the best runners in the NIC but over the past three years the team had not focused on leadership or discipline. This was a group of individuals not a team. It was also a group of individuals who had "an attitude." It was a long year.

My most memorable recollection of the early days of 1985 occurred at our first away meet in Michigan City. I hardly knew Cabot Holmes, the Michigan City Elston coach, but I did know that he had a temper and he was very particular about how meets were run and how his team behaved. I was a bit worried as we approached the golf course because our boys team was a collection of renegades who had a tendency to cause havoc. As they got off the bus I asked them to go to the

bathroom and then warmup as a team. I went in search for Coach Holmes and a map of the course. Within fifteen minutes Coach Holmes found me and he was in a uproar, "Don't you have any control over your team? They just destroyed the bathroom." I immediately went to survey the damage and found he was right. They had thrown toilet paper all over the bathroom, stuffed paper down the toilet and it had over-flowed all over the floor and was running out under the door, and written obscenities on the mirror with soap. I immediately went out in search of the culprits; I was embarrassed and much angrier at my team than Cabot was at me. When I finally caught up with one of the captains, who I was sure had been part of inflicting the damage, I completely lost my cool. I was jumping around swinging my arms and in the midst of my tirade I hit Neil right in the stomach.

We wouldn't have won the race anyway, but I'm sure my actions made an impact ... it didn't change anything.

The 1985 boys season was a season for individual accomplishments. Unfortunately, that became the theme for the next three years. We certainly laughed a lot that season but we never got serious until we finished 7th of 9 teams in the Sectional. Our star runner, Jason Yazel, easily made it out of sectionals and then finished 7th at regionals to qualify as an individual to the Semi-State at LaPorte. The three weeks that followed were the most memorable of my early year of coaching the JABCC team - but I wasn't coaching a team, I was coaching an extremely dedicated individual who had a goal. For three years Jason had wanted to go to the state Finals; this was his last chance. At Semi-State Jason ran one of his best races ever, on a very hilly LaPorte course to finish 8th, and qualify for the State Finals. The next week he and I woke up in Indianapolis to a terrible thunderstorm and driving rain. South Grove Golf Course was a lake. I told Jason to go out slow, but my inexperience as a coach probably cost Jason all-state honors; everyone that has ever been to the state finals knows you have to go out hard to be in the hunt. Despite passing dozens of runners the last mile he finished 34th in the state. Jason Yazel was one of the greatest runners to ever put on a pair of spikes for the JABCC Team. He finished 4th at Manchester (in 15:54), 3rd and 4th at Culver, 7th at New Prairie (16:11), and was City Champion in 1985. He is the only runner ever to win the Most Valuable Runner Award for three years.

**Left: Jason Yazel.  
Captain 1984 and  
Champion (>85) , Indiv.  
In 1985, and placed  
2<sup>nd</sup> team all-NIC in  
Four year letter  
letter point total (349-  
record for the 5k in 15:54**

**Only ever 3 time MVP,  
1985, Indiv. City  
State qualifier  
34<sup>th</sup> in the state.  
1985, 1<sup>st</sup> team in 1984.  
winner, and highest ever  
1985). Junior 5k  
(1984).**

Jason graduation left a void of not only performance but leadership. Jason was never very vocal but he always led the team with great dedication which added to his incredible workouts. I could always count on him to do what we needed for the team. But the year after he left the "leadership" had a new approach. The new tradition included sneaking over to a neighborhood house to jump on a trampoline instead of practicing, sneaking liquor to the beach, and general deviant behavior that created a tone that took years to eliminate. We began the 1986 season with a victory at the South Bend Stampede (we did have some talent) but it was down hill from there. We qualified for the Semi-State but only on sheer potential ... potential that was never realized.

In my first visit to the PE classes in 1986 I recruited a little stick of a kid named Dale Jacquay. He worked pretty hard his freshman year and probably looked up to Jason, but didn't letter. By his sophomore year he had grown up and won the Culver Frosh-Soph race in a respectable 17:36 and was voted 2nd team All-NIC. In 1987 Dale was voted Most Valuable Runner and in 1988 he added an individual Sectional Champion and first team All-NIC to his list of accomplishments. He was 4th in the Sectional and 6th in the Regionals but a nagging knee pain got progressively worse and in the Semi-State Dale finished a disappointing 19th at Valpo, limping across the finish line. Like many before him, and many to follow, Dale wished he had trained in the summer; sheer potential doesn't cut it when you face the big boys at Semi-State. In 1988 we counted on a star to lead us but our record pointed out the problem with a team that had a star and no discipline; 3 wins and 8 losses. The attitude of the boys team and the lack of unity was revealed when we had only four boys show up to vote on the MVP; Dale shared MVP with Kerwin Watson.

**Right: Dale Jacquay. MVP 1988  
And 1989, 2nd team all-NIC:1986  
And 1987. 1<sup>st</sup> team all-NIC:1988.  
Captain 1988.**

The 1989 season was a new beginning. Eric Frankiewicz was a sophomore and he quickly took on the role of sergeant. Eric wasn't a very good runner (yet) but he was a hard worker and he demanded that everyone else work as hard as he did. He didn't care what other people thought of him but he did make sure that they worked hard. His PR that year was 19:15 but he worked off as much sweat as anyone who'd run for us in the last four years. He was joined on the team by a very talented freshman class. David Lamborn was hurt most of the year but stayed with his teammates and was running by the City Meet. Scott Majewski also joined the team to add humor and an occasional great race (18:09) and Stas' Nowak added a bit of class and unintentional humor. Our captain, Paul Laherty, had a tough role to fill. Paul was not in the top eight runner and had only been on the team for two years but he was the only senior and worked hard to pull us together. Gabe Golba was our MVR and was beginning to realize the importance of hard work but had not risen to the role of leader yet. We were developing leadership ... And doing it with the underclass runners. Eric kept people in line and David, Scott, and Stas' learned their lessons. The next year Eric would step to the front and create a new tradition.

In 1990 Gabe was elected captain but was injured most of the year. Sam Bella, a back of the packer for three years, rose to the occasion and made big improvements and showed good leadership. Scott Conroy always kept us laughing. But Eric Frankiewicz, a junior, helped us turn it around. The "SARGE" challenged us to work hard, improve, and take pride in ourselves as a team. We got along in 1988 (which was a major improvement) and almost reached our goal of having a winning season. This was the year that we put aside the distractions and got to work. This was the season that paved the way for a new tradition that began the following summer.

The first six years I coached the JABCC team I frequently felt I was fighting the team. It always seemed like a struggle to get the boys to fill out their running diaries. It was always a fight to get them to set goals for themselves and the team. They always seemed to have other things that were more important. But in 1991 all that changed when Eric gave a speech at the beach about team unity, "In unity there is strength", he said, and he preached that sermon over and over. After our first camping trip Eric sat down with me and suggested that we not only talk about team goals but that we write them down and get everyone to sign them. Eric's goal all year was that we have a winning season. He told us that he was tired of us seeing ourselves as losers ... he wanted to go out being a winner. All season long the team ran for Eric. He motivated his teammates to do their best at practice and in meets. It worked. We finished the season at 8 wins and 6 losses and would have had a winning NIC record except for a freaky last race at Wilson when David collapsed. The finest moment of a great season came at the City Championship. No one expected Adams to have a prayer to win except our team. We came in having lost to Washington at Wilson but we rallied together all week long and pulled off a great upset - our first City Championship in seven years. Going Commando really worked. But the next week in the Sectionals we were as disappointed as we had been ecstatic. After winning the City Championship the week before we finished 6th in the Sectionals and didn't make it out. Early the next year we began to use the phrase, "It all started in '91" ... and it did ... a new tradition.

In 1992 the goal was to improve on '91. Our winning season in '91 spurred us on to have a winning season in the NIC, something we hadn't done in nine years. We had great senior leadership, a solid top five, and an incoming freshman class that had great potential. The key to this year was six senior guys and great leadership. From the first night that I met with all the seniors at my house in August I could tell that they were motivated to improve on what we had accomplished the year before. They choose their motto ("All things are difficult before they are easy ... so ... Run your butt off.) and we stayed up 'till midnight talking about old times and our goals and we had fun. This was a team that knew how to have fun but also knew when and how to work hard. It was also a year of memorable events: the Olympics party at my house; the rain at the beach; our first team picnic at an invitational; a second straight City Championship; a solid third at the sectionals; an unbelievable race at regionals. But most of all this was a year when the team drew together. Never before had we gotten along so well, had so much fun, and been so successful. In my first year as coach some of the members of the 1980 JACC team had told me about the family atmosphere of that championship team. It made them stronger and made the hard work easier to handle. The same was true of this team. We were a well balanced team. We had the great senior leadership from front runner David Lamborn. We had good humor and occasional hard work (when he knew we needed it) from Scott Majewski. We had an injured senior who never gave up the fight or the encouragement for his teammates in Stas' Nowak and the great attitude and hard work of a back of the packer who set a great example in Paul Heller. Add to that a balanced junior class and a large group of talented freshman. It was a very good year.

Given the potential of the freshman of '92 it seemed that '93 might be even better. Certainly we would miss the front runners from the graduated senior class but with the maturation of the freshman that seemed like an obstacle we could overcome. It turned out that we could replace their talent but couldn't replace the close association and leadership they gave us. For two years the JABCC team had counted on Eric, David, Stas', and Scott; they had carried the load and everyone else had watched them. The problem was they did the job too well and their underclass teammates never had to learn to carry the ball. We also had a problem that was beyond our control, one which was forced on us that no other team had to deal with - boys soccer was moving to the fall next year and a half dozen of our sophomore runners spent the season thinking, and talking about what would happen next year. The result was a year where we tried to adjust and learn about leadership and also tried to decide if "we" wanted to make a commitment. It caused many distractions but I

hoped that we would learn some important lessons about teamwork, leadership, and the importance of emotional involvement and commitment. The lessons were important to learn and the process of learning them was very difficult. 1993 was a long year.

The 1993 season was a year of extreme emotions. It began with great anticipation and also great success. Our first meet at LaPorte was a bit humbling but the Stampede was a positive showing when we finished 3rd behind New Prairie and St. Joe. We felt that our next meeting with St. Joe in the City Meet would be a lot different; but it was not what we had hoped. Our first dual meet was a success and a disappointment. We beat Marian and LaVille handily but lost by three points to Northwood. Our second dual meet was a major disappointment as we lost to Riley in a real surprise and beat LaSalle and Washington. But in our next dual meet we had one of our best meet in years as we beat Mishawaka and Elkhart Memorial for the first time in ten years. It put us back on track to meet our dual meet goals if we could beat Michigan City Elston, which we did the next week. Our invitational season focused on the frosh-soph team for two reasons. First, our junior and senior classes were so small that in most of the invitationals we couldn't field a complete team. The second reason was our frosh-soph team was a real contender in most meets. At New Prairie we finished 4th of 23 teams, at Culver 4th of 20, and at Manchester 6th of 19.

When we went into the City Championship we had achieved most of our goals and I began to try to get the team focused on a three-peat. But I could see at practice and in our talks that we weren't focused. In cross country you have to have a very clear focus and a strong desire to do your very best or you can't perform up to your potential. You have to be able to talk to yourself and convince yourself in practice and meets that it is worth it to endure all the pain. You have to have a reason to try ... unfortunately, many people didn't have that focus. When I overheard people wondering out loud when the season was going to end I had a sinking feeling that the season had ended. Scott tried to keep the team motivated but when Chris' knee kept getting worse and Jason's diaphragm didn't get better it didn't look good. In the City Meet we ran terrible with no one having a very good race. I hoped that we could turn it around but no one other than Scott seemed terribly upset about the results. We had lost our focus and as some people began to look forward to the end of the season our chances in the Sectionals looked bleak. I will remember the accomplishments of '93 not the disappointment; beating Mishawaka and Elkhart Memorial, the successes of the frosh-soph teams, and finishing 3rd in the conference. I will also remember '93 as the year we learned our lesson about commitment and emotional involvement.

The 1994 season was a new year for many reason. We lost seven of our top ten runners to graduation or soccer; this was a major loss in terms of points. But after meeting with the returning boys on the team we decided this was a new opportunity for the team. Instead of spending our energies worrying about what might have been we needed to regroup, recruit, and get to work to improve the people we did have on the team. It was a good decision. A number of things helped us to surprise a lot of people ... including ourselves.

The first change was the beginning of some off-season running. I wouldn't exactly call it a commitment to summer running but it was a step in the right direction. The Captain's practices and the "miles-for-camping requirement" encouraged a number of people to run more in the summer. We probably averaged about 4-6 people most nights at captain's practices and most of them were guys. This continued most of the summer and paid off for us during the season. Most of all it created a new attitude; an expectation that summer running was a basic part of our program.

Our three days at the beach were great. The weather left much to be desired but team spirit made up for it. Cool weather and rain didn't dampen our spirits and our first year without a freshman initiation made it easier for the coach and chaperons. Since the initiations were usually initiated by the sophomore class I talked to our entire sophomore class (Jeff) and he agreed to be the father figure to the freshman rather than the tormentor. He did a great job of getting them involved and getting them to work. The teams competition was fun and created an esprit de corps - it also created the tone for the season. On the second day we ran "miles competition." When the team captains led almost everyone on a long run to the bridge I knew that it would be a good season. They even got my son, Adam, to run to the bridge (which was probably 5-10 times farther than he had ever run before) so I knew that I had a group that would get each other motivated. This was the key to our season - get the most out of the talent we had. It worked.

This was a year where we didn't have much experience and didn't have overwhelming depth in talent. But this wouldn't stop us from winning our share of meets if we worked hard and made an emotional commitment. Our hard work and efforts to improve really paid off each week as we beat all the South Bend schools in our conference and then ran well against Elkhart Memorial to beat them for the second year in a row to finish the conference at 5 wins and 4 losses. Considering all the loses we had from the previous year I was proud of our year. No one gave us much chance of winning but we upheld the tradition started four years earlier. In 1991 Eric Frankiewicz challenged his teammates to help him to go out a winner in his senior year. After three years of frustration Eric wanted to leave as a winner. The next year David and Scott and Stas' wanted to have a winning record in the NIC. In 1994 we continued that tradition. We also took a step that we didn't take last year ... a step that is extremely important if we are to move on to the next level of competition.

In 1993 our problem was that we didn't make an emotional commitment, when it came to the important meets of the

season we didn't care whether we won or lost. 1994 was different for a number of reasons. First of all, we had some leaders on the team who **did** want the team to do its very best. Second, we had a number of people who were hungry. In the past we had people who took for granted that they would "earn" a varsity letter and as soon as they had their 100 points they slacked-off. This year we had a group of guys who were really pushing to get those hundred points **and** they had their teammates pulling for them. In '94 we rose to the challenge.

One of the most memorable moments for me that season was watching the awards ceremony for the boys Sectionals. I had just finished scoring the meet and knew that we had made it out and on to the Regionals. I took the results over to Mr. Berta for him to announce the top five teams and I stood back and watched as he read off the teams from 10th place down. I remembered that in '93 most of the team was off goofing around and it seemed that they could have cared less where the team finished. This year everyone was there waiting ... and many of them had their fingers crossed, anticipating the results. When Mr. Berta announced that LaVille had finished 6th and the team knew we had made it out they went crazy. A very different tone from the previous year ... and a sign that we are ready to focus on new goals ... making it to Semi-State.

The 1995 season was a continuation of the positive attitude for the boys. In the summer we had a sizable number of boys who joined the Captain=s Practices for most of the summer. This growth was a very positive sign in that the coach isn=t the one who is getting it organized. A number of the guys pitched in and called their teammates and encouraged a good solid work ethic.

When the season began we were ready to work and move on to the beach. Once again the weather gods frowned on us; as soon as we arrive it began to rain and continued to rain most of the first day. We had brought Edison Middle School with us for the first day and to ensure that they got in some running with us we started a practice (beach relays) about 4:00. The rain subsided, Edison had a chance to have some fun with us, and camping got under way. Our new camp grounds turned out to be superb. Off by ourselves, we didn=t have to worry about noise and disturbing other during the night. This turned out to be a real plus but the location for camping and practicing was probably more of a plus. We had our first annual Great Warren Dune Hill Climb which turned out to be about as rough a practice as we have ever had at the beach or anywhere else. That Hill is a real gut-buster. But we weren=t without problems as we didn=t seem to have the team-unity that we were hoping for. I talked to the seniors and we pulled it together on the last night when we all went on a trip down to the beach to watch the sunset. The sunset was absolutely spectacular and we had a great time talking and playing at the beach. Our last night by the camp-fire was more unified and the Figure - 8 relays the last morning were a bonding experience.

Our first Areal@ meet was the Stampede and we finished 3rd. We lost to New Prairie, which we expected, and also finished behind St. Joe. The loss to St. Joe was much closer than the year before and we took it in stride. The following Thursday we ran Marian, LaVille, Northwood, and the new Michigan City team. Winning three of four was a nice step in the right direction on a nice day. The following Tuesday was our first NIC meet and it gave us no real idea where we stood. We ran the best team in the conference (Elkhart Central) and the worst team (LaSalle) so the results were just what everyone expected. At Renssellaer we didn=t fare very well and the results at St. Patrick=s were disappointing. We had talked all season about Greater Expectations and we were hoping to give Penn a run for their money. Unfortunately, they were much tougher than we expected - we had no idea at the time but they ended up being very close to a state qualifying team by the end of the year. The cooked us 40 - 18 and we left St. Pat=s with our head down feeling like we had given away a meet we might have been able to win. We didn=t think much at all about our 23 - 34 win over Clay; later in the year they would surprise us with their improving strength.

Our first real positive surprise came at New Prairie. The >94 frosh-soph team had finished 14th of 20 and we never really expected to be that much improved in 1995. But those young Eagles rose to the occasion for the first of three times and finished 6th of 22 teams. They went on to finish 4th of 17 at Culver, and 5th of 23 at Manchester. They did an outstanding job of representing our school and our future. On the dual meet front we easily walked all over the Riley and Washington squads and were looking forward to seeing Elkhart Memorial at Mishawaka the next week. One of our goals was to have a winning NIC season and a win over Elkhart Memorial would do the trick. But our worst race of the year cost us the win and bumped some of our lead runners out of the running for All-NIC honors. It was a tough way to end the dual meet season. Time to move on to the all important post-season tournament.

Four years ago I had told the freshman boy on the >92 team that they should win the City Championship for all four years they were in school. In >93 we had the lack of commitment and no emotional involvement and lost a championship we should have won. In >94 we cut a hundred point deficit in the stampede down to ten in the city meet. But none of the senior boys on the >95 team had even run on a winning City Champion. I felt we could win it. They felt we could win it. But St. Joe was still a mystery and Clay was coming on like a bat out of Hades ... it wasn=t going to be easy. It wasn=t easy but we got the job done with Nathan finishing 1st, Eric #7, Blair #8, Casey #9, Nick #14, Jeff #15, and Travis #20. It was a team victory as all our victories had been all season.

The next day that team unity showed again only stronger. For the first time the JV City Meet was held at Playland, our

home course, and we went out and kicked butt. The varsity boys gave the JV=s a pep talk and cheered them on like no varsity team has ever cheered on a JV team. We won convincingly going 1,2,3,9,10 with Brandon and Billy and Chuck leading the way. It was a moment to remember for the 1995 boys team. This was a boys= team that had some personality clashes but those differences of opinion were in the background compared to the support that the team gave one another. It has been a while since we had a group of guys that got along as well as these guys and I think it came from a respect and concern for everyone on the team. We gave everyone support and knew that everyone added to our success and our future. It is a team that won as a team and lost as a team.

The next weekend were the Sectionals at Erskine. We were hoping for a solid performance and a third place finish to prepare for the regionals at Culver. It wasn=t our day as we all ran poorly. I was hoping it was an off-day and that we would rebound at Culver but we didn=t. Our dreams of making it to the semi-state seemed to drift off after our City Championship. Was it that we lost our momentum and no one cared? I know that we still cared but we may have lost some of the momentum but certainly not the enthusiasm. Was it that we ran out of gas and lost our endurance? That is certainly possible. We had logged better miles in the summer but the mileage wasn=t nearly as high as the state caliber teams. And we tried a new way of tapering, cutting our mileage way back in the last two weeks. In retrospect I think this was a mistake but it was worth a try. The Sectionals and Regionals will be memories that will drift off as quickly as our dream of making it to the semi-state.

But the memories of winning both City Championships will stay with me and, I am sure, the 1995 JABCC seniors. The victory that had slipped away in >93 was reclaimed with the same ingredient that led to our demise. The 1995 boys team have invested a great deal of emotional energy in this season and they had maintained a team unity that could have easily slipped away. The girls of >95 were having trouble and it could have easily polluted the motivation of the boys, but the leadership of the >95 JABCC team never allowed that to happen. This was the year where the boys were the role models; where the boys team invested the energy; where the boys team were consistently working hard at practice; where the boys team were constantly supporting their teammates; where the boys team had the leadership that pulled us together. I will have very fond memories of this team and the leadership that pulled them together. I hope the young leaders that the team has chosen to lead them into the >96 season have learned from the leader of this team. I suspect that they have.

The 1996 season was a continuation of 1995 with great leadership and desire. It began in the summer with a solid contingent of boys participating in captain=s practices and a good four days at the beach. For the first time in years we had good weather and we took advantage of it working hard and playing hard. The three teams of 11 people all put in many hard miles but also had some good laughs (Maura had a spectacular performance in the water melon eating contests) and some good talks about their goals. The team discussions at the beach may have been the highlight of a great four days.

The season began with a 3<sup>rd</sup> place finish at the Stampede and the realization that we would face some stiff competition in South Bend from Clay and St. Joe. The dual meet against Northwood and Michigan City showed us that close meets are critical as we beat Northwood by 3 and lost to Michigan City by 1. A loss to Elkhart Central and a spanking of LaSalle were pretty much according to plan but the Clay/Penn meet was a pleasant surprise with a 5 point win over Clay but a 12 point loss to Penn. As the season progressed we could see that we needed a little more help from freshman that were not quite ready to step up to the plate quite yet. As the season came to a close a few key injuries hurt us and our lack of depth was immediately apparent. We finished a disappointing 3<sup>rd</sup> and our 5<sup>th</sup> place finish in the Sectional was a huge let-down. We hoped to rise to the occasion in the Regional when Nick came back but it wasn=t to be ... we finished a distant 9<sup>th</sup> but Brandon Quick qualified for the Semi-State. Brandon was our first Semi-State qualifier in many years but it wasn=t quite the same going without his teammates.

I=d have to say our 8 - 4 record and our 5 - 3 NIC record were a success but I think that everyone on the team felt that we fell short of the mark in relation to our most important goal, the State Series. This disappointment helped us in the long run in that the 1997 seniors had a very clear vision of what they wanted to do the following season. Their primary goal - **make it to the Semi-State** - was the driving force that pushed them throughout the summer and following fall. Their motto for the 1997 season was - **RESULTS** - and it brought about exactly what they hoped it would.

In the summer of 1997 the senior boys - particularly Nick, Travis, and Brandon - demonstrated their commitment to their goal every night of the week at captain=s practice. At our annual senior meeting in July they made it perfectly clear that they were tired of talking about Ait@ and only cared about results. They decided to put this motto (RESULTS) on their Sectional shirt and communicate another theme on the team t-shirt. They wanted to go after everything with everything they had and the motto AFull Throttle@ seemed to convey this best. When the first day of practice finally arrived many on the team were in fairly good shape and itchy to start the season.

The first day of practice eighteen boys ran the time trial with six improved times, four of whom improved by more than a minute. After practice the seniors met in school to choose teams for the beach and you could feel the excitement building. This was a senior class that would make a mark and have fun at the same time. Our days and nights at the

beach built team unity and introduced the team to hard work. But the most important event was the seniors speaking and after Travis, Nick, Brandon and the girls shared their goals for the team I could feel the respect and admiration their younger teammates felt for this group. After this campfire talk everyone (even Nick) was emotional. The following night at the beach the boys talked about their goals for the year and I'm sure the Regionals and Semi-State were a main topic of the long conversation.

The Slicer Invitational demonstrated that this team would be an experienced group when we didn't put anyone in the top ten places in the frosh-soph race and placed four in the top eleven in the junior-senior race. A few days later we were extremely disappointed when we took 4<sup>th</sup> in the Stampede. We had a 33 second 1 - 5 split and a 43 second 1 - 7 split . . . but 4<sup>th</sup> place? The boys went to Barnaby=s upset. I tried to explain to them that the extra thousand meters would have made a big difference since we were coming on at the end of the race. I hadn't realized how important that last K would be, but I defined our strategy all year. We had tremendous resolve and heart; we would come from behind all year. It meant near heart attacks for the coach but I learned to live with it since it seemed to work. The order of finish was Clay, St. Joe, New Prairie, and John Adams which, in retrospect, was very interesting. We would defeat both Clay and St. Joe in the City Meet and state series and New Prairie finished 8<sup>th</sup> in the state.

Our first dual meet at Erskine was exciting. We were upset about our finish at the Stampede but the poor showing seemed to inspire the team. They were ready for Marian, Northwood, LaVille, and Michigan City and we ran like it. We won all four races handily in good times. Everyone had a PR. The following Tuesday we faced a nemesis we had never beaten - Elkhart Central was coming to Erskine. I told the boys this was the first time in ten years that we had a real chance to beat Central and they seemed to be ready. We got off to a slow start and with a mile to go it looked like Central would win easily but as would happen all year, the last 1000 meters would be decisive. On the hill everyone seemed to find someone in blue to beat and we finished the race with a blazer of glory, beating the Blue Blazers 18 - 41. It was the first time since I had been coach we had beaten them. It was also the first dual meet loss Elkhart had suffered in more than ten years.

On Saturday we ventured down to Rensselaer but didn't run very well. A problem concerning band practice led to the suspension of two junior boys and that seemed to cause a distraction for many on the boys team. It was disappointing but Rensselaer was no big deal considering that Penn and Clay were the following Tuesday at Elm Road. I knew this was anyone=s race - we could finish first or last - and everyone on the team knew it. There was even a TV film crew there and everyone seemed ready to run. I was surprised to see the Penn boys go out so fast and expected Clay to battle with them early. We had talked about this happening and I waited for Penn and Clay to come back to us. We came charging back in the last mile to easily catch Clay, but Penn never seemed to fall off. It was something no one could have anticipated; Penn=s freshman class was loaded and they never seemed to tire all year.

The loss to Penn was disappointing, particularly because they beat us so handily, but on Saturday we came back to run well at New Prairie with four runners under 18 and one at 18:03. The following Tuesday we cruised by Washington and Riley despite total chaos at Rum Village. At Culver we found a new weapon that surprised everyone. At New Prairie Billy had decided to go out like a mad-man which caught up with him about the 4K mark. But at Culver he seemed to have mastered this strategy and Billy became the first JABCC runner to break 17 in a long time, running a 16:52 for 21<sup>st</sup> place. Billy=s emergence as a front runner gave us some depth and something to talk about. The following Tuesday became very important in that a twin win over Mishawaka and Elkhart Memorial would guarantee a second place finish in the conference. Most people I talked to during the week didn't think we could pull it off since Mishawaka looked a lot stronger on paper. We felt different, especially with our new weapon. It began as a misty rain at Charger Field but the guys were really focused. Other people may have thought we were the underdogs but we knew that if Billy could run with the front pack, our come from behind strategy would pull us through. Billy, Hendricks, and Foust battled each other from the gun and when the teams came out of the woods with a mile to go Nick and Brandon began their charge. Nathan, Blair, and Matt also made a move and, in a pouring rain, we came from behind to beat the Caveman 26 - 32. It was one of the more satisfying dual meet wins I have had, maybe even better than Elkhart Central at the beginning of the year, because it meant a runner-up spot in the conference. We were drenched but pleased to be moving on to the important weeks of the season.

Manchester used to be an important occasion for our cross country team. Everyone would think about setting PRs and many people probably saw it as the beginning of the end of the season. This year was much different. We had our sights set on more distant goals - team goals - and when Travis talked to me about not running Manchester because of fatigue and the need to be ready for Sectionals, I was glad to sit him down. On a very warm day at Manchester Billy once again ran very well with a 16:46. But the varsity team ran only five boys and we finished a distant 19<sup>th</sup>. As the day went on it got hotter (82 degrees by noon) and only three boys set PRs. This was a race that didn't matter. The focus was on October and the state meet series.

The following week was the City Meet. Our focus all year had been on the state meet series but everyone was keyed up for this meet. We could have said the only reason it was important was that it was good preparation for Sectionals but in actuality we really did want to win. We had beaten Clay all season but last year they came back to beat us in City and went on to win Sectionals. There was also St. Joe, who we had not run since the Stampede, and St. Joe always brings

out the fire in our boys= team. We could have said it didn=t matter - but it did - we wanted to win ! On paper it looked close but it wasn=t. Billy, Ruppert, and Dahms went to the lead early but the first-black-man-to-win-City-in-the-90's@ wore them down and eventually our come-from-behind strategy wore everyone else down: Adams 29, Clay 45, St. Joe 57.

The next day was a celebration at Playland with the JACC teams going for a complete sweep. Billy and the boys and Katie and the girls had set the stage for an 8-way sweep and after Sheila and the JV girls won, the stage was set for the boys. The JV boys made it a 4-team sweep but Justin couldn=t hang on as a kid from Clay pulled away in the last K. None-the-less it was a great day. On to the Sectional.

Each year during the week of Sectionals the NIC coaches get together to decide on the All-NIC teams for the year. This year three Adams runners were named all-conference. Nick was chosen first team, Brandon was chosen second team, and Billy was chosen third team. In a real surprise, I was chosen coach of the year for the boys. I was honored and felt it was a real testament to how great this group had run all year. In three of the four dual meets we were an underdog but this group always rose to the occasion.

Another characteristic of this boys team was that they were always somewhat skeptical, even pessimistic. Each week they would give it their all but they never took anything for granted. It wasn=t that they lacked confidence, but rather that they seemed to like to be in the underdog role . . . just in case they didn=t do too well. This was quite different from their optimistic coach who always sees the glass half-full so when I told them I thought we could win the Sectional they thought I was crazy. (Nick probably still thinks I am crazy.) Going into the Sectionals I felt we could certainly beat anyone other than Penn, and I was still hopeful that Penn=s youth would catchup with them. On a cool breezy October day at Erskine four guys ran fine but we were missing a 5<sup>th</sup>. It didn=t cost us the championship - Penn was just too strong - but it did cost us runner-up. Mishawaka beat us by two points and we finished a respectable 3<sup>rd</sup>. It was a disappointment but nothing tragic; the big race was next week and I was confident that we would arrive at Culver ready to run.

The next Saturday at Culver it was cool, windy, and the ground was very soft from a week of rain. The guys were focused and quiet with no screwing around. We were here to compete for the goal the seniors had wanted for four years; this was serious business. Brandon and Billy did an outstanding job; Nick and Travis ran well; and Matt came through with a PR when we needed him most. After more than ten years of waiting we finally qualified for the Semi-State and the reaction of the boys team was like they had won the state meet. A team that typically showed very little emotion was jumping up-and-down hugging each other and cheering. At the lake afterwards they even helped the girls shave off my beard. The whole team was proud of their accomplishments and happy for their success. No team, I feel, has ever worked harder to reach a goal than the 1997 JABCC team.

Cross Country is a gusty sport that requires that runners push themselves to the limits if they expect to succeed. If you don=t care enough to make a huge sacrifice you won=t do very well in a cross country race. I=ve watched many teams collapse after a big win when they no longer had any goals to strive for . . . and the 1997 JABCC Semi-State race was a prime example. We had achieved our goal and we were at New Prairie the following week because we had earned it, not because we had a goal to achieve. We finished 19<sup>th</sup> of 20 teams with almost everyone running their worst race of the season. We were emotionally spent.

After such a great season we knew 1997 would be a tough act to follow. We had lost a senior class that ran well and lead well but they had also left us a tradition to follow and we hoped to live up to their high expectations. The class of >97 had taken us to the Semi-State and we hoped to continue that tradition. The first day of practice showed us that we had some depth as we had 13 runners under 29 minutes compared to only 8 the previous year and even had more runners under 27 than >97. At the alumni race we had a 1:02 split for 1 - 5 and a 1:18 split for 1 - 7 so it seemed our depth would be our strength. At the Stampede our spirits were lifted when our frosh-soph team won by a point over Clay and our junior-senior team finished a respectable 3<sup>rd</sup> behind New Prairie and Clay and would have done significantly better had Billy not coasted through the final thousand ending up passing out at the finish. Luckily, Billy=s dad was there to doctor him and he only missed the next meet. We were worried but he survived.

The annual tune-up against Marian, Michigan City, Northwood, and LaVille was a romp with seven boys under 19 and 12 under 20. But our first conference meet was an eye opener as Central beat us by 18 and then the following week we got beat badly by both Clay and Penn. We knew we would be up against tough competition in the conference but losing three of the first four by a significant margin took the wind out of our sails. The following week we ran Washington and Riley at Erskine and it was just what we needed to lift us up for our final conference showdown. Against Washington we put a dozen runners in front of their first runner and against Riley we had twelve in front of their number two runner. Our times were also good as we had eleven runners under 18:39. This seemed to lift our spirits as we left Erskine on Wednesday after the meet on a chilly evening but by Saturday it had gotten hot - real hot - and by the time the boys ran at Culver we seemed to be flat.

At Culver we ran terrible in unseasonably hot weather. By the time the JV boys ran it was almost 90 degrees and almost everyone ran terrible. No one broke 19 and in the JV boys race no one broke 20 with a number of casualties. It was

probably the low point of the season. On Tuesday we were to run Mishawaka and Elkhart Memorial and our conference season was on the line. Mishawaka was very tough and Elkhart Memorial was an improving team. I was worried the poor showing at Culver might discourage the team but a little help from the Memorial coach brought out the best in us. Half way through the race Mishawaka and Memorial had at least three people in front of Matt and Billy and five in front of our third. Then at the top of the hill the Memorial coach yelled at one of his runner as Nathan Hall and Eric Baierl passed his runner and coined a phrase that our team will always remember, "We're losing to Adams!!" That phrase motivated half our team as Eric, Nathan, Andrew, Kevin, and Brandon all passed a Memorial and Mishawaka runner to pull out a win over Memorial and close the gap with Mishawaka.

On the weekend we had fun going to our first Pat Savage Invitational. It gave us some new faces to run against and even some new distances to run. Running only 3 miles most of the boys got APRs and gave some of the younger runners a chance to run up front. Brian Shumaker finished 3<sup>rd</sup> in the sophomore boys race and Eric Baierl finished 2<sup>nd</sup> in the frosh race with Wayne 13<sup>th</sup>. At the Varsity City Meet we ran well finishing second behind an improving Clay team with all seven runner under 18:30. The next day at the JV City Meet we ran away with it skunking the field as Justin, Brandon, Brian, Chris, and Wayne went 1 - 5. It was a very positive day with perfect 60 degree weather. It was fun.

The next week we knew the competition would get tougher when Penn and Mishawaka came to Erskine. The competition was tough as Penn won with 23 points followed by Clay with 61, Mishawaka with 84, and Adams with 105. We had a 15 second 1 - 5 split (18:01, 18:04, 18:13, 18:14, 18:15) and a 39 second 1 - 7 split. If we could run that well for one more week we would be able to qualify for semi-state . . . our most important goal from the beginning of the season.

The next Saturday we awoke to a beautiful sunny crisp day all ready for a good race. We knew the Logansport Sectional was not particularly strong with only one team (Triton) having any kids who could beat us. But Triton also had a lot of pressure on them to go to Semi-State and I told the team I thought they would blow-up - they did. As the race went on it was clear that although we didn't have anyone up front it was looking good for our chance to make it to the Semi-State. Billy, Matt, and Eric all broke 18 with Kevin close behind at 18:03 and Andrew running 5<sup>th</sup> at 18:21. It was good enough for fifth place and another trip to the New Prairie Semi-State. The season had been up and down but ended on a good note. Even though we finished 19<sup>th</sup> of 20 teams we went to New Prairie to do our best and came out with our heads up. Billy (17:31), Matt (18:07), and Andrew (18:07) all ran well.

A year after the graduation of a senior class with very strong leadership we had found a number of boys who stood up and took a leadership role to help their team continue an important tradition . . . making it to the semi-state. Billy, Matt, and Nathan had not assumed strong leadership prior to their senior year but this year they got the job done. I hope that they have shown the underclass boys on the team that leaders are not born but rather are made in their workouts and they attitude toward hard work and success. This was a team that had as their motto "doing what you think we can't achieve" and they fulfilled their motto. That should be the goal of every team.

At the end of the 1998 season we talked about the unusual challenge of getting the 1999 senior class to agree on anything. As we looked to the 1999 season the seniors would be the largest senior class in JACC history if everyone returned . . . but everyone didn't. At the end of 1998 there were nine (9) senior boys, five of which had lettered. On the first day of practice only five of them were still on the team, and by the end of the season only two were a real part of the team. In 1997 the John Adams Cross Country Team, and especially the boys team, had the best leadership in the fifteen years I had been the coach but two years later the leadership had dropped off dramatically. During a season without conflict we could have succeeded but in 1999 we experienced all types of storms with no one to rally the team in the face of hurricane winds and torrential rains. I have always felt that leadership was critical to building a strong team - - - after 1999 I was absolutely positive of this.

The results of the first day time trial for the boys team was about average with seventeen boys running and four boys under 27 minutes - three of which were sophomores. Andrew Wieber's 24:06 was within 30 seconds of a 1987 record and Eric Baierl's 24:36 broke a 1988 record. But our depth was lacking as the #5 runner was almost two minutes behind and the #7 and #8 runners were both freshman who were more than 5 minutes behind Andrew. A week later Andrew and Nick Emmons battled it out with the win going to the alumni as both Nick and Andrew broke the Alumni Race records by significant amount but if we had only scored 4 the alumni team would have tied our varsity boys. We looked forward to a "real race" and the Stampede gave us a chance to see how we stood against the locals.

In the Junior-Senior Stampede Race we did very well finishing third with Logansport beating us out for 2<sup>nd</sup> on the tie breaker. In the Frosh-Soph Race things looked even better as we won it all easily outdistancing all the South Bend schools with every boy setting a PR. Our youngsters looked very solid. At the Slicer Invitation we didn't look nearly as strong but the weather was VERY threatening. No one had a PR of any significance with the freshman and sophomores running in a very heavy rain. By the time the juniors and seniors ran they were thinking of calling off the race because of lightning and thunder. We were glad to get to Wendy's to warm-up and dry off. The next Saturday at the Hokum Karem the boys ran well with four of the five team records falling on a very hot and humid day. On to the dual meet season.

The following Tuesday we had our annual dual meet with Michigan City, Marian, Northwood, and LaVille. On a warm humid day we ran well enough to win but a mistake cost us the win over Northwood. The coach of Marian told me that he saw one of my runners miss a flag so I DQ=ed him and it cost us the win. When we met on the porch back at Adams I tried to explain to the team the importance of integrity. Even if other runners also cut the course it was our home meet, we knew the course, and the coach reported that OUR runner had cut the course not Northwood=s runners. To maintain our integrity and reputation we will follow the rules and pay the price if necessary. I had no idea that later in the year I would have to lecture on this lesson again and again and again. It is a hard lesson to learn.

The next week we ran LaSalle and Elkhart Central at LaSalle and I anticipated chaos. I was right on target. When we arrived at Bendix Wood WE had to set up the course with OUR flags. We lost by a significant margin to Central and skunked LaSalle but our 1 - 5 split was 1:30 and Andrew ran a good race with a number of the young kids doing well. I felt pretty good about our performance and very relieved to escape Bendix with no injuries. At Rensselaer our lack of depth in the older age groups hurt us but our freshman ran fairly well finishing 4<sup>th</sup> of 7 teams. The following Tuesday we hosted the #6 ranked Penn boys and Clay at Erskine.

We knew Penn would be good but we didn=t expect them to be this good. They went 1 thru 6 and put 11 in front of our #3 runner. It wasn=t that we ran poorly (we beat Clay by 17 points) it was just that Penn was that good. Andrew ran a 17:28 and gave it a great effort (Penn had 5 guys under 16:57) and Kevin ran a 17:46 but we still got spanked. Penn would be a runaway in the conference and seemed like a state contender. The next week at New Prairie they showed how strong they were but we couldn=t field a complete varsity team. In the varsity race we have only four runners and no one ran particularly well. In the frosh-soph race we did much better finishing 8<sup>th</sup> of 24 teams and four guys under 20 with Wayne as our 5<sup>th</sup> at 20:02. Michael Beal took off 20 second and Dan K. dropped 26 seconds.

We were excited about running Riley even though the race was at 4-H. We knew that to have a winning record we needed to have a win and Riley seemed beatable even though we knew they had a very good 1-2. It turned out they were beatable but we weren=t up to the task on the day. Brian, Kevin, and Eric ran right together with two runners from Riley and one from Washington but they fell back in the last mile - we lost to Riley 24 - 33 and got by Washington 20 - 41. On Saturday our varsity team finished 20<sup>th</sup> of 21 teams at Culver as I first heard about the bad news which was to haunt us the rest of the season. There had been a party at a team members house the weekend of Rensselaer and this was the week the news first came out. One of the sophomore boys had turned himself into Mr. Kowalski and it started one of the most trying times in all my years of coaching.

The next two weeks were an ethical and emotional challenge for the whole team. In the end eight runners on the team turned themselves into the athletic director for breaking the athletic code of conduct and were ineligible for the rest of the year. The incident had an enormous impact on the team in many ways. It was an almost daily distraction that resulted in misunderstandings and rumors. As @the plot thickened@ people from outside the team became involved in ways that threatened the team. And we had many @chats-about-life@ about the importance of integrity. Losing eight runners also had a impact on the team as many of them were varsity runners. But most of all I think the greatest burden was felt by the individuals who were put in the moral dilemma of having to decide if it was more important to @stay out of trouble@ and not reveal what they had done, or have the integrity to own-up to their mistakes and turn themselves in to Mr Kowalski. I think most of those involved made the right decision despite the fact that by implicating themselves they were going to suffer serious consequences: they were revealing their mistake to a sometimes unforgiving outside world; they were taking away an athletic award they had worked so hard to earn; they were eliminating their right to be a captain on the team; and admitting they had let down their team, coach and parents.

In all my years of coaching I have never gone through such a difficult period with a team. It was emotionally draining for all of us but as often happens with traumatic events it also taught us lessons and brought us together. Some people may find this hard to believe but I have had very few incidents that have made me more proud of a group of teenagers and young adults. Certainly they made some bad decisions on that night after Rensselaer but they showed class in owning up to their mistakes. It would have been easy to say @I didn=t do it.@ but they realized the importance of integrity and we all grew-up in those weeks. I will never forget the discussions I had with the individuals who turned themselves in to the AD. They may have made a poor decision that night but they gained a lot in the end: It isn=t difficult to know what you ought to do - the real challenge is to actually do it.

The team will probably always remember the 1999 season for @the party@ and the suspensions that went with it. I hope the team will also remember the @chats-about-life@ that began with the rumors . . . I know I will. Our discussions made me reflect on my role as a high school coach and led to a new chapter in this book. I decided at the end of the 1999 season to become more actively involved in working with the team on issues other than just running and sport psychology and encouraging academics. In 2000 I added a new chapter called Chats About Life: JACC Principles and Virtues to the Bible. I hope over the years the team can benefit from our chats and the chapter.

Going into the City Meet we were a ghost of a team. Four of our top five varsity boys were ineligible and we had to rely

on our youth to give it their best efforts with three freshman, two sophomores, a junior, and a senior. They all ran their very best but courage wasn't a good substitute for experience and physical maturation. We finished 4<sup>th</sup> losing to teams we had beaten all year. Riley won easily but a look at the times made it clear we could have given them a run for the trophy if we hadn't made the bad decisions on that night after Renssellaer. As we entered the week of sectionals I thought back to the last time we didn't qualify for regionals when the team lost it's emotional investment and folded up the tents at the City Meet and the Sectional. In >99 the circumstances were much different as the kids who ran gave it their very best but the results left the same hollow feeling. The John Adams Cross Country Team always expects to make it to the regionals . . . that is a given. Our goals are always to qualify for Semi-State and the State Finals but in 1999 we saw what can happen when young athletes don't think about the consequences of their behaviors and allow a short term experiment interfere with long term goals and commitments.

I suspect that some people outside the team have looked at what happened to our team in >99 and think there were a bunch of bad kids on the team that got what they deserved. I disagree. I see 1999 as a year when some foolish kids got caught up in what they thought would be a fun night and didn't think about the commitment they had made to their teammates, their coach, and their school. I also view the season as an example of why very strong leadership is so critical to a team of teenagers. They all knew they were breaking the rules and given a reason to reflect on their decisions they would probably have decided not to get involved. But when you are 15 or 16 or 17 it is easy to just say yes to what sounds like an exciting adventure . . . unless there is someone there you respect to remind you that you have made a commitment to a higher goal than having a good time on Saturday night. I hope next time such an opportunity presents itself to our team there will be leaders there who point out the commitment each and every member of the team has made to their teammates, their coach, and their school. Knowing what is right and wrong is not difficult - - - what is difficult is actually doing the right thing.

2001

2002-

# JOHN ADAMS BOYS' CROSS COUNTRY

## HONOR ROLL HISTORY

### 2000

Most Valuable Runner	Kevin Perri	<b>Team Record: 6 Wins 4 Losses</b>
<b>Sportsmanship</b>	Craig Kwiatkowski	<b>NIC Record: 4 Wins 3 Losses</b>
<b>Most Improved</b>	Adam Isaacson	<b>Semi State</b> - Did not qualify
<b>Kiwanis</b>		<b>Regionals</b> - 8 <sup>th</sup> of 10 teams
<b>Most Valuable Underclass</b>		<b>Sectionals</b> - 5 <sup>th</sup> of 10
<b>Team Spirit</b>		<b>City Meet Varsity</b> - 2 <sup>nd</sup> of 6 Teams
<b>Positive Mental Attitude</b>		<b>City Meet JV</b> - 1 <sup>st</sup> of 5
<b>Captain</b>	Craig Kwiatkowski	<b>Culver Varsity</b> - 16 <sup>th</sup> of 18 Frosh/Soph - 8 <sup>th</sup> of 21
		<b>New Prairie Varsity</b> - 16 <sup>th</sup> of 18
		<b>New Prairie Frosh/Soph</b> - 9 <sup>th</sup> of 21 teams
		<b>Stampede 11-12</b> - 3 <sup>rd</sup> of 6 9 - 10 - 1 <sup>st</sup> of 6

### 1999

Most Valuable Runner	Andrew Wieber	<b>Team Record: 6 Wins 6 Losses</b>
<b>Sportsmanship</b>	Chuck MacMillan	<b>NIC Record: 3 Wins 5 Losses</b>
<b>Most Improved</b>	Andrew Wieber	<b>Semi State</b> - Did not qualify
<b>Kiwanis</b>	Andrew Wieber	<b>Regionals</b> - Did not qualify
<b>Most Valuable Underclass</b>	Dan Kovatch	<b>Sectionals</b> - 6 <sup>th</sup> of 10
<b>Team Spirit</b>	Chuck MacMillan	<b>City Meet Varsity</b> - 4 <sup>th</sup> of 6 Teams
<b>Positive Mental Attitude</b>	Isaac Janson	<b>City Meet JV</b> - 3 <sup>rd</sup> of 5
<b>Captain</b>	Andrew Wieber	<b>Niles Varsity</b> - 31 <sup>st</sup> of 33
		<b>Niles Soph</b> - 17 <sup>th</sup> of 30 Frosh - Incomplete team
		<b>Culver Varsity</b> - 20 <sup>th</sup> of 21 Frosh/Soph - 13 <sup>th</sup> of 21
		<b>New Prairie Varsity</b> - Incomplete team
		<b>New Prairie Frosh/Soph</b> - 13 <sup>th</sup> of 21 teams
		<b>Stampede 11-12</b> - 3 <sup>rd</sup> of 8 9 - 10 - 1 <sup>st</sup> of 6

### 1998

Most Valuable Runner	Matt Latowski	<b>Team Record: 8 Wins 4 Losses</b>
<b>Sportsmanship</b>	Justin Patton	<b>NIC Record: 4 Wins 4 Losses</b>
<b>Most Improved</b>	Chris Richert	<b>Semi State</b> - 19 <sup>th</sup> of 20
<b>Kiwanis</b>	Nathan Hall	<b>Regionals</b> - 5 <sup>th</sup> of 10
<b>Most Valuable Underclass</b>	Andrew Wieber	<b>Sectionals</b> - 4 <sup>th</sup> of 10
<b>Team Spirit</b>	Nathan Hall	<b>City Meet Varsity</b> - 2 <sup>nd</sup> of 6 Teams
<b>Positive Mental Attitude</b>	Matt Latowski	<b>City Meet JV</b> - 1 <sup>st</sup> of 5
<b>Captain</b>	Nathan Hall	<b>Niles Varsity</b> - 11 <sup>th</sup> of 30
	Billy Houston	<b>Niles Soph</b> - 10 <sup>th</sup> of 31 Frosh - 8 <sup>th</sup> of 30
	Matt Latowski	<b>Culver Varsity</b> - 16 <sup>th</sup> of 18 Frosh/Soph - 9 <sup>th</sup> of 21
		<b>New Prairie Varsity</b> - 15 <sup>th</sup> of 20 Frosh/Soph - 6 <sup>th</sup> of 24
		<b>Stampede 11-12</b> - 3 <sup>rd</sup> of 5 9 - 10 - 1 <sup>st</sup> of 6

### 1997

Most Valuable Runner	Nick Emmons, Brandon Quick, Billy Houston	<b>Team Record: 11 Wins 1 Losses</b>
<b>Sportsmanship</b>	Travis Krueger	<b>NIC Record: 7 Wins 1 Losses</b>
<b>Most Improved</b>	Billy Houston	<b>Semi State</b> - 19 <sup>th</sup> of 20
<b>Kiwanis</b>	Travis Krueger	<b>Regionals</b> - 5 <sup>th</sup> of 10
<b>Most Valuable Underclass</b>	Andrew Wieber	<b>Sectionals</b> - 3 <sup>rd</sup> of 10
<b>Team Spirit</b>	Travis Krueger	<b>City Meet Varsity</b> - 1 <sup>st</sup> of 6 Teams
<b>Positive Mental Attitude</b>	Travis Krueger	<b>City Meet JV</b> - 1 <sup>st</sup> of 5
<b>Captain</b>	Nick Emmons	<b>Manchester Varsity</b> - 19 <sup>th</sup> of 28
	Travis Krueger	<b>Manchester Frosh/Soph</b> - 16 <sup>th</sup> /24
	Brandon Quick	<b>Culver Varsity</b> - 10 <sup>th</sup> of 20 Frosh/Soph - 14 <sup>th</sup> of 24
		<b>New Prairie Varsity</b> - 10 <sup>th</sup> of 22
		<b>New Prairie Frosh/Soph</b> - 13 <sup>th</sup> /24
		<b>Stampede</b> - 4 <sup>th</sup> of 7

## 1996

Most Valuable Runner	Blair Scott	Team Record: 8 Wins 4 Losses
Sportsmanship	Travis Krueger	NIC Record: 5 Wins 3 Losses
Most Improved	Matt Latowski	Semi State - Did not qualify
Kiwanis	Chuck Webster	Regionals - 9 <sup>th</sup> of 10
Most Valuable Underclass	Blair Scott	Sectionals - 5 <sup>th</sup> of 10
Team Spirit	Travis Krueger	City Meet Varsity - 3 <sup>rd</sup> of 6 Teams
Positive Mental Attitude	Travis Krueger	City Meet JV - 2 <sup>nd</sup> of 5
		Manchester Varsity - 21 <sup>st</sup> of 25
Captains	Travis Krueger	Manchester Frosh/Soph - 12th/24
	Nick Emmons	Culver Varsity - 21 <sup>st</sup> of 22 Frosh/Soph - 7 <sup>th</sup> of 24
		New Prairie Varsity - 16 <sup>th</sup> of 19
		New Prairie Frosh/Soph - 4 <sup>th</sup> /26
		Stampede - 3 <sup>rd</sup> of 7

## 1995

Most Valuable Runner	Nathan Meadimber	Team Record: 7 Wins 5 Losses
Sportsmanship	Jeff Shaver	NIC Record: 4 Wins 4 Losses
	Travis Krueger	Semi State - Did not qualify
Most Improved	Brandon Quick	Regionals - 8th of 10
Kiwanis	JP Connelly	Sectionals - 4th of 10
Most Valuable Underclass	Nick Emmons	City Meet Varsity - 1st of 6
	Blair Scott	City Meet JV - 1st of 4
Team Spirit	Jeff Shaver	Manchester Varsity - 18th of 24
	Travis Krueger	Manchester Frosh/Soph - 18th/ 24
Positive Mental Attitude	Jeff Shaver	Culver Varsity - 19th of 20 Frosh/Soph - 4th of 17
	Nathan Meadimber	New Prairie Varsity - 16th of 17
Captains	Casey Binder	New Prairie Frosh/Soph - 6th/22
	Nathan Meadimber	Stampede - 3rd of 6
	Jeff Shaver	

## 1994

Most Valuable Runner	Ramsey Chambers	Team Record: 7 Wins 5 Losses
Sportsmanship	Travis Krueger	NIC Record: 5 Wins 4 Losses
Most Improved	Casey Binder	Semi State - Did not qualify
Kiwanis	Ramsey Chambers	Regionals - 9th of 10
Most Valuable Underclass	Jeff Shaver	Sectionals - 5th of 10
Team Spirit	Travis Krueger	City Meet Varsity - 2nd of 6 JV - 2nd of 4
Positive Mental Attitude	Jeff Shaver	Manchester Varsity - 24th of 25
Captains	Eric Donoho	Manchester Frosh/Soph - 18th/ 22
Positive Mental Attitude	Nathan Meadimber	Culver Varsity - 18th of 23 Frosh/Soph - 19th of 19
		New Prairie Varsity - 13th of 13 Frosh/Soph - 14th/20
		Stampede - 3rd of 10

## 1993

Most Valuable Runner	TJ Sult	Team Record: 8 Wins 4 Losses
Sportsmanship	Scott Sobecki	NIC Record: 6 Wins 3 Losses
Most Improved	Josh Ell	Semi State - Did not qualify
	Casey Binder	Regionals - Did not qualify
	Nathan Meadimber	Sectionals - 7th of 11
Kiwanis	Scott Sobecki	City Meet Varsity - 4th of 6
Most Valuable Underclass	TJ Sult	City Meet JV - 2nd of 4
Team Spirit	Scott Sobecki	Manchester Varsity - 22nd of 22
Positive Mental Attitude	Scott Sobecki	Manchester Frosh/Soph - 6th of 19
Captains	Chris Lichtenfels	Culver Varsity - incomplete team
	Scott Sobecki	Culver Frosh/Soph - 4th of 20
		New Prairie Varsity - incomplete
		New Prairie Frosh/Soph - 4th of 23
		Stampede - 3rd of 8

## 1992

**Most Valuable Runner** David Lamborn  
**Sportsmanship** David Lamborn  
**Most Improved** Ramsey Chambers  
**Kiwanis** Stas' Nowak  
**Most Valuable Underclass** Ramsey Chambers  
**Team Spirit** Scott Majewski  
**Positive Mental Attitude** David Lamborn  
 Paul Heller  
**Captains** David Lamborn  
 Scott Majewski  
 Stas' Nowak

**Team Record: 6 Wins 4 Losses**  
**NIC Record: 5 Wins 4 Losses**  
**Semi-State** - Did not qualify  
**Regionals** - Incomplete team (DQs)  
**Sectionals** - 3rd of 11  
**City Meet Varsity** - 1st of 5 **JV** - 1st of 3  
**Manchester Varsity** - 18th of 24  
**Manchester Frosh/Soph** - 7th of 23  
**Culver Varsity** - 14th of 18 **Frosh/Soph** - 7th of 19  
 New Prairie Varsity - 10th of 18  
**New Prairie Frosh/Soph** - 6th of 23  
**Stampede** - 2nd of 9

## 1991

**Most Valuable Runner** David Lamborn  
**Sportsmanship** Eric Frankiewicz  
**Most Improved** Stas' Nowak  
**Kiwanis** Eric Frankiewicz  
**Most Valuable Underclass** Chris Lichtenfels  
**Team Spirit** Eric Frankiewicz  
**Positive Mental Attitude** David Lamborn  
**Captains** Eric Frankiewicz  
 David Lamborn

**Team Record: 8 Wins 6 Losses**  
**NIC Record: 4 Wins 5 Loss**  
**Semi-State** - Did not qualify  
**Regionals** - Did not qualify  
**Sectionals** - 6th of 11  
**City Varsity** - 1st of 5  
**City JV** - 4th of 5  
**Manchester Varsity** - 16th of 22  
**Manchester Frosh/Soph** - 19/22  
**Culver Varsity** - 16th of 17 **Frosh/Soph** - 12th of 18  
**New Prairie Varsity** - 12th of 20 **Frosh/Soph** - 19/ 26  
**Stampede** - 3rd of 8

## 1990

**Most Valuable Runner** Gabe Golba  
**Sportsmanship** Sam Bella  
**Most Improved** Eric Frankiewicz  
 Nick Helmkamp  
**Kiwanis** Sam Bella  
**Captain** Gabe Golba

**Team Record: 5 Wins 6 Losses**  
**NIC Record: 4 Wins 5 Loss**  
**Semi-State** - Did not qualify  
**Regionals** - Did not qualify  
**Sectionals** - 7th of 11  
**City Varsity** - 3rd of 6 **JV** - 4th of 4  
**Manchester Varsity** - incomplete  
**Manchester Frosh/Soph** - 10/20  
**Culver Varsity** - incomplete team  
**Culver Frosh/Soph** - 10th of 13  
**New Prairie Varsity** - 14th of 16  
**New Prairie Frosh/Soph** - 4th of 22  
**Stampede** - 2nd of 8

## 1989

**Most Valuable Runner** Gabe Golba  
**Sportsmanship** Paul Laherty  
**Most Improved** Scott Conroy  
**Kiwanis** Paul Laherty  
**Most Valuable Underclass** Scott Majewski  
**Team Spirit** Paul Laherty  
**Positive Mental Attitude** Paul Laherty  
**Captain** Paul Laherty

**Team Record: 3 Wins 8 Losses**  
**NIC Record: 2 Wins 7 Loss**  
**Semi-State** - Did not qualify  
**Regionals** - Did not qualify  
**Sectionals** - 8th of 9  
**City Varsity** - 5th of 6 **JV** - 3rd of 4  
**Manchester Varsity** - incomplete  
**Manchester Frosh/Soph** - 20/22  
**Culver Varsity** - 11th of 11 **Frosh/Soph** - 9th of 12  
**New Prairie Varsity** - 17th of 20  
**New Prairie Frosh/Soph** - 9th of 36  
**Stampede** - 3rd of 7

## 1988

**Most Valuable Runner** Dale Jacquay

**Team Record: 3 Wins 8 Losses**

**Sportsmanship** Kerwin Watson  
**Kiwanis** Kerwin Watson  
**Most Valuable Underclass** Dale Jacquay  
**Team Spirit** Zack Clark  
**Positive Mental Attitude** Kerwin Watson  
**Captain** Paul Laherty  
Dale Jacquay

**NIC Record: 2 Wins 7 Losses**

**Semi-State** - Did not qualify  
**Regionals** - Did not qualify  
**Sectionals** - 6th of 9  
**City Varsity** - 3rd of 6 **JV** - 3rd of 4  
**Manchester Varsity** - 16th of 23  
**Manchester Frosh/Soph** - 9/15  
**Culver Varsity** - 8th of 11 **Frosh/Soph** - 2nd of 10  
**New Prairie Varsity** - 15th of 37  
**New Prairie Frosh/Soph** - 12/37  
**Stampede** - 5th of 7

## 1987

**Most Valuable Runner** Dale Jacquay  
**Sportsmanship** Lance Harris  
**Kiwanis** Lance Harris  
**Captain** Lance Harris

**Team Record: 4 Wins 7 Losses**  
**NIC Record: 2 Wins 7 Losses**

**Semi-State** - Did not qualify  
**Regionals** - 9th of 10  
**Sectionals** - 5th of 9  
**City Varsity** - 3rd of 7 **JV** - 2nd of 4  
**Manchester Varsity** - 16th of 23 **Frosh/Soph** - 9/15  
**Culver Varsity** - 8th of 11 **Frosh/Soph** - 2nd of 10  
**New Prairie Varsity** - 15th of 37 **Frosh/Soph** - 12/37  
**Stampede** - 5th of 7

## 1986

**Most Valuable Runner** Tommy Taylor  
**Sportsmanship** Lance Harris  
**Kiwanis**  
**Captains** Tommy Taylor  
Adam Bauer

**Team Record: 4 Wins 7 Losses**  
**NIC Record: 3 Wins 6 Losses**

**Semi-State** - 14th of 16  
**Regionals** - 4th of 10  
**Sectionals** - 5th of 9  
**City Varsity** - 3rd of 6 **JV** - 2nd of 5  
**Manchester Varsity** - Did not run  
**Culver Varsity** - 4th of 7 **Frosh/Soph** - 3rd of 4  
**New Prairie Varsity** - 15th of 18  
**New Prairie Frosh/Soph** - 8th of 29  
**Stampede** - 1st of 7

## 1985

**Most Valuable Runner** Jason Yazel  
**Kiwanis** Jason Yazel  
**Captains** Jason Yazel  
Neil Lanuiere

**Team Record: 5 Wins 7 Losses**  
**NIC Record: 2 Wins 7 Losses**

**State Meet** - Jason Yazel was 34  
**Semi-State** - Jason Yazel was 8<sup>th</sup>  
**Regionals** - Jason Yazel finished 7  
**Sectionals** - 7th of 9  
**City Varsity** - 3rd of 6 **JV** - 2nd of 4  
**Manchester Varsity** - 17th of 20 **Frosh/Soph** - 4/16  
**Culver Varsity** - 6th of 9 **Frosh/Soph** - 2nd of 2  
**New Prairie Varsity** - 12th of 16 **Frosh** - 10th of 10  
**Stampede** - 4th of 8

**Jason Yazel finished 34th in State Meet**

**1985 - 1998 Coach Randy Isaacson 99 - 76 (NIC 62 - 68) - 16 Years**

## 1984

**Most Valuable Runner** Jason Yazel  
**Kiwanis** Brad Cleveland

**Team Record: 4 Wins 5 Losses**  
**NIC Record: 4 Wins 5 Losses**

## Captains

Carl Stopper  
Jason Yazel

**Semi-State** - Did not qualify  
**Regionals** - 5th of 10  
**Sectionals** - 1st of 9  
**City Varsity** - 1st of 6  
**City JV** - 1st of 3  
**Manchester Varsity** - 6th of 18  
**Manchester Frosh/Soph** -  
**Culver Varsity** - 4th of 7  
**Culver Frosh/Soph** -  
**New Prairie Varsity** - 9th of 14  
**Stampede** - 1st of 8

## 1983

**Most Valuable Runner**  
**Kiwanis**  
**Captains**

Jason Yazel  
Kevin Miller  
Kevin Miller  
Kevin Otolski

**Team Record: 7 Wins 2 Losses**  
**NIC Record: 7 Wins 2 Losses**

**Semi-State** - 14th of 16  
**Regionals** - 2nd of 10  
**Sectionals** - 2nd of 9  
**City Varsity** - 1st of 6    **JV** - ?  
**Manchester Varsity** - 3rd of 17  
**New Prairie Varsity** - 5th

## 1982

**Most Valuable Runner**  
**Kiwanis**  
**Captains**

John Vittori  
Doug Hinkel  
John Vittori

**Team Record: 6 Wins 6 Losses**  
**NIC Record: 5 Wins 4 Losses**

**Semi-State** - 9th of 16  
**Regionals** - 3rd of 10  
**Sectionals** - 2nd of 9  
**City Varsity** - 1st of 6

## 1982 - 1984 Coach Tom Lower - Record 17 - 13 (NIC 16 - 11) - 3 Years

## 1981

**Most Valuable Runner**  
**Kiwanis**  
**Captains**

Jeff Sypniewski  
Lenny Randazzo  
Jeff Sypniewski  
Lenny Randazzo

**Team Record: 12 Wins 2 Losses**  
**NIC Record: 8 Wins 1 Loss**

**Conference Co-Champs**

**Semi-State** - 7th of 16  
**Regionals** - 2nd of 10  
**Sectionals** - 3rd of 9  
**City Varsity** - 1st of 6  
**Manchester Varsity** - 9th of 14  
**New Prairie Varsity** - 5th of 17

**Jeff Sypniewski finished 21st in State Meet**

## 1980

**Most Valuable Runner**  
**Kiwanis**  
**Captains**

Rick Vanlue  
Russ Pyles  
Rick Vanlue

**Team Record: 11 Wins 3 Losses**  
**NIC Record: 6 Wins 3 Losses**

**State Meet** - 14th of 16

**Semi-State** - 4th of 16

**Regionals** - 1st of 10

**Sectionals** - 1st of 9

**City Varsity** - 1st of 6    **JV** - 1st of 6

**Manchester Varsity** - 6th of 16    **Frosh/Soph** - 4th of 32

**New Prairie Varsity** - 7th of 16    **Frosh** - 5th of 16

## 1979

**Most Valuable Runner**  
**Kiwanis**  
**Captains**

Jeff Sypniewski  
Russ Pyles  
Doug Smith

**Team Record: 6 Wins 7 Losses**  
**NIC Record: 3 Wins 6 Losses**

**Semi-State** - 11th of 16

**Regionals** - 3rd of 10

**Sectionals** - 2nd of 9  
**City Varsity** - 2nd of 9  
**New Prairie Varsity** - 8th of 16

## 1978

**Most Valuable Runner** Randy Forbes  
**Kiwanis**  
**Captains** Randy Forbes  
Mike Laflin

**Team Record: 9 Wins 6 Losses**  
**NIC Record: 3 Wins 6 Losses**  
**Regionals** - 9th of 16  
**Sectionals** - 3rd of 9  
**City Varsity** - 5th of 9  
**New Prairie Varsity** - 10th of 15

### 1978 - 1981 Coach Doug Snider - Record 38 - 18 (NIC 20 - 16) 4 Years Coaching

## 1977

**Most Valuable Runner** Randy Forbes  
**Kiwanis**  
**Most Improved** Dennis Hartz  
**Captains** Randy Forbes  
Jim Kennedy

**Team Record: 5 Wins 9 Losses**  
**NIC Record: 1 Win 8 Losses**  
**Regionals** - Did not qualify  
**Sectionals** - 8th of 18  
**City Varsity** - 6th of 9  
**City JV** - 4th of 8  
**New Prairie Varsity** -

## 1976

**Most Valuable Runner** Jim Szajko  
**Kiwanis**  
**Most Improved** Jim Kennedy  
**Captains** Tim Deneen

**Team Record: 4 Wins 9 Losses**  
**NIC Record: 1 Win 7 Losses**  
**Regionals** - Did not place  
**Sectionals** - 7th of 18  
**City Varsity** - 5th of 9 **City JV** - ?  
**New Prairie Varsity** - 14th of 17

## 1975

**Most Valuable Runner** Paul Daniels  
**Kiwanis** Gregory Vance  
**Captain** Paul Daniels

**Team Record: 3 Wins 11 Losses**  
**NIC Record: 1 Win 7 Losses**  
**Regionals** - Did not qualify  
**Sectionals** - 12th of 18  
**City Varsity** - 7th of 8 **City JV** -  
**New Prairie Varsity** - 10th of 18

### 1975 - 1977 Coach Dale Wiand - Record 12 - 29 (NIC 3 - 22) - 3 Years

## 1974

**Most Valuable Runner** Paul Daniels  
**Kiwanis** Tim McClure  
**Captains** Tim McClure

**Team Record: 1 Win 13 Losses**  
**NIC Record: 1 Win 5 Losses**  
**Regionals** - Did not qualify  
**Sectionals** - 17th of 18  
**City Varsity** - 5th of 5  
**New Prairie Varsity** - 19th

## 1973

**Most Valuable Runner** Jim Lindzy  
**Kiwanis**  
**Captains** Jim Lindzy

**Team Record: 2 Wins 10 Losses**  
**NIC Record: 2 Wins 5 Losses**  
**Regionals** - Did not qualify  
**Sectionals** - ?  
**City Varsity** - 5th of 6

## 1972

Most Valuable Runner  
Kiwanis  
Captains

Pat Daniels  
John Kujawski  
John Kujawski

Team Record: 7 Wins 8 Losses  
NIC Record: 4 Wins 3 Losses  
Regionals - Did not qualify  
Sectionals - 9th of 18  
City Varsity - 4th of 7

## 1971

Most Valuable Runner  
Kiwanis  
Captains

Tom Pawlak  
Elmer Robertson

Team Record: 9 Wins 5 Losses  
NIC Record: 5 Wins 1 Loss  
Regionals - Did not qualify  
Sectionals - 7th  
City Varsity - 3rd of 6  
New Prairie - 8th of 19

## 1970

Most Valuable Runner  
Kiwanis  
Captain

Pat McNulty  
Mark Dingley  
Al Smith

Team Record: 11 Wins 5 Losses  
NIC Record: 3 Wins 3 Losses  
Regionals - Did not qualify  
Sectionals - 5th  
City Varsity - 1st of 6

## 1969

Most Valuable Runner  
Captain

Dale Mais  
Dale Mais

Team Record: 10 Wins 3 Losses  
NIC Record: 5 Wins 2 Losses  
Regionals - 10th of 10  
Sectionals - 4th  
City Varsity - 3rd of 8

## 1968

Most Valuable Runner  
Most Improved  
Captain

Dale Mais  
Pat McNulty  
Dan Taylor

Team Record: 10 Wins 3 Losses  
NIC Record: 6 Wins 2 Losses  
Regionals - 8th of 10  
Sectionals - 3rd  
City Varsity - 2nd of 8

## 1967

Most Valuable Runner  
Captain

Kevin Walter  
Phil Hamilton

Team Record: 13 Wins 4 Losses  
NIC Record: 8 Wins 3 Losses  
Regionals -  
Sectionals - 2nd of  
City Varsity - 1st of 8

**1967 - 1974 Coach Dan Poe - Record 63 - 51 (NIC 34 - 24) - 8 Years**

## 1966

Most Valuable Runner  
Captain

Jack Driver  
Cubie Jones

Team Record: 16 Wins 1 Loss  
NIC Record: 7 Wins 1 Loss  
Regionals -  
Sectionals - 1st  
City Varsity - 1st of 6

## 1965

Most Valuable Runner  
Captain

William Scott  
William Scott

Team Record: 8 Wins 8 Losses  
NIC Record: 2 Wins 6 Losses  
Regionals - 10th  
Sectionals - 3rd  
City Varsity - 1st of 6

## 1964

Monogram Club Award  
Captain

William Scott  
William Scott

Team Record: 13 Wins 7 Losses  
NIC Record: 4 Wins 5 Losses  
Regionals - 11th  
Sectionals - 2nd  
City Varsity - 1st of 5

## 1963

Monogram Club Award  
Captain

Thomas Green  
Frank Huges

Team Record: 7 Wins 9 Losses  
NIC Record: 2 Wins 7 Losses  
Regionals - Did not qualify  
Sectionals - 4th  
City Varsity - 1st of 4

## 1962

Monogram Club Award  
Captain

James Nidiffer  
Jim Nidiffer

Team Record: 8 Wins 6 Losses  
NIC Record: 4 Wins 5 Losses  
Regionals - 12th

Jim Nidiffer finished 6th in the State Meet Sectionals - 3rd  
City Varsity - 1st of 4

## 1961

Monogram Club Award  
Captain

James Nidiffer  
Robert Johnson

Team Record: 9 Wins 7 Losses  
NIC Record: 4 Wins 5 Losses  
Regionals - Did not qualify  
Sectionals - 5th  
City Varsity - 2nd of 4

## 1960

Monogram Club Award  
Captain

Forrest Hurlbut  
Michael Swartz

Team Record: 3 Wins 14 Losses  
NIC Record: 1 Win 8 Losses  
Regionals - Did not qualify  
Sectionals - 8th  
City Varsity - 2nd of 4

1960 - 1966 Coach Dale Gibson - 64 - 52 Record (NIC 24 - 37) 7 Years

## 1959

Monogram Club Award  
Captain

Marvin Cogdell  
Marvin Cogdell

Team Record: 6 Wins 10 Losses  
NIC Record: 1 Win 8 Losses  
Regionals - Did not qualify  
Sectionals - 10th  
City Varsity - 4th of 4

## 1958

Captain

Ray Wilson

Team Record: 5 Wins 11 Losses  
NIC Record: 2 Wins 7 Losses  
Regionals - Did not qualify  
Sectionals - 7th  
City Varsity - 4th

## 1957

Captain

Mike Badger

Team Record: 1 Wins 14 Losses  
NIC Record: 0 Wins 8 Losses  
Regionals - Did not qualify  
Sectionals - 11th  
City Varsity - 3rd of 3

## 1956

<b>Captain</b>	Robert Petzke	<b>Team Record: 3 Wins 9 Losses</b> <b>NIC Record: 1 Win 7 Losses</b> <b>Regionals - Did not qualify</b> <b>Sectionals - 11th</b> <b>City Varsity - 3rd of 3</b>
<b>1955</b> <b>Captain</b>	Robert DeCraene	<b>Team Record: 3 Wins 7 Losses</b> <b>NIC Record: 1 Win 7 Losses</b> <b>Regionals -Did not qualify</b> <b>Sectionals - 5th</b> <b>City Varsity - 3rd of 3</b>
<b>1954</b> <b>Captain</b>	Charles DeCraene	<b>Team Record: 1 Win 10 Losses</b> <b>NIC Record: 1 Win 7 Losses</b> <b>Regionals -Did not qualify</b> <b>Sectionals - 10th</b> <b>City Varsity - 3rd of 3</b>
<b>1953</b> <b>Captain</b>	Dean Miller	<b>Team Record: 3 Wins 8 Losses</b> <b>NIC Record: 1 Win 8 Losses</b> <b>Regionals - Did not qualify</b> <b>Sectionals - 9th</b> <b>City Varsity - 2nd of 3</b>
<b>1952</b> <b>Captain</b>	David Jones	<b>Team Record: 2 Wins 10 Losses</b> <b>NIC Record: 2 Wins 7 Losses</b> <b>Regionals - Did not qualify</b> <b>Sectionals - 6th</b> <b>City Varsity - 3rd of 4</b>
<b>1951</b> <b>Captain</b>	Charles Connon	<b>Team Record: 4 Wins 7 Losses</b> <b>NIC Record: 2 Wins 6 Losses</b> <b>Regionals - Did not qualify</b> <b>Sectionals - 11th</b> <b>City Varsity - 3rd of 4</b>
<b>1950</b> <b>Captain</b>	Wesley Strong	<b>Team Record: 5 Wins 4 Losses</b> <b>NIC Record: 4 Wins 4 Losses</b> <b>Regionals - Did not qualify</b> <b>Sectionals - 5th</b> <b>City Varsity - 2nd</b>
<b>1949</b> <b>Captains</b>	Jack Bussert	<b>Team Record: 2 Wins 6 Losses</b> <b>NIC Record: 2 Wins 6 Losses</b> <b>Sectionals - 6th</b>
<b>Jack Bussert placed 8th in the State Meet City Varsity - 3rd</b>		
<b>1948</b> <b>Captains</b>	Mac Bussert	<b>Team Record: 4 Wins 4 Losses</b> <b>NIC Record: 4 Wins 4 Losses</b> <b>Sectionals - 4th</b>
<b>1947</b> <b>Captains</b>	Lamar May	<b>Team Record: 6 Wins 2 Losses</b> <b>NIC Record: 6 Wins 2 Losses</b> <b>Sectionals - 3rd</b>

**1946**

**Team Record: 6 Wins 4 Losses**

**1946 was the first year that cross country was a sanctioned sport in the state of Indiana. Coach Ralph Powell began the JACC program with five boys: George Granberry, Phil Layman, Lamar May, James Lillea, and Howard Nivens. There was no captain, no NIC Conference ... just Coach Powell and five boys who wanted to run.**

**1946 - 1958 Coach Ralph Powell - Record 51 - 106 (NIC 27 - 81)  
14 Years Coaching**

## Boys All-NIC Selections

2000	Kevin Perri Kyle Unangst	Honorable Mention Honorable Mention
1999	Andrew Wieber	Honorable Mention
1998	Billy Houston Matt Latowski	1 <sup>st</sup> Team All-NIC Honorable Mention
1997	Nick Emmons Brandon Quick Billy Houston	1 <sup>st</sup> Team All-NIC 2 <sup>nd</sup> Team All-NIC Honorable Mention
1996	Blair Scott Brandon Quick Travis Krueger Nick Emmons	2 <sup>nd</sup> Team All - NIC Honorable Mention Honorable Mention Honorable Mention
1995	Nathan Meadimber	2 <sup>nd</sup> Team All - NIC
1994	Ramsey Chambers Nathan Meadimber	2 <sup>nd</sup> Team All - NIC Honorable Mention
1993	TJ Sult Chris Lichtenfels	2 <sup>nd</sup> Team All - NIC Honorable Mention
1992	David Lamborn Chris Lichtenfels	2 <sup>nd</sup> Team All - NIC Honorable Mention
1991	David Lamborn Scott Majewski	Honorable Mention Honorable Mention
1990	David Lamborn	2 <sup>nd</sup> Team All - NIC
1988	Dale Jacquay	1 <sup>st</sup> Team All - NIC
1987	Dale Jacquay	2 <sup>nd</sup> Team All - NIC
1986	Dale Jacquay	2 <sup>nd</sup> Team All - NIC
1985	Jason Yazel	2 <sup>nd</sup> Team All - NIC
1984	Jason Yazel Tommy Taylor	1 <sup>st</sup> Team All - NIC 2 <sup>nd</sup> Team All - NIC
1981	Jeff Sypniewski Lenny Randazzo	1 <sup>st</sup> Team All - NIC 1 <sup>st</sup> Team All - NIC
1979	Jeff Sypniewski	1 <sup>st</sup> Team All - NIC
1978	Randy Forbes	2 <sup>nd</sup> Team All - NIC

## Four Year Letter Winners

Kevin Perri	1997 - 2000
Andrew Wieber	1996 - 1999
Nathan Hall	1995 - 1998
Billy Houston	1995 - 1998
Nick Emmons	1994 - 1997
Travis Krueger	1994 - 1997
Chris Lichtenfels	1990 - 1993
Scott Majewski	1989 - 1992
Stas' Nowak	1989 - 1992
Tommy Taylor	1983 - 1986
Jason Yazel	1982 - 1985

## State Meet Qualifiers

Jeff Hoover	2002	finished 16th
Jason Yazel	1985	finished 34 <sup>th</sup>
Jeff Sypniewski	1981	finished 21st (15:22.8)
John Adams Boys Team	1980	finished 14th as a team
James Nidiffer	1962	finished 6th
Jack Bussert	1949	finished 8th

## Multiple MVP

Jeff Hoover	2001,2002,2003
David Lamborn	1991, 1992
Gabe Golba	1989, 1990
Dale Jacquay	1987, 1988
Jason Yazel	1983, 1984, 1985
Jeff Sypniewski	1979, 1981
Randy Forbes	1977, 1978
Paul Daniels	1974, 1975
Dale Mais	1969, 1968
William Scott	1964, 1965
James Nidiffer	1961, 1962

## Academic All-State

Andrew Wieber	Honorable Mention	1999
Nathan Hall	1 <sup>st</sup> Team	1998
Nick Emmons	Honorable Mention	1997
Travis Krueger	Honorable Mention	1997
Brandon Quick	Honorable Mention	1997

# JOHN ADAMS BOYS' CROSS COUNTRY POINT RECORDS

## 300 POINT CLUB

Jeff Hoover(12)(honorary member)	2003	----
Jeff Hoover(11)(honorary member)	2002	----
Jason Yazel (12)	1985	<b>349</b>
David Lamborn(12)	1992	314
Brandon Quick (12)	1997	305
Brandon Quick (11)	1996	301
Billy Houston (11)	1997	300

## 200 POINT CLUB

Matt Latowski (12)	1998	298
Nick Emmons (12)	1997	284
Dale Jacquay (11)	1987	283
Dale Jacquay (12)	1988	275
Andrew Wieber (11)	1998	271
Kevin Perri (12)	2000	267
Eric Baierl (9)	1998	256
Nathan Meadimber (11)	1994	255
Nathan Meadimber (12)	1995	253
Travis Krueger (11)	1996	250
Travis Krueger (12)	1997	246
Andrew Cooper (10)	2000	243
Blair Scott (10)	1996	243
Chris Lichtenfels (11)	1992	243
Kevin Perri (10)	1998	234
Ramsey Chambers (10)	1992	232
Billy Houston (12)	1998	229
Lance Harris (12)	1987	225
Scott Majewski (12)	1992	223
Brian Shumaker (10)	1998	223
TJ Sult (10)	1993	222
Eric Donoho (12)	1995	222
David Lamborn (11)	1991	219
Andrew Wieber (12)	1999	218
Nathan Hall (11)	1997	218
Kyle Unangst (12)	2000	217
Jeff Shaver (10)	1994	217
Blair Scott (9)	1995	215
Nathan Hall (12)	1998	212
Chris Lichtenfels (10)	1991	206
Nathan Meadimber (10)	1993	201
Dan Kovatch (10)	2000	200
Travis Krueger(10)	1995	200