

## 2009 PANTHER CROSS COUNTRY

The 2009 cross country season saw an decrease of 3 in the total number of participants, with both the boys and girls fielding full teams. Thirty-four athletes in grades 7-12 participated. The breakdown was 14 girls (decrease of 2 from 2008) and 20 boys (decrease of 1 from 2008). There were four senior girls (Mariya Bernhardt, Stephanie Friestad, Chelsea Halvorson, Taylor Stone) and two senior boys (Dustin Jundt, Dylan Yoder).

The teams participated in 12 meets. The varsity girls won 1 meet and finished in the top five as a team 8 times. The girls were 5th place at Region and 7th at State. The varsity boys won 10 meets and finished in the top five as a team 12 times. The boys were Region Champion for the second consecutive year and State Champion for the first time in school history. This is the fifth year in a row that the boys team has finished in the top 5 at State. The girls team received the Team Scholar Award given by the NDHSAA.

The girls placed one runner on the All-Region team (Sydney Kraft - 4th - 3rd year) and one runner on the All-State team (Sydney Kraft - 9th - 3rd year - first girl in Rugby school history to be all-state 3 times). Chelsea Halvorson was chosen as one of the East Region nominees for the State Outstanding Senior Cross Country Athlete of the Year award. The boys had six All-Region runners (Kyle Volk - 4th - 3rd year, Erik Wangler - 6th - 2nd year, Wyatt Thompson - 7th - 1st year, Garrett Thompson - 9th - 2nd year, Dylan Yoder - 10th - 6th year, Dustin Jundt - 11th - 4th year) and five runners on the All-State team (Kyle Volk - 8th - 2nd year, Dylan Yoder - 9th - 6th year - first boy in school history to be all-state every year from 7th thru 12th grade, Erik Wangler - 13th - 2nd year, Dustin Jundt - 14th - 2nd year, Wyatt Thompson - 20th - 1st year). This is the first year in school history that we have had five boy all-staters. Dustin Jundt and Dylan Yoder were chosen as two of the East Region nominees for the State Outstanding Senior Cross Country Athlete of the Year award.

An elementary race was run at the 16th Annual Rugby Booster Club Invitational for the 11th straight year. 18 girls and 19 boys from Rugby participated in the elementary race of 1600 meters which was open to all the schools that attended the meet. A total of 57 girls and 47 boys ran in the races. Tristin Lunde was the top Rugby elementary girl finishing in 17th place. Casin Buckmeier was the top Rugby elementary boy finishing in 11th place. For the first time practice was held for the elementary runners the two weeks before the race by assistant coach Grove.

Head Coach Bill Jansen

Assistant Coach Jessica Grove

### AWARDS

	Girls	Boys
Most Valuable .....	Sydney Kraft (Sophomore)	Kyle Volk (Sophomore)
Most Dedicated.....	Chelsea Halvorson (Senior) Crystal Hovland (Junior)	Erik Wangler (Sophomore)
Most Improved .....	Paxton Klein (Sophomore) Carleen Shively (8th Grade)	Wyatt Thompson (Junior)

### LETTER WINNERS

#### Girls

Mariya Bernhardt - Senior (5 years)  
Stephanie Friestad - Senior (3 years)  
Chelsea Halvorson - Senior (6 years)  
Crystal Hovland - Junior (5 years)  
Cortney Stewart - Junior (3 years)  
Paxton Klein - Sophomore (1 year)  
Sydney Kraft - Sophomore (3 years)  
Jenna Fossum - Freshman (2 years)  
Aubrey Hovland - Freshman (2 years)  
Hannah Christenson - 8th grade (2 years)  
Carleen Shively - 8th grade (1 year)  
Kayla Voeller - 8th grade (1 year)

#### Boys

Dustin Jundt - Senior (5 years)  
Dylan Yoder - Senior (6 years)  
Eric Kuntz - Junior (3 years)  
Tyler Larson - Junior (2 years)  
Garrett Thompson - Junior (4 years)  
Wyatt Thompson - Junior (4 years)  
Taylor DeMers - Sophomore (2 years)  
Andrew Hershey - Sophomore (2 years)  
Chris Seaver - Sophomore (2 years)  
Kyle Volk - Sophomore (4 years)  
Erik Wangler - Sophomore (3 years)  
Kyle Halvorson - Freshman (2 years)  
Chris Hamilton - 8th Grade (1 year)  
Tanner Bernhardt - 7th Grade (1 year)

Non-Lettering Participants - Taylor Stone - Senior  
Xylan Fly - 8th Grade  
Caleb Hershey - 8th Grade  
Tanner Lind - 8th Grade  
Hunter Parcel - 8th Grade  
Canya Fly - 7th Grade  
Nolan Hovland - 7th Grade  
Noah Kraft - 7th Grade