

# LAKEVILLE SOUTH COUGARS CROSS COUNTRY



## 2005 RESULTS

# 2005 TEAM ROSTER

Name	Grade	Kayla Uphoff	8
Paul Hilsen	11	Katie Stiles	8
Scott Langguth	11	Jeremy Serreyn	7
Kevin Ragborg	11	Ben Pieper	7
Matt Volz	11	Emily Huonder	7
Jimmy Backes	11	Mackenzie Paul	7
Tyler Jones	11	Anna Goude	7
Lindsey Bjornstad	11	Taylor Donnelly	7
Kjerstin Koch	11	Max Beehler	6
Erica Schumack	11	Sid Smith	6
Sarah Arlt	11	Jacob Carney	6
Mollie Land	11	Christopher Barnes	6
Cassi Rivard	11	Katie Huggins	6
Ryan Wieczorek	11	Theresa Morris	6
Marielle Green	11	Maddi Kappenman	6
Hans Nygren	10	Kit Johnson	6
Blake Nicols	10	Megan Kilbride	6
Thomas Kerber	10	Jordan Krentz	6
Nicole Hilsen	10	Jenna Backes	6
Derek Schlager	9	Katie Trone	6
Cody Gallagher	9		
Kyle Serreyn	9		
Stu Lombardo	9		
Jordan Gilmore	9		
Jon Oster	9		
Sebastian Bergeron	9		
Michelle Volz	9		
Ali Crosbie	9		
Jaycee Nelson	9		
Erin Saarela	9		
Becca Nichols	9		
Maria Kehrer	9		
Ellie Backes	9		
Carson Mack	8		
Ben Ruth	8		
John Hilsen	8		
Chris Borgen	8		
Mark Gallagher	8		
Taylor Jans	8		

## Coaches:

Jessica Just

Jazz Sommers

Katie Milton

# 2005 Team Meet Results

## **Girls JV**

Dakota County  
6<sup>th</sup>

Faribault Invite

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LNHS Apple Jack Invite

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Eagle Invite

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Red Wing Invite  
4<sup>th</sup>

Rum River Invite  
6<sup>th</sup>

Lake Conference  
9<sup>th</sup>

Section 1AA  
8<sup>th</sup>

State

## **Varsity**

6<sup>th</sup>

12<sup>th</sup>

8<sup>th</sup>

8<sup>th</sup>

4<sup>th</sup>

3<sup>rd</sup>

5<sup>th</sup>

4<sup>th</sup>

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## **Boys JV**

Dakota County  
7<sup>th</sup>

Faribault Invite  
13<sup>th</sup>

LNHS Apple Jack Invite  
14<sup>th</sup>

Eagle Invite  
13<sup>th</sup>

Red Wing Invite  
4<sup>th</sup>

## **Varsity**

4<sup>th</sup>

8<sup>th</sup>

7<sup>th</sup>

7<sup>th</sup>

1<sup>st</sup>

Rum River Invite	3 <sup>rd</sup>	
5 <sup>th</sup>		
Lake Conference	7 <sup>th</sup>	
7 <sup>th</sup>		
Section 1AA	6 <sup>th</sup>	
6 <sup>th</sup>		
State	---	---

**LSHS COUGAR CROSS COUNTRY -  
GIRLS 4K PERSONAL BEST PERFORMANCES 2005**

Michelle Volz	14:20
Kayla Uphoff	14:49
Taylor Donnelly	15:53
Marielle Green	16:27
Becca Nichols	16:27
Katie Stiles	16:52
Maria Kehrer	17:09
Lindsey Bjornstad	17:36
Kjerstin Koch	18:58
Kassi Rivard	19:07
Ellie Backes	19:16
Mollie Land	19:50
Nicole Hilsen	20:01
Sarah Arlt	20:08
Jaycee Nelson	20:09
Erin Saarela	22:34
Ali Crosbie	22:38

**LSHS COUGAR CROSS COUNTRY -  
BOYS 5K PERSONAL BEST PERFORMANCES 2005**

Paul Hilsen	15:55
Kevin Ragborg	16:39
Jordan Gilmore	17:00
Matt Volz	17:04
Hans Nygren	17:34
Stu Lombardo	17:51
Jimmy Backes	17:53
Ryan Wieczorek	18:06
Scott Langguth	18:41
Derek Schlager	18:44
Taylor Jans	18:48
Kyle Serreyn	18:49
Ben Ruth	18:56
Blake Nicols	18:58
Carson Mack	18:59
Cody Gallagher	19:28
Mark Gallagher	19:28
Chris Borgen	19:46
John Hilsen	20:08
Thomas Kerber	20:15
Sebastian Bergeron	20:38
Tyler Jones	20:48
Jeremy Serreyn	21:10
Jon Oster	22:42

## 2005 Letter Winners

Paul Hilsen	11
Scott Langguth	11
Kevin Ragborg	11
Matt Volz	11
Jimmy Backes	11
Lindsey Bjornstad	11
Kjerstin Koch	11
Erica Schumack	11
Sarah Arlt	11
Marielle Green	11
Hans Nygren	10
Blake Nicols	10
Nicole Hilsen	10
Kyle Serreyn	9
Stu Lombardo	9
Jordan Gilmore	9
Michelle Volz	9
Becca Nichols	9
Maria Kehrer	9
Ellie Backes	9
Kayla Uphoff	8
Katie Stiles	8
Taylor Donnelly	7

# 2005 Award Winners

## ALL LAKE CONFERENCE

Michelle Volz  
Kayla Uphoff  
Paul Hilsen

## HONORABLE MENTION LAKE CONFERENCE

Taylor Donnelly  
Kevin Ragborg  
Jordan Gilmore  
Hans Nygren  
Matt Volz

## MOST DEDICATED

Scott Langguth  
Kyle Serreyn  
Kayla Uphoff

## COUGAR CUB

Jordan Gilmore  
Carson Mack  
Taylor Donnelly  
Marielle Green

## MOST IMPROVED

Kevin Ragborg  
Derek Schlager  
Lindsey Bjornstad  
Becca Nichols

## COUGAR

Jimmy Backes  
Matt Volz  
Kjerstin Koch  
Sarah Arlt

MOST VALUABLE

Paul Hilsen  
Michelle Volz

2005 CAPTAINS

Paul Hilsen  
Scott Langguth  
Kevin Ragborg  
Matt Volz  
Lindsey Bjornstad  
Michelle Volz

2006 CAPTAINS

Jimmy Backes  
Paul Hilsen  
Scott Langguth  
Kevin Ragborg  
Matt Volz  
Lindsey Bjornstad  
Marielle Green  
Kjerstin Koch  
Michelle Volz

2005 COUGAR CC MEMORIES ☺

12 hour run: "john-ball", texas hold-em,  
movies, games, beanbags, longest hopscotch on  
record, chalk, mud-baths, too much food, Sommers  
and his guitar

Carson finding a HUGE puffball mushroom at  
Ritter and wanting to sell it on eBay

John and his training wheels

Sunflowers for Sommers

## "Monday Meadows" workouts

The 8<sup>th</sup> grade boys and their collecting random  
junk fetish

CC Team running a lap at the Homecoming Pep-fest  
with Sommers holding Princess above his head

Jedi Masters, Jedi, Padawan Learners

Jedi Council stretching circle

Hans "pole-vaulting" the creek with a  
stick...stick breaks, Hans lands flat on his back  
in the middle of the creek!

The whole team making Sommers say "bang" to  
simulate the starting gun at Eagan, then not  
moving when he did it...

"I hate you all."

Princess making the trip to Lake Conference and  
driving the bus home.

Getting lost in the corn fields at Stile's  
house.

At Conference when Maria started going the wrong  
way until Paul nad Jimmy yelled at her.

Asking Hans and Matt if they had something long  
enough to unlock my car, and using a bamboo  
stick to shove in the window of my car to unlock  
my doors!

Matt losing his shoe 100m into the Rum River  
race and running the whole rest of the race with  
one shoe...and still getting a PR!

Kev losing his shoe in the last part of the Section race and still finishing strong and running a PR!

The 8<sup>th</sup> graders collecting everything they could find...stereo cabinet, teddy bear, bike, mushrooms etc..

The 8<sup>th</sup> grade boys winning the Cookie Classic and earning a pan of brownies, then not wanting to eat them because they wanted to save them for when they were seniors.

Thunder-child.

Lots of contestants for Best Hair on the team.

Mud-ball or John-ball...

Getting lost on the way to Sections...

Not enough bathrooms at Sections...

Everyone running PR's at Sections...

The water hole on the Rum River course.

Stu dropping a weight on his toe and then not being able to run for a few days.