



Howard's Grove
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Cross Country

GO AHEAD...



...TRY TO OUTRUN ME

Howard's Grove High School
2006 Cross Country Results

Head Coach: Gary Kalk

Howards Grove High School Boys Cross Country 2006 Team Record

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	1	11	
Green Bay Preble Relays @ UWGB		Incomplete	
Cedar Grove Invite		Incomplete	
Manitowoc Roncalli Invite		Incomplete	
Sheboygan Lutheran Invite		Incomplete	
Valders Invite		Incomplete	
Plymouth Relays		Incomplete	
Kewaskum Invite	0	5	
County Meet @ Sheboygan Lutheran	0	7	
Campbellsport Invite		Incomplete	
Conference @ Sheboygan Lutheran	0	5	
Sectional @ Sheboygan Lutheran	1	10	
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Varsity Totals	2	38	0

Howards Grove High School Girls Cross Country 2006 Team Record

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kiel Invite	2	10	
Green Bay Preble Relays @ UWGB	1	4	
Cedar Grove Invite	1	4	
Manitowoc Roncalli Invite	2	3	
Sheboygan Lutheran Invite	10	10	
Valders Invite		Incomplete	
Plymouth Relays	0	6	
Kewaskum Invite	3	3	
County Meet @ Sheboygan Lutheran	3	6	
Campbellsport Invite	2	9	
Conference @ Sheboygan Lutheran	3	3	
Sectional @ Sheboygan Lutheran	3	8	
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Varsity Totals	30	66	0

Howards Grove Cross Country 2006 Girls and Boys Individual Meet Times

Name	Grade	Kiel	Green Bay Preble	Cedar Grove	Manitowoc Roncolli	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Campbellsport	Conference	Sectional	Personal Best (Career)
		8/31	9/2 @ UWGB	9/7	9/9	9/12	9/14	9/19	9/21 3.1 Miles	9/26 @ Lutheran	10/5	10/12 @ Lutheran	10/21 @ Lutheran	
Sarah Albert	10	19:36	19:12	20:35	19:19	19:44	20:20	19:14	24:43	20:24	20:26	19:45	19:20	19:12
Skyler Eichhorst	10	22:04	20:52	21:38	----	21:25	----	21:15	DNF	22:10	21:12	20:29	20:00	20:00
Jessica Kirsch	11	----	----	20:04	19:41	19:47		19:15	24:42	19:12	19:12	19:29	19:59	18:52
Kelsey Bauer	12	23:03	----	DNF	21:04	21:24	----	----	28:15	21:45	21:34	20:52	21:29	20:52
Emily Biederwolf	12	17:00	17:34	17:45	17:20	17:13	18:21	17:18	22:37	17:37	16:35	17:03	17:26	16:17
Anna Holzwart	12	16:22	15:40	17:01	16:19	16:58	17:12	16:29	21:13	16:38	16:29	16:24	17:41	15:39.8
Abby Weber	12	20:17	19:22	21:29	20:01	----	----	19:29	24:54	19:44	19:26	19:26	19:15	19:15
60th Percentile		19:15	17:54	20:35	19:10	19:47	21:11	18:01	24:43	19:02	18:20	19:26	19:16	

Bryan Paweski	9	27:46	32:17	----	36:34	----	----	----	----	30:12	Quit	Quit	Quit	27:46
Collin VerVelde	9	20:12	20:27	19:20	20:16	19:59	20:47	20:06	20:02	19:59	19:29	19:51	19:27	19:20
Kyle Finstad	10	----	----	----	----	29:04	29:10	----	29:37	30:23	----	27:49	26:26	26:26
Eric VerStraate	10	21:32	22:43	23:55	22:39	22:21	25:56	----	21:30	20:49	22:21	21:42	20:21	20:21
Billy Philipps	12	22:00	----	----	----	22:25	22:42	21:23	20:49	21:16	20:26	20:30	21:04	20:26
Andrew Sonnenberg	12	21:39	21:02	20:55	21:02	21:15	21:55	20:58	20:05	21:02	20:09	20:37	21:08	19:47
60th Percentile		20:58	20:31	20:15	20:06	21:15	21:55	19:37	21:18	19:42	19:30	20:24	20:28	

Howards Grove Cross Country 2006 Girls and Boys Varsity Letter Points

Name	Grade	Kiel 8/31	Green Bay Preble 9/2 @ UWGB	Cedar Grove 9/7	Manitowoc Roncolli 9/9	Sheboygan Lutheran 9/12	Valders 9/14	Plymouth 9/19	Kewaskum 9/21 3.1 Miles	County 9/26 @ Lutheran	Campbellsport 10/5	Conference 10/12 @ Lutheran	Sectional 10/21 @ Lutheran	Individual Point Totals (Season)
Sarah Albert	10	1	1	1	1	1	1	1	1	1	1	1	1	12
Skyler Eichhorst	10	1	1	1	---	1	---	1	1	1	1	1	1	10
Jessica Kirsch	11	---	---	1 JV Beat 60th Percentile	JV	1	---	1	1	1	1	1	1	8
Kelsey Bauer	12	1	---	1	1	1	---	---	1	1	1	1	1	9
Emily Biederwolf	12	1	1	1	1	1	1	1	1	1	1	2	2	14
Anna Holzwart	12	1	1	1	1	1	1	1	1	1	1	2	2	14
Abby Weber	12	1	1	1	1	---	---	JV	1	1	1	2	2	11
TOTALS		6	5	7	5	6	3	5	7	7	7	10	10	78

Bryan Paweski	9	1	1	---	1	---	---	---	---	1	Quit	Quit	Quit	4
Collin VerVelde	9	1	1	1	1	1	1	1	1	1	1	2	2	14
Kyle Finstad	10	---	---	---	---	JV	JV	---	1	1	---	1	1	4
Eric VerStraate	10	1	1	1	1	1	1	---	1	1	1	1	2	12
Billy Philipps	12	1	---	---	---	1	1	1	1	1	1	1	1	9
Andrew Sonnenberg	12	1	1	1	1	1	1	1	1	1	1	1	1	12
TOTALS		5	4	3	4	4	4	3	5	6	4	6	7	55

**Howards Grove High School
Cross Country
2006 Awards**

"Will-to-Win" Athletes	Billy Philipps Abby Weber
Rookie-of-the-Year	Collin VerVelde
Most Improved Runner	Billy Philipps
Male Runner-of-the-Year	Andrew Sonnenberg
Female Runner-of-the-Year	Anna Holzwart
All-Conference Athletes	Emily Biederwolf Anna Holzwart

Howards Grove High School Boys Cross Country 5000 Meter Records

Records Kept Since 1992

Updated October 21, 2006

Rank	Name	Time	Meet/Invite	Year
1	Kyle Bahr	16:43	Cedar Grove	2005
2	Pat Buffington	16:46	Cedar Grove	2002
	Pat Buffington	16:46	Cedar Grove	2003
4	Chris Wickesburg	17:01	Sectional	1995
5	Pat Buffington	17:02	Kewaskum	2003
6	Pat Buffington	17:05.5	State	2003
7	Pat Buffington	17:09	Valders	2003
	Pat Buffington	17:09	Plymouth	2003
9	Pat Buffington	17:11	Reedsville	2001
10	Eric Lefeber	17:13	Cedar Grove	2001
11	Pat Buffington	17:14	Cedar Grove	2001
12	Pat Buffington	17:16	County	2003
13	Pat Buffington	17:20	State	2002
	Pat Buffington	17:20	Campbellsport	2003
15	Pat Buffington	17:23	Reedsville	2002
16	Chris Wickesburg	17:28	Reedsville	1995
17	Rob Mentink	17:32	Reedsville	1993
18	Pat Buffington	17:33	Plymouth	2002
	Pat Buffington	17:33	Green Bay Preble	2003
	Pat Buffington	17:33	Conference	2003
	Kyle Bahr	17:33	Cedar Grove	2004
22	Andy Buffington	17:36	Cedar Grove	2005
23	Steve Grunewald	17:39	Reedsville	1995
24	Pat Buffington	17:41	Sectional	2003
25	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
27	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
29	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
	Kyle Bahr	17:46	Conference	2004
32	Pat Buffington	17:47	Sectional	2001
	Kyle Bahr	17:47	Valders	2005
34	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
37	Joe Holzwart	17:50	St. Francis	1999
38	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
41	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
43	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
	Kyle Bahr	17:53	Conference	2005
46	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
48	Chris Wickesburg	17:55	Cedar Grove	1995
	Eric Lefeber	17:55	Reedsville	2001
50	Rob Mentink	17:56	Sectional	1992

Rank	Name	Time	Meet/Invite	Year
51	Rob Mentink	17:57	Conference	1993
52	Eric Lefeber	17:58	Plymouth	2001
53	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004
55	Chris Wickesburg	18:00	County	1993
	Pat Buffington	18:00	Conference	2001
	Eric Lefeber	18:00	Conference	2002
	Kyle Bahr	18:00	Green Bay Preble	2005
59	Tyler Biederwolf	18:02	Conference	2004
60	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
62	Pat Buffington	18:04	Sheboygan Lutheran	2002
	Josh Schwinn	18:04	Cedar Grove	2005
64	Chris Wickesburg	18:05	Plymouth	1995
	Tyler Biederwolf	18:05	Campbellsport	2005
66	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
68	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
71	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
74	Rob Mentink	18:09	County	1992
	Joe Holzwart	18:09	Conference	1998
76	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
78	Kyle Bahr	18:11	Manitowoc Roncalli	2005
	Tyler Biederwolf	18:11	Valders	2005
80	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
83	Eric Lefeber	18:13	Sheboygan Lutheran	2001
84	Andy Buffington	18:14	Campbellsport	2005
85	Chris Wickesburg	18:15	Cedar Grove	1993
	Chris Wickesburg	18:15	Valders	1995
	Adam Post	18:15	Cedar Grove	2003
	Andy Buffington	18:15	Kewaskum	2005
89	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
	Tyler Biederwolf	18:16	Conference	2005
91	Ben Wilson	18:17	State	1992
	Brian Cudworth	18:17	County	1995
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
95	Joe Holzwart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
97	Joe Holzwart	18:19	County	1999
	Joe Holzwart	18:19	Conference	1999
	Pat Buffington	18:19	Kewaskum	2000
	Tyler Biederwolf	18:19	Cedar Grove	2003

Howards Grove High School

Girls Cross Country

4000 Meter Records

Records Kept Since 1993

Updated October 21, 2006

Rank	Name	Time	Meet/Invite	Year
1	Emily Post	15:08.6	State	2003
2	Emily Post	15:09	Campbellsport	2003
3	Emily Post	15:17	Plymouth	2003
	Emily Post	15:17	Conference	2003
5	Emily Post	15:21	Sectional	2003
6	Emily Post	15:22	Green Bay Preble	2003
7	Emily Post	15:29	Campbellsport	2002
	Emily Post	15:29	County	2003
9	Emily Post	15:31	State	2002
10	Emily Post	15:34	Cedar Grove	2003
11	Anna Holzwart	15:39.8	State	2004
12	Anna Holzwart	15:40	Green Bay Preble	2006
13	Emily Post	15:41	State	2001
14	Anna Holzwart	15:42	Plymouth	2004
15	Anna Holzwart	15:45	County	2004
16	Emily Post	15:46	County	2002
	Emily Post	15:46	Sheboygan Lutheran	2003
18	Emily Post	15:48	Plymouth	2002
19	Anna Holzwart	15:50	Conference	2004
20	Emily Post	15:51	Conference	2002
21	Anna Holzwart	15:52	Campbellsport	2004
22	Emily Post	15:53	Sheboygan Lutheran	2002
23	Emily Post	15:55	Cedar Grove	2002
	Emily Post	15:55	Kiel	2003
25	Emily Post	15:59	Sectional	2002
26	Emily Post	16:02	Conference	2001
	Anna Holzwart	16:02	Green Bay Preble	2004
28	Emily Post	16:03	Sectional	2001
	Anna Holzwart	16:03	Sheboygan Lutheran	2004
30	Emily Post	16:04	Reedsville	2001
31	Anna Holzwart	16:07	Cedar Grove	2004
32	Anna Holzwart	16:08	Green Bay Preble	2005
33	Emily Post	16:10	Valders	2003
34	Anna Holzwart	16:12.98	Sectional	2004
35	Emily Biederwolf	16:17	Sectional	2005
36	Emily Biederwolf	16:18	Campbellsport	2005
37	Anna Holzwart	16:19	Campbellsport	2005
	Anna Holzwart	16:19	Manitowoc Roncalli	2006
39	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004
41	Anna Holzwart	16:22	Kiel	2006
42	Anna Holzwart	16:24	Manitowoc Roncalli	2005
	Anna Holzwart	16:24	Conference	2006
44	Anna Holzwart	16:28	Campbellsport	2003
45	Anna Holzwart	16:29	Plymouth	2006
	Anna Holzwart	16:29	Campbellsport	2006
47	Rachel Moir	16:33	County	1993
	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
50	Emily Biederwolf	16:35	Campbellsport	2006

Rank	Name	Time	Meet/Invite	Year
51	Rachel Moir	16:36	Sheboygan Falls	1993
52	Emily Post	16:38	Howards Grove	2003
	Anna Holzwart	16:38	County	2006
54	Rachel Moir	16:39	Plymouth	1993
55	Emily Biederwolf	16:39.1	State	2005
56	Emily Post	16:40	Sheboygan Falls @LT	2002
57	Anna Holzwart	16:41	Cedar Grove	2005
58	Anna Holzwart	16:42	Plymouth	2005
59	Anna Holzwart	16:43	Conference	2003
60	Anna Holzwart	16:44	Sheboygan Lutheran	2005
61	Anna Holzwart	16:46	Plymouth	2003
	Emily Biederwolf	16:46	Cedar Grove	2005
63	Emily Biederwolf	16:46.14	Sectional	2004
64	Emily Post	16:47	Sheboygan Lutheran	2001
	Emily Post	16:47	County	2001
	Emily Biederwolf	16:47	Campbellsport	2004
	Emily Biederwolf	16:47	Conference	2005
68	Emily Biederwolf	16:48	County	2004
69	Anna Holzwart	16:48.1	State	2003
70	Anna Holzwart	16:51	County	2003
	Anna Holzwart	16:51	County	2005
72	Emily Biederwolf	16:54	Conference	2004
73	Emily Biederwolf	16:55	County	2005
74	Anna Holzwart	16:55	Conference	2005
75	Anna Holzwart	16:58	Sheboygan Lutheran	2006
76	Rachel Moir	16:59	Valders	1993
77	Anna Holzwart	17:00	Kiel	2004
	Emily Biederwolf	17:00	Kiel	2006
79	Anna Holzwart	17:01	Cedar Grove	2006
80	Emily Biederwolf	17:03	Conference	2006
81	Emily Biederwolf	17:07	Plymouth	2005
82	Laurie Taylor	17:08	Conference	1995
83	Laurie Taylor	17:11	County	1995
84	Anna Holzwart	17:12	Valders	2005
	Anna Holzwart	17:12	Valders	2006
86	Laurie Taylor	17:13	Sheboygan Lutheran	1995
	Emily Biederwolf	17:13	Sheboygan Lutheran	2006
88	Emily Biederwolf	17:14	Kiel	2005
89	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
91	Laurie Taylor	17:18	Plymouth	1995
	Emily Biederwolf	17:18	Plymouth	2006
93	Emily Biederwolf	17:20	Manitowoc Roncalli	2006
94	Laurie Taylor	17:21	Campbellsport	1995
95	Emily Biederwolf	17:22	Sheboygan Lutheran	2005
96	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
	Anna Holzwart	17:23	Sectional	2005
99	Rachel Moir	17:24	Sheboygan Lutheran	1993
100	Emily Biederwolf	17:26	Sectional	2006

Rank	Name	Time	Meet/Invite	Year
101	Emily Biederwolf	17:28	Cedar Grove	2004
	Emily Biederwolf	17:28	Green Bay Preble	2005
103	Laurie Taylor	17:32	Cedar Grove	1995
104	Rachel Moir	17:33	Conference	1993
	Anna Holzwart	17:33	Valders	2004
	Anna Holzwart	17:33	Kiel	2005
107	Rachel Moir	17:34	Sectional	1993
	Anna Holzwart	17:34	Sheboygan Lutheran	2003
	Emily Biederwolf	17:34	Green Bay Preble	2006
110	Kelly Bonde	17:35	Sectional	1995
111	Ashley Koenig	17:37	County	2003
	Emily Biederwolf	17:37	County	2006
113	Laurie Taylor	17:38	Reedsville	1995
114	Emily Post	17:39	Cedar Grove	2001
	Ashley Koenig	17:39	Conference	2003
	Emily Biederwolf	17:39	Valders	2005
117	Ashley Koenig	17:39.2	State	2003
118	Emily Biederwolf	17:41	Manitowoc Roncalli	2005
	Anna Holzwart	17:41	Sectional	2006
120	Kelly Bonde	17:42	Cedar Grove	1995
121	Anna Holzwart	17:43	Kiel	2003
122	Anna Holzwart	17:44	Cedar Grove	2003
	Ashley Koenig	17:44	Sectional	2003
124	Emily Post	17:45	Valders	2001
	Anna Holzwart	17:45	Valders	2003
	Emily Biederwolf	17:45	Cedar Grove	2006
127	Laurie Taylor	17:47	Campbellsport	1994
	Stacy Wiedemann	17:47	Reedsville	2001
	Ashley Koenig	17:47	Campbellsport	2003
	Heidi Rooker	17:47	County	2004
131	Rachel Moir	17:48	Cedar Grove	1993
132	Kelly Bonde	17:49	Sheboygan Lutheran	1995
133	Bethany Tutas	17:53	Plymouth	2003
134	Kelly Bonde	17:54	Campbellsport	1995
	Emily Biederwolf	17:54	Kiel	2004
136	Farrah Winter	17:55	Sheboygan Falls	1993
137	Ashley Koenig	17:56	Plymouth	2003
138	Amy Greske	18:01	Conference	2000
	Anna Holzwart	18:01	Kewaskum Meet	2004
140	Emily Post	18:02	Conference	2000
141	Laurie Taylor	18:03	Sectional	1995
142	Kelly Bonde	18:04	Kiel	1995
143	Heidi Rooker	18:06	Conference	2004
144	Laurie Taylor	18:08	Valders	1995
	Bethany Tutas	18:08	Sectional	2003
146	Rachel Moir	18:09	Kiel	1993
	Laurie Taylor	18:09	Kewaskum	1995
148	Felicia Bolz	18:09.2	State	2003
149	Ashley Koenig	18:10	Green Bay Preble	2003
150	Laurie Taylor	18:11	County	1994

Rank	Name	Time	Meet/Invite	Year
	Deanna Dragan	18:11	Sectional	1998
	Jenny Bonde	18:11	Campbellsport	1998
	Ashley Koenig	18:11	Cedar Grove	2003
154	Bethany Tutas	18:12	Campbellsport	2003
155	Deanna Dragan	18:13	Sheboygan Lutheran	1998
	Ashley Koenig	18:13	Sheboygan Lutheran	2003
157	Kelly Bonde	18:15	County	1995
	Emily Post	18:15	County	2000
159	Jenny Bonde	18:16	Campbellsport	1997
160	Kelly Bonde	18:17	Kewaskum	1995
	Laurie Taylor	18:17	Kiel	1995
162	Jenny Bonde	18:18	Conference	1997
	Emily Post	18:18	Kiel	2001
	Deanna Dragan	18:18	Campbellsport	2000
165	Kelly Bonde	18:20	Campbellsport	1994
	Jenny Bonde	18:20	Sectional	1997
167	Kelly Bonde	18:21	Valders	1995
	Emily Biederwolf	18:21	Valders	2006
169	Felicia Bolz	18:22	Conference	2003
170	Deanna Dragan	18:23	Conference	2000
171	Deanna Dragan	18:24	Conference	1998
172	Kelly Bonde	18:25	Plymouth	1995
	Liz Thielke	18:25	Reedsville	2001
174	Jenny Bonde	18:28	County	1997
175	Heidi Rooker	18:29	Conference	2003
176	Amy Greske	18:30	County	2000
	Kelly Bonde	18:30	Plymouth	1996
	Heidi Rooker	18:30	Campbellsport	2003
	Heidi Rooker	18:30	Plymouth	2004
180	Emily Post	18:31	Plymouth	2000
	Laurie Taylor	18:31	Plymouth	1996
182	Emily Biederwolf	18:32	Green Bay Preble	2004
183	Deanna Dragan	18:33	Campbellsport	1998
	Emily Biederwolf	18:33	Kewaskum Meet	2004
185	Kelly Bonde	18:34	Conference	1995
186	Bethany Tutas	18:34.8	State	2003
187	Jenny Bonde	18:35	Plymouth	1997
188	Stacy Wiedemann	18:36	Conference	2000
189	Felicia Bolz	18:37	County	2003
190	Emily Post	18:38	Campbellsport	2000
	Heidi Rooker	18:38	Green Bay Preble	2004
192	Felicia Bolz	18:39	Sectional	2003
193	Laurie Taylor	18:40	Plymouth	1994
194	Amy Greske	18:41	Campbellsport	2000
195	Stacy Wagner	18:42	Conference	1999
196	Stacy Wiedemann	18:43	Plymouth	2000
197	Heidi Rooker	18:44	State	2003
198	Jenny Bonde	18:45	Sheboygan Lutheran	1997
199	Stacy Wiedemann	18:46	Campbellsport	2000
200	Laurie Taylor	18:47	Reedsville	1994

Howards Grove High School
2006 Cross Country
Gatorade "Will to Win" Athletes

Gatorade realizes that many athletes are talented. This award is designed for those few who consistently push themselves to excel at practice and on game day. These athletes see horizons rather than boundaries. They are truly committed to the sport, the competition and to giving their all. To them, sports run a gamut of emotions from the challenge faced in the pursuit of excellence to the joy experienced in moments of triumph. They truly are "Will To Win" athletes.

Week of Season/Meet/Invite	Female Winner	Male Winner
Weeks #1 and #2 (Practice)	Sarah Albert	Eric VerStraate
Week #3 (Kiel Invite and G.B. Preble)	Anna Holzwart	Bryan Paweski
Week #4 (Cedar Grove and Manit. Roncalli)	Abby Weber	Andrew Sonnenberg
Week #4 (Sheb. Lutheran and Valders)	Skyler Eichhorst	Collin VerVelde
Week #5 (Plymouth and Kewaskum)	Jessica Kirsch	Billy Philipps
Week #6 (Sheboygan County)	Kelsey Bauer	Andrew Sonnenberg
Week #7 (Campbellsport)	Emily Biederwolf	Billy Philipps
Week #8 (Conference)	Skyler Eichhorst	Kyle Finstad
Week #9 (Sectionals)	Emily Biederwolf	Andrew Sonnenberg

"Will To Win"
Athlete-of-the-Year

Abby Weber	Billy Philipps
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Male Alumni

1984-2006

Athletes Name	Year(s)
Andrews, Nathan	94
Bahr, Kyle	03, 04, 05
Biederwolf, Tyler	02, 03, 04, 05
Bilgo, Riley	02, 03
Boehm, Lucas	02, 03
Bower, Bryan	01
Bramstedt, Darin	85, 86
Brunmeier, Brad	86, 87
Buffington, Andy	02, 03, 04, 05
Buffington, Pat	00, 01, 02, 03
Burkart, Tom	91, 92
Cudworth, Brian	92, 93, 94, 95
DeRyter, Kurt	90
DesArmo, Corey	99
Didan, Firas (AFS-Jordan)	87
Dreier, Adam	03
Drueck, Josh	98, 99, 00, 01
Eisenschenk, Jochen (AFS-Germany)	89
Elzinga, Eliot	98, 99, 00
Englebert, Ben	90, 91, 92
Finstad, Kyle	06
Frantz, Chris	90, 91, 92
Gonzales, R	91
Gosse, Corey	90
Greske, Ryan	98
Grosshuesch, Dave	86, 87, 88
Grunewald, Jeff	97, 00
Grunwald, Steve	93, 94, 95
Hafele, Brent	93, 94
Hafele, Craig	97
Hahn, Aaron	01
Hahn, Adam	00, 02, 03
Hahn, Eric	03
Heili, Adam	03, 04
Holler, Greg	90
Holmes, Scott	87, 88, 89, 90
Holzward, Joe	96, 97, 98, 99
Holzward, Paul	97, 98, 99, 00
Horneck, Chris	88
Horness, Chris	97
Jaberg, Tim	96
Jahnke, Mathew	02

Johannes, Brad	91, 92, 93
Kalmerton, Jerrad	90, 91
Kestell, Ben	91, 92, 93, 94
Kestell, Josh	91, 92, 93
Kestell, Travis	94, 95
Knuth, Jason	86
Kramer, Ryan	89, 90, 91, 92
Krueger, Jamie	93
Krueger, Jessie	85, 87
Krutzik, Brad	85
Lau, Brian	90, 91, 92
Lefeber, Eric	01, 02
Lindorfer, Charlie	97
Luecke, Jon	95, 96, 97
Mansker, Derek	96, 97
Mansker, Shaun	01
Mayer, Bryan	03
Mentink, Robb	92, 93, 94
Milbrath, Tim	95, 96
Monte, Ryan	96
Morris, Eric	87, 88, 89, 90
Murphy, Dan	85
Nichols, Shawn	85, 86, 87, 88
Olson, Bryan	92
Pahl, Jason	88, 89
Paweski, Bryan	06
Penny, R	91
Petrie, Evan	03
Philipps, Billy	04, 05, 06
Plate, Dan	85, 86
Plate, Steve	88, 89, 90, 91
Platz, Jamie	92, 93
Plocar, Travis	02
Poirier, Brian	96, 97, 98, 99
Post, Adam	03, 04
Pratt, Scott	84
Prueter, Doug	86, 87, 88, 89
Reseburg, N	91
Rietbrock, Ben	91, 92
Roehrig, Brad	90, 91
Scheele, Steve	02, 03
Schuette, C	91

Female Alumni

1984-2006

Athletes Name	Year(s)		
Akright, Sarah	91, 92	Lutzke, Heather	94
Albert, Sarah	06	Mansker, Kortney	04
Arnoelter, Angie	91, 92	Mihm, Tracy	91, 92
Bassuener, Amy	95	Moir, Rachel	92, 93
Bauer, Kelsey	06	Moore, Ashley	02, 03
Beck, Jeni	89	Morris, Rachel	91, 92, 93
Bergemann, Jenny	89	Olderman, Jena	03, 04
Biederwolf, Emily	04, 05, 06	Oskey, Leslie	03, 04, 05
Bitter, Allison	99	Phillips, Amanda	97, 98, 99
Bolz, Felicia	02, 03	Phillips, Lacey	01
Bonde, Jenny	96, 97, 98	Plate, Donna	85
Bonde, Kelly	94, 95, 96	Plate, Patty	84
Brendel, Lisa	90	Post, Emily	00, 01, 02, 03
Brunmeier, Brenda	86	Probst, Alison	05
Dahm, Betty	90, 91, 92	Rietbrock, Carrie	90
Dekker, Jenny	92	Rietbrock, Michelle	91, 92
DeRuyter, Lisa	89	Roehrig, Stacy	89, 90
Dragan, Deanna	97, 98, 00	Roethel, Amy	90
Eichhorst, Skyler	06	Rooker, Heidi	01, 02, 03, 04
Elzinga, Celine	02, 03, 04	Rose, Kris	85, 86
Fleischfresser, Jenny	89	Souчек, Anne	89
Frantz, Sarah	97	Steines, Alyssa	00, 01
Greske, Amy	00	Steltenpohl, Kelsey	01
Gries, Holly	97	Taylor, Laurie	94, 95, 96
Gries, Laura	01, 02, 03, 04	Thiel, Cassie	01, 02, 03
Grunewald, Jeanette	95	Thieleke, Liz	00, 01
Grunwald, Laura	90, 91	Todd, Heather	91, 92
Grunwald, Sue	89	Tonn, Jessica	91, 92
Gumm, Dana	93	Tutas, Bethany	03
Havlinek, Tammy	84	Verhage, Kristi	89, 90, 91
Hedstrom, Andrea	01	Voelker, Debra	86
Heiling, Elissa	91	Wagner, Stacy	99, 00
Heling, Heidi	97	Weber, Abby	03, 04, 05, 06
Herbold, Wiebke (AFS-Germany)	00	Westdorp, Pam	01
Holzward, Anna	03, 04, 05, 06	Wetherell, Treva	90, 91, 92
Horness, Lindsay	02, 03	Wiedemann, Lisa	98, 99, 00
Kirsch, Jessica	05, 06	Wiedemann, Stacy	00, 01, 02
Kisiolek, Emily	04	Winter, Farrah	91, 92, 93, 94
Koenig, Ashley	03		
Koleno, Kim	01		
Kraemer, Ashley	95, 96		
Landwehr, Lori	89, 90, 91		

Howards Grove Cross Country

CLC Team Championships

Boys

Girls

1987, 1990, 1991, 1992

State Team Qualifiers

Boys

Girls

1992 -- 10th place -- Division 3

2003 -- 12th Place -- Division 3

Name	Time	Place
(Athlete names and times not found)		

Name	Time	Place
Emily Post	15:08.6	1
Anna Holzward	16:48.1	57
Ashley Koenig	17:39.2	97
Felicia Bolz	18:09.2	112
Bethany Tutas	18:34.8	117
Heidi Rooker	18:39.6	121
Lindsay Horness	18:57.2	127

State Individual Qualifiers

Boys

Girls

Division	Name	Year	Time	Place
3	Ryan Kramer	1991	Not Found	23
3	Chris Wickesberg	1995	Not Found	Not Found
3	Pat Buffington	2001	18:03	67
3	Pat Buffington	2002	17:20	24
3	Pat Buffington	2003	17:05	20

Division	Name	Year	Time	Place
3	Emily Post	2001	15:41	9
3	Emily Post	2002	15:31	2
2	Anna Holzward	2004	15:39	16
3	Emily Biederwolf	2005	16:39.1	42