**Auburn Mountainview Cross Country Roster**

**2014-15**

Boys: (13) Girls: (9)

Abram English (9) Angie Andreotti (9)

Matt (Tish) Harris (11) Callie Bartlett (10)

Derrick Howlett (10) Ariana Deanda (9)

Josh Junious (11) Samantha Goedde (9)

Mohamed Mohamed (11) Kristina Levchenko (10)

Jorge Montiel (12) Cassidy McCandless (10)

Andy Ni (10) Tiffany Pott (11)

Evan Nuttall (12) Alyssa Rumbaugh (12)

Carson Porter-Keese (9) Yadira Ventura (11)

Keegan Provo (12)

David Rivas-Madora (9)

Christian Rotter (11)

\*Jonah Zucati (12)

Coaches

Julianne Streicherz

Tim Tubbs

**Auburn Mountainview Cross Country**

**Meet Schedule 2014**

9/7/14

Event Return

Date Event Location Time Time

Wed. Sept. 3 2-mile time trial Isaac Evans 3:45p 5:00

Sat. Sept. 6 Raven Pancake Feed and Jamboree Auburn Riverside HS 9:00a

Sat. Sept. 13 Capital Invite Capital High School 10:15a 2:15p

Sat. Sept. 20 3-course challenge Camp Rilea, Seaside, OR 10:30a 7:30p(S)

Wed. Sept. 24 Peninsula, Auburn Mtnvw @ Enumclaw Enumclaw 4:00p 6:30p

Wed. Oct. 1 Sumner, Lakes @ Auburn Mtnvw Isaac Evans 4:00p 6:00p

Sat. Oct. 4 Curtis Invite Tacoma 9:15a 1:00p

Wed. Oct.8 Auburn Mtnvw @ Bonney Lake Els Mann 4:00p 6:30p

Wed. Oct. 15 Auburn Riverside, Auburn Mtnvw @ Auburn Game Farm Park 4:00p 6:30p

Sat. Oct. 25 Sub-District Meet Ft. Steilacoom TBA

Tues. Oct.28 Raven Classic Auburn Riverside HS TBA

Sat. Nov. 1 District Meet American Lake GC TBA

Sat. Nov. 8 State Meet Sun Willows GC TBA

**AMHS XC**

**Letter Award System 2014-15**

Any athlete who finishes the season in good standing and earns at least **80** points as described

below will be awarded a Varsity Letter for Cross Country

**Participation/Attendance**

**1** point will be awarded for each practice or meet that the athlete completes through the final competition where he/she qualifies to represent the school.

**Varsity Roster**

**4** points will be awarded on meet day for each of the runners who compete on the varsity roster.

**Performance**

The top ten AMHS finishers in each competition will be awarded points according to their order of finish; **10,9,8,,…,1** respectively, so long as they compete and finish on the same course and same day; whther on Varsity or Sub-Varsity.

**Character**

* Athletes will abide by the coach’s discipline and team rules without exception.
* Athletes will conduct themselves in a respectful manner in all classroom and school activities.

**Exceptions**

* Athletes may earn a varsity letter at the discretion of the coaching staff, showing due consideration to injuries or unforeseen circumstances.

**AMHS XC**

**Merit Awards Project 2014**

**The Personal Necklace**

**Building an identity. Creating a team**: Each AMHS XC athlete will be awarded a bead as a merit to their achievement

to be placed onto their personal XC necklace according to the standards described below:

**Commitment Bead (White)**

for each season as an AMHS XC athlete.

**Dedication Bead (Brown)**

for each set of ten practices completed.

**Varsity Bead (Orange)**

for each meet in which an athlete represents AMHS on the varsity squad.

**Performance Bead (Blue)**

for finishing in the top three (3) at the varsity level in a League Meet.

for finishing in the top seven (7) at the varsity level in an Invitational.

for winning a sub-varsity heat or race.

**Athlete of the Meet (Pink)**

as selected by the coaches and captains.

**Personal Record Bead (Cherry)**

for setting a new personal best over a previous mark at the same course.

for setting a new personal best time over a 5K distance.

**School Record Bead (Yellow)**

for each athlete who contributes to a new team course record. (average team time)

for each athlete who sets a new AMHS individual course record.

for each athlete whose performance results in a change of the school records

**Victory Bead (Purple)**

for each varsity runner who participated in a team victory during a conference meet.

**Letter Bead (Black)**

upon meeting the minimum point requirement (80) for a varsity letter.

**District Bead (Silver)**

for each athlete who qualifies for the District Championship.

**State Bead (Gold)**

for each athlete who qualifies for the State Championship.

**Leadership Bead (Green)**

for being the team Captain.

**Leadership Bead II (Light Green)**

for being the meet Captain.

**Magic Bead (magic color)**

For completing all of the pre-season preparations and turning in the completed form on August 26th.

**Glow-in-the-dark Bead (clear)**

for completing the required night practices.

**Random Bead (Grey)**

awarded at the coach’s or captain’s discretion.

Community Service/Fundraisers, Service above and beyond, Exemplary demonstration of character

**AMHS XC**

**Campus Road Runs**

All runs begin and end at the crosswalk atop the school driveway of the bus parking zone behind the gym and near the track.

Distance Course Route

1.0 Abridged Bridges left onto 124th, right onto 296th Wy, return via paved

walkway/road through Bridges.

2.0 Round About left onto 124th to roundabout crosswalk and back.

2.6 Bridges Loop left onto 124th, right at 293rd Wy, left onto 118th,

left onto 304th, left onto 124th to home.

2.7 Lea Hill Crosswalk Light left onto 124th to the crosswalk light at Lea Hill

Elementary and back.

2.9 Shell @ 312th left onto 124th to the traffic light pole at 312th and

back.

3.9 Brandon Meadows Loop left onto 124th, left at 312th (Shell), left onto 308th

(Brandon Meadows), right onto 130th, left onto 304th,

right at roundabout onto 124th, and return home.

.

3.9 Rainier MS Loop left onto 124th, right onto 293rd Wy, left onto 118th,

right onto 304th, left onto 116th, left onto 312th, left

onto 124th, and return home.

4.0 GRCC left onto 124th to crosswalk at 320th and return.

5.0 Double Loop Complete the Rainier MS Loop to 124th, cross 124th

continuing straight along 312th and then complete the

Brandon Meadows Loop.

5.5 Lea Hill Park Loop left onto 124th, right onto 320th, right onto 120th Pl

(becomes 118th Pl.), right onto 316th, left onto 124th

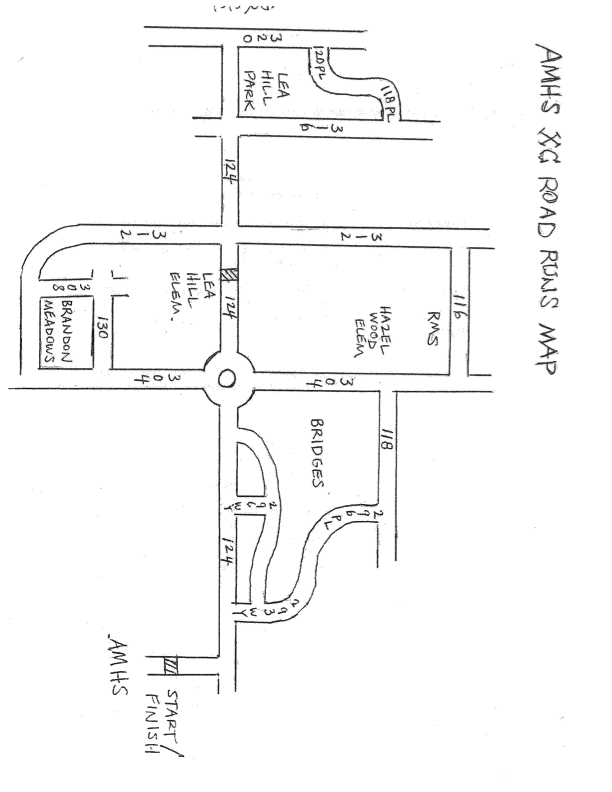
and return home.

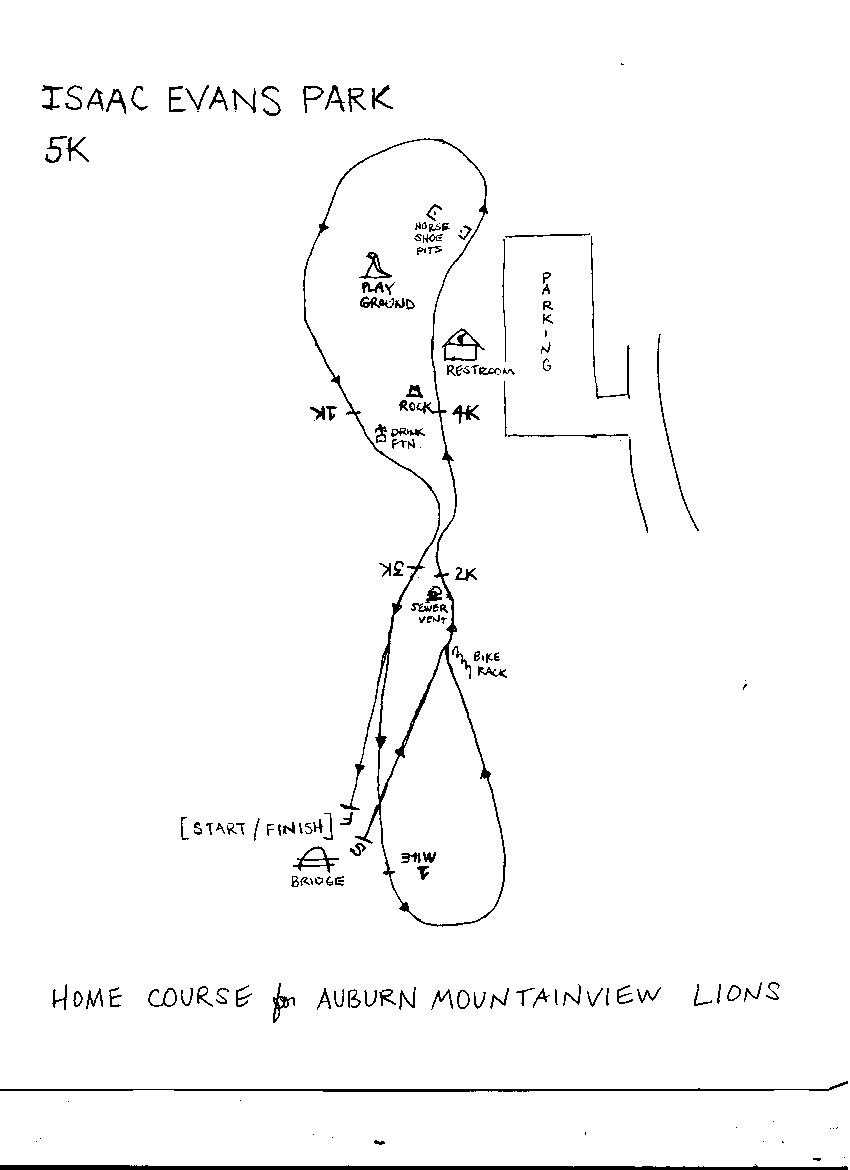
6.4 Triple Loop Complete Rainier MS Loop to 124th, turn right onto

124th and complete the Lea Hill Park loop back onto

124th, turn right onto 312th and complete the Brandon

Meadows Loop.





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| **Auburn Mountainview Cross Country** | | | |  |  |
| **Personal Training Log** | | |  |  |  |
|  |  |  |  |  |  |
| Use this form whenever you complete an individual workout away from school | | | | | |
| due to a missed practice or when completing a workout on a non-training day for | | | | | |
| the team. |  |  |  |  |  |
|  |  |  |  |  |  |
| Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
|  |  |  |  |  |  |
| Starting time:\_\_\_\_\_\_\_\_\_\_\_\_ | | | Ending time:\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
|  |  |  |  |  |  |
| Weather Conditions: | |  |  |  |  |
| (circle the appropriate response for each line item) | | | |  |  |
| windy / calm | |  |  |  |  |
| hot / warm / cool / cold | |  |  |  |  |
| wet / dry |  |  |  |  |  |
|  |  |  |  |  |  |
| Pace: |  |  |  |  |  |
| (circle the appropriate response) | | |  |  |  |
| hard / conversational | |  |  |  |  |
|  |  |  |  |  |  |
| Workout:(include time, distance, terrain, location,…) | | | |  |  |
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| Comments: (feelings, goals, lessons, …) | | | |  |  |
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| **Auburn Mountainview Cross Country** | | | | | | |  |  |  |  |
| **Pacing Chart** | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **5K Time** | 400 | 600 | 1000 | Mile |  | **5K Time** | 400 | 600 | 1000 | Mile |
| **15:00** | 1:12 | 1:48 | 3:00 | 4:50 |  | **22:00** | 1:46 | 2:38 | 4:24 | 7:06 |
| **15:20** | 1:13 | 1:50 | 3:04 | 4:57 |  | **22:20** | 1:47 | 2:41 | 4:28 | 7:12 |
| **15:40** | 1:15 | 1:53 | 3:08 | 5:03 |  | **22:40** | 1:49 | 2:43 | 4:32 | 7:19 |
| **16:00** | 1:17 | 1:55 | 3:12 | 5:10 |  | **23:00** | 1:50 | 2:46 | 4:36 | 7:25 |
| **16:20** | 1:18 | 1:58 | 3:16 | 5:16 |  | **23:20** | 1:52 | 2:48 | 4:40 | 7:32 |
| **16:40** | 1:20 | 2:00 | 3:20 | 5:23 |  | **23:40** | 1:54 | 2:50 | 4:44 | 7:38 |
| **17:00** | 1:22 | 2:02 | 3:24 | 5:29 |  | **24:00** | 1:55 | 2:53 | 4:48 | 7:45 |
| **17:20** | 1:23 | 2:05 | 3:28 | 5:35 |  | **24:20** | 1:57 | 2:55 | 4:52 | 7:51 |
| **17:40** | 1:25 | 2:07 | 3:32 | 5:42 |  | **24:40** | 1:58 | 2:58 | 4:56 | 7:57 |
| **18:00** | 1:26 | 2:10 | 3:36 | 5:48 |  | **25:00** | 2:00 | 3:00 | 5:00 | 8:04 |
| **18:20** | 1:28 | 2:12 | 3:40 | 5:55 |  | **25:20** | 2:02 | 3:02 | 5:04 | 8:10 |
| **18:40** | 1:30 | 2:14 | 3:44 | 6:01 |  | **25:40** | 2:03 | 3:05 | 5:08 | 8:17 |
| **19:00** | 1:31 | 2:17 | 3:48 | 6:08 |  | **26:00** | 2:05 | 3:07 | 5:12 | 8:23 |
| **19:20** | 1:33 | 2:19 | 3:52 | 6:14 |  | **26:20** | 2:06 | 3:10 | 5:16 | 8:30 |
| **19:40** | 1:34 | 2:22 | 3:56 | 6:21 |  | **26:40** | 2:08 | 3:12 | 5:20 | 8:36 |
| **20:00** | 1:36 | 2:24 | 4:00 | 6:27 |  | **27:00** | 2:10 | 3:14 | 5:24 | 8:43 |
| **20:20** | 1:38 | 2:26 | 4:04 | 6:34 |  | **27:20** | 2:11 | 3:17 | 5:28 | 8:49 |
| **20:40** | 1:39 | 2:29 | 4:08 | 6:40 |  | **27:40** | 2:13 | 3:19 | 5:32 | 8:55 |
| **21:00** | 1:41 | 2:31 | 4:12 | 6:46 |  | **28:00** | 2:14 | 3:22 | 5:36 | 9:02 |
| **21:20** | 1:42 | 2:34 | 4:16 | 6:53 |  | **28:20** | 2:16 | 3:24 | 5:40 | 9:08 |
| **21:40** | 1:44 | 2:36 | 4:20 | 6:59 |  | **28:40** | 2:18 | 3:26 | 5:44 | 9:15 |
| **22:00** | 1:46 | 2:38 | 4:24 | 7:06 |  | **29:00** | 2:19 | 3:29 | 5:48 | 9:21 |
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| **Constant Pace Marks @ 50m intervals (up to 2500m)** | | | | | | |  |  |
|  |  |  |  |  |  |  |  |  |
| Lap & |  | 5K@15:00 | 5K@16:40 | 5K@18:20 | 5K@20:00 | 5K@21:40 | 5K@23:20 | 5K@25:00 |
| Cone # | Dist. | 50m@:09 | 50m@:10 | 50m@:11 | 50m@:12 | 50m@:13 | 50m@:14 | 50m@:15 |
| 1.1 | 50 | :09 | :10 | :11 | :12 | :13 | :14 | :15 |
| 1.2 | 100 | :18 | :20 | :22 | :24 | :26 | :28 | :30 |
| 1.3 | 150 | :27 | :30 | :33 | :36 | :39 | :42 | :45 |
| 1.4 | 200 | :36 | :40 | :44 | :48 | :52 | :56 | 1:00 |
| 1.5 | 250 | :45 | :50 | :55 | 1:00 | 1:05 | 1:10 | 1:15 |
| 1.6 | 300 | :54 | 1:00 | 1:06 | 1:12 | 1:18 | 1:24 | 1:30 |
| 1.7 | 350 | 1:03 | 1:10 | 1:17 | 1:24 | 1:31 | 1:38 | 1:45 |
| 1.8 | 400 | 1:12 | 1:20 | 1:28 | 1:36 | 1:44 | 1:52 | 2:00 |
| 2.1 | 450 | 1:21 | 1:30 | 1:39 | 1:48 | 1:57 | 2:06 | 2:15 |
| 2.2 | 500 | 1:30 | 1:40 | 1:50 | 2:00 | 2:10 | 2:20 | 2:30 |
| 2.3 | 550 | 1:39 | 1:50 | 2:01 | 2:12 | 2:23 | 2:34 | 2:45 |
| 2.4 | 600 | 1:48 | 2:00 | 2:12 | 2:24 | 2:36 | 2:48 | 3:00 |
| 2.5 | 650 | 1:57 | 2:10 | 2:23 | 2:36 | 2:49 | 3:02 | 3:15 |
| 2.6 | 700 | 2:06 | 2:20 | 2:34 | 2:48 | 3:02 | 3:16 | 3:30 |
| 2.7 | 750 | 2:15 | 2:30 | 2:45 | 3:00 | 3:15 | 3:30 | 3:45 |
| 2.8 | 800 | 2:24 | 2:40 | 2:56 | 3:12 | 3:28 | 3:44 | 4:00 |
| 3.1 | 850 | 2:33 | 2:50 | 3:07 | 3:24 | 3:41 | 3:58 | 4:15 |
| 3.2 | 900 | 2:42 | 3:00 | 3:18 | 3:36 | 3:54 | 4:12 | 4:30 |
| 3.3 | 950 | 2:51 | 3:10 | 3:29 | 3:48 | 4:07 | 4:26 | 4:45 |
| **3.4** | **1000** | **3:00** | **3:20** | **3:40** | **4:00** | **4:20** | **4:40** | **5:00** |
| 3.5 | 1050 | 3:09 | 3:30 | 3:51 | 4:12 | 4:33 | 4:54 | 5:15 |
| 3.6 | 1100 | 3:18 | 3:40 | 4:02 | 4:24 | 4:46 | 5:08 | 5:30 |
| 3.7 | 1150 | 3:27 | 3:50 | 4:13 | 4:36 | 4:59 | 5:22 | 5:45 |
| 3.8 | 1200 | 3:36 | 4:00 | 4:24 | 4:48 | 5:12 | 5:36 | 6:00 |
| 4.1 | 1250 | 3:45 | 4:10 | 4:35 | 5:00 | 5:25 | 5:50 | 6:15 |
| 4.2 | 1300 | 3:54 | 4:20 | 4:46 | 5:12 | 5:38 | 6:04 | 6:30 |
| 4.3 | 1350 | 4:03 | 4:30 | 4:57 | 5:24 | 5:51 | 6:18 | 6:45 |
| 4.4 | 1400 | 4:12 | 4:40 | 5:08 | 5:36 | 6:04 | 6:32 | 7:00 |
| 4.5 | 1450 | 4:21 | 4:50 | 5:19 | 5:48 | 6:17 | 6:46 | 7:15 |
| 4.6 | 1500 | 4:30 | 5:00 | 5:30 | 6:00 | 6:30 | 7:00 | 7:30 |
| 4.7 | 1550 | 4:39 | 5:10 | 5:41 | 6:12 | 6:43 | 7:14 | 7:45 |
| 4.8 | 1600 | 4:48 | 5:20 | 5:52 | 6:24 | 6:56 | 7:28 | 8:00 |
| 5.1 | 1650 | 4:57 | 5:30 | 6:03 | 6:36 | 7:09 | 7:42 | 8:15 |
| 5.2 | 1700 | 5:06 | 5:40 | 6:14 | 6:48 | 7:22 | 7:56 | 8:30 |
| 5.3 | 1750 | 5:15 | 5:50 | 6:25 | 7:00 | 7:35 | 8:10 | 8:45 |
| 5.4 | 1800 | 5:24 | 6:00 | 6:36 | 7:12 | 7:48 | 8:24 | 9:00 |
| 5.5 | 1850 | 5:33 | 6:10 | 6:47 | 7:24 | 8:01 | 8:38 | 9:15 |
| 5.6 | 1900 | 5:42 | 6:20 | 6:58 | 7:36 | 8:14 | 8:52 | 9:30 |
| 5.7 | 1950 | 5:51 | 6:30 | 7:09 | 7:48 | 8:27 | 9:06 | 9:45 |
| **5.8** | **2000** | **6:00** | **6:40** | **7:20** | **8:00** | **8:40** | **9:20** | **10:00** |
| 6.1 | 2050 | 6:09 | 6:50 | 7:31 | 8:12 | 8:53 | 9:34 | 10:15 |
| 6.2 | 2100 | 6:18 | 7:00 | 7:42 | 8:24 | 9:06 | 9:48 | 10:30 |
| 6.3 | 2150 | 6:27 | 7:10 | 7:53 | 8:36 | 9:19 | 10:02 | 10:45 |
| 6.4 | 2200 | 6:36 | 7:20 | 8:04 | 8:48 | 9:32 | 10:16 | 11:00 |
| 6.5 | 2250 | 6:45 | 7:30 | 8:15 | 9:00 | 9:45 | 10:30 | 11:15 |
| 6.6 | 2300 | 6:54 | 7:40 | 8:26 | 9:12 | 9:58 | 10:44 | 11:30 |
| 6.7 | 2350 | 7:03 | 7:50 | 8:37 | 9:24 | 10:11 | 10:58 | 11:45 |
| 6.8 | 2400 | 7:12 | 8:00 | 8:48 | 9:36 | 10:24 | 11:12 | 12:00 |

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| **Auburn Mountainview Cross Country** | | | |  |  |  |  | **Lion Pride** |
|  |  |  |  |  |  |  |  |  |
|  |  |  | **All-Time Honors** | | | |  |  |
|  |  |  |  |  |  |  |  |  |
|  | **All-Time Honors - 1st Team Boys** | | |  |  | **All-Time Honors - 1st Team Girls** | | |
|  | Name | Yr. | 5K Time |  |  | Name | Yr. | 5K Time |
| 1 | Christian Rotter | 2013 | 15:51 |  | 1 | Allison Hammer | 2012 | 19:32 |
| 2 | Chris Scharer | 2011 | 16:16 |  | 2 | Tayla Alfrey | 2010 | 20:35 |
| 3 | Matt Link | 2008 | 16:34 |  | 3 | Alexis Hoskins | 2009 | 21:07 |
| 4 | Dylan Summerlin | 2011 | 16:36 |  | 4 | Rachelle Kline | 2013 | 21:13 |
| 5 | Seth Rumbaugh | 2008 | 16:36 |  | 5 | Danielle Covarrubias | 2005 | 21:52 |
| 6 | Aarun Rumbaugh | 2012 | 16:40 |  | 6 | Callie Bartlett | 2013 | 22:07 |
| 7 | Nick Lipinski | 2009 | 16:52 |  | 7 | Richelle Orpilla | 2011 | 22:35 |
|  |  |  |  |  |  |  |  |  |
|  | **All-Time Honors - 2nd Team Boys** | | |  |  | **All-Time Honors -2nd Team Girls** | | |
|  | Name | Yr. | 5K Time |  |  | Name | Yr. | 5K Time |
| 1 | Ethan Rumbaugh | 2011 | 17:03 |  | 1 | Caitlyn Hogencamp | 2011 | 22:43 |
| 2 | Jonah Zucati | 2013 | 17:05 |  | 2 | Larissa Mumchuck | 2009 | 22:45 |
| 3 | Garrett Kline | 2008 | 17:08 |  | 3 | Amanda Nuttall | 2011 | 22:49 |
| 4 | Will Faria | 2011 | 17:12 |  | 4 | Tiffany Pott | 2013 | 22:59 |
| 5 | Derrick Hirschi | 2008 | 17:15 |  | 5 | Avi Mangat | 2012 | 23:13 |
| 6 | Clayton Pantano | 2012 | 17:18 |  | 6 | Alyssa Rumbaugh | 2013 | 23:23 |
| 7 | Jordan Harmaning | 2006 | 17:24 |  | 7 | Janie Smargiassi | 2007 | 23:27 |
|  |  |  |  |  |  |  |  |  |
|  | **All-Time Honors Honorable Mention** | | |  |  | **All-Time Honors Honorable Mention** | | |
|  | Name | Yr. | 5K Time |  |  | Name | Yr. | 5K Time |
| 1 | Jared Lewis | 2012 | 17:29 |  | 1 | Delaney Virnig | 2012 | 23:37 |
| 2 | JJ Lacey | 2009 | 17:30 |  | 2 | Lesya Bindas | 2007 | 23:59 |
| 3 | Ausdon Jones | 2005 | 17:30 |  | 3 | Allison Frett | 2012 | 24:32 |
| 4 | Matt Mattox | 2009 | 17:44 |  | 4 | Symone Sullivan | 2013 | 24:59 |
| 5 | Matt Anderson | 2008 | 17:47 |  | 5 | Hannah Carson | 2011 | 25:00 |
| 6 | Taylor Hughes | 2008 | 17:51 |  | 6 | Maddie Taylor | 2012 | 25:02 |
| 7 | Evan Towner | 2005 | 17:59 |  | 7 | Kamryn Wills | 2009 | 25:07 |
| 8 | Garrett Raphael | 2009 | 18:10 |  | 8 | Rachelle Chapman | 2012 | 25:08 |
| 9 | Trevor Moore | 2009 | 18:11 |  | 9 | Kirsten Gero | 2007 | 25:52 |
| 10 | Eric Cofer | 2005 | 18:20 |  | 10 | Macauley Dukes | 2009 | 25:56 |
| 10 | Derrick Howlett | 2013 | 18:20 |  |  |  |  |  |
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|  |  |  | **Class Records** | | | |  |  |
|  |  |  |  |  |  |  |  |  |
|  | **Senior Class Records - Boys** | | |  |  | **Sr Class Records - Girls** | |  |
|  | Name | Yr. | 5K Time |  |  | Name | Yr. | 5K Time |
| 1 | Matt Link | 2008 | 16:34 |  | 1 | Allison Hammer | 2013 | 20:07 |
| 2 | Dylan Summerlin | 2011 | 16:36 |  | 2 | Tayla Alfrey | 2010 | 20:35 |
| 3 | Seth Rumbaugh | 2008 | 16:36 |  | 3 | Rachelle Kline | 2013 | 21:13 |
| 4 | Aarun Rumbaugh | 2012 | 16:40 |  | 4 | Richelle Orpilla | 2011 | 22:35 |
| 5 | Nick Lipinski | 2009 | 16:52 |  | 5 | Caitlyn Hogencamp | 2013 | 22:46 |
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|  | **Junior Class Records - Boys** | | |  |  | **Jr Class Records - Girls** | |  |
|  | Name | Yr. | 5K Time |  |  | Name | Yr. | 5K Time |
| 1 | Chris Scharer | 2011 | 16:16 |  | 1 | Allison Hammer | 2012 | 19:32 |
| 2 | Aarun Rumbaugh | 2011 | 16:45 |  | 2 | Danielle Covarrubius | 2007 | 22:24 |
| 3 | Dylan Summerlin | 2010 | 16:59 |  | 3 | Tayla Alfrey | 2009 | 22:32 |
| 4 | Jonah Zucati | 2013 | 17:05 |  | 4 | Rachelle Kline | 2012 | 22:39 |
| 5 | Will Faria | 2011 | 17:12 |  | 5 | Caitlyn Hogencamp | 2012 | 22:43 |
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|  | **Sophomore Class Records - Boys** | | |  |  | **Sophomore Class Records - Girls** | | |
|  | Name | Yr. | 5K Time |  |  | Name | Yr. | 5K Time |
| 1 | Christian Rotter | 2013 | 15:51 |  | 1 | Alexis Hoskins | 2009 | 21:07 |
| 2 | Chris Scharer | 2010 | 16:47 |  | 2 | Allison Hammer | 2011 | 21:14 |
| 3 | Dylan Summerlin | 2009 | 16:56 |  | 3 | Tayla Alfrey | 2008 | 21:41 |
| 4 | Clayton Pantano | 2012 | 17:18 |  | 4 | Rachelle Kline | 2011 | 22:01 |
| 5 | Jonah Zucati | 2012 | 17:20 |  | 5 | Danielle Covarrubias | 2006 | 22:16 |
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|  | **Freshman Class Records - Boys** | | |  |  | **Freshman Class Records - Girls** | | |
|  | Name | Yr. | 5K Time |  |  | Name | Yr. | 5K Time |
| 1 | Christian Rotter | 2012 | 16:26 |  | 1 | Danielle Covarrubias | 2005 | 21:52 |
| 2 | Chris Scharer | 2009 | 17:18 |  | 2 | Callie Bartlett | 2013 | 22:07 |
| 3 | Jared Lewis | 2012 | 17:29 |  | 3 | Larissa Mumchuck | 2009 | 22:45 |
| 4 | JJ Lacey | 2009 | 17:30 |  | 4 | Janie Smargiassi | 2007 | 23:27 |
| 5 | Dylan Summerlin | 2008 | 17:31 |  | 5 | Delaney Virnig | 2012 | 23:37 |
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| Auburn Mountainview Cross Country | |  |  | Lion Pride |
| **Individual Course Records** | | | |  |
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| **Individual Course Records (Boys)** | |  |  |  |
| Course | Individual | Yr. | Time |  |
| American Lake GC | Chris Scharer | 2011 | 16:19 |  |
| Auburn Riverside HS (2.0 mi) | Christian Rotter | 2014 | 10:40 |  |
| Bellarmine Prep (2.0 mi) | Jordan Harmaning | 2006 | 10:41 |  |
| Camp Rilea, Seaside 4.5K-easy | Zach Jones | 2013 | 18:43 |  |
| Camp Rilea, Seaside 5K-med | Keegan Provo | 2013 | 26:19 |  |
| Camp Rilea, Seaside 5K-hard | Christian Rotter | 2013 | 20:08 |  |
| Cascadia | Chris Scharer | 2011 | 16:12 |  |
| Cedarcrest GC | Chris Scharer | 2011 | 16:23 |  |
| Clover Park | Dylan Summerlin | 2009 | 16:57 |  |
| Enumclaw HS | Aarun Rumbaugh | 2012 | 16:40 |  |
| Enumclaw Stadium Course | Jonah Zucati | 2013 | 17:05 |  |
| Fort Steilacoom | Christian Rotter | 2013 | 16:16 |  |
| Fort Warden (2.9 mi) | Chris Scharer | 2010 | 15:39 |  |
| Hoquiam | Ausdon Jones | 2006 | 17:49 |  |
| Isaac Evans Park | Chris Scharer | 2011 | 16:26 |  |
| Lake Sammamish Park | Ausdon Jones | 2005 | 17:30 |  |
| Lake Wilderness (1.8 mi) | Christian Rotter | 2013 | 11:38 |  |
| Lincoln Park | Christian Rotter | 2013 | 16:08 |  |
| McCormick Forest Park | Dylan Summerlin | 2010 | 17:57 |  |
| Nolte State Park (1.4 mi) | Chris Scharer | 2010 | 7:31 |  |
| Raven Classic (1.8 mi) | Clayton Pantano | 2013 | 10:12 |  |
| Reber Ranch | Dylan Summerlin | 2009 | 16:16 |  |
| Spanaway Lake | Nick Lipinski | 2009 | 17:55 |  |
| Sun Willows GC | Christian Rotter | 2013 | 15:51 |  |
| White River | Seth Rumbaugh | 2008 | 16:58 |  |
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| **Individual Course Records** | | | |  |

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| **Individual Course Records (Girls)** | |  |  |  |
| Course | Individual | Yr. | Time |  |
| American Lake GC | Tayla Alfrey | 2010 | 20:35 |  |
| Auburn Riverside (2.0 mi) | Samantha Goedde | 2014 | 13:59 |  |
| Bellarmine Prep (2.0 mi) | Danielle Covarrubias | 2005 | 13:43 |  |
| Bulldog Invite, Pasco | Tayla Alfrey | 2008 | 23:49 |  |
| Camp Rilea Seaside 4.5K-easy | Alyssa Rumbaugh | 2013 | 23:47 |  |
| Camp Rilea, Seaside 5K-med | Rachelle Kline | 2013 | 27:04 |  |
| Camp Rilea Seaside 5K-hard | Allison Hammer | 2013 | 25:13 |  |
| Cascadia | Allison Hammer | 2011 | 20:23 |  |
| Cedarcrest GC | Allison Hammer | 2012 | 21:15 |  |
| Clover Park | Tayla Alfrey | 2009 | 22:43 |  |
| Enumclaw HS | Allison Hammer | 2012 | 19:32 |  |
| Enumclaw Stadium Course | Allison Hammer | 2013 | 20:11 |  |
| Fort Steilacoom | Allison Hammer | 2013 | 20:07 |  |
| Hoquiam | Danielle Covarrubias | 2006 | 22:16 |  |
| Isaac Evans Park | Allison Hammer | 2013 | 20:17 |  |
| Lake Sammamish Park | Danielle Covarrubias | 2005 | 21:59 |  |
| Lake Wilderness (1.8) | Allison Hammer | 2013 | 14:31 |  |
| Lincoln Park | Allison Hammer | 2013 | 21:02 |  |
| McCormick Forest Park | Tayla Alfrey | 2010 | 22:55 |  |
| Nolte State Park (1.4 mi) | Tayla Alfrey | 2010 | 9:45 |  |
| Raven Classic (1.8 mi) | Alyssa Rumbaugh | 2012 | 14:18 |  |
| Reber Ranch | Tayla Alfrey | 2009 | 23:26 |  |
| Spanaway Lake | Danielle Covarrubias | 2005 | 21:52 |  |
| Sun Willows GC | Allison Hammer | 2013 | 20:12 |  |
| White River | Tayla Alfrey | 2008 | 21:41 |  |

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| Auburn Mountainview Cross Country | |  | Lion Pride |
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|  | **Team Course Records** |  |  |
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| **Team Course Records (Boys)** | |  | Avg. |
| Course | Team | Yr. | Time |
| American Lake GC | Hirschi, Kline, Link, Lipinski, S.Rumbaugh | 08 | 17:00 |
| Auburn Riverside (2.0 mi) | Harris, Howlett, Porter-Keese, Rotter, Zucati | 14 | 11:47 |
| Bellarmine Prep (2.0 mi) | Hirschi, Link, Lipinski, S.Rumbaugh, Summerlin | 08 | 11:13 |
| Cascadia | A.Rumbaugh, E.Rumbaugh, Scharer, Summerlin, Zucati | 11 | 16:31 |
| Cedarcrest GC | A.Rumbaugh, E.Rumbaugh, Scharer, Summerlin, Zucati | 11 | 17:09 |
| Clover Park | Lacey, Lipinski, Mattox, Raphael, Summerlin | 09 | 17:34 |
| Enumclaw HS | A.Rumbaugh, Pantano, Zucati, Lewis, Howlett | 12 | 17:28 |
| Fort Steilacoom | Faria, A.Rumbaugh, E.Rumbaugh, Scharer, Summerlin | 11 | 17:04 |
| Fort Warden (2.9 mi) | Faria, A.Rumbaugh, E.Rumbaugh, Scharer, Summerlin | 10 | 16:33 |
| Hoquiam | Anderson, Hughes, Lipinski, Mattox, S.Rumbaugh | 07 | 18:35 |
| Isaac Evans Park | Faria, Lacey, A.Rumbaugh, Scharer, Summerlin | 11 | 17:09 |
| Lake Sammamish Park | Anderson, Lipinski, Mattox, Raphael, Scharer | 09 | 18:12 |
| Lake Wilderness (1.8 mi) | Harris, Howlett, Reyoks, Rotter, Zucati | 13 | 13:35 |
| Lincoln Park | Harris, Howlett, Montiel, Rotter, Zucati | 13 | 19:20 |
| McCormick Forest Park | Kline, Link, Lipinski, S.Rumbaugh, Summerlin | 08 | 18:49 |
| Nolte State Park (1.4 mi) | A.Rumbaugh, E.Rumbaugh, Scharer, Summerlin, Zucati | 11 | 7:46 |
| Raven Classic (1.8 mi) | Howlett, Lewis, Pantano, Watrous, Zucati | 12 | 11:04 |
| Reber Ranch | Lacey, Lipinski, Mattox, Raphael, Summerlin | 09 | 16:56 |
| Spanaway Lake | Lacey, Lipinski, Raphael, Scharer, Summerlin | 09 | 18:25 |
| Sun Willows GC | Faria, A.Rumbaugh, E.Rumbaugh, Scharer, Summerlin | 11 | 17:12 |
| White River | Anderson, Hirschi, Link, Lipinski, S.Rumbaugh | 08 | 17:18 |
|  |  |  |  |
| **Team Course Records (Girls)** | |  | Avg. |
| Course | Team | Yr. | Time |
| American Lake | Bartlett, Hammer, Hogencamp, Kline, Pott | 13 | 22:37 |
| Auburn Riverside (2.0 mi) | Andreotti, Bartlett, Goedde, Rumbaugh, Ventura) | 14 | 15:13 |
| Bellarmine Prep (2.0 mi) | Bindas, Celis, Covarrubias, Fedorchuck, Smargiassi | 07 | 15:49 |
| Cascadia | Carso, Hammer, Hogencamp, Kline, Orpilla | 11 | 21:55 |
| Cedarcrest | Hammer, Hogencamp, Kline, Nuttall, Orpilla | 11 | 23:11 |
| Clover Park | Alfrey, Dukes, Hoskins, Mumchuck, Wills | 09 | 24:39 |
| Enumclaw HS | Hammer, Hogencamp, Mangat, Kline, Virnig | 12 | 22:32 |
| Enumclaw Stadium Course | Bartlett, Hammer, Hogencamp, Kline, Pott | 13 | 22:29 |
| Fort Steilacoom | Bartlett, Hammer, Hogencamp, Kline, Pott | 13 | 22:11 |
| Hoquiam | Bindas, Celis, Covarrubias, Gero, Hobson | 07 | 25:37 |
| Isaac Evans Park | Bartlett, Hammer, Kline, Pott, Rumbaugh | 13 | 22:21 |
| Lake Wilderness (1.8 mi) | Bartlett, Hammer, Hogencamp, Rumbaugh, Virnig | 13 | 16:57 |
| Lincoln Park | Bartlett, Hammer, Kline, Rumbaugh, Virnig | 13 | 23:10 |
| McCormick Forest Park | Hammer, Hogencamp, Kline, Mangat, Virnig | 12 | 25:50 |
| Nolte State Park (1.4 mi) | Carson, Hogencamp, Kline, Nuttall, Orpilla | 11 | 10:45 |
| Raven Classic (1.8 mi) | Frett, Hogencamp, Rumbaugh, Taylor, Virnig | 12 | 14:50 |
| Reber Ranch | Alfrey, Dukes, Hoskins, Mumchuck, Wills | 09 | 23:26 |

**Experience Auburn Mountainview XC**

**Personal Affirmations**

**The Social Experience**

I want to meet somebody new.

I have a good chance to make a new friend.

XC is a safe place where I belong.

I will embrace the team goals as well as my own.

I plan to have fun.

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**The Physical Experience**

I want to learn how to be a better runner.

I’ll commit myself to training.

I will advance my understanding of the elements of training.

I will learn how to compete.

I will challenge my body.

XC is a physical experience.

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**The Psychological Experience**

I will face the fear of measurement.

I am open to an honest assessment of myself.

I will accept the impact of both success and failure in a positive manner.

I will sense the changes in my mind and body.

I will challenge my thinking.

I feel better.

XC is a mental and emotional experience.

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**The Intellectual Experience**

I will share this XC experience with others.

I will develop my self-confidence.

I will trust my leadership and communication skills.

I will contribute to positive change and development when called upon.

I will draw from my XC experience when making decisions in the future.

XC is a life-impacting experience.

I am better able to think for myself in most matters because of XC.

I know better about myself and about relationships with others because of XC.

I am smarter and wiser.

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**When You Put Your Heart In It**

We knew it was one in a million

It was such a long shot

But somehow we've got here together

And who knows what will happen

Anything can happen

If we keep getting better

And we keep on believing

**When you put your heart in it**

**It can take you anywhere**

Who's to say that we can't make it

It's the same dream that we share

**When you put your heart in it**

**It can take you anywhere**

This road was so long and winding

It was such a hard road

But we couldn't stop once we had started

We were always getting closer

Suddenly it happens

A chance in a lifetime

Now we're gonna take it, we can make it

**When you put your heart in it**

**It can take you anywhere**

Who's to say that we can't make it

It's the same dream that we share

Keep on believing

Keep on believing

**When you put your heart in it**

**It can take you anywhere**

Who's to say that we can't make it

It's the same dream that we share

**When you put your heart in it**

**It can take you anywhere.**

by Kenny Rogers

**The Man in the Glass**

*When you get what you want in your struggle for self*

*And the world makes you king for a day,*

*Just go to a mirror and look at yourself*

*And see what that man has to say.*

*For it isn’t your father or mother or wife*

*Whose judgment upon you must pass.*

*The fellow whose verdict counts most in your life*

*Is the one staring back from the glass.*

*Some people might think you’re a straight-shootin’ chum*

*And call you a wonderful guy.*

*But the man in the glass says you’re only a bum*

*If you can’t look him straight in the eye.*

*He’s the fellow to please, never mind all the rest*

*For he’s with you clear to the end.*

*And you’ve surely passed your most difficult test*

*If the man in the glass is your friend.*

*You may fool the whole world down the pathway of years*

*And get pats on the back as you pass.*

*But your final reward will be heartache and tears*

*If you’ve cheated the man in the glass.*

*Author unknown*

Auburn Mountainview Cross Country

Goal Setting – Ten Success Factors

**The Progress Wheel**

“My behaviors must match my expectations.”

Speed

\*

School \* Strength

\* \*

\*

\* \*

\* \*

Family \* \* \* \* \* \* Flexibility

Team \* \* \* \* \* \* Endurance

\* \*

\* \*

\* \* \*  
Effort Attitude

\*

\*

Commitment

**Self-evaluate** each of the ten success factors within the progress wheel above by identifying the most

appropriate dot that matches your current condition according to the following scale:

**“Great”** is the innermost dot of the spoke.

**“Good”** is the middle dot of the spoke.

**“Fair”** is the outmost dot, closest to the success factor word of each spoke.

Connect the dots after evaluating each of the ten factors. The ideal evaluation is a tight circle of

greatness. Otherwise, a spike in your evaluation indicates a factor that limits success.

Indicate a factor that you could improve upon:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write an affirmation that will assist you toward progress in this area: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Auburn Mountainview Cross Country

Goal Setting

“My behaviors must match my expectations.”

**Performance Goals**

5K Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Achievement Goals**

My top priority that I plan to achieve is to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Examples:

…finish the season.

…earn a varsity letter.

…run on the varsity squad.

…be placed on the school records.

…compete in the post-season.

…earn All-Conference honors.

…become the state champion.

**Personal Goals**

I will be the first in my family to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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AMHS CROSS COUNTRY



IS MY CHOICE.