

## Cross Country - Fall 2006 - Fall 2006

### Team Photo



### Description

#### 2006 Season Wrap-up

Doug Kendall and I could not have asked for a more ideal group of Holderness students to work with. All twelve participants were supportive of each other and motivated to improve their level of fitness. Such spirit and buy-in enabled us to use each practice to its fullest, helping to develop core strength, endurance, speed, a sense of adventure, and a tough-as-nails approach to running and life. Highlights from our season included many exciting adventures, such as: Saturday speed-hikes up Mt. Lafayette and Welch & Dickey; mountain and road biking; playing ultimate Frisbee; falling into the Pemigewasset River in a canoe; eating lasagna at the Simes's; hot-tubbing at Ben Tyler's; the orienteering competition; the team pizza dinner; team breakfasts; and bushwhacking. No season is complete without leg and stomach cramps, sprained ankles, shin splints, knee pain, strained IT bands, and bee stings. These events built character and memories.

At the Lakes Region Championships (LRCs) at KUA, Senior Captains Zach Aziz and Ben Tyler placed 1st (by 45 seconds) and 2nd. Captain Margot Cutter ('08) went undefeated the entire season, winning the LRCs by over a minute! Both the boys and girls teams placed 2nd overall. We took a full boys team and three female competitors to the New England Prep School Athletic Championships (NEPSACs) at Brooks School. Margot was the NEPSAC Champion, winning the race by 11 seconds! Ben and Zach had impressive finishes, placing 5th and 6th. Vytas Kriskus '08, Bennett Hrabovsky '09, and Alex Simes '08 all ran their fastest times of the year. During the season Alex Simes improved his 3.1 km time by over 2 minutes. Becca Hildreth '09 came back from a knee injury to place 22nd out of a field of 80. Senior Alex Costa had a great race despite frustrating back problems. Thanks, team, for a great season!

### Awards

#### Cross Country - Coaches' Award

A week before the Lakes Region Championships we had been commending this individual for being the healthiest member on the team. She was injury free and had avoided the dreaded Holderness plague. Then she returned from Parents' Weekend with a very painful, strained knee. Despite her attempts to warm up with the team and work through the pain at the home Lakes Region meet, her injury kept her from competing in front of her parents and fans. She was terribly disappointed, but did not let this hurdle stop her from the ultimate goal, which was recovering in time for the New England Prep School Championships. As a new sophomore at the NEPSAC varsity race, this girl accomplished her goal by placing 22nd out of 80 girls. Throughout the season she was always dependable, positive, and consistently gave it her all in both practices and races. We look forward to her return next year. She has the potential to continue to do great things in the future! Congratulations to Becca Hildreth for winning this year's Coaches' Award.

#### Cross Country - Coaches' Award

This individual's performance can be summed up in two words: "The Terminator!" Rarely have I seen a more focused, motivated, physically fit, and driven athlete. He was always on time for practice and mentally ready to go. He pushed himself beyond his limits without complaint. He was good at communicating with his coaches and never shied away from a challenge. In the last two weeks leading up to the New England Prep School Championships, it was torture to keep him from his double workouts and strength routine. He has an incredibly strong work ethic that carries over into all realms of his life. Next year this boy will be a force to be reckoned with. This year's Coaches' Award goes to Vytas Kriskus.

#### Cross Country - Most Improved Award

This individual arrived to cross-country running with an open mind and an open heart. He was open to giving running a try to help improve his level of fitness for basketball. Not only did this person "give it a try," but he dove into the sport, supported his

teammates, and over the course of the season he learned how to push himself through cramps, an injured foot, and stomachaches. In just over two months this boy improved his race time for a 3.1 mile course by over two minutes. This averages out to over thirty seconds a mile! He became an important scorer for our boys' team, and at New England Prep School Championships displaced twenty other boys to help Holderness finish 5th overall. More importantly, he was a joy to work with and developed a better understanding of his mental and physical limits. This year's Most Improved Award goes to Alex Simes.

**Roster**

Zachariah Aziz (2007)  
Emily Capaul (2007)  
Alexandra Costa (2007)  
Margot Cutter (2008)  
Phoebe Driscoll (2010)  
Rebecca Hildreth (2009)  
Bennett Hrabovsky (2009)  
Vytautas Kriskus (2008)  
Alex Simes (2008)  
Kelsey Smith (2007)  
Benjamin Tyler (2007)  
Haley Wilich (2008)

**Coaches**

Douglas Kendall  
Lindley van der Linde '89

**Schedule**

**9/20/2006 (3:15 PM) - Holderness Meet (Home)**

**9/27/2006 (3:15 PM) - Lakes Region Meet (Cardigan)**

- Highlights:

Holderness Boys Cross Country Team: Second Place Overall: Zack Aziz, 1st; Ben Tyler, 4th; Vytautas Kriskus, 6th; Bennett Hrabovsky, 12th; Alex Simes 26th. Holderness lost to Vermont Academy.

Holderness Girls Cross Country Team: First Place Overall: Margo Cutter, 1st; Rebecca Hildreth, 3rd; Haley Wilich, 5th

**10/4/2006 (3:15 PM) - New Hampton (Away)**

**10/11/2006 (3:15 PM) - Lakes Region Meet (Brewster)**

**10/18/2006 (3:15 PM) - Cardigan (Away)**

**10/25/2006 (3:15 PM) - Lakes Region Meet (Home)**

**11/1/2006 (3:15 PM) - Lakes Region Championships (KUA)**

**11/11/2006 (TBA) - NEPSACs (Away)**