

# Boys Capsules

## Metro Catholic Conference

**Team:** Christian Brothers College

**Coach:** Gaylerd Quigley  
**Key runners:** Seniors Bryan Sherwood, Paul Winker, Pat O'Neil, Joe Hahn and Kyle Cyr; juniors Rob Morgan and Matt Peherksy; and sophomores Andrew Knobbe and Jacob Wilson.

**Outlook:** Right out of the gate, Quigley feels his team is primed to do some good things. "We're looking good, I feel good about this year's team," he said. Giving Quigley that good feeling is his top runner Sherwood. The senior put in a lot of miles over the summer and has been very good in the early going. Winker is coming off two straight state appearances, while O'Neil has a single state berth to his name. Morgan was also the alternate at the state meet last season. After finishing 15th as a team, Quigley would like to see a better showing, but knows the hardest part about state is getting there.

Adding to the depth of CBC is freshman Dan Quigley, the coach's son. While the younger Quigley will run with the freshman and junior varsity most of the season, he could be a late season call up that can make a difference. "He's been running with the older guys," Quigley said of his son.

**Team:** Vjanney  
**Coach:** John Mohr

**Key runners:** Seniors Matt Bono, Jake Ackermann, Joe Ackermann and David Zitko; and junior Paul Helfrich.

**Outlook:** The turnout hasn't been what Mohr expected as practices rolled around. He'd lost some runners he thought he'd have. Now with a less experienced group, he's going to have to do a lot more teaching.

"We've got a handful of sophomores and freshmen that are all enthusiastic. We've got a lot of first-year guys," he said. "We're smaller than I thought with only guys. I've got one guy back last year."

That one man is Bono and in races he's been hammering the rest of the team.

"He's really good and he looks like a pro before," Mohr said. "We're looking for the rest of the

team to hit more of their personal best times. I'm happy with the work they've put in."

**Team:** St. Louis University High

**Coach:** Jim Linhares  
**Key runners:** Seniors Andrew Linhares, Dan Flanagan and John Oliver; juniors Alex Muntges and Joe Carlson; and sophomore Ben Murhpy-Baum

**Outlook:** After graduating five seniors from last season's Class 4 fifth place team at the MSHSAA state meet, coach Linhares is happy to report the Junior Billikens have a promising air about them, just as the year before. "The group is really looking great," he said. "There's nothing more important than putting in miles and these guys did that."

The biggest asset SLUH boasts is its depth. Linhares has a deep pool of freshmen and sophomores he can call on to fill holes for injury and keep the top runners working hard in practice. "We talk about having 12 guys to think varsity," he said. "You need that depth so the guys up front know there are guys behind them working hard."

**First meet:** Sept. 5 at the First Capitol Invitational

**Team:** DeSmet

**Coach:** Tom Sothers

**Key runners:** Seniors Mark Eicholz, Jason Anbuchon and Matt Seiler; and juniors Denny Childress and Ben Famous

**Outlook:** DeSmet took 14th place in the Class 4 state meet last season. The Spartans used a combination of youth and experience as they made their way to the championship race. After losing just a pair of seniors from last season's team. This group is expected to be even better this coming fall.

**Team:** Chaminade

**Coach:** Mike Lampe

**Key runners:** Seniors Mark Buha, Phil Hoback and Mark Zaegel; juniors Drew White and Matt Reinig; and sophomore Matt Plummer

**Outlook:** After taking 10th place in the Class 4 state meet, Chaminade is eyeing a trip back as the team is expected to return six runners from last season.

## Suburban South

**Team:** Parkway South

**Coach:** Jim Schmuck

**Key runners:** seniors: Brad

Kuntzman, Steve LaChance Marc Olive; juniors: John Leicht Josiah Benedict; sophomores: Ben Brammeier, Kirk Chitwood

**Outlook:** With plenty of numbers (40) and plenty of talent (Leicht was an all-state selection and Suburban South champion) the defending conference champs and sixth place finishers at the MSHSAA Class 4 meet look primed and ready to defend their title. "We are blessed with good numbers and we have high expectations for the season," Schmuck said. Unlike some programs, runners at Parkway South know they are not alone when logging their miles. "In a lot of places, cross country is an afterthought and that's not the case here," Schmuck said. "Everybody from the community to the school's administration have been supportive of distance running."

**First meet:** Sept. 5 at the First Capitol Invitational

**Team:** Parkway North

**Coach:** Rod Reed

**Key runners:** seniors: Serge Abolard, Gage Feldman, Matt Underwood, Drew Stewart; juniors Brian Sowl; sophomores: Andrew McCain

**Outlook:** With six of their top seven runners from last year returning, the Vikings should be primed to have a solid year in 2003. "These guys have the mindset to do something as a team this year," Reed said. "We're pretty excited. The guys have come in in great shape. They really stuck with the summer training program and it shows."

**First meet:** Sept. 5 at the First Capitol Invitational

**Team:** Webster Groves

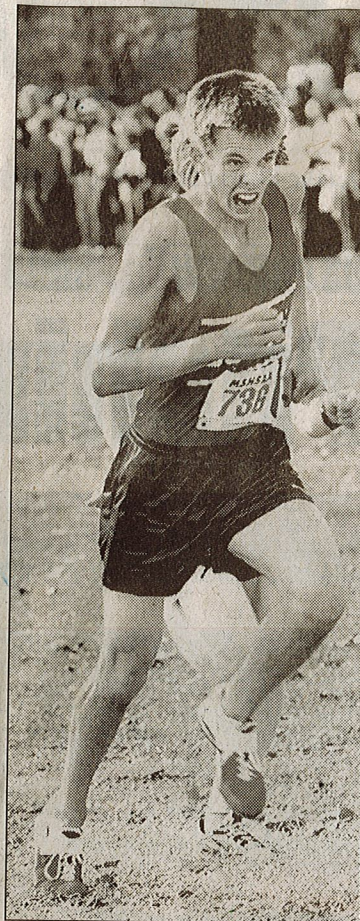
**Coach:** Dan Seeber

**Key runners:** seniors: Brian Nicholas, Nick Nitieri, Joe Tullman, Jim Futhey, Tim Dribini, Nick Neutezland, Graham Knight; juniors: Gabe Gemming, Josh Estes; sophomores: Kevin Arends

**Outlook:** With nearly 40 runners out for the team, the Statesmen have a larger team than usual. Webster Groves did lose three of their top five runners to graduation. "We have a lot of young runners and, after the first week, everyone seems to be in decent shape," Seeber said. "We might be a little better than last year because of our depth."

**First meet:** Sept. 4 at Blackburn Park

**Team:** Eureka



RICK GRAEFE PHOTO

Junior John Leicht returns to Parkway South as one of the team's top runners.

**Coach:** Mark Miller

**Key runners:** juniors: Chris Colesworthy, Tyler Dixon; sophomores: Paul Stemmerman, Jamie Lee, Brian Schoonover, John Menchella

**Outlook:** The Wildcats were dealt a severe blow through graduation. The senior-less squad will be looking into the future in 2003. "We're looking to build the program up for next year because we won't be losing anyone to graduation," Miller said. "We have a good group of young kids and if they step things up maybe we can surprise some people."

**First meet:** Sept. 6 at Eureka

## Suburban East

**Team:** Ladue

**Coach:** Jan Loussaert

**Key runners:** Seniors Phil Wire and Andrew Brenner; juniors Dan Hedgecock and Nick Carpenter; sophomores Arki Stuk, Mike Shirar and Mike Sepewak.

**Outlook:** After losing a single

senior to graduation last year (David Whitenberg), the Rams still have their eyes on the returning to the state meet. After finishing 11 in the MSHSAA Class 3 race, Ladue is poised to put together another good season. Though it's early, Loussaert feels her team can return to its previous form. "It was the first time this group had done that (making it to state)," she said. "So the goal this year is to get there and do some damage. We've got a good strong core coming back and they're pretty dedicated and they help each other."

Leading the group will be Hedgecock, who finished eighth in the state last year as a sophomore. In the early going in practice, Stuk has been hanging with Hedgecock during runs. Loussaert hopes he can hang with him most of the year.

**First meet:** Sept. 5 at the First Capitol Invitational

**Team:** Clayton

**Coach:** Chuck Collis

**Key runners:** Seniors Mike Gorodinsky, Lee Johnson, Max Romano, Jeremy Davidson, Steven Laux and David Fishman; juniors Dov Salkoff, Evan Sadler and Jeff Samet.

**Outlook:** Collis doesn't know what to expect out of his team as of yet. Just over a week into practice he's found the group didn't put a whole lot of mileage in during the summer. "I don't know how long it'll take us to catch up," he said.

But Collis is confident his training and practice program will help his team peak as the season nears the end. He's also very excited about the depth of his team. Though no one has established themselves as a regular low score runner, he believes the group as a whole has the ability to post consistently decent times.

## Suburban West

**Team:** Marquette

**Coach:** Jim Cary

**Key Runners:** seniors: Todd Williams, Logan Nesseth, Paul Baca, Steve Southern; juniors: Garrett Jeffries, Brendan Dougherty, Luke Kellogg, Drew Burghoff; sophomores: Caleb Stanek.

**Outlook:** The Mustangs were 12th at last fall's MSHSAA Class 4 meet and much of that success was due to Jeffries, who was 22nd individually. Cary is excited about Jeffries' progress into this season. "It's nice to have an all-state athlete back," Cary said.

"He had a good summer and looks real good for this time year." Williams and Kellogg placed at the state meet last year.

**First Meet:** still to be determined

**Team:** Lafayette

**Coach:** Randy Seagrist

**Key Runners:** seniors: Al Roberts, Kurt Volk; juniors: Ni Hughes; sophomores: Nicholas Robinson.

**Outlook:** Seagrist welcomed boys out for practice this season but 15 of them are freshmen and sophomores. "That says a lot right there," he said. "It's good for the future." The Lancers graduated their top two runners from last season, so Robinson, the number three guy a year ago, should be the team's top runner in 2003.

**First Meet:** Sept. 5 at the First Capitol Invitational

**Team:** Parkway Central

**Coach:** Steve Warren

**Key Runners:** seniors: Bill Bell, Ryan Durk, John Brockland; juniors: Nathan Ahart, Aaron Mallonee, Jim Allred, Mike Daunov.

**Outlook:** Bell finished higher than any other St. Louis boy in last year's MSHSAA Class 4 meet with a 12th place finish, while Ahart finished 134th. Warren said both have looked outstanding this fall. "We have some kids that trained real hard," Warren said. "It was the best first week I think we've ever had." But the number one runner have not impressed Warren. The Colts had 33 come out last year but only about half that this year.

**First Meet:** Sept. 2 at Eureka

## Independent

**Team:** Whitfield

**Coach:** Bevin Toomey

**Key Runners:** seniors: Aaron Kaskowitz, Perry Spector; juniors: Andrew Foglia, Zach Gregory

**Outlook:** After the graduation of Stuart Bild, Kaskowitz is the only returning state qualifier for the Warriors. He finished 28th at the MSHSAA Class 2 championships last fall. Toomey said the team is also looking for help from Steve Brummond, Matt Folgias, Michael Maloney, Joe Maloney, Shayn Reithe, Chris Reithe and Oliver help fill out the varsity team.

**First Meet:** Sept. 5 at the First Capitol Invitational