

LWC GIRLS XC AWARDS NIGHT 2020



ROOKIE OF THE YEAR

- “Claire is an amazing runner!”
- “Claire has easily risen through the ranks and shown her strength in cross country. Even with this, she is incredibly humble and kind to all on the team. It has been inspiring to have her on this team this year!”
- “Claire started this season on the J/V team and deservingly worked her way up to the 2nd best runner on the team. She pushes herself and others everyday in practice and always has a positive attitude. She has come so far and I can’t wait to see what she will do in the years to come.”
- “Claire worked really hard and pushed herself during every race/practice and was always so positive.”
- “Claire really went above and beyond expectations this year. It was truly something to see her go out and constantly improve her time. As a new high school runner, she could’ve chosen to stand down or been scared of the prospect of being in the top five but she always stepped up and ran her best. Not to mention her amazing attitude and kindness she brings to her teammates. It has been a pleasure to run with her and see her improve.”

**ROOKIE OF
THE YEAR
CLAIRE CARTER**



MOST IMPROVED

- “She once cut five minutes off of her PR! Not only that, but as a new addition to the school and team, she fit right in and helped everyone on the team one way or another. She fought hard at each practice and fought even harder at her races. She killed it this season!”
- “When she joined the team late, she wasn’t even allowed to race. Everyone had a short lived season this year, but Jazmyne got the worst of it. Even though she couldn’t race, she always showed up to practice and always cheered her teammates on at races. In the only 3 races she ran, Jazmyne was able to drop over 6 minutes due her hard work and motivation.”
- “Jazmyne has worked really hard during this season and it has really shown in her time improvements. Dropping five minutes from your season best is no easy feat and it was amazing to see her accomplish it!”

MOST IMPROVED JAZMYNE PHILLIPS



GUTSY KNIGHT

- “Catherine is always improving. She works so hard and plays a huge role in the team’s success.”
- “Catherine always gives it her all throughout everything she does, whether it’s cross country or at school. I can always count on her to run her best even if she doesn’t feel her best.”
- “She always would work hard in every practice and it would show in her races, she never really backed down and always challenged herself and pushed herself to the next level.”
- “She always tries her hardest no matter what and never makes excuses for herself”

**GUTSY
KNIGHT
CATHERINE IHRKE**



BEST TEAMMATE

- “Carly is one of my favorite people and she makes being on a team an even more enjoyable experience. Carly is constantly building others up and ensuring everyone feels welcome. I can’t tell you how much her kind words and enthusiastic welcomes mean to me and the rest of the team. She has grown so much in the seven years I’ve been running with her and I’m so grateful that I was able to be her teammate.”
- “Carly is very welcoming to every girl on the team, and makes everyone laugh. She always has a joke for everything which makes practice much more enjoyable. She has a great sense of humor, and is a great teammate.”
- “As soon as I joined summer camp Carly made me feel welcome. There's never a dull moment when running with her, she makes running fun and reminds everyone that this is high school and we're still kids. She connects the team and definitely makes it feel more like a family. I wouldn't have had such a positive experience if it wasn't for her.”
- “Every time I see Carly she has a smile on her face, and she’s constantly encouraging others to do their best. Our team wouldn’t be the same without her positivity.”

BEST TEAMMATE

- “Carly is by far one of the most outgoing girls I have ever met, she always talks to all the teammates and brings good energy. she is always a supportive teammate and brings up the energy for the team.”
- “Carly always makes practices fun and puts a smile on my face! She is always compassionate towards others and she loves making Stapinski smile by saying ur mom after everything...”

BEST TEAMMATE CARLY SHIPMAN



MVP

- “She always goes out and helps the team out with her running fast but also she always is positive and makes everyone laugh”
- “She always had amazing races and helped motivate everyone. She was so supportive and a great runner”
- “There are so many good things you can say about Merrigan. She is a phenomenal runner and teammate. This year was challenging for us all but Merrigan continued to race her best. She is such a lovely presence on the team and helped to make the practices all the more fun. I’m honored to have raced beside her and be able to witness her talent on the courses. I’m so grateful for her encouragement and her leadership. Merrigan was consistently our top runner but continued to cheer on others with grace and humility and encourage them to race with her. I’m so thankful to have run my senior year with one of my favorite people!!”
- “I feel like a lot of the time Merrigan gets overlooked because we all know that every day she will show up and perform amazingly, but we don’t give her as much recognition as she deserves. A lot of her races she’s had to run alone and I give props to her because she handles this perfectly. Merrigan keeps crushing every practice and every race, and I’m excited to see her crush it after high school.”

MVP

- “I mean this one was obvious, she's an amazing runner, motivates everyone to improve, keeps the team close, supports other teammates, and is just plain awesome. All season she has had consistent races and had led the team to victory, and I think seeing her go out there and crush it helped push the whole team.”
- “She always puts her best foot forward and is determined to doing her best everyday”
- “Merrigan’s talent isn’t the only thing that makes her the most valuable runner, her energy and effort she brings is a great example for the rest of the team.
- “She’s the bomb.com and is always pushing everyone else on the team to get better!!”
- “Merrigan always pushes herself and the team so much. She managed to win almost all of her races this season, even if she had to run them alone. She was an amazing captain and always was encouraging.”

MVP

MERRIGAN ALLEN



