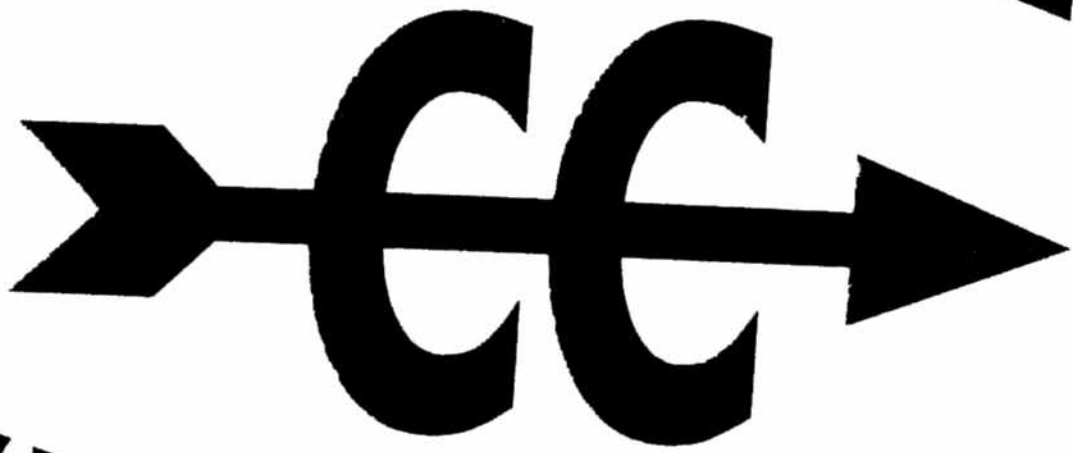


GATOR



RUNNIN' GATORS

LINCOLN NORTH STAR HIGH SCHOOL RUNNIN' GATORS BOYS AND GIRLS CROSS COUNTRY HANDBOOK

THE MAKEUP OF ANY TEAM IS BASED ON A FEW BELIEFS THAT SEPARATE US FROM THE REST OF THE CROWD. SIMPLY PUT ATHLETES, CROSS COUNTRY ESPECIALLY ARE SPECIAL AND THE STANDARD THEY MUST BE A CUT ABOVE THE AVERAGE STUDENT.

1. STRESS YOUR ACADEMICS FIRST. AVOID CLASSROOM PROBLEMS. MAINTAIN YOUR ELIIGIBILITY.

2. THE 3 BIG NO'S- NO SMOKING, NO DRINKING, NO DRUGS. LINCOLN PUBLIC SCHOOLS POLICIES WILL BE ENFORCED.

3. YOUR TEAMMATES ARE VERY IMPORTANT FRIENDS. THE CLOSER KNIT WE ARE AS A TEAM, THE GREATER THE CHANCE OF SUCCESS.

AT PRACTICE:

PHYSICAL CARDS/GOLD CARDS WILL NEED TO BE TURNED INTO THE ATHLETIC OFFICE BEFORE YOU ARE ALLOWED TO PRACTICE. YOU CANNOT PRACTICE WITH THE TEAM UNTIL THIS IS TAKEN CARE OF.

PRACTICE WILL BEGIN AT 3:20 EVERYDAY. 3:30 ON EARLY OUT TUESDAYS. PRACTICE WILL END APPROXIMATELY 5:30-6:00PM. REGULAR PRACTICES WILL BE FROM MONDAY- SATURDAY. SATURDAY PRACTICES WILL BE IN THE MORNING AT SITES AROUND LINCOLN.

YOU ARE EXPECTED TO BE AT ALL PRACTICES UNLESS PRIOR ARRANGEMENTS HAVE BEEN MADE WITH THE COACHING STAFF OR OYU WERE ABSENT AND NOTIFIED THE SCHOOL DURING THE DAY OF THE ABSENCE. 3 UNEXCUSED PRACTICES WILL RESULT IN THE DISMISSAL FROM THE TEAM. A SIGNED NOTE WILL BE EXPECTED FOR ANY EXCUSED ABSENCES THE DAY AFTER THROUGHOUT THE SEASON. AN UNEXCUSED MISSED PRACTICE WILL FORFEIT YOU FROM COMPETING IN THAT WEEKS MEET.

BE ON TIME FOR PRACTICES AND MEETS. TARDINESS WILL NOT GET YOU VERY FAR THIS SEASON. WHEN YOU GET TO PRACTICE, BE MENTALLY AND PHYSICALLY READY TO GO.

WHEN DRIVING TO A LOCAL PRACTICE SITE RUNNERS WILL FOLLOW THE COACHES TO THE SITE. BE CAREFUL WHEN DRIVING AND CARLOOLING WILL BE ENCOURAGED.

TRAVELING TO MEETS:

LPS OR COMMERCIAL TRANSPORTATION IS PROVIDED TO ALL OUT OF TOWN MEETS. YOU ARE EXPECTED TO BE ON THE BUS AT TIME OF DEPARTURE. OBEY BUS RULES. NO AUDIBLE MUSIC. KEEP HANDS AND HEAD INSIDE THE BUS. STAY SEATED, NOISE LEVEL TO A MINIMUM, AND ALWAYS BE POLITE TO OUR DRIVER.

THE SCHOOL DISTRICT, NOR THE COACHES/BUS DRIVER WILL BE RESPONSIBLE FOR ANY STOLEN PERSONAL BELONGINGS OF VALUABLES FROM THE BUS.

AN ITINERARY PREMEET SHEET WILL BE PROVIDED THE DAY BEFORE THE COMPETITION. THE ITINERARY WILL BE FILLED WITH ALL INFORMATION FROM DISMISSAL FROM SCHOOL, TO TEAMS ENTERED, TO ARRIVAL HOME.

DRESS WITH CLASS. THIS IS AN IMPORTANT OCCASION AND YOU ARE A REPRESENTATIVE OF YOUR SCHOOL, COMMUNITY, COACHES, AND OUR TEAM. YOU SHOULD WEAR YOUR MEET CLOTHING AND WEAR T-SHIRTS/SWEATSHIRTS/WARMUPS ETC. NO JEANS/DRES CLOTHES WILL BE ALLOWED AS PART OF OYUR PREMEET WARM UP ATTIRE. WEARING THESE TYPES OF CLOTHES WILL BE TOLERATED ONLY AFTER POST- MEET WARM DOWN IS COMPLETED. LOOK LIKE A RUNNER.

MEET MEDALISTS WILL BE EXPECTED TO WEAR ISSUED GATOR WARM UPS AT THE AWARDS CEREMONY. BE PROUD OF THE HARDWARE YOU EARNED.

BE SURE TO PACK YOUR EQUIPMENT THE NIGHT BEFORE THE MEET. PACK YOUR BAG WITH EVERYTHING YOU MIGHT NEED THAT MEET DAY. BETTER TO HAVE IT THERE AND NOT NEED IT THAN NOT HAVE IT AND WISH YOU DID.

EVERYONE GOES TO AND FROM THE MEET IN SCHOOL PROVIDED TRANSPORTATION. IF THE MEET IS IN LINCOLN CLEAR ANY EARLY DEPARTURES WITH THE COACHING STAFF. STAY AND SUPPORT YOUR TEAMMATES TO THE VERY END.

RELAX AS MUCH AS POSSIBLE ON ROAD. TAKE A SHORT NAP, LISTEN TO MUSIC, OR READ A BOOK. KNOW WHAT RACE YOU ARE IN, WHAT TIME, ETC. BEFORE YOU STEP OFF THE BUS. KNOW THE COURSE, ESPECIALLY THE START AND FINISH LINES.

AT MEETS:

WE WILL SET UP OUR GATOR CAMP IN A SHADED AREA OR A DESIGNATED AREA SELECTED BY THE COACHES. HELP WITH OUR TENT WILL BE EXPECTED. AFTER WE SET UP CAMP, ORGANIZE YOUR BAGS, ETC., USE THE RESTROOM CAPTAINS WILL BE ORGANIZING THE WARMUP ROUTINE BY WALKING AND JOGGING THE COURSE. UPON ARRIVAL AFTER WARMUP NUMBERS, PINS, TAGS WILL BE PASSED OUT.

PREPARE TO COMPETE BY BEING ALL BUSINESS. NO FOOTBALLS, FRISBEES WILL BE ALLOWED DURING THE MEET.

WARMUP ROUTINE WILL BE 45-60 MINUTES BEFORE YOUR RACE. KNOW YOUR RACE TIME, BOX NUMBER AT THE STARTING LINE.

AFTER RACES- YOU ARE EXPECTED TO WARMDOWN WITH YOUR TEAMMATES. THIS WILL HELP IN THE NEXT DAYS WORKOUT PLUS IT WILL GIVE YOU CHANCE TO CHEER ON YOUR TEAMMATES DURING THEIR RACE.

KNOW YOUR PR'S, COURSE RECORDS, CLASS HISTORY, GATOR ADE AWARD MARKS.

WHEN NOT COMPETING OR WARMING UP, STAY OFF YOUR FEET, KEEP WARM ON COOL DAYS, AND COOL ON HOT DAYS. STAY OUT OF THE SUN AND HELP OUT CHEERING ON TEAMMATES. SPREAD OUT ON THE COURSE AND CHEER ON TEAMMATES FOR AT LEAST PART OF THE RACES. WE ARE A TEAM. BOYS SUPPORT THE GIRLS AND GIRLS SUPPORT THE BOYS.

AT MAJOR MEETS WHERE WILL BE JUNIOR VARSITY AND VARSITY RACES. PERFORMANCE AT A PREVIOUS MEET WILL PLAY A PART DETERMINING VARSITY SPOTS FOR THE UPCOMING MEET.

TAKE PRIDE IN BEING ON THE GATOR CROSS COUNTRY TEAM. IT TAKES A SPECIAL PERSON TO BE A RUNNER. REMEMBER- NOTHING IN LIFE COMES EASY!

KEEP RUNNING ENJOYABLE AND HAVE FUN. REMEMBER WHY YOU RUN

SPECIAL RUNNING AND RACING REMINDERS

MENTAL CONDITIONING IS ONE OF THE KEYS TO SUCCESS IN DISTANCE RUNNING. A FEELING OF BEING "TIRED" IS NOT NECESSARILY PHYSICAL FATIGUE. A TENACIOUS WILL TO REMAIN ON A GOOD STRONG PACE IS THE MARK OF A CHAMPION.

INTELLIGENT, CONSCIENTIOUS, AND HARD WORK OVER A LONG PERIOD ENABLES A DISTANCE RUNNER TO INCREASE THE EFFICIENCY OF HIS OR HER CIRCULATORY SYSTEM AND THUS GREATER AMOUNTS OF OXYGEN TO THE WORKING MUSCLES.

TRAINED ATHLETES CAN PERFORM CLOSER TO CAPACITY THAN UNTRAINED ONES, AS RESEARCH INDICATES. A TRAINED RUNNER CAN HANDLE GREATER MENTAL STRESS, WITHIN A HIGHER LEVEL OF OXYGEN DEBT AND MORE LACTIC ACID IN TRAINING AND RACING.

SPEED AT THE FINISH IS NOT A QUESTION OF WHO HAS THE GREATEST POTENTIAL SPEED, BUT RATHER WHO HAS THE STAMINA WITH WHICH TO MAINTAIN SPEED AND SLOW DOWN THE LEAST.

WHEN RUNNING WITH TEAMMATES, HELP EACH OTHER OUT. PACK RACING IS THE KEY!!

RUNNING UPHILL- LEAN FORWARD, SHORTEN YOUR STRIDE AND "DRIVE" WITH YOUR KNEES AND ARMS.

RUNNING DOWNHILL- STAY UNDER CONTROL, RELAX, LEAN SLIGHTLY INTO THE RUN AND LET YOUR STRIDE LENGTHEN NATURALLY. LET GRAVITY DO MOST OF THE WORK.

DON'T PASS SLOWLY. PASS WITH AUTHORITY! MANY TIMES WHEN YOU DO THIS YOU CAN "BREAK" YOUR COMPETITOR OR THAT RUNNER MIGHT JUST GIVE UP A BIT. PASS AT SURPRISING TIMES- AROUND A TREE, AT THE TOP OF A HILL OR AT A "BLIND" SPOT ON THE COURSE. THIS NEEDS TO BE DONE AT PRACTICE TO BE USED THEN IN MEETS.

OUR TRAINING PROGRAM WILL FOCUS ON THE FOLLOWING EIGHT PRINCIPLES.

- | | |
|-----------------------|---------------------------------------|
| A. ENDURANCE | E. EFFICIENT RUNNING TECHNIQUE |
| B. STRENGTH | F. MENTAL PREPARATION |
| C. SPEED | G. REST |
| D. FLEXIBILITY | H. PEAKING |

Lincoln North Star High School

5801 North 33rd Street Lincoln, NE 68504

School Phone: 402-436-1305 Home Phone: Fax: 402-458-3104 cjacobs@lps.org

Principal
Dr. Nancy Becker

Asst. Athletic Director
Odell Santos

Athletic Secretary
Jodi Cale

Athletic Director
Craig Jacobson

Varsity Cross Country (Boys/Girls) 2010-2011

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Friday	Aug. 27	Time Trials	Pioneers Park	5:30PM
Thursday	Sep. 02	@ Thorell Invitational	Concordia University	4:45PM
Saturday	Sep. 11	@ NXN Heartland Invitational	University of Sioux Falls	TBA
Monday	Sep. 13	@ McConnell Invitational	Pioneers Park	5:00PM
Saturday	Sep. 18	@ Roosevelt Cross Country Classic	Roosevelt High School Pella, Iowa	TBA
Monday	Sep. 27	@ UNK Cross Country Invite	Kearney Country Club	4:00PM
Friday	Oct. 01	@ LPS Championships (East Hosts)	Pioneers Park	5:00PM
Thursday	Oct. 07	@ HAC Championships (Hosted by LH)	Pioneers Park	4:00PM
Thursday	Oct. 14	@ A-2 District Cross Country	Skyview Lake @ Norfolk	TBA
Friday	Oct. 22	@ State Cross Country	Kearney Country Club	TBA

Head Coach: Musiel, Matt

Assistant Coach: Wandzilak, Brian

* District Teams

2009 State Meet Finish

Girls

LH NTS
 MN 6th (4)
 MW 2nd (7)
 Norf. 1st (6)
 Westside 8th (5)
 Pap./Lau. 11th (7)
 LNS NTS

Boys

LH NTS
 MN NTS
 MW 1st (1)
 Norf. 12th (5)
 Westside NTS
 Pap./Lau. 5th (4)
 LNS 8th (3)

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Asst. Athletic Director
Odell Santos

Athletic Secretary
Jodi Cale

Athletic Director
Craig Jacobson

Junior Varsity Cross Country (Boys/Girls) 2010-2011

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Friday	Aug. 27	Time Trials	Pioneers Park	5:30PM
Thursday	Sep. 02	@ Thorell Invitational	Concordia University	4:45PM
Tuesday	Sep. 07	@ 9-10 Bell West Invite	Bellevue West	4:00PM
Monday	Sep. 13	@ McConnell Invitational	Pioneers Park	5:00PM
Thursday	Sep. 30	@ Raymond Central Invite	Raymond Central Invite	4:45PM
Friday	Oct. 01	@ LPS Championships (East Hosts)	Pioneers Park	5:00PM
Thursday	Oct. 07	@ HAC Championships (Hosted by LH)	Pioneers Park	4:00PM
Tuesday	Oct. 12	@ LSE Open Invite	Pioneers Park	5:00PM
Saturday	Oct. 16	@ LPS Open Invite (Hosted by LNE)	Pioneers Park	10:00AM

Head Coach: Musiel, Matt

Assistant Coach: Wandzilak, Brian

RUNNIN' GATORS CROSS COUNTRY STAFF

COACH MATT MUSIEL

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ASSISTANT VOLUNTEER COACH SARA DOMEIER

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FOR THOSE NEW TO THE SPORT OF CROSS COUNTRY

CROSS COUNTRY IS A FALL TEAM SPORT INVOLVING RUNNING OVER A VARIED TERRAIN. (PARKS, GOLF COURSES, ROADS, ETC.) THE DIFFICULTY OF COURSES WILL VARY AS WILL THE WEATHER WE RUN IN. GIRLS WILL RUN FROM 2 MILES TO 2.5 MILES (4,000 METERS), AND THE BOYS FROM 2 MILES TO 3.1 MILES (5,000 METERS).

7 PEOPLE RUN IN A CLASS A VARSITY RACE WITH THE TEAMS TOP 5 PLACES USED FOR SCORING. LOW SCORES WIN. THE 6TH RUNNER IS SCORED IN THE EVENT OF A TIE. A PERFECT TEAM SCORE WOULD THEN BE 15 POINTS. EVERYONE ELSE THAT IS ON THE TEAM WILL THEN BE REPRESENTING THE JUNIOR VARSITY SQUAD. AS YOU CAN SEE NO ONE RIDES THE BENCH IN CROSS COUNTRY.

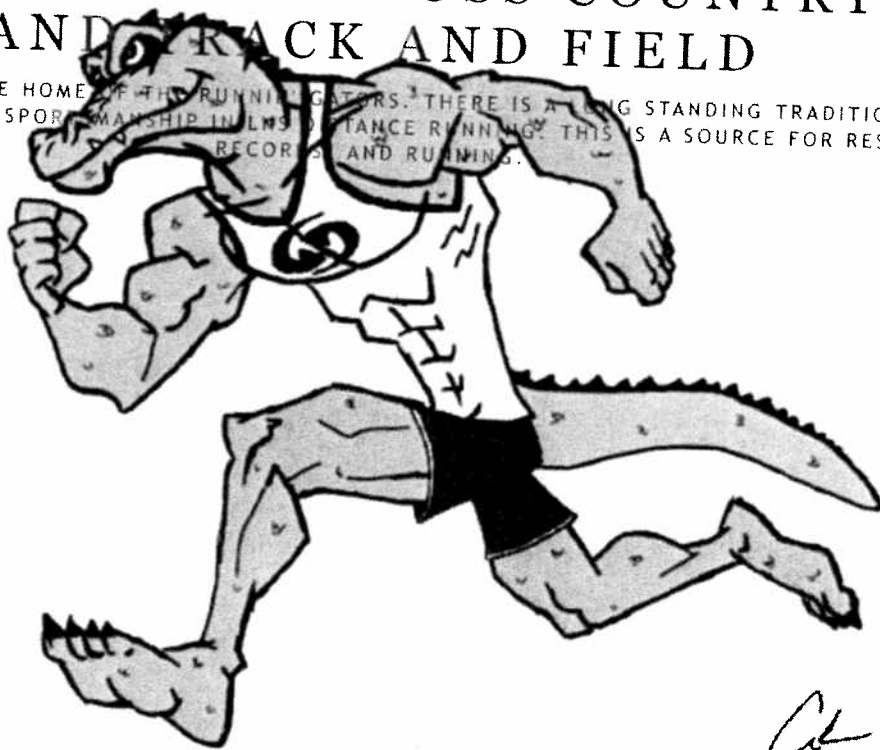


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NORTH STAR CROSS COUNTRY AND TRACK AND FIELD

WELCOME TO THE HOME OF THE RUNNING GATORS. THERE IS A LONG STANDING TRADITION OF EXCELLENCE AND SPORTSMANSHIP IN LONG DISTANCE RUNNING. THIS IS A SOURCE FOR RESULTS, RECORDS AND RUNNING.



<http://runningators.blogspot.com/>

MONDAY, APRIL 5, 2010

2010 Track Photos



LNS Freshman Invite

2009 SEASON OLYMPIA CONQUESTS POINTS/ SEASON PERSONAL RECORD'S

OLYMPIA CONQUEST: PR'S			OLYMPIA CONQUEST: PR'S		
GIRLS	PTS.		BOYS	PTS.	
KAREN S.	504	16:36	JAMES T.	934	16:32
TREZA K.	491	16:38	SIDNEY M.	898	16:36
JANICE W.	449	17:11	ERIC L.	843	17:12
SHYKERRA B.	321	17:28	MOHAMED H.	472	17:50
ELLISA J.	317	17:59	TYREE P.	471	18:18
CHINA K.	309	17:01	BRIAN F.	427	18:38
KERSTIN	299	18:33	JOSH N.	381	18:55
RACHEL O.	268	18:56	DAMON	363	18:49
CAITLYNN H.	200	18:26	MATT	315	17:34
KEANNA M.	158	18:37	PHILLIP	222	19:26
AMANDA M.	133	18:57	EMMETT B.	193	20:10
EMILY K.	131	19:30	GAGE P.	170	21:05
ARMINA J.	112	19:14	LANDON J.	141	21:05
KACY B.	109	20:23	FRANK T.	108	22:16
QUEEN O.	105	19:32	DANA F.	61	21:40
MEGAN W.	87	19:11	MIKE S.	53	23:44
KRIS D.	86	19:18	MAURICE Y.	51	22:51
NYAYON K.	80	20:07	COLTON H.	45	22:05
MARIAH S.	78	19:55	KHALEEF M.	38	24:33
JEAN L.	54	19:57	JACOB M.	15	25:22
SARAH R.	51	20:27	JORDAN H.	15	24:50
MALAIK M.	49	19:47	GEOFF W.	116	19:50
OLIVIA M.	39	20:32			
EVIE M.	37	22:33			
RAJA	33	23:05			
WINI S.	32	20:00			
RACHEL B.	8	25:46			

**LINCOLN NORTH STAR RUNNIN LADY GATORS
ALL TIME LIST**

1. ASHLEY SCHNELL	14:58	HAC	2006
2. KAREN SILVERSTRAND	16:14	CITY	2008
3. LEENIE BOARDMAN	16:22	DISTRICTS	2005
4. KARISSA KRUSE	16:27	DISTRICTS	2008
5. LACEY PICKERING	16:35	HAC	2006
6. AMANDA BEEDE	16:36	FUTURE	2004
7. TREZA KOUNG	16:38	CITY	2009
8. CLARE MAIER	16:50	HAC	2005
9. CHINA KUON	17:01	DM	2009
10. JANICE WIENHOLD	17:11	CITY	2009
11. BROOKE CLYMER	17:13	HAC	2005
12. SHYKERRA BOOKER	17:28	HAC	2009
13. RACHEL OCHOA	17:35	HAC	2008
14. KENDRA SCHULDEIS	17:44	HAC	2005
15. YAR KOK	17:47	FUTURE	2004
16. KENDRA GRUNDMAN	17:53	DISTRICTS	2007
17. ELLISA JANZEN	17:59	HAC	2009
18. MANDI MAKAYA	18:21	FUTURE	2005
19. CAITLYNN HOMEYER	18:26	FUTURE	2009
20. KERSTIN LAUBOCK	18:33	DM	2009

LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME BOYS

1.	Chris Clymer	16:17	City	2004
2.	Eric Noel	16:26	KU	2005
3.	James Tang	16:32	Pius	2009
4.	Sidney Madlock	16:36	DM	2009
5.	Bandak Chei	16:50	Pius	2004
6.	Jake Edwards	16:56	Districts	2005
7.	Chol Chol	16:59	UNK	2007
8.	Phillip Akur	17:00	Districts	2005
9.	Jordan Wilson	17:01	LPS Open	2006
10.	Ian Plummer	17:09	District	2005
11.	Derek Schnell	17:09	HAC	2008
12.	Eric Lomison	17:12	City	2009
13.	Robert Partee	17:14	City	2007
14.	Jacob Hiatt	17:23	HAC	2006
15.	Matt Keeshan	17:34	City	2009
16.	Shayne Krull	17:39	Districts	2003
17.	Arou Arou	17:40	City	2006
18.	Kgong Kok	17:41	City	2008
19.	Bryan Mosher	17:44	HAC	2005
20.	Trevor Blackman	17:48	HAC	2005

ALL TIME SOPHOMORE GIRL'S LIST

1. LEENIE BOARDMAN	16:22	DISTRICT	2005
2. TREZA KOUNG	16:38	CITY	2009
3. LACEY PICKERING	16:42	DISTRICT	2005
4. KAREN SILVERSTRAND	16:43	DISTRICT	2007
5. CLARE MAIER	16:55	STATE	2006
6. CHINA KUON	17:01	DES MOINES	2009
7. AMANDA BEEDE	17:12	DISTRICT	2005
8. SHYKEERA BOOKER	17:28	HAC	2009
9. RACHEL OCHOA	17:35	HAC	2008
10. BROOKE CLYMER	17:38	CITY	2006

ALL TIME JUNIOR GIRL'S LIST

1. ASHLEY SCHNELL	15:31	HAC	2005
2. KAREN SILVERSTRAND	16:14	CITY	2008
3. LEENIE BOARDMAN	16:27	STATE	2006
4. LACEY PICKERING	16:35	DISTRICT	2006
5. JANICE WIENHOLD	17:11	CITY	2009
6. KENDRA SCHULDEIS	17:44	HAC	2005
7. YAR KOK	17:47	FUTURE	2005
8. ELLISA JANZEN	17:59	HAC	2009
9. KERSTIN LAUBROCK	18:33	DES MOINES	2009
10. ASHLI PARSLEY	18:35	PIUS INV.	2005

ALL- TIME SENIOR GIRLS LIST

1. ASHLEY SCHNELL	14:58	HAC	2006
2. KARISSA KRUSE	16:27	DISTRICT	2008
3. KAREN SILVERSTRAND	16:36	OMAHA CENTRAL	2009
4. LEENIE BOARDING	16:48	CITY	2007
5. LACEY PICKERING	17:08	UNK	2007
6. KENDRA GRUNDNMAN	17:53	DISTRICT	2007
7. KENDRA SCHULDEIS	18:05	HAC	2006
8. CHELSEY IGO	19:07	CITY	2006
9. KRIS DELLACROCE	19:18	LPS JV	2009
10. JALLAN HOLMES	20:02	FUTURE STARS	2006

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME FRESHMAN BOYS TOP 10 TIMES**

1. CHOL CHOL	17:03	HAC	2006
2. ROBERT PARTEE	17:16	DISTRICTS	2007
3. JAMES TANG	17:22	STATE	2008
4. MOHAMED HAMDEN	17:50	CITY	2009
5. JACOB HIATT	18:02	LPS JV	2004
6. AROU AROU	18:02	BRYAN	2005
7. MATT KEESHAN	18:14	DES MOINES	2007
8. PHILLIP TROUNG	19:26	LPS JV	2009
9. ENRIQUE ORDENEZ	19:37	DISTRICTS	2003
10. TYREE PARTEE	19:57	HAC	2008

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME SOPHOMORE BOYS LIST**

1. JAMES TANG	16:32	CITY	2009
2. ERIC NOEL	16:57	STATE	2003
3. CHOL CHOL	16:59	UNK	2007
4. ROBERT PARTEE	17:14	CITY	2008
5. JAKE EDWARDS	17:20	DISTRICTS	2003
6. JACOB HIATT	17:27	LPS JV	2005
7. SHAYNE KRULL	17:39	DISTRICTS	2003
8. AROU AROU	17:40	CITY	2006
9. ERIC LOMISON	18:00	DISTRICTS	2007
10. MUON NHIAL	18:03	HAC	2006

LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME JUNIOR BOYS

1. Chris Clymer	16:28	Districts	2003
2. Eric Noel	16:35	State	2004
3. Jordan Wilson	17:01	LPS Open	2006
4. Jake Edwards	17:15	City	2004
5. Eric Lomision	17:19	State	2008
6. Jacob Hiatt	17:23	City	2006
7. Matt Keeshan	17:34	City	2009
8. Derek Schnell	17:57	Districts	2007
9. Shayne Krull	18:04	City	2004
10. Ian Plummer	18:10	City	2004
11. Taylor Lucas	18:16	DM	2007

LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME SENIOR BOYS

1. Chris Clymer	16:17	City	2004
2. Eric Noel	16:23	KU	2005
3. Sidney Madlock	16:36	DM	2009
4. Bandak Chei	16:50	Pius	2004
5. Jake Edwards	16:56	Districts	2005
6. Phillip Akur	17:00	Districts	2005
7. Ian Plummer	17:09	Districts	2005
8. Jordan Wilson	17:09	DM	2007
9. Derek Schnell	17:09	HAC	2008
10. Eric Lomison	17:12	City	2009

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME PIONEER PARK TOP 20
2003-2009**

BOYS 5,000M

1.	CHRIS CLYMER	16:17	CITY	2004
2.	ERIC NOEL	16:24	CITY	2005
3.	JAMES TANG	16:32	CITY	2009
4.	BANDEK CHEI	16:50	PIUS X	2004
5.	JAKE EDWARDS	16:56	DISTRICT	2005
6.	PHIL AKUR	17:00	DISTRICT	2005
7.	JORDAN WILSON	17:01	FUTURE STARS	2006
8.	IAN PLUMMER	17:09	DISTRICT	2005
9.	DEREK SCHNELL	17:09	HAC	2008
10.	CHOL CHOL	17:12	CITY	2007
11.	ERIC LOMISON	17:12	CITY	2009
12.	ROBERT PARTEE	17:14	CITY	2008
13.	JACOB HIATT	17:17	HAC	2005
14.	SIDNEY MADLOCK	17:21	CITY	2009
15.	MATT KEESHAN	17:34	CITY	2009
16.	SHAYNE KRULL	17:39	DISTRICT	2003
17.	AROU AROU	17:40	CITY	2006
18.	NGONG KOK	17:41	CITY	2008
19.	BRYAN MOSHER	17:44	HAC	2005
20.	TREVOR BLACKMAN	17:48	HAC	2005

GIRLS 4,000M

1.	ASHLEY SCHNELL	15:31	HAC	2005
2.	KAREN SILVERSTRAND	16:14	CITY	2008
3.	LEENIE BOARDMAN	16:22	HAC	2005
4.	AMANDA BEEDE	16:36	FUTURE STARS	2004
5.	TREZA KOUNG	16:38	CITY	2009
6.	LACEY PICKERING	16:42	DISTRICT	2005
7.	CLARE MAIER	16:50	HAC	2005
8.	KARISSA KRUSE	16:59	HAC	2008
9.	CHINA KUON	17:06	CITY	2009
10.	JANICE WIENHOLD	17:11	CITY	2009
11.	BROOKE CLYMER	17:13	HAC	2005
12.	KARISSA KRUSE	17:21	CITY	2008
13.	SHYKERRA BOOKER	17:28	CITY	2009
14.	RACHEL OCHOA	17:35	HAC	2008
15.	KENDRA SCHULDIES	17:44	HAC	2005
16.	YAR KOK	17:47	FUTURE STARS	2004
17.	ELLISA JANZEN	17:59	HAC	2009
18.	KENDRA GRUNDMAN	18:09	CITY	2007
19.	MANDI MAKAYLA	18:21	FUTURE STARS	2004
20.	CAITLYNN HOMEYER	18:26	FUTURE STARS	2009

LINCOLN NORTH STAR LADY GATORS
ALL-TIME KEARNEY COUNTRY CLUB
CROSS COUNTRY COURSE RECORDS 2003-2009

1.	ASHLEY SCHNELL	15:16	STATE	2006
2.	LEENIE BOARDMAN	16:27	STATE	2006
3.	KAREN SILVERSTRAND	16:27	UNK	2008
4.	KARISSA KRUSE	16:31	STATE	2008
5.	LACEY PICKERING	16:50	STATE	2006
6.	CLAIRE MAIER	16:55	STATE	2006
7.	AMANDA BEEDE	17:19	STATE	2005
8.	BROOKE CLYMER	17:38	UNK	2006
9.	JANICE WIENHOLD	17:51	UNK	2009
10.	CHINA KUON	17:59	UNK	2008
11.	KENDRA SCHULDEIS	18:01	STATE	2005
12.	RACHEL OCHOA	18:01	UNK	2008
13.	KENDRA GRUNDMAN	18:07	UNK	2007
14.	TREZA KOUNG	18:07	UNK	2009
15.	ELLISA JANZEN	18:18	UNK	2009
16.	KERSTIN LAUBROCK	19:02	UNK	2009
17.	ASHLEY PARSLEY	19:16	UNK	2003
18.	CHELSEY IGO	19:21	UNK	2005
19.	CAITLYNN HOMEYER	19:45	UNK	2009
20.	SHYKERRA BOOKER	20:00	UNK	2009

LINCOLN NORTH STAR BOYS RUNNIN'GATORS
ALL- TIME KEARNEY COUNTRY CLUB
CROSS COUNTRY RECORDS
2003-2009

1.	ERIC NOEL	16:25	UNK	2005
2.	JAMES TANG	16:42	UNK	2009
3.	CHRIS CLYMER	16:48	STATE	2004
4.	BANDAK CHEI	16:55	STATE	2004
5.	JAKE EDWARDS	16:57	UNK	2005
6.	CHOL CHOL	16:59	UNK	2007
7.	DEREK SCHNELL	17:11	STATE	2008
8.	ERIC LOMISON	17:15	STATE	2009
9.	SIDNEY MADLOCK	17:18	UNK	2009
10.	IAN PLUMMER	17:29	UNK	2005
11.	PHIL AKUR	17:32	STATE	2005
12.	ROBERT PARTEE	17:33	UNK	2007
13.	JORDAN WILSON	17:45	UNK	2007
14.	JACOB HIATT	17:46	STATE	2005
15.	MOHAMED HAMDEN	17:52	UNK	2009
16.	SHAYNE KRULL	18:03	UNK	2005
17.	NGONG KOK	18:04	UNK	2008
18.	BRYAN MOSHER	18:09	STATE	2005
19.	TAYLOR LUCAS	18:09	UNK	2008
20.	MATT KEESHAN	18:21	STATE	2009

**DES MOINES ROOSEVELT HEARTLAND CLASSIC
CROSS COUNTRY INVITATIONAL
2006-2009
CENTRAL COLLEGE COURSE, PELLA IOWA/
PACKARD PARK, INDIANOLA IOWA**

(Course Records)

BOYS

1. Sidney Madlock-16:39 2009
2. James Tang-17:00 2009
3. Chol Chol-17:11 2007
4. Jordan Wilson-17:16 2007
5. Eric Lomison-17:17 2009
6. Robert Partee-17:20 2008
7. Robert Partee-17:32 2007
8. Derek Schnel-17:47 2008
9. Eric Lomison-17:50 2008
10. Mohamed Hamden-17:56 2009

GIRLS

1. Ashley Schnell-15:15 2006
2. Karen Silverstrand-16:57 2007
3. Nyalok Kuon- 17:01 2009
4. Karen Silverstrand- 17:03 2008
5. Leenie Boardman- 17:18 2006
6. Leenie Boardman- 17:25 2007
7. Lacey Pickering- 17:27 2007
8. Lacey Pickering- 17:34 2006
9. Janice Wienhold- 17:38 2009
10. Karissa Kruse- 18:00 2008

**LINCOLN NORTH STAR RUNNIN' GATORS
LINCOLN PUBLIC SCHOOLS MEET
HISTORY
2003-2009**

BOYS

2003	2ND	
2004	1ST	CHRIS CLYMER -LPS CHAMPION
2005	1ST	ERIC NOEL- LPS- CHAMPION
2006	2ND	
2007	3RD	
2008	1ST	
2009	1ST	

GIRLS

2003	NTS	
2004	6TH	
2005	2ND	
2006	4TH	ASHLEY SCHNELL- LPS CHAMPION
2007	5TH	
2008	4TH	
2009	4TH	

**LINCOLN NORTH STAR RUNNIN' GATORS
HEARTLAND CONFERENCE MEET
HISTORY
2003-2009**

GIRLS

2003	NTS	
2004	8TH	
2005	3RD	
2006	5TH	(ASHLEY SCHNELL - HAC CHAMPION)
2007	5TH	
2008	5TH	
2009	5TH	

BOYS

2003	2ND	
2004	2ND	
2005	2ND	(ERIC NOEL- HAC CHAMPION)
2006	4TH	
2007	4TH	
2008	4TH	
2009	3RD	

NEBRASKA CLASS A STATE CHAMPIONSHIP HISTORY
GIRLS

2003

2004

2005

ASHLEY S.	11 TH	15:44	8 TH PLACE	210 PTS.
LEENIE B.	55 TH	16:55		
LACEY P.	57 TH	16:56		
CLARE M.	71 ST	17:16		
AMANDA B.	75 TH	17:19		
BROOKE C.	87 TH	17:40		
KENDRA S.	92 ND	18:01		

2006

ASHLEY S.	4 TH	15:16	7 TH PLACE	203 PTS.
LEENIE B.	42 ND	16:27		
LACEY P.	59 TH	16:50		
CLARE M.	62 ND	16:55		
BROOKE C.	88 TH	17:48		
KARISSA K.	92 ND	18:07		
KENDRA S.	95 TH	18:11		

2007

2008

KARISSA K.	43 RD	16:31
KARENJ	47 TH	16:33

2009

NEBRASKA CLASS A STATE CHAMPIONSHIP
2003-2009

BOYS

2003

ERIC N. 18TH 16:57 CHRIS C. 20TH 17:00 JAKE E. 37TH 17:25

2004

ERIC N.	5 TH	16:39	3 RD	95 PTS.
CHRIS C.	6 TH	16:48		
BANDAK C.	10 TH	16:55		
JAKE E.	21 ST	17:30		
JACOB H.	73 RD	18:32		
PHIL A.	76 TH	18:36		
IAN P.	94 TH	19:31		

2005

ERIC N.	12 TH	16:42	4 TH	127 PTS.
JAKE E.	19 TH	16:57		
PHIL A.	39 TH	17:32		
IAN P.	40 TH	17:33		
JACOB H.	51 ST	17:46		
BRYAN M.	73 RD	18:09		
SHAYNE K.	87 TH	18:45		

2006

CHOL CHOL 38TH 17:22

2007

ROBERT P. 32ND 17:32

2008

DEREK S.	27 TH	17:11	11 TH	203 PTS.
ERIC L.	32 ND	17:19		
JAMES T.	35 TH	17:22		
TAYLOR L.	77 TH	18:09		
NGONG K.	89 TH	18:35		
BRIAN F.	93 RD	18:54		
JOSH N.	94 TH	19:01		

2009

JAMES T.	13 TH	17:03	8 TH	173 PTS.
ERIC L.	21 ST	17:19		
SIDNEY M.	22 ND	17:20		
MOHAMED H.	79 TH	18:17		
MATT K.	82 ND	18:21		
DAMON M.	95 TH	19:08		
BRIAN F.	100 TH	19:28		

ALL TIME GIRL'S CAREER CONQUEST POINTS

1. LEENIE BOARDMAN	1.589	2004-2007
2. KAREN SILVERSTRAND	1.548	2005-2009
3. ASHLEY SCHNELL	1.226	2005-2006
4. LACY PICKERING	1.212	2004-2007
5. KARISSA KRUSE	905	2006-2008
6. CLARE MAIER	841	2004-2005
7. JANICE WIENHOLD	699	2007-
8. RACHEL OCHOA	686	2007-
9. BROOKE CLYMER	645	2004-2005
10. CHINA KUON	586	2008-

ALL TIME GIRL'S SEASON CONQUEST POINTS

1. ASHLEY SCHNELL	644	2006
2. LEENIE BOARDMAN	581	2005
3. KAREN SILVERSTRAND	526	2007
4. TREZA KUON	491	2009
5. KARISSA KRUSE	477	2008
6. JANICE WIENHOLD	449	2009
7. LACY PICKERING	448	2007
8. CLARE MAIER	430	2006
9. RACHEL OCHOA	418	2008
10. AMANDA BEEDE	360	2005

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME CAREER OLYMPIA CONQUEST**

1. ERIC LOMISON	2,068	2007-2009
2. JACOB HIATT	2,003	2004-2007
3. ERIC NOEL	1,999	2003-2005
4. JAKE EDWARDS	1,784	2003-2005
5. DEREK SCHNELL	1,588	2006-2008
6. JAMES TANG	1,491	2008-
7. JORDAN WILSON	1,358	2005-2007
8. DAMON MACKETY	1,348	2007-2009
9. BRIAN FOOTE	1,320	2007-2009
10. IAN PLUMMER	1,319	2003-2005
11. CHRIS CLYMER	1,235	2003-2004
12. CHOL CHOL	1,230	2006-2007
13. AROU AROU	1,228	2004-2007
14. MATT KEESHAN	1,205	2007-
15. ROBERT PARTEE	1,182	2007-2008
16. SHAYNE KRULL	1,165	2003-2005
17. PHILLIP AKUR	1,086	2004-2005
18. SIDNEY MADLOCK	898	2009
19. BRETT THOMPSON	820	2005-2007
20. TAYLOR LUCAS	787	2007-2008

**LINCOLN NORTH STAR
ALL TIME SEASON OLYMPIA CONQUEST
BOYS**

1. JAMES TANG	934	2009
2. SIDNEY MADLOCK	898	2009
3. ERIC LOMISON	843	2009
4. ERIC NOEL	801	2005
5. DEREK SCHNELL	783	2008
6. JAKE EDWARDS	744	2005
7. ROBERT PARTEE	694	2007
8. CHRIS CLYMER	651	2003
9. PHILLIP AKUR	645	2005
10. NGONG KOK	639	2008
11. MATT KEESHAN	626	2008
12. IAN PLUMMER	613	2005
13. JACOB HIATT	551	2006
14. BANDAK CHEI	551	2005
15. JORDAN WILSON	551	2006
16. TONY PROCACINA	551	2007
17. DAMON MACKETY	517	2008
18. TAYLOR LUCAS	513	2008
19. AROU AROU	486	2008
20. MOHAMED HAMDEN	472	2009

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME FRESHMAN GIRLS OLYMPIA CONQUEST SEASON**

1. CLARE MAIER	411	2005
2. BROOKE CLYMER	302	2005
3. CHINA KUON	277	2008
4. SHYKERRA BOOKER	229	2008
5. CAITLYNN HOMEYER	200	2009
6. LEENIE BOARDMAN	163	2004
7. AMANDA BEEDE	158	2004
8. MEGAN WITEIG	87	2009
9. SARAH RESCH	72	2007
10. JEAN LADO	54	2009

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME FRESHMAN BOYS OLYMPIA CONQUEST SEASON**

1. ROBERT PARTEE	694	2007
2. CHOL CHOL	590	2006
3. JAMES TANG	557	2008
4. MOHAMED HAMDEN	472	2009
5. JACOB HIATT	430	2004
6. TYREE PARTEE	292	2008
7. MATT KEESHAN	264	2007
8. PHILLIP TROUNG	222	2009
9. AROA AROU	221	2005
10. ZACH BULLER	164	2004

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME SOPHOMORE GIRLS SEASON OLYMPIA CONQUEST**

1. LEENIE BOARDMAN	581	2005
2. KAREN SILVERSTRAND	526	2007
3. TREZA KUONG	491	2009
4. CLARE MAIER	439	2006
5. RACHEL OCHOA	418	2008
6. AMANDA BEEDE	360	2005
7. BROOKE CLYMER	343	2006
8. SHYKERRA BOOKER	321	2009
9. ELLISA JANZEN	317	2009
10. LACEY PICKERING	311	2005

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME SOPHOMORE BOYS SEASON OLYMPIA CONQUEST**

1. JAMES TANG	934	2009
2. CHOL CHOL	646	2007
3. ERIC NOEL	641	2003
4. MATT KEESHAN	626	2008
5. JAKE EDWARDS	531	2003
6. JACOB HIATT	516	2005
7. ROBERT PARTEE	488	2008
8. ERIC LOMISON	473	2007
9. TYREE PARTEE	471	2009
10. DAMON MACKETY	468	2007

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME JUNIOR GIRLS SEASON OLYMPIA CONQUEST**

1. ASHLEY SCHNELL	582	2005
2. KAREN SILVERSTRAND	518	2008
3. LEENIE BOARDMAN	468	2006
4. JANICE WIENHOLD	449	2009
5. LACEY PICKERING	427	2006
6. KERSTIN LAUBOCK	299	2009
7. RACHEL OCHOA	268	2009
8. KENDRA SCHULDEIS	261	2005
9. KARISSA KRUSE	243	2007
10. KRIS DELLACROCE	153	2008

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME JUNIOR BOYS SEASON OLYMPIA CONQUEST**

1. ERIC LOMISON	752	2008
2. CHRIS CLYMER	651	2003
3. ERIC NOEL	557	2004
4. JACOB HIATT	551	2006
5. JORDAN WILSON	551	2006
6. DAMON MACKETY	517	2008
7. JAKE EDWARDS	509	2004
8. DEREK SCHNELL	509	2007
9. BRIAN FOOTE	452	2008
10. JOSH NEUMANN	381	2009

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME SENIOR GIRLS SEASON OLYMPIA CONQUEST**

1. ASHLEY SCHNELL	644	2006
2. KAREN SILVERSTAND	504	2009
3. KARISSA KRUSE	477	2008
4. LACEY PICKERING	448	2007
5. LEENIE BOARDMAN	377	2007
6. KENDRA GRUNDMAN	288	2007
7. KENDRA SCHULDEIS	175	2006
8. CHELSEY IGO	96	2006
9. KRIS DELLACROCE	86	2009
10. JALLAN HOLMES	33	2005

**LINCOLN NORTH STAR RUNNIN' GATORS
ALL TIME SENIOR BOYS SEASON OLYMPIA CONQUEST**

1. SIDNEY MADLOCK	898	2009
2. ERIC LOMISON	843	2009
3. ERIC NOEL	801	2005
4. DEREK SCHNELL	783	2008
5. JAKE EDWARDS	744	2005
6. PHIL AKUR	645	2005
7. NGONG KOK	639	2008
8. IAN PLUMMER	613	2005
9. JORDAN WILSON	593	2007
10. CHRIS CLYMER	584	2004

ALL TIME OLYMPIA CONQUESTS MEET RECORDS

GIRLS

1. KAREN SILVERSTRAND	221	UNK INV.	2008
2. ASHLEY SCHNELL	209	UNK INV.	2005
3. KARISSA KRUSE	171	UNK INV.	2008
4. CHINA KUON	153	UNK INV.	2008
5. RACHEL OCHOA	151	UNK INV.	2008

BOYS

1. DEREK SCHNELL		UNK INV.	2008
2. ERIC LOMISON		UNK INV.	2008
3. NGONG KOK		UNK INV.	2008
4. JAMES TANG		UNK. INV.	2009
5. TAYLOR LUCAS		UNK INV.	2008

North Star High School Athletics Code of Conduct

Academic Standards:

To be eligible, a North Star student shall have credit on the school records for twenty credit hours of school work for the immediate preceding semester. The twenty hours shall be such as will ordinarily be considered as advancing the student towards graduation. A student who does not earn twenty credit hours during the spring semester may make up not to exceed ten credit hours during the summer in an accredited program. Such work must be completed and the grades recorded on the school records prior to September 1 or the opening day of school, whichever comes first, in order for that student to be eligible for varsity interscholastic competition the fall semester. If incomplete grades are the determining factor in whether a student has the required number of credit hours the preceding semester, the student remains ineligible until the incomplete is replaced by passing grades and the incomplete grades are on the records of the school.

To be eligible, a North Star student must be currently enrolled in 25 credit hours. An exception will be made for seniors on track to graduate. They may be allowed to take twenty hours the second semester of their senior year.

Attendance Standards:

North Star students must attend all classes the day of a contest to participate. Athletes will be expected to attend practice, but will not be allowed to participate in practice unless they have attended all classes. Exceptions will be made for medical appointments, school activities, pre-arranged absences approved by the administration, and absences beyond the student's control as approved by the administration.

Citizenship Standards:

To be eligible for activities, a North Star student must conduct himself/herself in a way representing the school and program in a positive way. Coaches may have standards of behavior that involve loss of participation not identified in policy. The following represent minimum consequences for some violations that may occur:

School Suspensions: Athletes will not be allowed to participate in practice or contests when serving an out of school suspension.

Tobacco Violations:

First Offense: Use, possession, or sale of tobacco will result in a one week suspension from competition. Athletes will be allowed to practice. In the case where a competition is not involved during that week, the suspension will include the next scheduled competition that the athlete would normally participate in.

Second Offense: Suspension for the remainder of the sport season.

Alcohol / Illegal Drug Violations:

First Offense: Use, possession, or sale of alcohol or any illegal drug that is not prescribed by a physician or available over the counter is prohibited. Penalties for a first offense violation of this rule shall result in an athlete being ineligible to compete for 14 calendar days, including at least two contests, beginning with confession, citation, or suspension. Athletes will be expected to attend practices and participation in practice is allowed after the first seven days.

Second Offense: An athlete is ineligible to participate for the remainder of that sport season. In a case where a violation occurs near the end of a season, an athlete is ineligible for all competition for a minimum of 30 calendar days. An athlete may be required by the coach to attend practices, but will not be allowed to participate in practice for the first 21 days.

All of the above policies are in addition to the Lincoln Public Schools and the NSAA rules that both parents and student-athletes are required to sign for athletic participation. All rules take effect at the first allowable practice date of that sport and conclude at the conclusion of the North Star sport season. Any illegal activity outside of the school day will be reviewed on an individual basis.

Training Room Orientation

Procedures:

- The training room will open at 2:30 p.m. (closing times vary per season)
- The student-athlete is to **Sign-In** on the T.R. log: **each time they come into the training room.**
- Be in the TR. in plenty of time to receive treatment and get to practice on time, before stretching begins. It is the athletes responsibility to be on time to practice.
- If the student-athlete has a bleeding wound, make sure they come into get it cleaned and bandaged.
- The staff will only tape athletes who have been injured and need additional support to return to practice. They will also tape an athlete with a doctor referral. Contact the athletic trainer if interested in preventative bracing for product recommendation and purchase information.
- If an athlete sees a doctor for any injury that he/she has sustained, the athletic trainer **MUST** have written authorization from the doctor for the athlete to resume participation.
- **48-Hour Rule:** After an athlete has been injured, the athlete must have permission from an athletic trainer to participate in a contest. In general, he/she must be in a full practice for 48 hours before being able to participate in a game.
- Athletes are responsible for their own insurance. Forms are available in the counselors office for anyone who does not already have coverage.

Rules of the Training Room:

- Athletes will not be permitted to get drinks in the training room.
- No cleated or spiked shoes in the training room.
- No football pads in the training room.
- No throwing of water or horseplay in the training room.
- Stationary bikes are to stay in the rehabilitation area.
- The training room is not a lounge. If you are not injured or receiving treatment, you will be asked to leave.
- Know the difference between an injury and soreness from overuse.
- Athletes should leave all equipment alone unless they have permission. This includes sideline equipment.
- Respect others in the training room.
- No athlete is to be in the training room without supervision.

Prevention:

- Make sure the athlete drinks plenty of water to keep hydrated.
- If an athlete is prone to strains or pulls, make sure the athlete stretches sufficiently. One example involves lower back pain. Many cases of back pain are caused by very tight hamstrings and insufficient stretching.
- If an athlete has a tendency to get blisters, wear two pairs of socks to prevent blisters.

"An Ounce of Prevention is Worth a Pound of Cure"

- Due to the possible spreading of disease, **PLEASE DO NOT** dip your hands into the cooler to get a drink or the ice machine.
- If a fellow athlete is injured during a game or practice, **DO NOT** move the athlete until trainers are notified and have evaluated the injured athlete.

