



HELIAS CATHOLIC HIGH SCHOOL
HOME OF THE
CRUSADERS
JEFFERSON CITY | MISSOURI



GIRLS CROSS COUNTRY 2019

NAME	YEAR
Madalynn Berkey	11
Natalie Schlup	11
Coty Payne	11
Paige Allen	10
Alexa Lamb	10
Ava Morrisey	10
Lucy Muenks	10
Sabrina Schlacks	10
Danielle Buker	9
Savanna Huckstep	9
Arica Ketcherside	9
Avery Massman	9
Abigail Tesreau	9

COACH: Brake Hake

ASSISTANTS: Steve Engelbrecht

MANAGERS: Mari Cook, Jackson Careaga, Kaitlyn Pecher, Allie Kleene

ATHLETIC DIRECTOR: Tom Guinn | tguinn@heliascatholic.com

ATHLETIC TRAINER: Jessica Wieberg | jwieberg@heliascatholic.com

ATHLETIC TRAINING SERVICES PROVIDED BY PEAK SPORT AND SPINE