



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



GIRLS CROSS COUNTRY 2020

NAME	YEAR
Madalynn Berkey	12
Natalie Schlup	12
Paige Allen	11
Alexa Lamb	11
Ava Morrisey	11
Lucy Muenks	11
Sabrina Schlacks	11
Danielle Buker	10
Savanna Huckstep	10
Arica Ketcherside	10
Avery Massman	10
Abigail Tesreau	10

COACH: Brake Hake

ASSISTANT COACH: Steve Engelbrecht

MANAGERS: Mari Cook, 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