



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



GIRLS CROSS COUNTRY 2021

NAME	YEAR
Paige Allen	12
Danielle Buker	11
Frances Grellner	9
Victoria Hentges	11
Savanna Huckstep	11
Alexa Lamb	12
Avery Massman	11
Lauren Mathews	9
Ava Morrisey	12
Mary Morrisey	9
Abigail Tesreau	11
Lauren Verslues	9

COACH: Leslie Verslues

ASSISTANT COACH: Nick Reed, Molly Light

MANAGERS: Mari Cook, Allie Kleene

ATHLETIC DIRECTOR: Dwayne Clingman | dclingman@heliacatholic.com

ATHLETIC TRAINER: Jessica Wieberg | jwieberg@heliacatholic.com

ATHLETIC TRAINING SERVICES PROVIDED BY PEAK SPORT AND SPINE