



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



GIRLS CROSS COUNTRY
2022

NAME	YEAR
Danielle Buker	12
Savanna Huckstep	12
Allison Marke	9
Avery Massman	12
Lauren Mathews	10
Ellayna Morasch	9
Mary Morrisey	10
Abigail Tesreau	12
Lauren Verslues	10

COACH: Leslie Verslues

ASSISTANTS: Nick Reed

ATHLETIC DIRECTOR: Dwayne Clingman | dclingman@heliascatholic.com

ATHLETIC TRAINER: Kelsey Schenewerk | kschenewerk@heliascatholic.com

ATHLETIC TRAINING SERVICES PROVIDED BY PEAK SPORT AND SPINE