Muskegon Community College

2014-2015

Cross Country

Jayhawks

2014-2015

Cross Country Schedule

Saturday	8/30	**Vanderbilt Invitational** Hope College Ridge Point Church	Holland, MI	10:30 am
Friday	9/5	**Jets Invitational** Jackson CC	Jackson, MI	4:30 pm
Friday	9/12	**Spartan Invitational** MSU Forest Akers East Golf Course	E. Lansing, MI	12:00 pm
Friday	9/26	**Brissman-Lundeen Invite** Augustana College Sauke Golf Course	Rock Island, IL	5:00 pm
Friday	10/3	**Lansing CC Invite** Lansing CC Grand Woods Park	Lansing, MI	1:30 pm
Friday	10/10	**Jayhawk Invitational** Muskegon CC University Park Golf Course	Muskegon, MI	2:00 pm
Saturday	10/25	**NJCAA Region XII** **& MCCAA Championship** Lansing CC - Grand Woods Park	Lansing, MI	12:00 pm
Saturday	11/8	**NJCAA Nationals** South Plains CC	Levelland, TX	TBA

This is a tentative schedule, subject to change

2014-2015 MCC Jayhawk Cross Country Team Donors

Thank You for Your Support!!

$199 or Above

Eco Trek Fitness
Fountain View Family Dental
Redi Rental
Target Mold Corporation
Trophy House and Jones Sports
Vance H. Smith M.D.

$99 or Above

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Crystal Valley Heating and Cooling
Horizon's Dental
Merrill Lynch
Mr. B's Pancake House
Nexes Realty
• *Russ and Lori Schuitema*
Shoreline Ophthalmology PC
Shoreline Vision
Steve Warmington
Warner, Norcross, and Judd
Wright's Sr. Carpet Cleaning, Inc.

Other Donations

Ace Hardware
Cinema Carousel
Lakeshore Eyecare
Norma Plant
Jayhawk Team Challenge 5k
• *Participants and Volunteers*

MCC Cross Country Rosters

Men's Cross Country

Name	Ht	Wt	Yr	Hometown/High School
Jacob Baker	5'6"	125	So	Norton Shores/Mona Shores High School
Lenin Castillo	5'8"	147	Fr	Hart/Hart High School
Colin Duca	6'0"	130	Fr	Muskegon/Mona Shores High School
Austin Elliott	5'10"	157	So	Spring Lake/Spring Lake High School
Dominic Flores	5'10"	145	Fr	Fruitport/Fruitport High School
Austin Kleiner	6'2"	148	Fr	Spring Lake/Hesperia High School
Dylan Medendorp	6'3"	175	Fr	Whitehall/Whitehall High School
Austin Persoon	6'0"	150	Fr	Scottville/Mason County Central High School

Women's Cross Country

Name	Ht	Yr	Hometown/High School
Miranda Buckwald	5'7"	So	Grand Haven/Grand Haven High School
Samantha Eely	5'1"	So	Muskegon/Oakridge High School
Marlee Harris	5'6"	Fr	Buckley/Buckley Community High School
Brielle Johnson	5'4"	So	North Muskegon/North Muskegon High School
Andrea Lavigne	5'5"	So	Ludington/Mason County Central High School
Claudia Melton	5'10"	So	Grand Haven/Grand Haven High School
Deanna Near	5'4"	Fr	Montague/Montague High School
Sabrina Smith	4'11"	Fr	Hart/Hart High School
Andie Young	5'3"	Fr	Grand Haven/Grand Haven High School
Raquel Zavala	5'6"	Fr	Muskegon/Muskegon High School

Head Coach

In his third year, Coach **Dan Fishel** is excited to continue building the cross country program at MCC that was re-started in 2010 by former Coach Mike Smith. Coach Fishel has many ties to the area. He grew up in Sullivan Township and attending Ravenna Public Schools for many years before graduating from Whitehall High School in 1996. At Whitehall, he was a member of a Conference Championship cross country team and a Class B State Championship track & field team.

After high school, Coach Fishel attended Muskegon Community College, earning his Associate's Degree in 1998. He felt going to MCC was a great educational and financial choice that prepared him well to continue his education at Grand Valley State University. Coach Fishel ran cross country and track & field for GVSU during his 3 years there until his graduation in 2001. He was part of a GLIAC Championship track & field team at GVSU. As a varsity cross country runner, he was named "GV Sports Athlete of the Week" in 1999 and was an Academic All-American in 2000. He also later earned his Master's degree at GVSU in 2011.

Coach Fishel has plenty of experience building a program. In 2002, Coach Fishel took over the struggling Muskegon High School Boys and Girls Cross Country Teams. In ten years coaching cross country at Muskegon High, he increased cross country participation over 300 percent and fielded teams that competed with and defeated many Muskegon County powerhouse programs. In 2010, the boys team won 2 team trophies, their first since 1979. In 2011, the girls team won their first cross country team trophy in school history!. For these accomplishments, Coach Fishel was named the Muskegon Chronicle Divisions 1+2 Girls Cross Country Coach of the Year in 2011. He also coached on city, conference, and regional championship track & field teams while coaching many school record-holders at Muskegon High School.

In 2013 the Jayhawk cross country teams had their best team showing at the NJCAA Division I national meet in Fort Dodge, Iowa. The men's team finished 14th in the country, and the women's team finished 24th in the country. These were the highest cross country team finishes at nationals since the program was restarted in 2010 after having more than 30 years without a program.

Coach Fishel teaches at Muskegon High School. He lives in Roosevelt Park with his wife, Jennifer, his 3 daughters, and his son. Carly will be 5 years old in April, Maggie will be 4 years old in July, and twins Rex and Penny will turn one in November.

Coach Fishel believes: "You don't get what you wish for. You get what you work for." – Unknown author

Assistant Coach

Jessica Chandler is excited to share her passion for running and begin her first season as assistant coach for the Jayhawk runners.

Coach Chandler was born and raised in Muskegon and ran track and cross country at Orchard View High School. While at Orchard View, she was a state qualifier and broke the school records for Cross Country, was a member of the record breaking team in the Two Mile Relay, and also broke the school record in the 800 meter run. After high school, Coach Chandler focused on academics but still enjoyed running. She attended Muskegon Community College and during her time at MCC was the coach for the Orchard View Middle School Cross Country Team. Coach Chandler then went on to Grand Valley State University graduating with a Bachelor of Business Administration with a double major in Finance and International Business. Coach Chandler is a Financial Advisor for Merrill Lynch in Downtown Muskegon and enjoys running in her spare time. In 2004 she completed her first marathon and qualified for the Boston Marathon on her first attempt. Last year she won the women's race for the inaugural Half Marathon at the Seaway Run, where she still holds the female course record. Coach Chandler was married in June and resides in Roosevelt Park with her husband Anthony.

Coach Chandler is excited that MCC has brought back their Cross Country Program and excited to help the young student athletes achieve their goals!

2014-2015

MCC Cross Country

Name: ..... Jacob Baker
Parents: ..... Greg and Gayle Baker
High School Coach: ..... John Swinburne
Course of Study: ..... EMS
Career Goal: ..... Paramedic
Favorite Food: ..... Pasta
Favorite Music: ..... Jazz & Indy rock
Favorite Quote: ..... "If you French fry when you're supposed to Pizza you're going to have a bad time."
Why I Run: ..... Because I love to run
Something Unique about me: ..... I once French fried when I was supposed to Pizza; I had a really bad time.

Name: ..... Lenin Castillo
Parents: ..... Araceli Rucoba and Lenin A. Castillo
High School Coach: ..... Mindy Whitney
Course of study: ..... General
Career goal: ..... Undecided
Favorite music: ..... All
Favorite quote: ..... You dont have to be great to start, but you have to start to be great
Why I run: ..... I run because I can
Favorite food: ..... I don't have a favorite food
Something unique: ..... My father is Afro-Ecuadorian and my mother is Mexican.

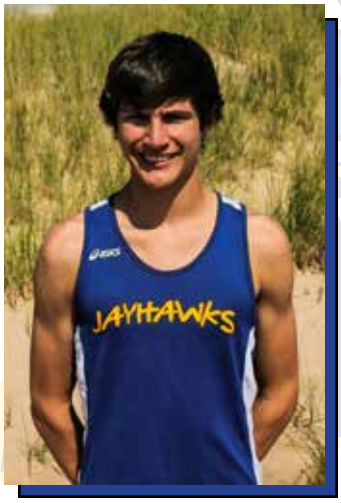
Name: ..... Colin Duca
Parents Names : ..... Vince Duca and Heather Macdonald
High School Coach: ..... John Swinburne
Course of Study: ..... Computer Science
Career Goal: ..... undecided
Favorite food: ..... Pizza
Favorite Music: ..... Anything Upbeat
Favorite quote: ..... "You can pay for school but you can't buy class"
Why I run: ..... To take advantage of all the opportunities that are given to me.
Something unique: ..... I have never eaten hamburger.

2014-2015

MCC Cross Country

Name:.....Austin Elliott
Parents:.....Cari and Jeff Elliott
High School Coach:.....Greg Brown
Course of Study:.....Communications
Career Goal:.....Undecided
Favorite Food:.....Pasta
Favorite Music:.....All
Favorite Quote:.....“To give anything less than your best is to sacrifice the gift.” -- Steve Prefontaine
Why I Run:.....I enjoy running and competing against other schools.
Something Unique About Me:.....I snowboard and golf.

Name:..... Dominic Flores
Parents:.....Shannon and Richard Hamilton
High School Coach:.....Randy Johnson and Chad Brandow
Course of study:.....Nursing
Career goal:.....Registered Nurse
Favorite Food:.....Arby’s
Favorite Music:.....Hip hop/Rock
Favorite quote:.....“When you want to succeed as bad as you wan to breathe then you’ll be successful.”
Why I run:.....To stay in shape.
Something unique about me:.....I love to longboard.



Name:..... Austin Kleiner
Parents:.....Jim and Jennifer Kleiner
High School Coach:.....Doug Baird
Course of Study:.....Business
Career Goal:.....Unknown
Favorite Food:.....Pasta
Favorite Music:.....Anything other than heavy medal
Favorite Quote:.....“If you can’t excel with talent, triumph with effort”
Why I Run:.....I run because I like the competitiveness and the idea of being a part of a team.
Something Unique About Me:.....I played football all the way up to my Junior year when half-way through the season I transferred over to cross country.

2014-2015

MCC Cross Country

Name: ..... Dylan Medendorp
Parents: ..... Ingram and Kip Medendorp.
High School Coach: ..... Kathy Hector.
Course of Study: ..... Engineering.
Career Goal: ..... Petroleum Engineer.
Favorite Food: ..... Asian!
Favorite Music: ..... Anything Chill.
Favorite Quote: ..... If you're not making mistakes, you're not doing anything. --John wooden.
Why I run: ..... I enjoy it.
Something unique: ..... Never ran cross country before.

Name: ..... Austin Persoon
Parents: ..... Justin and Deanna Persoon
High School Coach: ..... Edward Sanders
Course of study: ..... Psychology
Career goal: ..... Psychiatrist
Favorite food: ..... Lasagna
Favorite music: ..... Alternative Rock
Favorite quote: ..... It Is What It Is. - Mr. Worch
Why I run: ..... I've been doing it most of my life and it's worked out good so far. Why stop now.
Something unique: ..... I have two different colored eyes

Name ..... Miranda Buckwald
Parents ..... Greg and Karen Buckwald
High School Coach ..... Scott and Renee Przystas, Greg Russick
Course of Study ..... Undecided
Career Goal ..... Undecided
Favorite Food ..... Pasta
Favorite Music ..... Country
Favorite Quote ..... "You are confined only by the walls you build yourself."
Why I Run ..... To challenge myself and see what I can accomplish
Something Unique About Me ..... I took dance lessons for 10 years

2014-2015

MCC Cross Country

Name ..... Samantha Eely
Parents ..... George and Rona Eely
High School Coach ..... Randall Green
Course of Study ..... Physical Therapy
Career Goal ..... Physical Therapist
Favorite Food ..... Spaghetti
Favorite Music ..... Christian Rock
Favorite Quote ..... "It is what it is"
Why I Run ..... I run because I enjoy it and to keep in shape
Something Unique About Me ..... In my left eye my sclera overlaps my iris

Name: ..... Marlee Harris
Parents: ..... Lisa Harris and Dan Harris
High School Coach: ..... Ken Wicker
Course Of Study: ..... Early Childhood
Career Goal: ..... Teacher
Favorite Food: ..... Pizza
Favorite Music: ..... Hip Hop
Favorite Quote: ..... "dont be afraid of failure. This is the way to succeed! "
Why I Run: ..... It is the one sport I can feel free in!
Something Unique About Me: ..... I was named after "Dan Majerle" the basketball player.

Name: ..... Brielle Johnson
Parents: ..... Jim and Nancy Johnson
High School Coach: ..... Gary Neal
Course of Study: ..... Psychology
Career Goal: ..... Undecided
Favorite Food: ..... Pancakes
Favorite Music: ..... Dubstep and Reggae
Favorite Quote: ..... "The mind is everything. What you think, you become."
Why I Run: ..... I run to relieve stress and better myself.
Something Unique About Me: ..... I was an All-State tennis player in high school.

2014-2015

MCC Cross Country

Name: ..... Andrea Lavigne
Parents: ..... Jennifer Lavigne and Robert Hagen
High School Coach: ..... Edward Sanders
Course Of Study: ..... Nursing
Career Goal: ..... Nurse Practitioner
Favorite Food: ..... Pretty much anything in sight
Favorite Music: ..... Rap
Favorite Quote: ..... "Every strike brings me closer to my next home run." -Babe ruth
Why I run: ..... I run because I can. I love the thrill of the competition and seeing how my body will preform for that meet/practice. I love pushing myself through the pain and finding my boundaries and hopefully pushing past them. But most of all, I love the emotional tie all cross country runners have to each other, because we all know how hard we push ourselves to get where we are today.
Something Unique About Me: ..... I work at the hospital in the emergency room.

Name: ..... Claudia Melton
Parents: ..... John and Theresa Melton
High School Coach: ..... Greg Russick then Scott Przystas
Course of Study: ..... Associates Degree
Career Goal: ..... Undecided
Favorite Food: ..... Bolgolgi (Korean Steak dish)
Favorite Music: ..... Oldies
Favorite Quote: ..... "He who kneels before God can stand before anyone."
Why I Run: ..... To stay in shape, to stay tough, and to do what others can't, don't or won't do
Something Unique About Me: ..... I took 4 years of German, went to Germany, and can speak the language pretty well

Name: ..... Deanna Near
Parents: ..... Dan & Diane Pineda
High School Coach: ..... Terry Fick
Course of study: ..... undecided
Career goal: ..... undecided
Favorite food: ..... apples and peanut butter
Favorite music: ..... Christian
Favorite Quote: ..... " I have fought the good fight, I have finished the race, I have kept the faith" - 2 Timothy 4:7
Why I run: ..... To become stronger physically and mentally.
Something Unique About Me: ..... I have finished 2 marathons

2014-2015

MCC Cross Country

Name: ..... Sabrina Smith
Parents: ..... Sonnie and Alicia Smith
High School Coaches: ..... Terry Tatro & Mindy Whitney
Course of Study: ..... Science
Career Goal: ..... Physical Therapist
Favorite Food: ..... Pasta
Favorite Music: ..... All
Favorite Quote: ..... "The will to win, the desire to succeed, the urge to reach your full potential...These are the keys that will unlock the door to personal excellence"
- Confucius
Why I Run: ..... It makes me feel happy, healthy, strong, accomplished and confident
Something Unique About Me: ..... My senior year was my first year running Cross Country

Name: ..... Andie Young
High School Coach: ..... Scott Przystas
Course of Study: ..... Athletic Training
Career Goal: ..... Athletic Trainer
Favorite Food: ..... Pasta
Favorite Music: ..... All
Favorite Quote: ..... "To give anything less than your best is to sacrifice the gift."
-Steve Prefontaine
Why I Run: ..... To push myself
Something Unique about me: ..... I was in marching band in high school and played the flute

Name: ..... Raquel Zavala
Parents: ..... Jesus and Karen Zavala
High School Coach: ..... Dan Fishel and Steve Douglas
Course of Study: ..... Nursing
Career Goal: ..... Undecided
Favorite Food: ..... Pasta
Favorite Music: ..... Indie
Favorite Quote: ..... "Strive not to be a success, but rather to be of value."
-Albert Einstein
Why I run: ..... I love to run and be part of a team.
Something Unique About Me: ..... I'm left handed

2014-2015

MCC Cross Country

Men's 8k Top Times [Since 2010]

Name	Time	Year	Location
Esrom Woldemichael	25:56	2013	Brissman-Lundeen Invite @Saukie Golf Course (Rock Island, IL)
Matt Kring	26:05	2011	Regionals @ Lansing Community College
Mathias Waterstradt	26:50	2012	Lansing Community College
Kyle Starr	26:53	2012	Regionals @ Lansing Community College
Alex Drew	26:56	2013	Regionals @ Lansing Community College
Jake Hernandez	26:59	2011	Regionals @ Lansing Community College
Jacob Baker	27:02	2013	NEW University Park (Muskegon Community College)
Aaron Stenberg	27:21	2010	Lansing Community College
Austin Elliott	27:31	2013	Michigan State University
Devon Joslin	27:36	2011	Regionals @ Lansing Community College

Women's 5k Top Times [Since 2010]

Name	Time	Year	Location
Kaitlin Truman	19.40	2012	University Park (Muskegon Community College)
Samantha Zimmer	19.43	2011	Regionals @ Lansing Community College
Summer Hussey	19.46	2013	Nationals @ Fort Dodge, Iowa
Kaytlynne Kerwin	19.53	2012	University Park (Muskegon Community College)
Andrea Lavigne	19.57	2013	Regionals @ Lansing Community College
Michelle DeMuro	20.03	2010	Hope College
Alexis Yost	20.27	2012	University Park (Muskegon Community College)
Samantha Eely	21.18	2013	Regionals @ Lansing Community College
Jessica Sevarns	21.29	2012	Regionals @ Lansing Community College
Claudia Melton	21.55	2013	Nationals @ Fort Dodge, Iowa

Women's 6k Top Times [Since 2010]

Name	Time	Year	Location
Michelle DeMuro	24.35	2010	Hillsdale College
Andrea Lavigne	24.50	2013	Michigan State University
Kaitlin Truman	24.53	2012	Michigan State University
Samantha Zimmer	24.57	2011	Michigan State University
Summer Hussey	25.29	2013	Michigan State University
Kaytlynne Kerwin	26.01	2012	Michigan State University
Jordan McGowen	27.18	2011	Michigan State University
Samantha Eely	27.22	2013	Michigan State University
Alexis Yost	27.29	2012	Michigan State University
Brielle Johnson	27.56	2013	Michigan State University

2014-2015

MCC Cross Country

MCC Men's Top Times at Home

(University Park Golf Course)

Esrom Woldemichael	25:56:00	2013
Jacob Baker	27:02:00	2013
Alex Drew	27:47:00	2013
Mathias Waterstradt	28:04:00	2013
Logan Irey	28:33:00	2013
David VanBergen	28:35:00	2013
Austin Elliott	28:59:00	2013
Tyler Grove	30:29:00	2013
Cameron Kroening	30:59:00	2013
Spencer Morse	31:07:00	2013
Course Record *(Unattatched)*		
Ryan Konen	24:12:00*	2012
Mark List	25:26:00	2013

**=OLD Loop (180 yds short)*

MCC Women's Top Times at Home

(University Park Golf Course)

Kaitlin Truman	19:40	2012
Samantha Zimmer	19:53	2011
Kaytlynne Kerwin	19:53	2012
Summer Hussey	20:24	2013
Andrea Lavigne	20:25	2013
Alexis Yost	20:27	2012
Jessica Sevarns	21:37	2012
Samantha Eely	21:51	2013
Krista Brandel	22:18	2012
Meagan Lavin	22:19	2012
Course Record *(Unattatched)*		
Lindsey Clark	17:52	2011
Alexa Rumsey	17:52	2011

Men's Top Team Times for First 5 Runners Combined

10/26/2013	**at Lansing Community College**
2:15:11	Woldemichael, Drew, Waterstradt, Baker, Kroening
10/29/2011	**at Lansing Community College**
2:15:13	Kring, Star, Hernandez, Joslin, Wehr
9/27/2013	**at Brissman-Lundeen Invite**
2:17:21	Woldemichael, Baker, Waterstradt, Elliott, Irey
10/11/2013	**at Muskegon Community College**
2:17:25	Woldemichael, Baker, Drew, Waterstradt, Irey
10/4/2013	**at Lansing Community College**
2:17:29	Woldemichael, Waterstradt, Baker, Drew, Irey

Women's Top Team Times for First 5 Runners Combined

10/12/2012	**at Muskegon Community College**
1:43:55	Truman, Kerwin, Yost, Sevarns, Brandel
10/27/2012	**at Lansing Community College**
1:45:41	Truman, Kerwin, Sevarns, Yost, Lavin
10/26/2013	**at Lansing Community College**
1:46:21	Lavigne, Hussey, Eely, Johnson, Melton
11/9/2013	**at Nationals**
1:46:25	Hussey, Lavigne, Eely Melton, Johnson
9/28/2012	**at Lansing Community College**
1:47:55	Truman, Kerwin, Yost, Sevarns, Lavin

Men's Top National Championship Finishes Since 2010

14th	**2013 Team**
	Woldemichael, Baker, Drew, Waterstradt, VanBergen, Kroening, Elliott
21st	**2010 Team**
	Kring, Hernandez, Stenberg, Wehr, Barrett, Marcinkowski, Leatherman
25th	**2011 Team**
	Kring, Hernandez, Starr, Wehr, Joslin, Vroma
29th	**2012 Team**
	Waterstradt, Seaver, Drew, Starr, Clark, Almond, Johnson

Women's Top National Championship Finishes Since 2010

24th	**2013 Team**
	Hussey, Lavigne, Eely, Melton, Johnson, Bayak, Buckwald
25th	**2012 Team**
	Truman, Kerwin, Yost, Sevarns, Lavin, VanDyke, Douglas

2014-2015

MCC Cross Country

Men's Top National Finishers

Place	Name	Year	Location	
37	Matt Kring*	2010	Spartanburg Methodist College	Spartanburg, SC
43	Esrom Woldemichael	2013	Iowa Central Community College	Fort Dodge, IA
87	Jacob Hernandez	2010	Spartanburg Methodist College	Spartanburg, SC
90	Jacob Baker	2013	Iowa Central Community College	Fort Dodge, IA
98	Alex Drew	2013	Iowa Central Community College	Fort Dodge, IA
104	Mathias Waterstradt	2012	Rend Lake College	Ina, IL
106	Kyle Starr	2011	New Mexico Junior College	Hobbs, NM
115	Aaron Stenberg	2010	Spartanburg Methodist College	Spartanburg, SC
128	Christian Seaver	2012	Rend Lake College	Ina, IL
157	David VanBergen	2013	Iowa Central Community College	Fort Dodge, IA

**Cross Country Coaches Association All-American*

Women's Top National Finishers

Place	Name	Year	Location	
21	Samantha Zimmer*	2011	New Mexico Junior College	Hobbs, NM
48	Summer Hussey	2013	Iowa Central Community College	Fort Dodge, IA
66	Andrea Lavigne	2013	Iowa Central Community College	Fort Dodge, IA
94	Kaitlin Truman	2012	Rend Lake College	Ina, IL
120	Kaytlynne Kerwin	2012	Rend Lake College	Ina, IL
131	Michelle DeMuro	2010	Spartanburg Methodist College	Spartanburg, SC
169	Alexis Yost	2012	Rend Lake College	Ina, IL
172	Samantha Eely	2013	Iowa Central Community College	Fort Dodge, IA
177	Jessica Sevarns	2012	Rend Lake College	Ina, IL
196	Claudia Melton	2013	Iowa Central Community College	Fort Dodge, IA

**Cross Country Coaches Association All-Americans*

2014-2015

MCC Cross Country

Academic All-Americans

2010 ..... Andrew Barrett
2010 ..... Aaron Stenberg
2010 ..... Josh Wehr
2010 ..... Kaitlin Horan
2010 ..... Michelle DeMuro
2012 ..... David VanBergen
2012 ..... Christian Seaver
2012 ..... Matt Almond
2012 ..... Mathias Waterstradt
2012 ..... Lucas Johnson
2012 ..... Mitchell Clark
2012 ..... Erica Douglas
2012 ..... Kaytlynne Kerwin
2012 ..... Jessica VanDyke
2013 ..... Mathias Waterstradt
2013 ..... Tyler Grove
2013 ..... Brielle Johnson
2013 ..... Samantha Eely

All Region XII Runners

(Michigan, Indiana, Ohio)

2011 ..... Matt Kring
2011 ..... Samantha Zimmer
2012 ..... Kaitlin Truman
2013 ..... Esrom Woldemichael
2013 ..... Andrea Lavigne

All MCCAA Runners

(Michigan)

2011 ..... Matt Kring
2011 ..... Samantha Zimmer
2012 ..... Kaitlin Truman
2013 ..... Esrom Woldemichael
2013 ..... Andrea Lavigne
2013 ..... Summer Hussey

All Freshman Team Runners

(Top 6 Freshman in Region XII)

2011 ..... Samantha Zimmer
2012 ..... Kaitlin Truman
2013 ..... Esrom Woldemichael
2013 ..... Andrea Lavigne

MCCAA Academic All State

(36 credit hours ≥ 3.2 GPA)

2011 ..... Josh Wehr
2011 ..... Jordan McGowan
2012 ..... Matt Almond
2012 ..... Lucas Johnson
2012 ..... Erica Douglas
2013 ..... David VanBergen
2013 ..... Mathias Waterstradt

NJCAA Awards for Exemplary Academic Achievement

(45 credit hours 3.6 - 3.79 GPA)

2012 ..... Erica Douglas
2013 ..... Mathias Waterstradt

NJCAA Award for Superior Academic Achievement

(45 credit hours 3.8 - 3.99 GPA)

2013 ..... David VanBergen

MCC Cross Country Alumni Who Ran at 4-Year Colleges

Matt Kring (2010, 2011 Teams)
- *Ran at Aquinas College*

Devin Joslin (2011 Team)
- *Ran at Aquinas College*

Kaytlynne Kerwin (2012 Team)
- *Ran at Hope College and Spring Arbor College*

MUSKEGON COMMUNITY COLLEGE

Location:

221 S. Quarterline Rd. Muskegon, MI 49442

Athletic Department:

Phone: (231) 777-0381

Fax: (231) 777-0437

MCC Founded 1926
Nickname ..... Jayhawks
Colors ..... Royal Blue & Gold
Gym ..... Bartels-Rode Gymnasium
Affiliation ..... NJCAA Region XII - MCCAA Western Conference
President ..... Dr. Dale Nesbary
Chairman of the Board ..... Dr. Don Crandall
Vice President of Student Services ..... Dr. John Selmon
Athletic Director ..... Marty McDermott
Head Athletic Trainer ..... Jon Romkema
Sports Medicine Center ..... MHP Sports Medicine at Hackley
TV Announcers ..... John Arter & Gene Young *(Basketball)*
Dan Potts & Scott VanderWerp *(Volleyball)*
John Arter *(Wrestling)*
Jayhawk Talkshow Host ..... John Arter
Television Producer ..... Rod VanNortwick

Muskegon Community College

221 South Quarterline Road ◆ Muskegon, MI 49442