

2012-13

Muskegon Community College
Cross Country



Muskegon Community College



Muskegon Community College

Muskegon Community College 2012-2013 Cross Country Season

Sat	9/1	Vanderbilt Invitational Hope College Ridge Point Church	Holland, MI	10:30 am
Sat	9/8	Midwest Open – Univ of Wisconsin Parkside- The Wayne E. Dannehl National Cross Country Course	Kenosha, WI	10:00 am
Fri	9/14	Spartan Invitational – MSU Forest Akers East Golf Course	E. Lansing, MI	12:00 pm
Fri	9/28	Lansing Invitational – Lansing CC Grand Woods Park	Lansing, MI	2:00 pm
Fri	10/5	MI Intercollegiates – Calvin College Gainey Athletic Facility	Grand Rapids, MI	4:00 pm
Fri	10/12	Jayhawk Invitational – Muskegon CC University Park Golf Course	Muskegon, MI	3:30 pm
Sat	10/27	NJCAA Region XII & MCCA Championship – Lansing CC Grand Woods Park	Lansing, MI	12:00 pm
Sat	11/10	NJCAA Nationals – Rend Lake College	Ina, IL	TBA

**This is a tentative schedule subject to change*





Muskegon Community College
2012-2013 Cross Country Roster

No	Name	Ht	Wt	Yr	Hometown/High School
	Matt Almond	5'10"	180	Fr	Holton, MI/Holton High School
	Caleb Arends	5'11"	135	Fr	White Cloud, MI/Fremont High School
	Corey Burt	5'8"	140	Fr	Muskegon, MI/Orchard View High School
	Mitchell Clark	6'4"	185	Fr	Whitehall, MI/Whitehall High School
	Alex Drew	5'6"	125	Fr	Coopersville, MI/Coopersville High School
	Enrique Griswold	5'2"	130	Fr	Muskegon, MI/Muskegon High School
	Lucas Johnson	5'11"	154	So	Norton Shores, MI/Mona Shores High School
	Christian Seaver	5'10"	145	Fr	Montague, MI/Montague High School
	Kyle Starr	5'9"	145	So	Sand Lake, MI/Grant High School
	David VanBergen	5'11"	150	Fr	Fruitport, MI/Fruitport High School
	Mathias Waterstradt	5'9"	135	Fr	Muskegon, MI/North Muskegon High School
	Krista Brandel	5'7"		Fr	Muskegon, MI/Muskegon High School
	Courtney Collins	5'6"		Fr	Muskegon, MI/Orchard View High School
	Erica Douglas	5'6"		Fr	Muskegon, MI/Muskegon High School
	Kristi Hall	5'5"		Fr	Grand Haven, MI/Grand Haven High School
	Kaytlynne Kerwin	5'9"		Fr	Kent City, MI/Kent City High School
	Meagan Lavin	5'0"		Fr	Hesperia, MI/Hesperia High School
	Jessica Sevarns	5'5"		Fr	Ravenna, MI/Ravenna High School
	Kaitlin Truman	5'6"		Fr	Grand Rapids, MI/Kent City High School
	Jessica VanDyke	5'5"		Fr	Muskegon, MI/Reeths-Puffer High School
	Alexis Yost	5'3"		Fr	Coopersville, MI/Coopersville High School





Muskegon Community College

Muskegon Community College 2012-2013 Jayhawk Cross Country Coach - Dan Fishel



In his first year, Coach Dan Fishel is excited to continue building the cross country program at MCC that was re-started 2 years ago by former Coach Mike Smith! Coach Fishel has many ties to the area: growing 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 GrandValley 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.

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

Coach Fishel teaches at Muskegon High School. He lives in Roosevelt Park with his wife, Jennifer, and his 2 daughters. Carly will be 3 years old in April, and Maggie will be 2 years old in July.





Muskegon Community College
2012-2013 Jayhawk Cross Country Team



Name: Matt Almond
Parents: Steve and Sharon Almond
High School Coach: Timothy Horenziak
Course of Study: Business
Career Goal: Bank Manager
Favorite Food: Fried Chicken
Favorite Music: Anything
Favorite Quote: "Why take the easy road, when you can take the hard road!"
Why I Run: I run to meet new people, make experiences, and for the change in scenery.



Name: Caleb Arends
Parents: Mary Arends Lomuch and Marven Lomuch
High School Coach: Cliff Somers
Course of Study: Undecided
Career Goal: Feel Accomplished
Favorite Food: Rice Balls
Favorite Music: Music
Favorite Quote: "If you don't make it, it's your own fault."
Why I Run: Stay in Shape



Name: Corey Burt
Parents: Lawrence and Ruby Burt
High School Coach: Ken Overla
Course of Study: Communications
Career Goal: Be in the top 3
Favorite Food: Oatmeal
Favorite Music: Hip Hop and R&B
Favorite Quote: "Stop Pre"
Why I Run: Nothing Else To Do



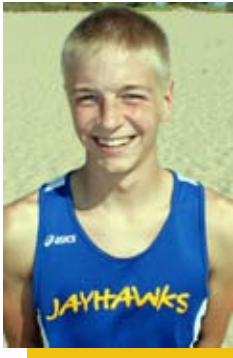


Muskegon Community College

Muskegon Community College 2012-2013 Jayhawk Cross Country Team



Name: Mitchell Clark
Parents: Mike and Lisa Clark
High School Coach: Scott Hector and Kirk Mikkelson
Course of Study: Math and Social Studies
Career Goal: Elementary Education
Favorite Food: Chicken Fettuccine Alfredo
Favorite Music: Alternative Punk Rock
Favorite Quote: "Desire creates the Power to do anything, but desire without discipline is only a dream."
Why I Run: I like to run to stay in shape.



Name: Alex Drew
Parents: Elmer and Becky Drew
High School Coach: Annen
Course of Study: Marketing
Career Goal: Marketing Specialist
Favorite Food: Pasta
Favorite Music: Alternative Rock
Favorite Quote: "Stop Pre"
Why I Run: I run to stay in shape and better myself.



Name: Enrique Griswold
Parents: Marcella Siegel
High School Coach: Dan Fishel
Course of Study: Masters
Career Goal: Personal Trainer
Favorite Food: Chinese Food
Favorite Music: Rap / Hip Hop / R&B
Favorite Quote: "Face your fears. It will give you power."
Why I Run: Because it clears my head





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Name: Lucas Johnson
Parents: Elizabeth and James Johnson
High School Coach: John Swinburne
Course of Study: CIS
Career Goal: Undecided
Favorite Food: Spaghetti and Meatballs
Favorite Music: There are only two kinds of music: Good music and Bad music.
Favorite Quote: "I don't run to see who is most fit, I run to see who has the most guts."
Why I Run: I got bored of walking.



Name: Christian Seaver
Parents: Gary and Janis Seaver
High School Coach: Terry Fick
Course of Study: Engineering
Career Goal: Mechanical Engineer
Favorite Food: Burgers and Ice Cream
Favorite Music: Variety
Favorite Quote: "Life is like running; the more you put into it, the more you get out of it." -- Oprah
Why I Run: I run to meet new people and because I enjoy it.



Name: Kyle Starr
Parents: Joel and Christine Starr
High School Coach: Michael Scarbrough
Course of Study: Welding Technology
Career Goal: Welding Engineer
Favorite Food: Ice Cream
Favorite Music: Country
Favorite Quote: "A race can be looked at and understood in as many ways as one is capable of understanding."
Why I Run: Self-satisfaction and the sense of achievement





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Name: David VanBergen
Parents: Kathy and Scott Riedel
High School Coach: Chad Brandow and Randy Johnson
Course of Study: Chemical Engineering
Career Goal: Chemical Engineer
Favorite Food: Italian
Favorite Music: Country
Favorite Quote: "Hard work beats talent when talent doesn't work hard."
Why I Run: I enjoy running to better myself.



Name: Mathias Waterstradt
Parents: David and Carolyn Waterstradt
High School Coach: Gary Neal
Course of Study: Physics
Career Goal: Undecided
Favorite Food: Pizza
Favorite Music: All
Favorite Quote: "Everybody is a genius but if you judge a fish by its ability to climb a tree it will live its whole life believing it is stupid."
Why I Run: Why not

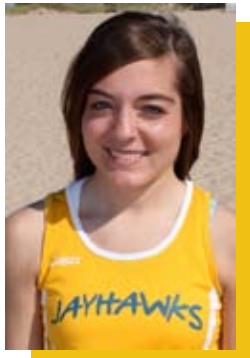


Name: Krista Brandel
Parents: Sue Sikkenga and Joe Brandel
High School Coach: Dan Fishel
Course of Study: Undecided
Career Goal: Physical Therapy
Favorite Food: Macaroni and Cheese
Favorite Music: R&B
Favorite Quote: "You miss 100% of the shots you never take."
Why I Run: It makes me feel good about myself. I enjoy meeting new people and getting better every race.





Muskegon Community College
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Name: Courtney Collins
Parents: Craig and Janis Collins
High School Coach: Ken Overla
Course of Study: Athletic Training
Career Goal: Athletic Training
Favorite Food: Kraft Mac 'n Cheese and Different Pastas
Favorite Music: All Kinds but Mostly Country
Favorite Quote: "Running is like mouthwash, if you feel the burn, it's working" – Brian Tackett
"The faster you run, the quicker you get done." – Ken Overla
Why I Run: To stay in shape, I like to run because it makes me feel good.

PICTURE
NOT
AVAILABLE

Name: Erica Douglas
Parents: Steve and Eve Douglas
Course of Study: Communications with a minor in language
Career Goal: I am unsure of exactly what I want to do but something in communications that allow me to interact with others a lot and travel frequently.
Favorite Food: Pickles or Fettuccine Alfredo
Favorite Music: All
Favorite Quote: "When life gives you lemons, make lemonade!"
Why I Run: To stay in shape and improve my time



Name: Kristi R Hall
Parents: Marlene Klumpp and Michael Godlewski
High School Coach: Greg Russick
Course of Study: Associates in Applied Science, Medical Office Business Management
Career Goal: To support myself and family
Favorite Food: Spaghetti
Favorite Music: All music but Heavy Metal
Favorite Quote: "The only good race pace is suicide pace and today looks like a good day to die." -- Pre
Why I Run: It is a great escape from busy life, also the self-satisfaction of a





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Name: Kaytlynne Kerwin
Parents: Joe and Sheree Kerwin
High School Coach: Jill Evers
Course of Study: ASA
Career Goal: Physical Therapist
Favorite Food: I love ice cream!
Favorite Music: Christian Rock, Third Day
Favorite Quote: "Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, and will make your paths straight." -- Proverbs 3:5-6
Why I Run: I run to stay in shape, and to feel good about myself.



Name: Meagan Lavin
Parents: Mari and Jim Lavin
High School Coach: Mr. Baird, Mr. Broton
Course of Study: Nursing
Career Goal: Masters in OB RM
Favorite Food: Pancakes
Favorite Music: Country
Favorite Quote: "While I breathe I hope"
Why I Run: I run because it pushes me to do better.



Name: Jessica Sevarns
Parents: Kendra Sevarns and Steve Sevarns Jr.
High School Coach: Eric Cumberland
Course of Study: Criminal Justice
Career Goal: Police Officer
Favorite Food: Pasta
Favorite Music: Country
Favorite Quote: "You play how you practice."
Why I Run: Stay fit and be faster. Also, because I love it.





Muskegon Community College
2012-2013 Jayhawk Cross Country Team



Name: Kaitlin Truman (KT)
Parents: Kris and Jeff Truman
High School Coach: Jill Evers (Kent City) and Rick Smith (Eaton Rapids)
Course of Study: Nursing
Career Goal: To be a nurse at a Hospital
Favorite Food: Italian food
Favorite Music: Rock, Rap, R&B
Favorite Quote: "Strength is determination."
Why I Run: I run because I love to! I'm here to make myself stronger and a better runner



Name: Jessica VanDyke
Parents: Jim and Reggie VanDyke
High School Coach: Mr. Olson
Course of Study: Unknown
Career Goal: Work at a camp
Favorite Food: Chocolate Milk
Favorite Music: Christian
Favorite Quote: "I can do all things through Christ who strengthens me."
-- Philippians 4:13
Why I Run: Because it is fun and it releases stress, I love to get in shape.



Name: Alexis Yost
Parents: Chris and Ginny Yost
High School Coach: Jeremy Annen
Course of Study: Social Work
Career Goal: Finish College
Favorite Food: Pizza
Favorite Music: Country
Favorite Quote: "Pain in Temporary. Pride is Forever."
Why I Run: To stay in shape





Muskegon Community College

**GO
JAYHAWKS!**





MUSKEGON COMMUNITY COLLEGE

Location: 221 S. Quarterline Rd. Muskegon, MI 49442

Athletic Department phone: 231.777.0381

Athletic Department fax: 231.777.0437

MCC Founded: 1926

Nickname: Jayhawks

Colors: Royal Blue & Gold

Gym: Bartels-Rode Gymnasium

Affiliation: NJCAA Region XII - MCCA 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: Lindsey Townsel

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



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