Muskegon Community College

2013-2014

Cross Country

Jayhawks

2013-2014

Cross Country Schedule

Saturday	8/31	**Vanderbilt Invitational** Hope College Ridge Point Church	Holland, MI	10:30 am
Friday	9/6	**Jets Invitational** Jackson CC	Jackson, MI	4:30 pm
Friday	9/13	**Spartan Invitational** MSU Forest Akers East Golf Course	E. Lansing, MI	12:00 pm
Friday	9/27	**Brissman-Lundeen Invite** Augustana College Sauke Golf Course	Rock Island, IL	5:00 pm
Friday	10/4	**Lansing CC Invite** Lansing CC Grand Woods Park	Lansing, MI	1:30 pm
Friday	10/11	**Jayhawk Invitational** Muskegon CC University Park Golf Course	Muskegon, MI	2:00 pm
Saturday	10/26	**NJCAA Region XII** **& MCCAA Championship** Lansing CC - Grand Woods Park	Lansing, MI	12:00 pm
Saturday	11/9	**NJCAA Nationals** Iowa Central CC	Fort Dodge, IA	TBA

This is a tentative schedule, subject to change

MCC Cross Country Rosters

Men's Cross Country

Name	Ht	Wt	Yr	Hometown/High School
Jacob Baker	5'6"	118	Fr	Norton Shores/Mona Shores High School
Hiram Drew	5'8"	125	So	Coopersville/Coopersville High School
Austin Elliott	5'10"	152	Fr	Spring Lake/Spring Lake High School
Tyler Grove	6'1"	175	Fr	Whitehall/Whitehall High School
Logan Irey	5'7"	137	Fr	Whitehall/Whitehall High School
Cameron Kroening	6'0"	135	Fr	Muskegon/Orchard View High School
Spencer Morse	5'10"	137	Fr	Montague/Montague High School
David VanBergen	5'10"	163	So	Fruitport/Fruitport High School
Mathias Waterstradt	5'9"	133	So	Muskegon/North Muskegon High School
Esrom Woldemichael	6'0"	145	Fr	Grand Rapids/Northview High School

Women's Cross Country

Name	Ht	Yr	Hometown/High School
Erika Bayak	5'4"	Fr	North Muskegon/North Muskegon High School
Miranda Buckwald	5'7"	Fr	Grand Haven/Grand Haven High School
Samantha Eely	5'1"	Fr	Muskegon/Oakridge High School
Summer Hussey	5'4"	Fr	Muskegon/Reeths-Puffer High School
Brielle Johnson	5'4"	Fr	North Muskegon/North Muskegon High School
Andrea Lavigne	5'5"	Fr	Ludington/Mason County Central HS
Meagan Lavin	5'0"	So	Hesperia/Hesperia High School
Claudia Melton	5'10"	Fr	Grand Haven/Grand Haven High School

Head Coach

In his second year, Coach **Dan Fishel** is excited to continue building the cross country program at MCC that was re-started 3 years ago 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. He was pleased with the 25th place showing for the women's team and the 29th place finish for the men's team in his first year. 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 4 years old in April, and Maggie will be 3 years old in July.

Assistant Coach

Scott Barnes is excited to start his first season as the assistant cross country coach at MCC. Coach Barnes grew up in Muskegon where he attended Reeths-Puffer High School and graduated in 2006. At Reeths-Puffer he was a four time varsity letter winner in track and cross country. He also holds the OK Green Conference 1600 meter record as well as the Rocket Invitational record. During his senior year he placed 10th in all divisions considered in the MITCA indoor state championship meet in the mile.

After high school Barnes went on to run at Central Michigan University. During his four years there he was a varsity letter winner his sophomore year and also was academic all conference in the Mid American Conference. He was apart of the conference travel squad in his sophomore, junior and senior years in track and cross country. Scott graduated with a teaching degree in Physical Education and a Minor in Health Education.

Coach Barnes started his coaching career as an assistant track and field coach at Beal City High School. The next year he received the head coaching position and at that time was the youngest head coach in the state of Michigan for track and field. He was also an assistant cross country coach and helped the Aggies women's cross country team place 10th at the state meet. During his three years there he coached 14 state qualifiers as well as 3 all state athletes. Barnes also was the assistant coach at Grand Valley State University for the distance squad in men's and women's track and cross country. During this time GVSU captured men's and women's GLIAC conference championships in cross country, indoor and woman outdoor track, cross country regional championships in men's and women's as well as capturing a women's cross country Division 2 National Championship.

Coach Barnes is currently the running specialist at Dicks Sporting Goods. He has a USATF level 1 coaching certificate. He has also been a personal training director and a running specialist at Endurance Sports.

2013-2014

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: .....I don't pick favorites.
Favorite Quote: .....“Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves.”
-- Kieren Perkins
Why I Run: ..... Because I love the sport
Something Unique About Me: ..... I'm an eagle scout.

Name: .....Alex Drew “Hiram”
Parents: ..... Elmer and Becky Drew
High School Coach: .....Annen
Course of Study: ..... Computer Networking
Career Goal: .....Unknown
Favorite Food: ..... Pasta
Favorite Music: ..... Alt. Rock
Favorite Quote: .....“To give anything less than your best is sacrificing your gift.”
-- Steve Prefontaine
Why I Run: ..... To feel good about myself
Something Unique About Me: ..... I have blue eyes.

Name: .....Austin Elliott
Parents: ..... Cari and Jeff Elliott
High School Coach: ..... Greg Brown
Course of Study: .....Business/Marketing
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.

2013-2014

MCC Cross Country

Name: ..... Tyler Grove
Parents: ..... Bonny and Robert Grove
High School Coach: ..... Kathy Hector
Course of Study: ..... Foreign Languages
Career Goal: ..... Undecided
Favorite Food: ..... Fruits, vegetables, and anything healthy
Favorite Music: ..... A plethora of songs from every genre
Favorite Quote: ..... "If you want to run, run a mile. If you want to experience a different life, run a marathon." -- Emil Zatopek
Why I Run: ..... I run to experience life.
Something Unique About Me: ..... I can speak German.

Name: ..... Logan Irey
Parents: ..... Brad and Barb Irey
High School Coach: ..... Kathy Hector
Course of Study: ..... Pharmacy
Career Goal: ..... Pharmacist
Favorite Food: ..... Crab Legs
Favorite Music: ..... Dubstep/Country
Favorite Quote: ..... "The only good race pace is suicide pace, and today looks like a good day to die." -- Steve Roland Prefontaine
Why I Run: ..... To Win!
Something Unique About Me: ..... 2X all-state in wrestling; 2X state placer in wrestling; Ran a 16:25 PR in my first year in cross as a senior

Name: ..... Cameron Kroening
Parents: ..... John and Kelley Kroening
High School Coach: ..... Ken Overla/Chris Zitka
Course of Study: ..... Architecture
Career Goal: ..... Architect
Favorite Food: ..... Popcorn
Favorite Music: ..... Rock or Dubstep
Favorite Quote: ..... "To give anything less than your best is to sacrifice the gift." -- Steve Prefontaine
Why I Run: ..... I have a gift. I have the heart and I'm very competitive.
Something Unique About Me: ..... I'm a soccer player turned runner.

MCC Cross Country

Name: .....Spencer Morse
Parents: .....Dale Esch and Kara DeVries
High School Coach: ..... Terry Fick
Course of Study: ..... General
Career Goal: ..... Undecided
Favorite Food: .....Buffalo Chicken Pizza
Favorite Music: ..... All
Favorite Quote: ..... None
Why I Run: ..... I run to stay in shape and push myself.
Something Unique About Me: .....I played football until sophomore year when I switched to cross country.

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 Cuisine
Favorite Music: .....All. *(Depends on my mood)*
Favorite Quote: ..... "Hard work beats talent when talent doesn't work hard."
Why I Run: ..... I enjoy running to better myself.
Something Unique About Me: .....I never ran cross country in high school.

Name: .....Mathias Waterstradt
Parents: ..... Carolyn and David Waterstradt
High School Coach: .....Gary Neal
Course of Study: .....Mathematics
Career Goal: .....Undecided
Favorite Food: ..... Pasta
Favorite Music: ..... Everything
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: ..... Scholarship money, friends, I'm good at it.
Something Unique About Me: .....My Dad was also a collegiate runner.

2013-2014

MCC Cross Country

Name: ..... Esrom Woldemicheal
Parents: ..... Brchti Tesfamariam
High School Coach: ..... Jim Haveman
Course of Study: ..... Physical Therapy
Career Goal: ..... Physical Therapist, All American and Team Finish at Nationals
Favorite Food: ..... Pizza
Favorite Music: ..... Rap
Favorite Quote: ..... "Breathe to live. Live to run."
Why I Run: ..... I love going out and pushing my body to the limit.
Something Unique About Me: ..... I was a state champ in soccer.

Name: ..... Erika Bayak
Parents: ..... Maria and Jerry Brininstool
High School Coach: ..... Gary Neal, Ken Overla
Course of Study: ..... Science
Career Goal: ..... Physical Therapy
Favorite Food: ..... French Toast
Favorite Music: ..... County and Dubstep
Favorite Quote: ..... "A journey of a thousand miles begins with a single step." -- Lao-tzu
Why I Run: ..... I love running and it clears the mind.
Something Unique About Me: ..... I wakeboard and snowboard.

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.

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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: ..... Summer Hussey
Parents: ..... Georgetta and Stan Hussey
High School Coach: ..... Dee Richardson
Course of Study: ..... Nursing (RN)
Career Goal: ..... BSN
Favorite Food: ..... Fried Chicken
Favorite Music: ..... R&B, Rap
Favorite Quote: ..... "Live Laugh Love"
Why I Run: ..... I love to run. It relaxes me and makes me feel accomplished.
Something Unique About Me: ..... I'm half white and half black.

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: ..... Electronic and Classic Rock
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 work at Cinema Carousel.

2013-2014

MCC Cross Country

Name: ..... Andrea Lavigne
Parents: ..... Jennifer Lavigne and Robert Hagen
High School Coach: ..... Edward Sanders
Course of Study: ..... Nursing
Career Goal: ..... Traveling Nurse
Favorite Food: ..... Chips & Cheese
Favorite Music: ..... Rap
Favorite Quote: ..... "If you can dream it, you can do it!" -- Walt Disney
Why I Run: ..... It teaches me to push myself through what I think I can't and because cross country teams are like a second family for me.
Something Unique About Me: ..... I have Celiac Disease.

Name: ..... Meagan Lavin
Parents: ..... Mari and Jim Lavin
High School Coach: ..... Doug Baird
Course of Study: ..... Athletic Training
Career Goal: ..... Athletic Trainer
Favorite Food: ..... Mashed Potatoes
Favorite Music: ..... Country
Favorite Quote: ..... "While I breathe I hope"
Why I Run: ..... I run because I enjoy it and it pushes me to do better.
Something Unique About Me: ..... I hunt and fish more than most men combined.

Name: ..... Claudia Melton
Parents: ..... Jim and Theresa Melton
High School Coach: ..... Greg Russick then Scott Przystas
Course of Study: ..... Undecided
Career Goal: ..... Undecided
Favorite Food: ..... Bolgolgi (Korean Steak dish)
Favorite Music: ..... Oldies
Favorite Quote: ..... "Love from the center of who you are; don't fake it. Run for dear life from evil; hold on for dear life to good. Be good friends who love deeply; practice playing second fiddle" – Romans 12: 9-10
Why I Run: ..... To stay in shape, to stay tough, and to do what others can't do or won't do
Something Unique About Me: ..... I took 4 years of German, went to Germany, and can speak the language pretty well.

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 ..... 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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