

JACKSON HIGH SCHOOL

CROSS COUNTRY
BROCHURE

1986

COACHING STAFF

CHARLES JANKE
BRIAN OLSEN

CAPITAL AREA CONFERENCE

SCHOOL COLORS

ORANGE-BLACK
AND WHITE

A WORD FROM THE COACH:

THE PRIMARY GOAL OF EVERY INDIVIDUAL IN THE JACKSON HIGH SCHOOL TRACK AND CROSS COUNTRY PROGRAM IS TO BE A "SELF-CHAMPION".

In our locker room are two signs which explain how to be a "Self-Champion". They are: COURAGE, DESIRE, GOALS, PRIDE and THE MIND CONTROLS THE BODY. Briefly these two signs mean the following:

COURAGE to be an athlete - This does not mean the courage to run into a wall. It means the courage to be an athlete; to live like an athlete, and to act like an athlete. The courage to say NO when "friends" encourage you to do things that are not good training habits; the courage to be an idol or hero to the neighbor boy who is in the 3rd or 4th grade and you don't even know who he is; the courage to be a gentleman; the courage to live the kind of life that is necessary to be a "Self-Champion".

DESIRE to do your best - This does not mean the desire for greatness. It means the desire to be as good as you can be. Everyone is not blessed with great physical talents, but everyone can use the talents they have to the utmost. The desire to train and to follow a training schedule that is designed to bring out your talents. The desire to follow your training schedule in hot muggy weather, in rainy damp weather, in cold snowy weather, and in nice cool weather; the desire to take your pulse each morning; the desire to do the "work" necessary to be a "Self-Champion".

GOALS for which to strive - This does not mean to simply grab something out of the air that will look good on paper. This means goals that are clearly thought out; goals that are both short range (weeks or months) and long range (year or years); goals that will be extremely difficult to achieve yet are somehow within your reach; goals that will bring out the best in the individual striving to be a "Self-Champion".

PRIDE in community, school, team, and self- This does not mean boasting or going around blowing hot air at people about how good you are. It means a deep inner feeling when you are all alone and you can reflect on what you have done today, or this week, or month, or year, and say I'm proud of these accomplishments. I'm proud of my team mates, and my school. I'm proud to be a Viking. I'm proud to be a runner. I'm proud to know that I am doing what is necessary to be a "Self-Champion".

THE MIND CONTROLS THE BODY - Your mind and not your body will determine if you are a "Self-Champion".

The greatest single factor about learning how to be a "Self-Champion" in athletics is that you will have also learned how to be a "Self-Champion in Life".

JACKSON HIGH SCHOOL CROSS COUNTRY
1986

Thursday	September	4	Jackson Ct. Western- <u>Northwest</u>	There	4:30 p.m.
Saturday	September	6	W. Bloomfield Invitational	There	10:00 a.m.
Tuesday	September	9	Holt	There	4:30 p.m.
Saturday	September	13	Holly Invitational	There	10:00 a.m.
Tuesday	September	16	Grand Ledge	Here	4:30 p.m.
Thursday	September	18	Lansing Waverly	There	4:30 p.m.
Saturday	September	20	J.H.S. Invitational	Here	11:00 a.m.
Tuesday	September	23	Lansing Everett	Here	4:30 p.m.
Tuesday	September	30	East Lansing	There	4:30 p.m.
Tuesday	October	7	Lansing Eastern	Here	4:30 p.m.
Saturday	October	11	Sturgis Invitational	There	9:00 a.m.
Tuesday	October	14	Lansing Sexton	There	4:30 p.m.
Tuesday	October	21	C.A.C. (Jackson)		
Saturday	October	25	Regional		
Monday	October	27	Jensen Run	Here	4:00 p.m.
Saturday	November	1	State Meet		

Head Coach: Chuck Janke

Assistant Coach: Brian Olson

VARSITY AWARD

1. Any runner who finishes a race within 80 seconds of the team leader in a varsity race at least five times during the season.
2. Any male runner whose time is 17:45 or better in at least five races during the season.
3. Any female runner whose time is 22:45 or better in at least five races during the season.
4. Any runner who qualifies for the State Meet.
5. Any runner who earns All-Conference, All-Area, All-County, or All-State honors.

TRAINING AND CONDUCT

1. Everyone must attend practice. Anyone who misses practice un-excused may be suspended from competition or their requirements for avarsity award may be increased. If an athlete misses more than 3 practices he may be suspended from from the team for the season. The coach determines what is an excused or an un-excused absence.
2. Drugs, alcohol, or tobacco are of no positive use; DO NOT PARTAKE. See the Student Athletic Handbook for the school policy regarding penalties.
3. Personal conduct of athletes is also covered in the Student Athletic Handbook.
4. REMEMBER - you represent the community of Jackson, Jackson High School, and the sport of cross country. Please do so in a positive manner.

ANYONE WHO IS REMOVED FROM THE SQUAD AT ANY TIME DURING THE SEASON OR WHO QUILTS

THE SQUAD WILL NOT RECEIVE ANY AWARDS

ALL AWARDS ARE SUBJECT TO THE COACHES APPROVAL

CROSS COUNTRY
ALL STATE PERFORMERS

<u>BOYS</u>		<u>GIRLS</u>	
1968	Rich Freeland	1985	Lisa Lis
1972	Bruce Petosky		
1974	Tom Galvert		
1974	Rich Bennett		
1974	Steve Banovic		
1976	Ed Sullivan		
1976	Michael White		
1976	Mark Devereaux		
1977	Mark Devereaux		
1978	Todd Snow		
1978	Brian Olsen		
1980	Jim Martin		
1981	John Cross		
1982	Paul Smith		

ALL TIME TOP SEVEN

THE FOLLOWING LIST IS THE BEST PERFORMANCES RECORDED BY JACKSON HIGH SCHOOL RUNNERS ON THE SHARP PARK COURSE. (3.0 MILES)

ALL TIME TOP SEVEN

1.	Michael White	'77	14:42.8
2.	Rich Bennett	'74	14:43.5
3.	Tom Calvert	'74	14:46.9
4.	Brian Olsen	'78	14:52.3
5.	Todd Snow	'78	14:59.0
6.	Steve Banovic	'74	15:08.0
7.	Mark Devereaux	'77	15:08.0

ALL TIME TOP SEVEN SOPHOMORES

1.	John Cross	'79	15:29.0
2.	Michael White	'75	15:30.0
3.	Mark Devereaux	'75	15:38.0
4.	Ross Devereaux	'77	15:43.0
5.	Paul Smith	'80	15:55.0
6.	Tom Calvert	'72	16:03.6
7.	Jack Ramp	'76	16:07.0

ALL TIME TOP SEVEN FROSH

1.	Paul Smith	'79	16:27.0
2.	David McCluer	'77	16:44.0
3.	John Cross	'78	16:47.0
4.	Pat Martin	'80	16:47.0
5.	Mark Devereaux	'74	16:52.0
6.	Ross Devereaux	'76	16:56.0
7.	Joe Sullivan	'79	17:09.0

SHARP PARK COURSE RECORD

PETER BLICKLE

PORTAGE NORTHERN

14:37.1

'79

BOYS

ALL TIME TOP SEVEN
(compiled since 1982)

THE FOLLOWING LIST IS THE BEST PERFORMANCES RECORDED BY JACKSON HIGH SCHOOL RUNNERS ON THE SHARP PARK COURSE. (500METERS - 3.1 MILES)

ALL TIME TOP SEVEN

1. David Swarts	'82	16:11.1
2. Pat Martin	'83	16:15.4
3. Paul Smith	'82	16:16.8
4. Brian Smith	'85	17:22.5
5. Brian Walling	'82	17:27.1
6. Kurt Mars	'85	17:29
7. Jeff Schafer	'84	17:31

ALL TIME TOP SEVEN SOPHOMORES

1. Brian Smith	'85	17:22.5
2. Jeff Schafer	'84	17:31
3. Chris Cooper	'82	17:52
4. Phil Dubinski	'82	18:06
5. Kent Bowman	'82	18:10
6. Steve McCann	'85	18:45.1
7. Greg Zimmerman	'85	18:50.4

ALL TIME TOP SEVEN FROSH

1. Jeff Schafer	'83	17:51.5
2. Joe Dubinski	'83	18:16.4
3. Brian Smith	'84	18:37
4. Chris Covalle	'85	18:47
5. John Milbourne	'83	19:18.3
6. George Bodde	'85	19:19.9
7. Joe Dodge	'83	19:40.5

SHARP PARK COURSE RECORD	TODD WILLIAMS	MONROE	15:19.3	'85
JACKSON HIGH SCHOOL COURSE RECORD	DAVID SWARTS		16:11.1	'82
JACKSON HIGH SCHOOL SOPHOMORE COURSE RECORD	BRIAN SMITH		17:22.5	'85
JACKSON HIGH SCHOOL FROSH COURSE RECORD	JEFF SCHAFER		17:51.5	'83

GIRLS

ALL TIME TOP SEVEN
(compiled since 1982)

THE FOLLOWING LIST IS THE BEST PERFORMANCES RECORDED BY JACKSON HIGH SCHOOL RUNNERS ON THE SHARP PARK COURSE. (5000 METERS - 3.1 MILES)

ALL TIME TOP SEVEN

1.	Lisa Lis	'85	19:05.5
2.	Sarah Braunreiter	'85	19:34.2
3.	Sue Doup	'82	19:43.3
4.	Stephanie Pryer	'82	19:52
5.	Mari Lou Huscio	'83	20:07
6.	Laura Frankila	'85	20:25
7.	Lisa Driscoll	'84	20:43

ALL TIME TOP SEVEN SOPHOMORES

1.	Sarah Braunreiter	'85	19:34.2
2.	Lisa Lis	'83	19:41.5
3.	Stephanie Pryer	'82	19:52
4.	Renee Stover	'82	21:47
5.	Lisa Brokaw	'84	21:54
6.	Beth Puckey	'82	22:00.3
7.	Teresa Johnson	'83	22:40

ALL TIME TOP SEVEN FROSH

1.	Laura Frankila	'85	20:25
2.	Sarah Braunreiter	'84	20:29
3.	Lisa Brokaw	'83	21:28
4.	Connie Sprague	'83	22:14.4
5.	Mary Brower	'83	23:19.1
6.	Kim Bebee	'83	26:16

SHARP PARK COURSE RECORD	DENYS ADAMS	OKEMOS	18:08.9	'85
JACKSON HIGH SCHOOL COURSE RECORD	LISA LIS		19:05.5	'85
JACKSON HIGH SCHOOL SOPHOMORE COURSE RECORD	SARAH BRAUNREITER		19:34.2	'85
JACKSON HIGH SCHOOL FROSH COURSE RECORD	LAURA FRANKILA		20:25	'85

THOUSAND MILE CLUB

BOYS

A distance runners club of distinction. Only a few of the most dedicated of runners achieve 1000 miles of running during a single summer. The following is a compilation of the Jackson High School runners who have achieved this honor.

1000 MILE CLUB - 1000 miles of running in a single summer

Rich Bennett	1973	2,007	John Conrad	1979	1,077.2
Todd Snow	1978	1,698.7	Doug Littlefield	1976	1,077
Todd Snow	1977	1,555	Keith Bennett	1972	1,076.5
Jack Ramp	1977	1,535.5	Paul Smith	1981	1,075.2
Martin Jones	1979	1,494.5	Chris Brokaw	1982	1,067.3
Jack Ramp	1978	1,473.8	Joe Sullivan	1980	1,057.5
Martin Jones	1978	1,459.9	Cregg Devereaux	1971	1,051
Michael White	1977	1,447	Ross Devereaux	1978	1,043.1
Mark Devereaux	1976	1,282.6	Tim Garner	1977	1,053.3
Tim Dodge	1977	1,326	Ed Sullivan	1976	1,030
Mark Devereaux	1976	1,282.6	Tom Proschek	1975	1,029.9
John Conrad	1980	1,203	Jim Martin	1979	1,029.1
Ross Devereaux	1977	1,180	Tim Dodge	1978	1,020
Doug Littlefield	1977	1,176	Steve Banovic	1973	1,015
Pat Martin	1982	1,133.5	Chris Conrad	1979	1,009.7
Jim Martin	1980	1,131.2	Tim Meade	1974	1,007.1
Gene Hardman	1975	1,131.2	Tim Holleque	1980	1,006.2
Chris Cooper	1982	1,130.7	Mike Hardman	1980	1,004
David Middleton	1977	1,124.5	Chris Jones	1978	1,003
Pat Martin	1981	1,121	Maurice McKenzie	1979	1,002.2
Rich Bennett	1974	1,120	Tim Holleque	1981	1,000.7
Dan Robinson	1982	1,096.4	Cregg Devereaux	1972	1,000
Ross Devereaux	1979	1,095			
Steve Banovic	1974	1,083			

2000 MILE CLUB - miles of running during one or two summers

Martin Jones	1978-79	2,954.4
Mark Devereaux	1976-77	2,660.2
Tim Dodge	1977-78	2,346
John Conrad	1979-80	2,275.2
Doug Littlefield	1976-77	2,244
Pat Martin	1981-82	2,254.5
Ross Devereaux	1977-78	2,223.1
Jim Martin	1979-80	2,160.6
Steve Banovic	1973-74	2,098
Cregg Devereaux	1971-72	2,051
Tim Holleque	1980-81	2,006.9

3000 MILE CLUB - 3000 miles of running during one, two, or three summers

Ross Devereaux	1977-79	3,318.1
Todd Snow	1977-78	3,254.2
Rich Bennett	1973-74	3,127.0
Pat Martin	1981-83	3,076.5
Jack Ramp	1977-78	3,013.8

THOUSAND MILE CLUB

GIRLS

1000 MILE CLUB

Stephanie Pryer	1982	1,045.1
Renee Stover	1982	1,000