
OF
CROSS COUNTRY
2017

Oswego East Girls' Cross Country

WOLFPAK

2017 Meet Schedule

- 8/21 @ Yorkville Invite
- 8/24 @ Crossroads (Plainfield Central)
- 9/2 @ TF South Invite
- 9/12 @ Crossroads (Plainfield East)
- 9/16 @ Peoria Notre Dame Invite
- 9/19 @ Crossroads (Plainfield South)
- 9/22 @ Naperville Invite

- 9/30 @ Wheaton North Invite
- 10/7 @ West Aurora Invite
- 10/14 @ SPC Conference (Joliet Central)
- 10/21 @ IHSA Regional
- 10/28 @ IHSA Sectional
- 11/4 @ IHSA State (Peoria)

<http://runningOEHS.weebly.com> - @runningOEHS











OSWEGO EAST

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STATE QUALIFIERS

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CONFIDENCE

OEHS

CROSS COUNTRY

RHYTHM
TRUST

JOY

EAST

CONFIDENCE

WOLVES

JOY

RISK

WOLFPACK

SELF-IMPROVEMENT

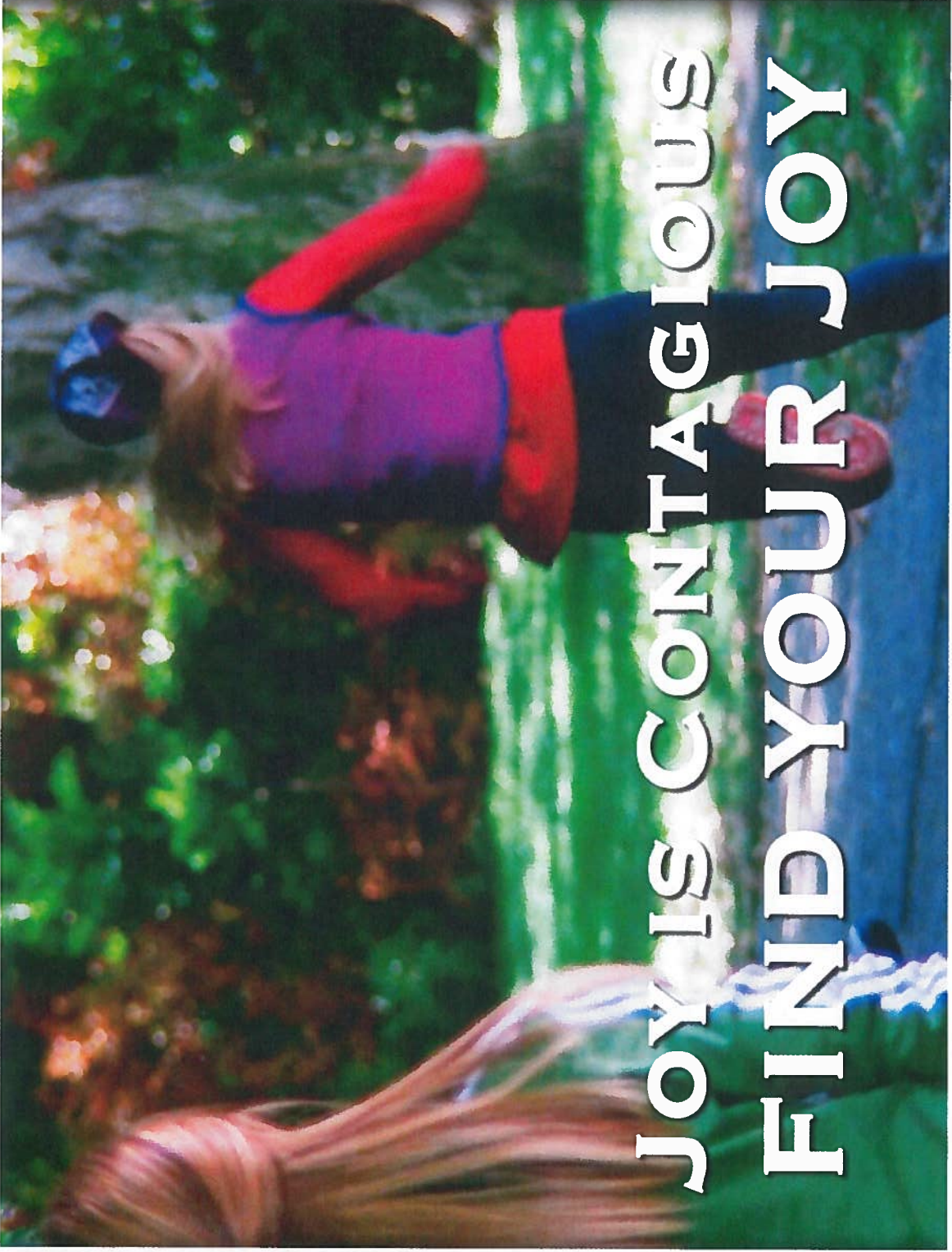
WOLVES
RISK
SELF-IMPROVEMENT

SELF-IMPROVEMENT

DISCIPLINE
WOLFPACK
TRUST

DISCIPLINE
RHYTHM





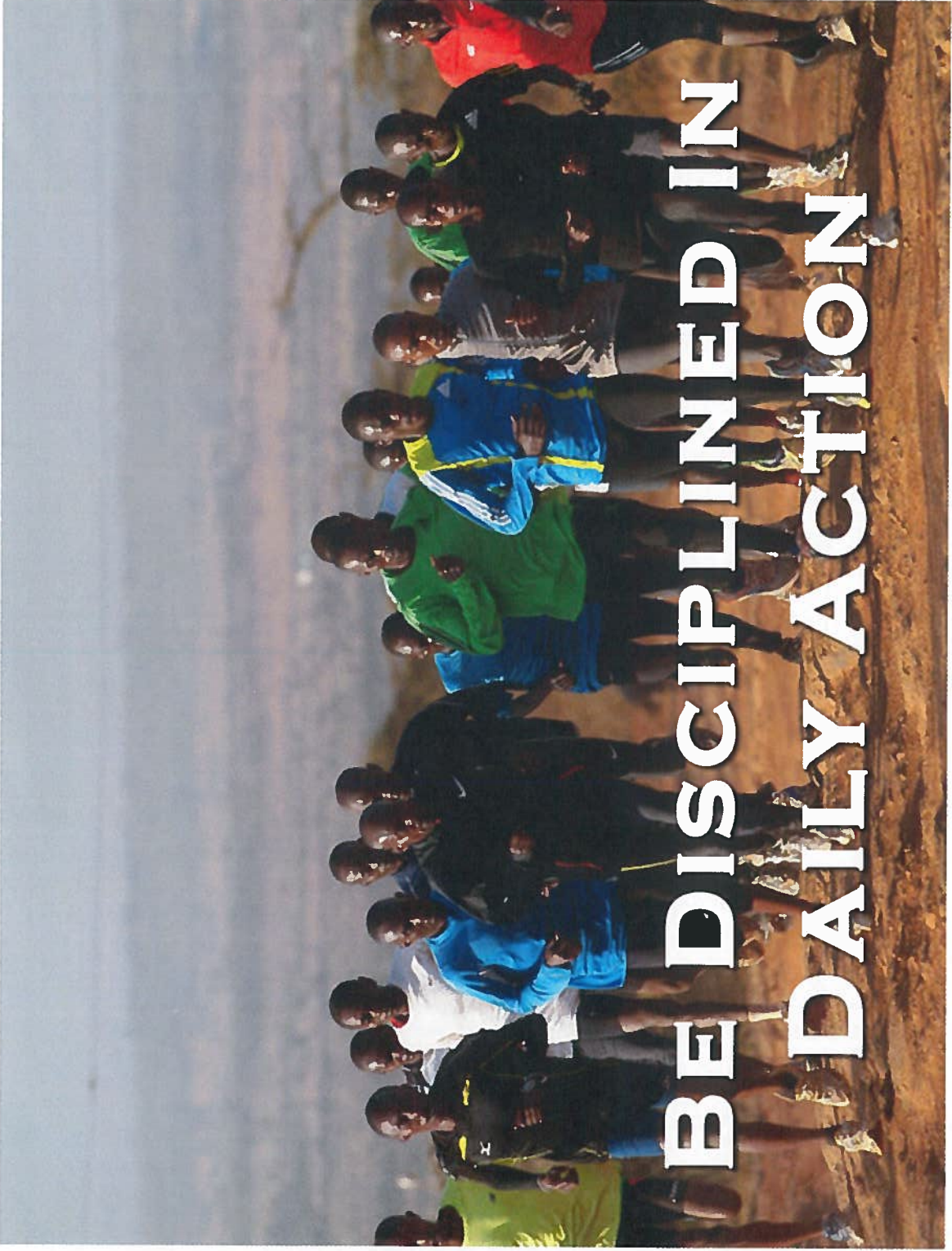
JOY IS CONTAGIOUS
FIND YOUR JOY



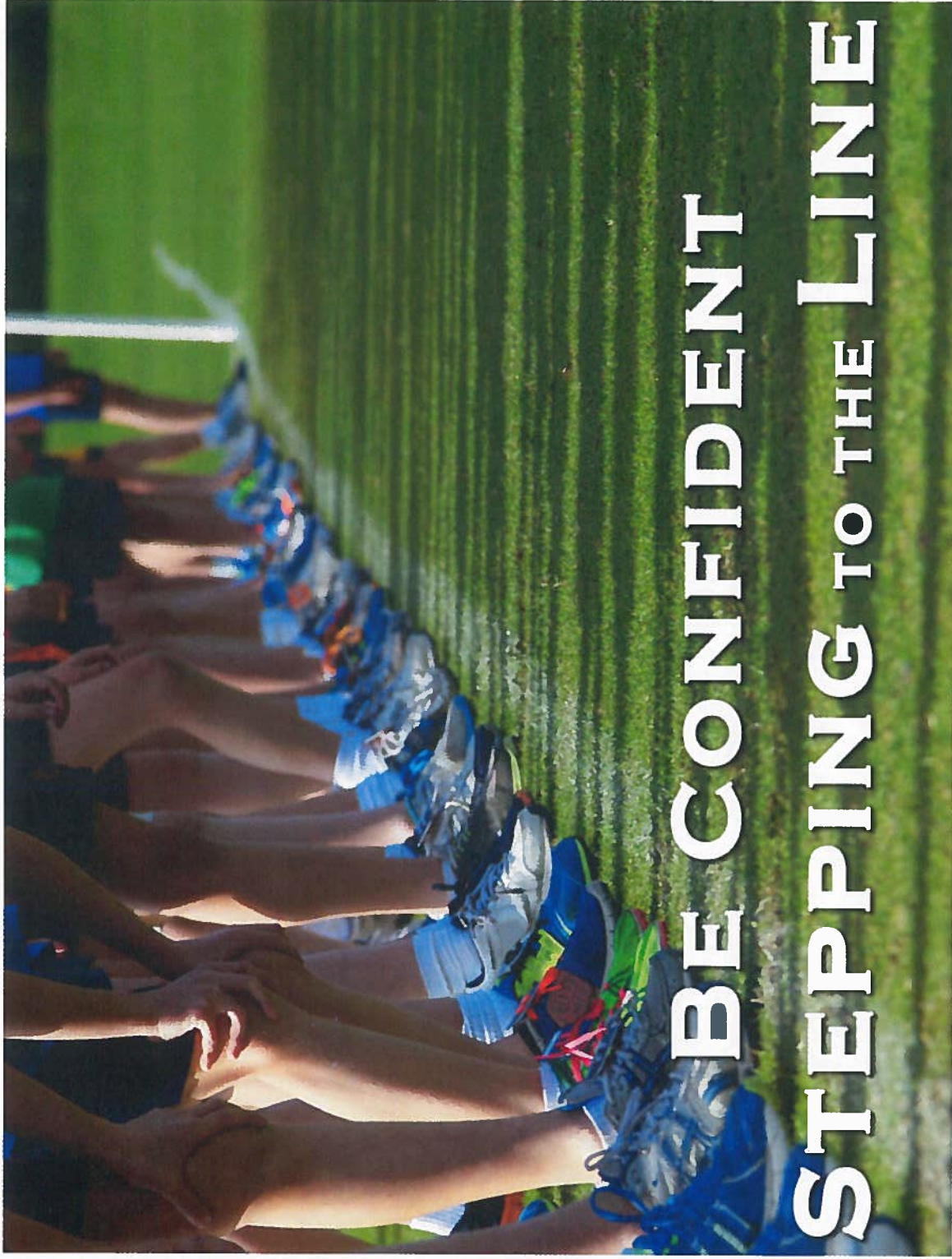
JOY IS CONTAGIOUS
FIND YOUR JOY



**ESTABLISH RHYTHM
MOVE AS A PACK**

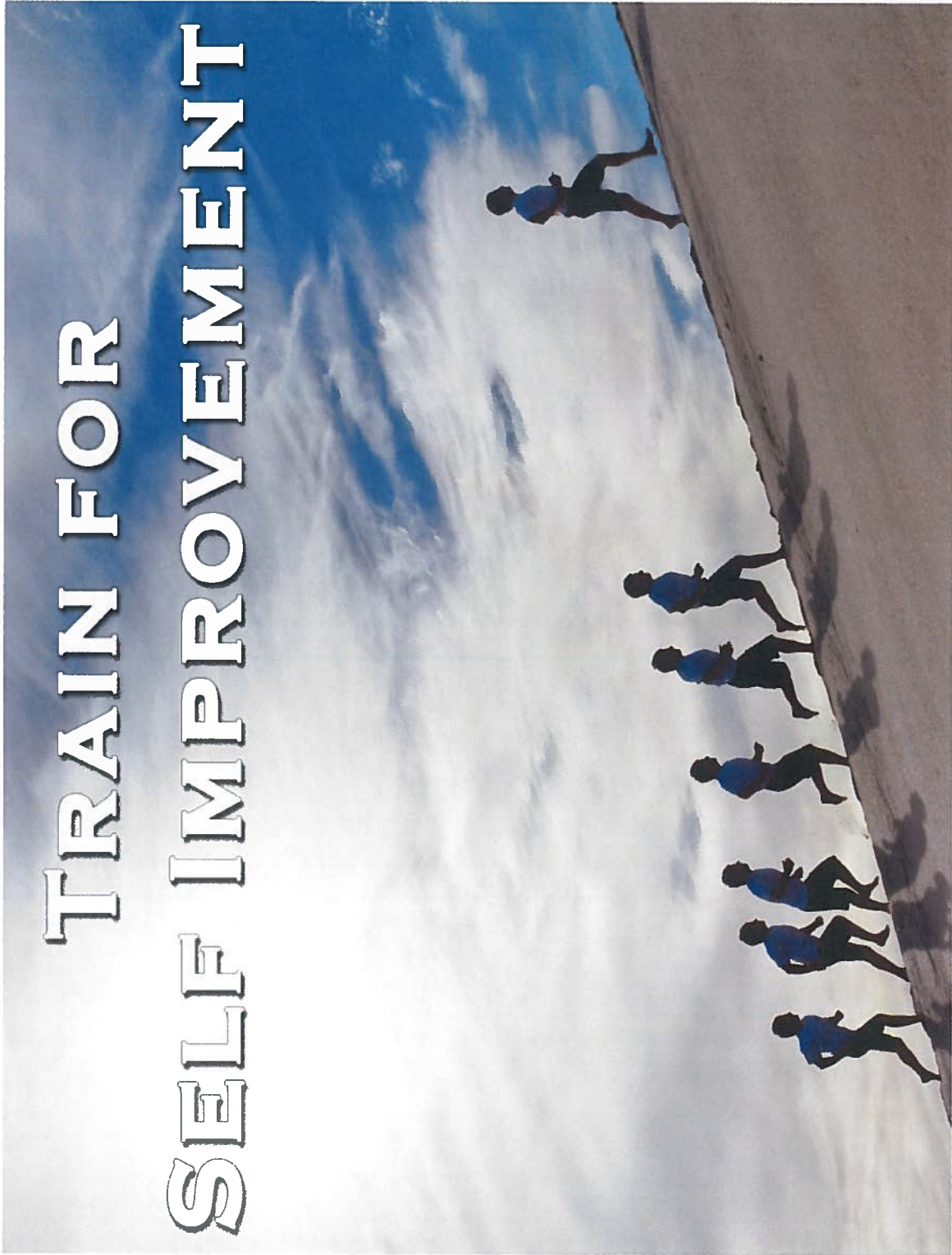


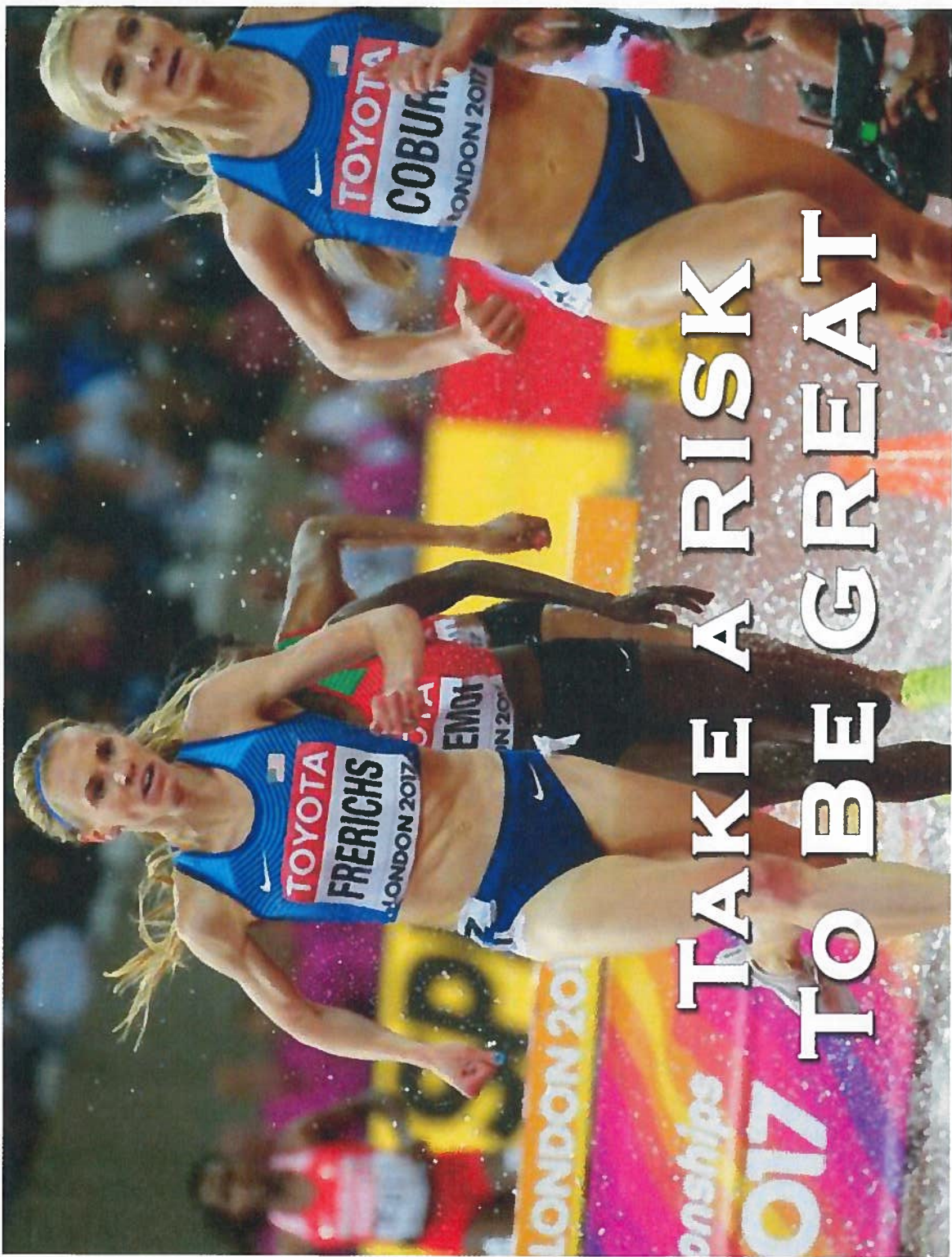
**BE DISCIPLINED IN
DAILY ACTION**



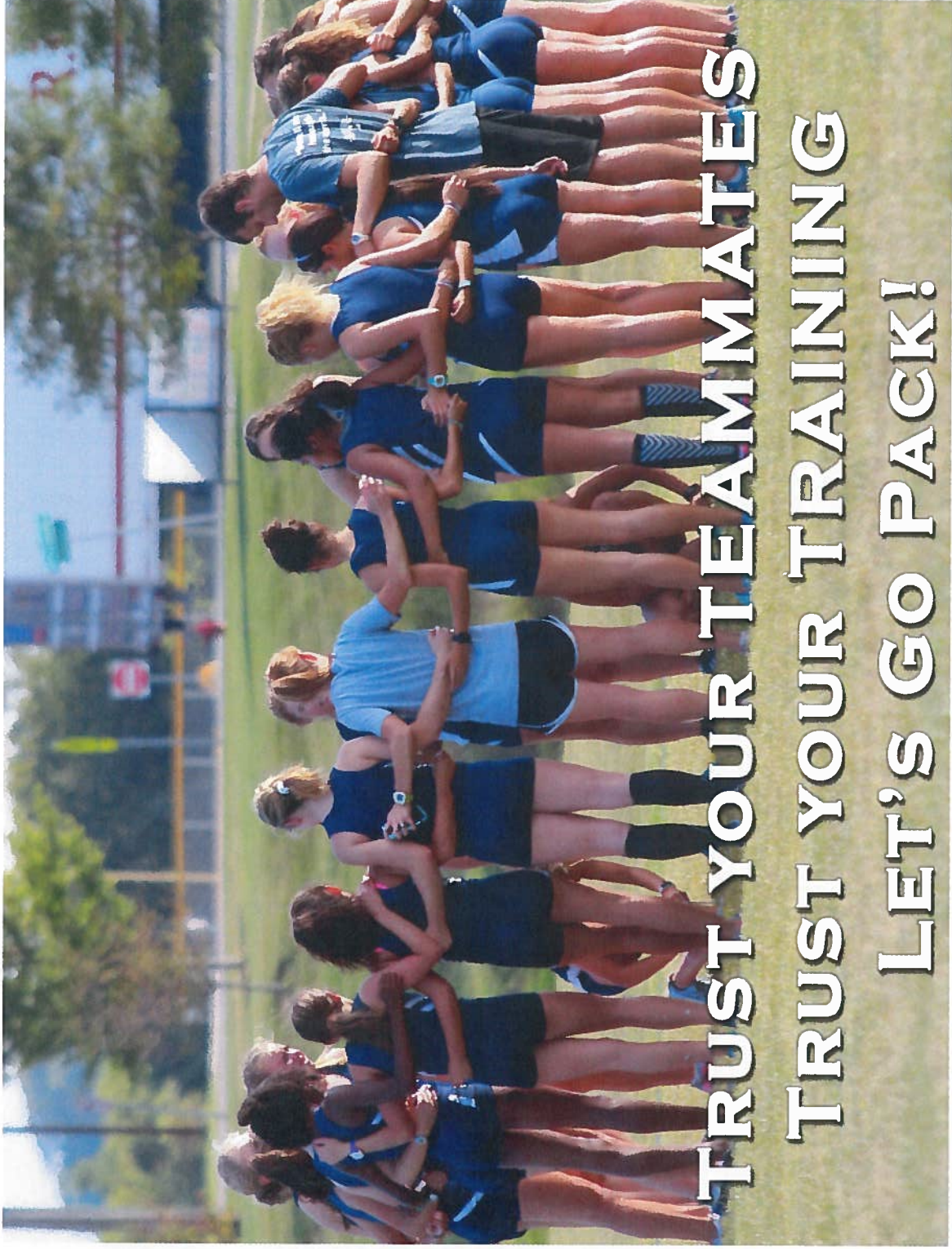
**BE CONFIDENT
STEPPING TO THE LINE**

TRAIN FOR SELF IMPROVEMENT





TAKE A RISK
TO BE GREAT



TRUST YOUR TEAMMATES

TRUST YOUR TRAINING

LET'S GO PACK!



...TIME FLIES WHEN YOU'RE HAVING FUN

OEXC SENIOR NIGHT
ABBY *Flammersfeld*



...TIME FLIES WHEN YOU'RE HAVING FUN

OEXC SENIOR NIGHT
ALEXANDRA *Dillman*



...TIME FLIES WHEN YOU'RE HAVING FUN

OEXC SENIOR NIGHT
ALYSSA *Nebereny*



...TIME FLIES WHEN YOU'RE HAVING FUN

OEXC SENIOR NIGHT
AMANDA *Bone-Kowalski*



...TIME FLIES WHEN YOU'RE HAVING FUN

OEXC SENIOR NIGHT

ISABELLA *Gueri*



...TIME FLIES WHEN YOU'RE HAVING FUN

OEXC SENIOR NIGHT

KENDRA *Standish*



...TIME FLIES WHEN YOU'RE HAVING FUN

OEXC SENIOR NIGHT

MADDIE *Patterson*





MOVE

STRONG

FIGHT

HIPS

FOCUS

TRUST

2017 OEXC IHSA REGIONAL

AMANDA BONCZKOWSKI

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish

No matter what "I word" you use, this is our year, and this race is just one step towards achieving our goals. Remember that you have done the work, and you have the ability to make this happen. Though there are only 7 who will take the time, every member of this team is with you, and we will do this TOGETHER. All together, tough together. Let's go pack!!



2017 OEXC IHSA REGIONAL

ELYSSA GALL

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish

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2017 OEXC IHSA REGIONAL

MORGAN EDE

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish

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2017 OEXC IHSA REGIONAL

SAMANTHA GARCIA

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish

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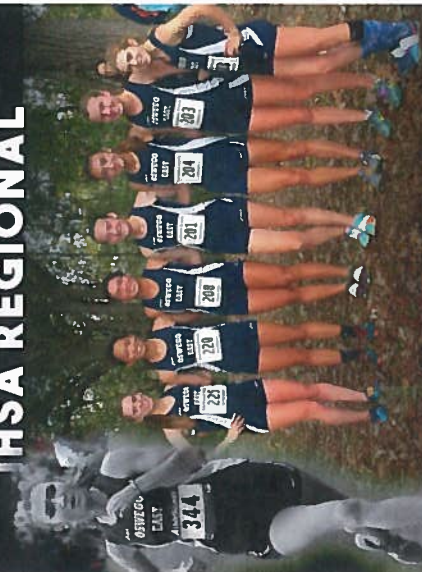


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ABBY FLAMMERSFELD

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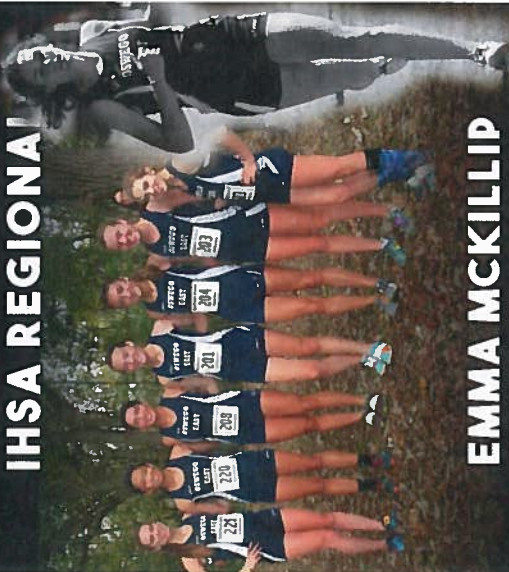
ISABELLA GYORI

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish

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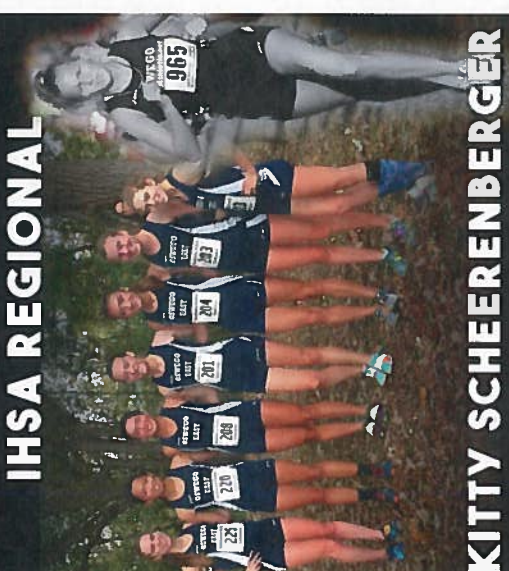
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EMMA MCKILLIP

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish
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KITTY SCHEERENBERGER

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish
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KATHERINE SIM

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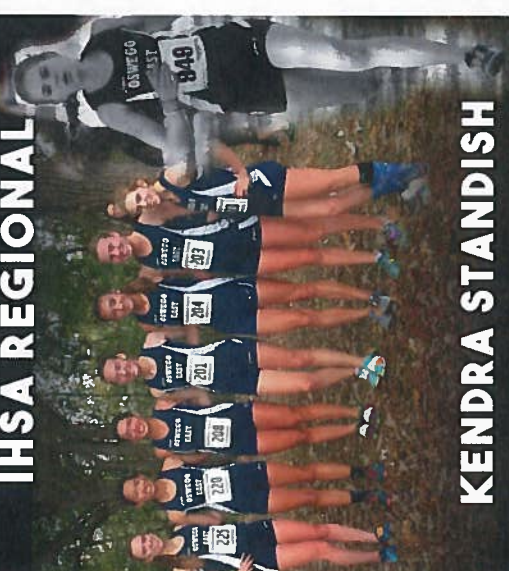
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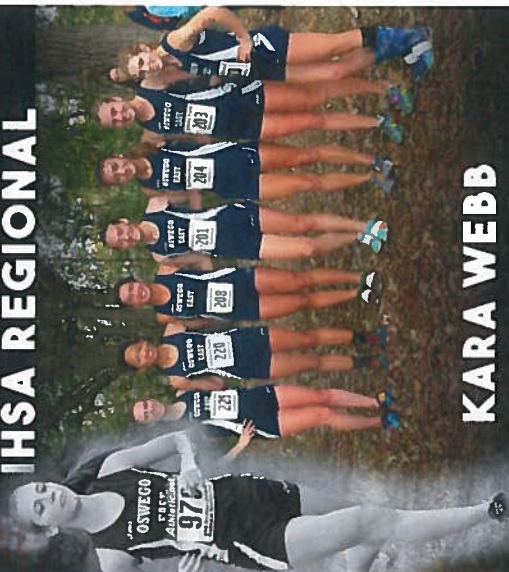
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KENDRA STANDISH

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish
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KARA WEBB

Fun-Fast-Fearless-Focused-Fantastic-Family-Fit-Finish
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"I learned to always reach further than what you think you can do; you might surprise yourself with all the things you are capable of."
Ashley Kozicki, Class of 2014

"The early mornings, summer miles, daily practices, personal bests, and learned lessons should instill confidence within you. With confidence, you truly can achieve anything. Expect excellence and you will achieve just that."
Melissa Johnson, Class of 2014

"You have to believe in yourself and never doubt your abilities in a race."
Anni Mihalak, Class of 2012

"It doesn't take some super human ability to run fast and kick ass! All it takes is all you got, and I know that you have it in you."
Christy Beatty, Class of 2016

"I know being put in the top group as a freshman can be a little scary at times, I was there with you, know that you belong there, you deserve that spot."
Lexi Hillier, Class of 2012

"As a runner, I didn't have a big breakthrough moment until I stepped back on the field to run and realized that I really was capable of running like the 50 walked to him. It's easy, you yourself can just surprise your own limits."
Allyson Schmitt, Class of 2012

"You are strong. You are fast. You are aggressive. You are confident."
Ashley Smith, Class of 2013

"I know your positive energy and determination will carry you and the rest of the team to be better than ever before!"
Lexi Hillier, Class of 2012

"I knew that when the gun went off, and when the stampede would go crashing away, that I would still be surrounded by my teammates. The ones I had ran all those miles with, and ran every painstaking workout alongside, and there was comfort in knowing we could do it together one step at a time."
Ashley Kozicki, Class of 2014

"Not only do you do everything there is to help you get better, you also encourage and inspire everyone around you."
Allyson Schmitt, Class of 2012

"Don't be afraid to take a chance during the race or make a move that could benefit your race later on. Your body has been training for this moment and can handle it."
Anni Mihalak, Class of 2012

"Make sure you put everything you have into each race and each practice because I swear if you do, you will improve more than you ever thought you could."
Christy Beatty, Class of 2016

Joy. Rhythm. Discipline. Confidence. Self-Improvement. Risk. Trust.

2017 Oswego East Girls Cross Country

Abby
Kendra
Morgan
Katherine
AMANDA
Kara
ISABELLA
ELYSSA
Emma
SAMMIE
Kitty
Kathleen

Focus
Find your Rhythm
Take a Risk
love your ass
LET'S GO BONZO
Trust yourself and your teammates
GIVE IT YOUR ALL
YOU ARE STRONG
Take a Risk
GIVE IT YOUR ALL
Believe in yourself
You are a fighter

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joy

discipline

self-improvement

trust

rhythm

confidence

risk





You've got your teammates at your hip,
OE at your back, and luck on your side.

Let's Go Pack!

State Cross Country 2017

**GO
ABBY**

**GOOD
LUCK
AT
STATE**



**GO
AMANDA**

**GOOD
LUCK
AT
STATE**



**GO
ELYSSA**

**GOOD
LUCK
AT
STATE**



**GO
EMMA**

**GOOD
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AT
STATE**



**GO
ISABELLA**

**GOOD
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STATE**



**GO
KARA**

**GOOD
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AT
STATE**





GO
KATHERINE

GOOD
LUCK
AT
STATE



GO
HATHLEEN

GOOD
LUCK
AT
STATE



GO
HENDRA

GOOD
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AT
STATE



GO
KITTY

GOOD
LUCK
AT
STATE



GO
MORGAN

GOOD
LUCK
AT
STATE



GO
SAMMIE

GOOD
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AT
STATE

Naylah Allen Amanda Bonczkowski Alexandra Dillman Morgan Ede Abby Flammersfeld Elyssa Gall



2017 OSWEGO EAST GIRLS CROSS COUNTRY STATE QUALIFIERS

Alyssa Nopereny Ellery Patterson Maddie Patterson Emily Salmeron Kitty Scheerenberger Katherine Sim

Kathleen Sim Madison Shiegowski Kendra Standish Anna Stonchocker Kara Webb Becca Wolfi Coach Cook Coach Ideran State 2017

Samantha Garcia Angela Crocuto Isabella Gyori Marie Krupcz Susanna Lee Jessica Lopez Emma McKillip Lili Mendoza Meghan Murphy