



Thursday, October 31, 2013



**Three Knights, left to right, Thia Moreen, Kayla Vavra and Lexi Moussette earned cross country All-Conference rating at a meet in Frederic October 15. At the Sectional in Boyceville, October 26, Vavra qualified to advance to the state meet in Wisconsin Rapids, Saturday, Nov. 2. (Photo by Judy Teske)**



# Sports



COURIER SENTINEL

SECTION II • 1B

## Vavra qualifies for state cross country meet

By Jake Ebner

The Knights Cross Country team competed at the sectional cross country meet hosted by Boyceville October 26.

There were 19 schools competing for the opportunity to run at the state meet. The top two teams and top five individuals who aren't part of a team advance.



Lake Holcombe sophomore and All-Conference runner, Kayla Vavra, ended up qualifying for the state cross country meet. She was the fifth individual to finish the race who wasn't on a qualifying team.

Vavra finished the 4K course with a time of 16 minutes, 44 seconds. She beat many of the area top runners who had beaten her earlier this season.

The Knights team finished in seventh place at a very tough Sectional meet.

Vavra has been finishing very high in all of the meets she has run in ever since she started in cross country her seventh grade year. Last year, she barely missed qualifying for state in cross country by two places and she barely missed qualifying in track and field in the 1,600-meter run by two places last year.

She has received multiple All-Conference honors in cross country, and track and field in her brief high school career. She was able to put together one of her best performances when it mattered the most.

Other finishers on the Knights girls team included All-Conference runner and last year's state qualifier Lexi Moussette, 17:27; Daniëlle Gygi, 18:16; Anna Burlingame, 18:19.

All-Conference runner Thia Moreen finished with a time

of 20:38; Elizabeth Sproul, 20:47; Kaitlin Peterson, 22:12.

The boys team was led by senior Hunter Geist, who after practicing with the team for most of the season, ran his first and only 5K cross country race of his career in 22:26.

Other finishers included Brandon Bintz, who finished with a time of 25:47; Nathan Parkhurst, 26:27; Kenny Tomaszewski, 31:46.

There will be a pep assembly send off for Kayla Vavra at Lake Holcombe School Friday morning before she leaves for the state cross country meet held in Wisconsin Rapids Saturday, Nov. 2. Kayla will compete in the Division 3 race at 11:30 a.m., at Ridges Golf Course.





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COURIER SENTINEL

SECTION

# LH Knight Kayla Vavra competes well at State Cross Country meet

By Jake Ebner

Kayla Vavra represented the Cornell-Lake Holcombe Knights Cross Country team well Saturday, Nov. 2, at the State Cross Country meet in Wisconsin Rapids.

Vavra, a sophomore, finished 85th with a time of 17 minutes, 13 seconds. There were 151 girls in the Division 3 girls race and Vavra reached her goal of finishing in the top 100.

Kayla is the first Lake Holcombe Cross Country runner to ever qualify for the State Cross Country meet and is the second Lady Knight to qualify for State (Lexi Moussette in 2012).



The Cornell-Lake Holcombe Girls Cross Country team attended a pep rally Nov. 1, to wish state contender Kayla Vavra "good luck" at the final meet of the season. The Knights, left to right kneeling, Alexis Dixon and Lexi Moussette; standing, Anna Burlingame, Danielle Gygi, Kayla Vavra, Elizabeth Sproul and Thia Moreen. (Photo by Judy Teske)



COURIER SENTINEL

## Sophomore Kayla Vavra competes at state meet

By Ginna Young

Seventeen minutes, 13 seconds.

That was Lake Holcombe Knight sophomore Kayla Vavra's time running in the State Cross Country meet, Nov. 2, at Ridges Golf Course in Wisconsin Rapids.

"I found out at the sectional meet that I qualified for state about 15 minutes after everyone's time was in," said Vavra. "I didn't feel like I ran my best that day. I didn't think I made it."



**Kayla Vavra**

Vavra not only qualified for state, but finished 85th out of 150 runners from around the state.

"We slowed our training approach for the last races," said Jake Ebner, Lake Holcombe Cross Country coach. "Kayla wasn't running on fresh legs for most of the season. We held back and then let her go when it counted the most."

Participants were not allowed to view the trail until the day of the race, so Vavra completed workouts at Stevens Point.

"It definitely put competitors at a disadvantage not to see the course beforehand," said Vavra. "But I think I did well."

"The weather was cooler, which made for good running and the trails weren't wet. We all finished and left for home just as it started raining."

Vavra's cheering section consisted of her parents, sisters and other family.

"It was something I'll never forget," said Vavra. "I hope to run at state again next year."



# Knights hold Cross Country awards banquet

By Jake Ebner

The Cornell-Lake Holcombe Knights Cross Country banquet was held Nov. 7. Nearly 75 athletes, parents, family members and friends attended.

Each middle school and high school runner received recognition for their hard work and success throughout the 2013 season.

Receiving awards for completing the season included: Girls – Emily Vavra, Ashlynn Moore, Isabelle Dixon, Kierra Walters, Izzy Villalpando, Gabby Harp, Kyra Wright and Isabel Nedland. Boys – Evan Dixon, Luke Thompson, Evan Moore and Tyler Dixon.

High school athletes receiving awards for completing the season included: Girls – Anna Burlingame (lettered), Thia Moreen (lettered), Kaitlin Peterson (lettered), Danielle Gygi (lettered), Kayla Vavra (lettered), Lexi Moussette (lettered), Elizabeth Sproul (lettered), Amanda Bintz and Alexis Dixon. Boys – Hunter Geist (lettered), Nathan Parkhurst (lettered), Brandon Bintz (lettered) and Kenny Tomaszewski.

Lexi Moussette, Thia

as an individual. She is the second Knights runner in two years to qualify for the State meet (Lexi Moussette in 2012).

The Girls MVP Award went to Kayla Vavra, who was the team's top runner at most meets this season. The Boys MVP Award went to Nathan Parkhurst, who led the team in wins this season. The Girls Newcomer of the Year Award went to Thia Moreen, who had the most successful season out of any first year high school runner on the team. The Coach's Award went to Lexi Moussette, who was the second girls' runner most of the season.

The middle school and high school teams were coached by Jake Ebner, Jason Jaenke and John Parkhurst.

