

Middle School

Cross Country

Cross Country-JV (0 - 0 - 0)

(H) Coach	Alexis Hannis
Coach	Frederick Exton Sarah Young
Athletes	An, Young Jun (Jake) '14 Bai, Ruiwen (Raymond) '14 Butchma, Mathieu (Matty) '16 Chen, Zhuyuan (James) '15 Choi, Jiwoo (James) '16 Ding, Longxuan (Dragon) '16 Gong, Yuan (Jack) '15 Hirata, Kazuma '17 Hwang, Dong Gyu (Collin) '16 Jiang, Xilun '17 Kowal, Alexander (Alex) '17 Li, Siyan (Eric) '15 Liang, Shihao (Larry) '17 Liu, Yun (Fred) '16 Martin, Peter '14 Michelson, Peter '17 Min, Sihyun (David) '15 Park, Jin Woong (William) '16 Perry, Gage '17 Post, Alexander (Alex) '14 Ramos Barroso, Juan Pablo '15 Shi, Tianjun (Jeff) '14 Yamano, Masamune (Masa) '16

Total # Players:23

Date	Opponent/Title	Location	Won/Loss	Score	League
9/25/2013	@ Moody Park, Claremont	Away			Yes
10/2/2013	Brewster, Proctor & Tilton	Home			Yes

Team Description: N/A

Accolades: N/A

Highlights:

10/3/2013 JV Harriers Race Hard at Home

The JV cross country team did not have to travel far this week in order to show what they are made of. At their first home meet of the season, the team ran hard, competing against three Varsity teams comprised of high school students. The runners did not let the older runners intimidate them. Five Cougars placed in the top 23 out of 52 runners and included David Min, Raymond Bai, Masamune Yamano, Eric Li, and Kazuma Hirata. The team's focus for the day was to become familiar with their home course in preparation for their meet at home against Eaglebrook, Saturday.

9/26/2013 Cougars Compete in race at Claremont

The JV cross country team traveled to Moody Park in Claremont, NH for their first race of the season. The boys were excited to race, and the anticipation of hitting the ground running grew as the start time was pushed back. All of the boys put their best foot forward as they competed in a 1.5-mile race. David Min was the top runner for the team and placed second in the race overall, taking home a silver medal. Masamune Yamano, Collin Hwang, Eric Li, William Park, Matty Butchma, and Kazuma Hirata were the Cougars' next 6 finishers. The team is looking forward to running at home next week!

End Of Season Team Summary: 2013 - 2014

Cross Country-Varsity (0 - 1 - 0)

(H) Coach	Lindsay Antolino
Coach	Joe Doherty
Athletes	Audett, Jack '16 Butchma, Niklas '14 Elkouh, Graydon (Cedric) '15 Fedorek, Connor '14 Fisher, Oliver (Buzz) '15 Frenchman, Alexander '14 Hong, Seok Woo (Michael) '14 Lee, Joonhyung '14 Lee, Seung Min (Joshua) '14 Pieroni, William (Bill) '14 Slaughter, Jacob '16 Trotto, John (Johnny) '14 Xiao, Zhenghao (Ray) '14

Total # Players:13

Date	Opponent/Title	Location	Won/Loss	Score	League
9/18/2013	Lakes Region Invitational	Away		7th out of 10	Yes
9/25/2013	KUA, Proctor, Vermont	Away		4th out of 5	Yes
9/28/2013	O'Connell JPS Fun run	Away			Yes
10/2/2013	Brewster, Proctor & Tilton	Home			Yes
10/5/2013	Eaglebrook School	Home	loss	24-31	Yes
10/9/2013	Northern New England Invitational	Home			Yes
10/16/2013	Brewster Host @ Seawall Woods	Away			Yes
10/19/2013	Intersquad Meet	Home			Yes
10/23/2013	KUA, Proctor, Vermont	Away	Canceled		Yes
10/30/2013	Lakes Region Championships coursewalk 2:15, Race 3:15	Away		7th out of 10	Yes

Team Description: N/A

Accolades: N/A

Highlights:

11/4/2013 Cougars Cap Season with Great Showing at Holderness

The Cardigan Cougars traveled to the Holderness School for the Lakes Region Championship. The harriers' fitness and form were peaking; they were well rested and ready to take advantage of the training they had completed throughout the past months. Leading the way for CMS was Johnny Trotto, 21st place, with Cedric Elkouh finishing shortly behind. The Cougars should be proud of their effort and the respectable finish. As a team, CMS finished seventh out of 10 teams (all high schools) and were only a stone's throw away from the fifth and sixth place schools. The coaches are proud of all the runners and this race was a perfect way to end a successful cross country season.

10/28/2013 Cougars Battle Bulls and Bobcats

The Cardigan cross country team journeyed to Brewster for a race against Holderness and Brewster Academy. The team ran a successful race, with Johnny Trotto coming in first for the Cougars, followed by Ray Xiao and Cedric Elkouh. The team met their goals and, although we did not beat these excellent high school Varsity teams, gave them some good competition. The three JV runners brought up for the race, David Min, Masamune Yamano, and Raymond Bai, all ran a competitive race. The Cougars look to carry their momentum to the Lakes Region championship in the upcoming weeks.

10/8/2013 Cougars Run Hard Against Eaglebrook

The Cardigan harriers were greeted to perfect running conditions as they faced Eaglebrook at a home meet. The 5K course traveled through beautiful single track, open fields, and tackled Clancy Hill twice. Eaglebrook took early control of the race, crossing the 1-mile mark with nine of the top 10 spots. The Cougars were running a smart race and started to amp up the speed on the second loop. Cross Country star Johnny Trotto turned on the jets and ended up crossing the line in second place overall. Nick Butchma, Jack Audett, Connor Fedorek, and Ray Xiao closed in on the competition in the last half-mile, passing several of the Eaglebrook runners, and placed fifth, seventh, eighth, and ninth. Cardigan ran an incredible race, but came out on the losing side, with the score of 24-31 in Eaglebrook's favor. The Cougars should hold their heads high as they put forth their best effort!

The JV cross country team was prepared to run and compete against Eaglebrook on Saturday after learning how to navigate their course at Wednesday's home meet. With great effort came great rewards as the boys charged up the hills of the tough Cardigan course. Working together as a team, they showed what it meant to be a Cardigan cross country runner and helped push not only their JV teammates but their Varsity ones as well. David Min, Raymond Bai, and Masamune Yamano were the top three finishers for the JV team. Securing places 30-34 and demonstrating great pack running, Eric Li, Collin Hwang, Kazuma Hirata, William Park, and Matty Butchma worked together to conquer the course. The boys will have their last home meet of the season on Wednesday.

9/30/2013 Cougars Cruise to Win at Cheshire

The Cardigan Varsity Cross Country team participated in the O'Connell Invitational at Cheshire Academy. Leaving directly after classes on Friday, the boys travelled four hours down to Cheshire, CT. After a fun hotel overnight including pizza, a workout, swimming and study hall, the boys woke up ready to race. Unlike most of the meets in which Cardigan competes against high schools, this race was an opportunity to go head-to-head with over six other junior schools such as Rectory, Rumsey Hall, Foote and Chase.

Cardigan's two 7th graders flew through the 2.5-kilometer junior race course, Jack Audett taking second and Jacob Slaughter placing 10th. The ten 8th and 9th graders in the Varsity 5k race ran their smartest race yet, capitalizing on their hill running prowess and ability to run close together in a pack. As they nimbly flew down the technical hills, they looked outside themselves and worked as a team. Their encouragement of each other and focus on staying together paid off with a first place team finish and five of the ten boys on the podium. Johnny Trotto (2nd place) once again led the team, showing some very smart pacing for a first year runner. Right behind him was the "pack" of Connor Fedorek (7th) and Cedric Elkouh (8th), with the pack of Ray Xiao (14th) and Nik Butchma (15th) close behind. Finishing within a few places of each other, the large pack of Bill Pieroni, Joon Lee, Josh Lee and Michael Hong showed the depth of the team. The Varsity XC Cougars return home from this weekend of quality time together with a large First Place team plaque, a memento of their fantastic teamwork.-based win.

9/26/2013 Cougars Blaze Trail at KUA

The cross country Cougars tore up the trails at KUA. Five teams toed the line, with CMS being the only middle school, and the harriers blazed through the 3.0-mile course and took home fourth place in the team category. The "Potato Patch", an intimidating hill glaring down at the runners around the one-mile marker, was no obstacle for our runners. The boys paced themselves well, picked up their speed in the latter half of the course, and passed many of the high school students in the finishing stretch. Johnny Trotto continued to demonstrate his fine form with a near sub-20 minute finishing time. Rounding out our top 4 "scorers" were Cedric Elkouh, Nick Butchma, and Connor Fedorek. Jack Audett and Jacob Slaughter continued to turn heads as they flew by runners twice their size! Bill Pieroni, Raymond Bai, Alex Frenchman, Michael Hong, Jake An, and Jeff Shi all ran well and stopped the clock with superb finishing times. The CMS Cougars are fine-tuning their fitness and look forward to flexing their muscles at the upcoming trip to Connecticut!

9/21/2013 Cougars Race to Seventh in First Race

The Varsity cross country team attended a 5K race at Proctor Academy. With most of the team being returners from past cross country teams, most knew what to expect as Proctor is one of the more difficult courses, including a challenging, hilly first mile. Despite being the only middle school team in the running, the Cougars placed seventh out of 10 teams. The depth of the team showed when the top four finishers came in close together, between 26th and 36th place, and beat out a high school team whose score included a 6th place finisher. For the first race of the fall season, all agreed that the day was an exceptional way to start the season. As a team, we looked to work hard, do well, and be the best we can be. The coaches were super proud of how the harriers worked as a team, with a focus and positivity about them which represented our school extremely well.