

GRAND ISLAND CROSS COUNTRY '11

+++++XC+++++

PRESS RELEASE #1 VOL. 11

PRE-SEASON 9/5/11

The Viking Cross Country Team is beginning the season with a mixed and talented team on both the boys and girls squad. The Annual Blue-White Intra-squad Meet will be held Saturday (September 10) at Beaver Island Park at 2:00.

The Girls team is experienced and should have a good "pack" of runners in the top 1-9. The Captains are Seniors Megan Karpie and Maggie DeMarco. The Girls team is much stronger and experienced this season. Along with Karpie and DeMarco, Juniors Ellen Lutnick, Ayla Marino, Taylor Marino and Bri Gibney should provide the team with a solid nucleus. Barring injuries the team is looking to take a run at the NFL title which was won by Lockport last season. Coach Sauer is also looking at adding depth with Ashley Tillett and Rachael Ruszkowski and Marah Killian. The team will be working on "pacing" and "tempo training over the next few weeks. Nine members did extra by going to Camp Allegheny in August.

The Boys Team should be a surprise and looks to defend their NFL Titles of '09-'10 and a 24-0 winning streak over the past two seasons. Though young, they are talented with members running on last season's frosh team placing 2nd at McQuaid Invite. Drew Masiello, Nick Pino and Brandon Stevenson will lead the boys' squad followed closely by Jr. Joe Torregrossa and newcomer James Cooke. "It will be interesting on who steps up this season as we lost 5 of our top 7 to graduation from a team that was the Section VI Champions last season." noted Coach Sauer. Brendon Lutnick is this year's captain and is recovering from a broken foot sustained after last Track season's broken leg. He's not expected back till the end of the season as we will bring him back slowly when he is ready.

The Vikings will have the season opener at the Red Dragon Invite held at Long Point State Park in Bemus Point, Lake Chautauqua. The following week they return to familiar grounds at the Official's Invite at Beaver Island. The NFL season opener is against Ken east and Lockport at Bond Lake I on September 27.

Boys NFL Champions
'80, '84, '85, '93, '07, '09, '10

Girls NFL Champions
'80, '81, '84, '08, '09

Section VI Champions
'68, '84, '85, '94, '10

'09