

Dick Mitchell Coaches Corner

By: Coach Scott Anderson



The La Crosse Central Girls cross-country team ran a very strong TEAM race through the wind, mud, and rain at the Dick Mitchell Invite. Violet Weibel ran a very good race placing 3rd in 15:39. She was followed by Sydney Pretasky placing 6th in 15:59, Dani Sorenson placing 8th in 16:01, Kayla Guepfer placing 9th in 16:06 and Megan Baumler placing 16th in 16:28. We have a ways to go but we took a very strong step forward as a team.

The JV ran their best race of the year winning the Dick Mitchell with a score of 26 pts compared to 2nd place Holmen with a score of 66 pts. Morgan Sanger is starting to find herself coming back crossing the finish line right with Dach from Viroqua. She was followed by a great race from Anna Weber and Natalie Ahern. Marissa Fellenz and Cassidy Smith rounded out the scoring.