

CROSS-COUNTRY SPECIAL AWARD WINNERS - 2005

VINCE LOMBARDI MEMORIAL PLAQUE - Mike Ansaldi, '06
(Devotion to Faith, Team, Sport)

ROYDEN SMITH ('84) MEMORIAL PLAQUE - Jeremy Krenzer, '06
(Most Improved Runner)

JEREMY ABBOTT('66)MEMORIAL PLAQUE - Dominic Bozzelli, '09
(Outstanding Jr. High Runner)

BEST FINISH INDEX - Derek Seber, '07 (1.0)

OUTSTANDING STUDENT-ATHLETES - Martin Wegman, '06
Kevin DiCesare, '07
Craig Hanna, '08
Ricky D'Amato, '09
Sam Kernan, '10
Ben Zeiss, '10
Doug Leclair, '11

RUNNING EXCELLENCE AT COBBS HILL – Jeremy Krenzer, '06
(The “Bob Gantler” Award)

MOST IMPROVED -- Jim Lappin, '06
Brian Sparacino, '08
Aidan Rubery, '10

MOST IMPROVED DURING SEASON – Connor McArthur, '08
Sam Kernan, '10

BEST NEW RUNNER: (Var/JV) - Yigor Vinogradov, '08
(Jr. High) Tom O'Rourke, '09

CITY-CATHOLIC ALL-STAR PATCHES:
Juan Habes, Tim Hanna, Derek Seber
Mike Ansaldi, Jim Lappin, Peter Schwalm

McQuaid cross country runners receive awards galore

The team honors retiring coach Bob Bradley.

The awards just kept coming at the recent McQuaid cross country dinner in the school cafeteria.

All of the 65 runners present received a certificate, of course, but there were over two dozen special awards as well. "We always give a lot, but this year there seemed to be more than ever," said coach Bob Bradley.

McQuaid's outstanding runner, junior Derek Seber, took home his second Best Index plaque, with a perfect 1.0 for leading his team in all 12 races. As a soph last year, Seber won with a 1.92. Seber was also recognized for having been named to the All-Section

5 boys team for his performance in the sectionals, where he placed third, and the state meet, where he was the second finisher of the 12 Section 5 Class A entries.

The school's three memorial awards went to two seniors and a freshman. Mike Ansaldi, the Knights' consistent No. 2 man, received the Vince Lombardi plaque for his all-around contributions to the team. Classmate Jeremy Krenzer was chosen for the Royden Smith plaque as Most Improved Runner.

Freshman Dominic Bozzelli, leader of McQuaid's unbeaten junior high team despite a late start, took home the Jeremy Abbott trophy for the second year.

Since improvement is the name of the game in running, there were five additional awards in that category.

Senior Jim Lappin, soph Brian Sparacino, and eighth-grader Aidan Rubery all won Most Improved trophies, while soph Connor McArthur and eighth-grader Sam Kernan were honored for being most improved during the season.

Best New Runner trophies went to soph Yigor Vinogradov and freshman Tom O'Rourke, who excelled at the JV and junior high levels, respectively.

No fewer than eight Student-Athlete plaques were presented, and Bradley noted that, as usual, almost three-quarters of the entire team were on the first marking period honor roll. Seniors Martin Wegman and Tim Hanna were co-winners for their year, Kevin DiCesare for the juniors, Craig Hanna for the sophs, and Ricky D'Amato for the freshmen. From the large

junior high contingent, Kernan and Ben Zeiss were eighth-grade winners and Doug Leclair was the top seventh-grader.

City-Catholic All-Star patches went to Seber, Ansaldi, Lappin, and Tim Hanna, as well as seniors Juan Habes and Peter Schwalm.

Parents of the Knights' six seniors also were recognized with McQuaid paperweights for their countless contributions during their son's running careers.

Coach Bradley was also honored with a team plaque and a gift certificate as he wrapped up his 44th and final season. Bradley will retire in June after 46 years of teaching English at McQuaid. He summarized his thank-you remarks by saying, "I've been very lucky and very blessed, and I've had a great time."

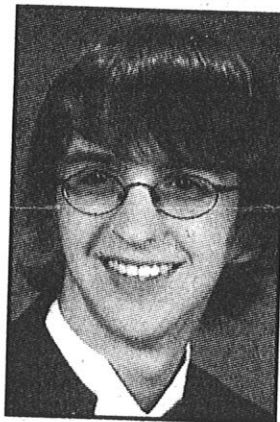
Jeremy Krenzer wins McQuaid running award

In just two seasons of cross country, McQuaid senior Jeremy Krenzer made such dramatic progress that he wound up being named winner of the Royden Smith Memorial Plaque at the school's awards dinner.

Krenzer, the older of two sons of Andrew and Carol Krenzer, was chosen from a number of McQuaid runners as most improved. The award honors the memory of McQuaid grad Royden Smith Jr., who died in a car accident shortly after the 1984 graduation.

Smith in his four years of running showed such improvement that McQuaid coach Bob Bradley instituted the memorial the same year.

"Jeremy's improvement

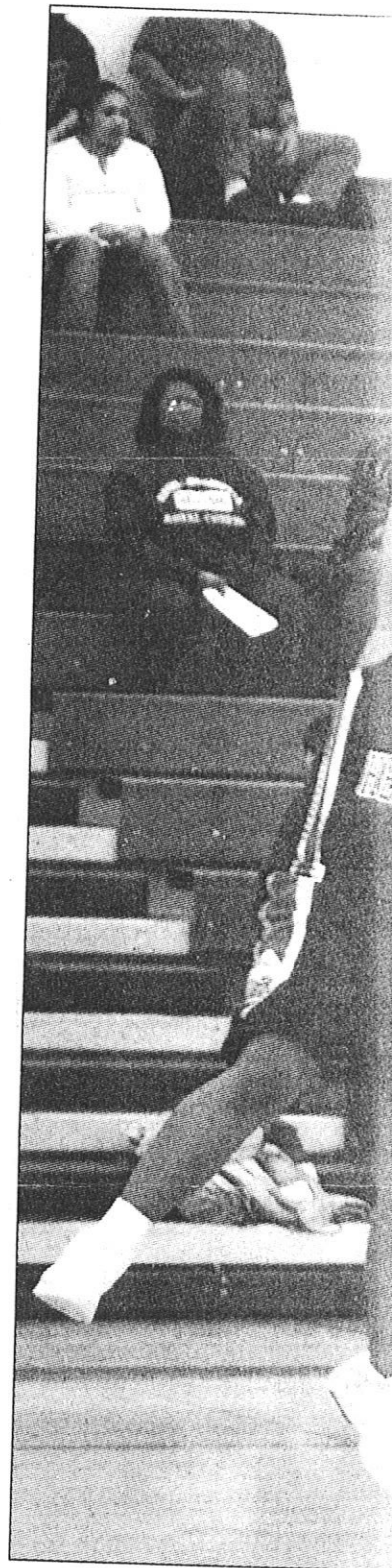


KRENZER

and it paid off. It wasn't just his times; it was the whole package- his running form, the way he competed, his contribution to the team spirit."

Krenzer was also chosen by assistant coach Tony Canali to receive the "Bob Gantler" award, a certificate for running excellence at Cobbs Hill, McQuaid's home course for City Catholic League meets.

was remarkable," Bradley said. "He put in a good summer and worked hard at every practice



Rush-Henrietta's Shar over Webster Schroed day's Royal Comets w

Super Bowl predictions

► **PICKS**, from page 15A

Varsity running back Franseau Richards said that both running backs should play well, but Roethlisberger will play the best game. He picked the Steelers to win.

Woodham thinks Roethlisberger and Bettis will outplay Alexander and Hasselbeck. Woodham said the Steelers defense will have a tremendous game and lead the team to a 27-14 win.

"I think the Steelers are