October 17, 2013

#### TO: MVC Athletic Directors

FROM: Terry Coleman, Athletic Director

SUBJECT: MVC All-Academic Squad (XC)

**BOYS**

|  |  |  |
| --- | --- | --- |
| **SCHOOL** | **NAME** | **NAME** |
| **Cedar Rapids Jefferson** | Aaron Jencks | Brandon Wise |
| **Cedar Rapids Kennedy** | Matthew Stevens | Ethan Williams |
| **Dubuque Hempstead** | Josh Nichols | Jeffrey Teng |
| **Dubuque Senior** | Zach Barz | Mark Fairley |
| **City High** | Joseph Arch | Talbot Morris-Downing |
| **West High** | Jonathan Ealy | Daniel Gardarsson |
| **Waterloo East** | John Snook |  |

**GIRLS**

|  |  |  |
| --- | --- | --- |
| **SCHOOL** | **NAME** | **NAME** |
| **Cedar Rapids Jefferson** | Lucy Schneekloth |  |
| **Cedar Rapids Kennedy** | Alyssa Averhoff, Allison Culver, | Jamie Vogl |
| **Dubuque Hempstead** | Mary Kate Buchheit | Samantha Lahey |
| **Dubuque Senior** | Katie Fuller | Kristen Savary |
| **City High** | Ellie Benson, Emma Greimann | Leah Hoelscher, Mary Rethwisch |
| **West High** | Payton Knupp, Kelcie Kraft | Emily Starman, Emilia Szmyrgala |
| **Waterloo East** | Haley Beckner | Melissa Galloway |