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Fruitport Middle School Cross-Country team awards

By Coach Terrie Lahring

This season, we called our team the "Dream Team." The boys had a great amount of talent and depth, including several seventh graders who often scored for the team and medaled in the bigger events.

The girls' team had their own superb contributions with outstanding team building, commitment, and dedication. This year's girls' team had more team spirit than I have ever seen. The entire team practiced and ran as one. It took caring and a special kindness which each shared, and it led to a strong spirit.

Both teams improved and met challenges throughout the season. We had our share of sore muscles and sore knees and ankles, and even some scrapes from the trails. But the students iced and wrapped and strengthened their bodies and minds.

Boys' 8th grade awards go to: Noah Hendricks (team captain) – Most Valuable; Andrew Wahr – Trojan Award; Josh Brooks – Most Improved.

Girls' 8th grade awards go to: Brooklyn Rollston – Most Valuable; Bailey Umstead and Kelly Brown – Trojan Award; and Alaina Carlson – Most Improved.

Season Highlights:

- Noah Hendricks placed first at the Sparta Invitational, helping his team earn a second place trophy. He continued to place in the top of his field, earning several medals.

- Seventh graders Liam Parker and Isaac Fitzgerald earned our second and third place positions consistently, being very fast and not too tall.

- Other seventh graders scored often in the top five as well: Caleb Yager, Mitchel Johnson and Mikey Benedict.

- The boys' team placed first and second in the conference several times, assisted in the beginning of the season by Cameron Brandow and Aaron King; and at the end of the season by Eddie Coolier.

- The girls' team placed first in the conference once, and then took second and third.

- Brooklyn Rollston placed second in the conference in her last meet, earning several medals throughout the season.

- Samantha Cottrell, Bailey Umstead, Kelcie Schultz and Emily Visscher consistently made up the main scoring component for the girls' team.

- Students became runners, able to run long distances and race on hilly terrain. Their confidence and determination developed and they met tough challenges with a positive outlook.

- Several students started their season from scratch and they progressed to be proud of their efforts and their competitive ability. They included Sydney Cradlebaugh, Elizabeth Kuiper, Nichole Campbell and August Lee. Also, Alex Wentzlof, Ben Taylor, Michael Latsch, Drake Benson, Dekotah Mordue, Garrett Domine and Aaron Simot.

- Those middle of the pack runners contributed

greatly to the overall team scoring in a very direct way! They add to the depth of the team. At one event, the girls' team was tied for first with 52 points each. The score went to the sixth placed girl on our team, and we won. That girl was Kayla Smith, who made a big effort that day and helped her team clinch the win. The runners included in the middle of the pack include Kelly Brown, Morgan Green, Alaina Carlson and August Lee. And for the boys' team, Dylan Zdrojewski, Andrew Harloff, Aaron Simot, Mason Belasco, MacKenzy Brown, Ryan Pearson, Dekota Mordue, Zach Van Hassel, Michael Latsch and Garrett Domine.

• Some of the fun times included our trail runs at the lakeshore dune trails. The swimming conditioning was also beneficial and a way to just have fun with the team. Our parent meeting was well attended at the North Beach Park where we first ran/walked and then had a potluck together.

• It always amazed the coach to see the students on the bus ride home after giving a phenomenal performance. They had much more energy than would be expected! They had a lot of fun coming home with non-stop talking and laughing.

Coach's highlights: Knowing the girls had bonded into a formidable and independent team. Sydney Cradlebaugh beat 14 other students in her best race. Nicole Campbell ran like a deer. Alaina Carlson became a competitive athlete, achieving high goals. Brooklyn Rollston led her team with grace, love, and excellent camaraderie. Kelcie Schultz was an intense competitor and still a bundle of sunshine. Bailey Umstead made it to the top elite runners of the conference. Morgan Green showed she had physical strength and dedication to her team. Emily Visscher became a tough, hard-working competitor. August Lee became the ultimate "positive" contribution to the team. Kayla Smith helped us place first in the conference with her "tie breaker" effort. And Elizabeth Kuiper ended the season with confidence and power.

For the boys' team, my coaching highlights include: Picking up the second place team trophy from Sparta and knowing that Noah Hendricks out ran all the fastest runners at that meet. Watching boys who were originally walking during the first practice runs, finishing races at a competitive level. Young men became more determined and showed more integrity. Mitchel Johnson returned to the team after an injury and added a new depth to the team as a scoring runner. Ben Taylor became a competitor. Eddie Coolier added another dimension to the team: Enthusiasm and a great team cheer. Aaron Simot was the go-to fella who passed up the captain role but led his team with positive attitude. Watching Liam Parker and Isaac Fitzgerald compete against taller 8th graders, running one speed...FAST...reminded me that it is with a strong heart and mind that we win races.

I had fun!•

MERRY CHRISTMAS



During this holiday season and every day of the year, wish you all the best.



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MAKING SENSE OF INVESTING

Century Club opens with five tenants

(Submitted by the Muskegon Lakeshore Chamber of Commerce)

The Century Club Center in downtown Muskegon opened in October with five retail tenants. What was once home to a prominent social club has now been renovated into a retail center.

McDonald's Candies, PKS Photo Art Tile, Hegg's Furniture Outlet Center, Turquoise Boutique and Mamaca's Baklava are the first tenants to occupy the space which also has a second floor ballroom.

"I have met a wonderful new group of clientele since moving into the Century Club," said Turquoise Boutique owner Monalise Green. "I have made a sale every day since we opened, and that's without doing any form of marketing."

There are 4,000 square feet still available for lease, including street level and affordable studio space. This property will soon be followed by the opening of the adjacent Russell Block Market in spring, 2012. •