



ALL-COUNTY BOYS CROSS-COUNTRY

Runner of the Year KYLE LUND

OAKDALE JUNIOR
■ A middle-distance track star, Lund used his speed to get out in front on the course, where he was often able to remain during some of the season's biggest races. "Many know his speed on the track, but he rolled his track strength into this cross-country season," said Bears coach Dave Lillard, who added that Lund has plenty of room for growth in the fall sport even though the junior is already a county champ and two-time All-County honoree.

■ In just his second year as a cross-country runner, Lund took first place at the FCPS championships, the CMC championships and the Class 2A West regional meet before a fifth-place finish in the Class 2A state meet.

■ His best 3.1-mile run was a blazing 15-minute, 12-second performance at the FCPS championships, where he also led his team to victory.



FIRST TEAM

**DAVEEN BAVARI
THOMAS JOHNSON
SENIOR**
■ Returning first-team pick produced another fine season, leading the Patriots at all of the championship meets.
County: Eighth
3A West: Seventh
3A State: 15th



**MICHAEL BELMAGGIO
LINGANORE
SENIOR**
■ Lancers team captain led by example and was a consistent top scorer. Fulfilled early promise as a freshman with second state title in Class 3A. A "quiet lion," according to coach Andres Wright.
County: Second
3A West: First
3A State: First



**CARSON BUCK
LINGANORE
JUNIOR**
■ Hard-training, competitive second-year runner sets high goals and meets them. Coach Andres Wright said he "finished on empty in races" and improves in every race.
County: Seventh
3A West: Fifth
3A State: Sixth



**WILL CIOFFI
LINGANORE
SENIOR**
■ Consistent, dedicated racer improved every year, becoming the Lancers' No. 2 and one of the top runners in the 3A state meet as a senior.
County: Fifth
3A West: Fourth
3A State: Ninth



**COLLIN DEMPSEY
OAKDALE
JUNIOR**
■ This team captain battled on the bike and in the pool to return from a stress fracture in September, contributing stellar finishes in the season's biggest races to repeat as a first-team pick.
County: Third
2A West: Third
2A State: Sixth



**MARIO MARTINEZ
FREDERICK
SOPHOMORE**
■ Became the "single digit" runner Frederick had been missing, according to coach Frank Strakonsky, and helped put the Cadets in the state meet for the first time in five years.
County: 10th
3A West: Sixth
3A State: 74th



**JONATHAN MASON
URBANA
SENIOR**
■ After giving up soccer, he quickly took to cross-country in his first season, using a persistence that set an example for teammates. Coach Tim Snyder said Mason went "above and beyond to master training objectives" and become a key contributor to Hawks.
County: Sixth
4A North: 15th
4A State: 45th



**COLLIN SHRINER
OAKDALE
SENIOR**
■ Hard-working No. 4 runner for the county-champion Bears helped his team to one of its finest seasons in program history.
County: Fourth
2A West: 13th
2A State: 29th



**GRAYSON WHITESELL
MIDDLETOWN
SENIOR**
■ Consistent performer paced the Knights at all of the championship races.
County: Ninth
2A West: Ninth
2A State: 57th



HONORABLE MENTION

Brunswick — Noah McGillivray
Frederick — Amir King'oo
Linganore — Ben Dill, Gunnar Eklund, Allejah Seraton
Oakdale — Spencer Buckwalter, Joshua Milliken, Charles Parrott, Nicholas Stokes
Thomas Johnson — Gabe Caprarola-Bianco
Tuscarora — Sean Heare, Jeff Young
Urbana — Luke Hartlaub
Walkersville — Owen Welty

Influences and inspirations

With 2018 drawing to a close, "Coach's Corner" is going to give each reader a chance to participate in the writing of this column. Here is your assignment, should you decide to accept it: You are to pause and reflect about your own life and those people, living or who have passed on, who have been your "better angels," and have, in some way, helped guide you on your life's journey. Think about your personal heroes and what impact that they had on you. Although "Coach's Corner" focuses on sports, don't feel you are limited.

Here is a condensed version of those who influenced the Old Coach's life:

My earliest hero and driving force in my life was my older brother. Although three years my senior, he was my constant companion, whether playing ball in the yard or helping to coach whichever team I was playing for at the time. He was much bigger than me, and he taught me how to survive in a world where almost everyone I competed against was much bigger, stronger and sometimes faster. He broke the ground ahead of me by playing three sports in high school and giving me an inside look at what I would be facing when I reached the high school level. He taught me at an early point in my development as an athlete to pay attention to details, to master

the fundamentals and to understand the importance of repetition in developing your skills.

All of those important lessons were reinforced by a Pony League (13- to 14-year-olds) baseball coach who spent hours of practice time working on bunting, sliding, hitting the cutoff man, backing up throws and all of the nuances that seem to be missing from many of today's major league players. Most importantly, I learned that every player had a contribution to make to the team. If you couldn't hit home runs, you could draw walks, bunt and steal bases to help the team win. You could play great defense and run the bases with intelligence. I learned about keeping your poise when you were behind and about staying focused when you were ahead.

By the time I reached high school, I already had been introduced to the coach and physical education teacher who would give me the inspiration to follow in his footsteps. He had coached three sports and was a legend. He was firm but fair. Tough but caring. You learned to always be polite and respectful because you didn't want to let this man down. Being a good sport was as important as being a good player.

I was fortunate enough in high school to have one of my brother's older friends — who had been a lacrosse defenseman at the University of Mary-

Coach's Corner

By HAL GRAU

■ Hal Grau coached various sports for 36 years at Frederick, Thomas Johnson, Catoclin, Walkersville and Linganore High Schools. His email address is hgrau30@gmail.com.

■ I learned from the master, Jack Griffin, that you not only have to be a good coach, but you have to learn how to run a program.

land — become my "brother" and my training partner. Because this friend had been exposed to some of the most up-to-date strength-training and conditioning exercises, we were years ahead of the curve on the use of weights and resistance machines and of increasing speed through the use of Russian Speed Training techniques that had been developed by gold-medal Olympian sprinter Valery Borzov. This gave me a critical edge when I played football at Shepherd College (now University).

My first coaching job after graduating from Shepherd was as track and field coach at Frederick High, where a junior high teacher and Olympic coach named Jack Griffin took

me under his wing and taught me about how to motivate high school athletes and how to teach the various techniques for each event. I learned from the master that you not only have to be a good coach, but you have to learn how to run a program. You have to be able to organize and line up officials and all the personnel that it takes to run a successful meet. You have to develop a rapport with the community.

Right at the top of my heroes list is my wife, Maritta, who has never been a big sports fan but has been my "supporter in chief." She has always been able to read all the emotional roller coasters that are a part of every coach's life and say the right things that keep one's priorities in focus. She was the time-management expert that kept all the bouncing balls of life with a young family all in the air while juggling her own career. Being the wife of a coach who was coaching through all three seasons with football, indoor track and outdoor track was a challenge that was always met with patience, understanding, humor and with just the right amount of unconditional love.

Of course, there are football and track and field coaches that I coached with or against that I looked up to, not just because they were piling up wins and championships but because of the kind of leadership

they exhibited. I was blessed to have had for my tutors some of the finest people: Dave Schrodel, Paul Nolan, Jack Davis (first, one of my students, then a fellow coach), Ben Wright, Rick Conner, Sonny Joseph, Mike Daye, Jim Corley and Ron Manges, to name a few. Each and every one of them coached for the right reason: they were there for the athletes, and they loved their sport.

Some of the opposing coaches became close friends over the years: Don Boyer, Tim Ambrose, Dwight Scott and Ron Engle. We not only shared a common professional bond, but our values were similar. They still adhered to the old-school principles that they were raised on. They were in coaching for the long haul. Their reward was in the success of their athletes. I admire most those who after retirement have been active in volunteer work, continuing to have a positive influence in their communities.

You get the idea.

Every person has someone in his or her life who has been an inspiration, someone you want to emulate. They might not be famous or rich or powerful. They might not even be aware that they had an influence on you. Think about them. Then take a moment. Thank them.

May you ace your assignment.