

Christian Brothers' Cross Country teams qualify for state cross country championships

Special to East Sacramento News - Christian Brothers High School (4315 Martin Luther King, Jr. Drive) Boys and Girls Cross Country teams accomplished something that has never been done in the history of the school: Both teams qualified for the Division 4 State Cross Country Championships.

The cross country teams have logged in many miles during this season, said a release from CB. Students have run in the rain, through mud, through grass, through dirt, on pavement and up and down hills. No matter what the course has in store for them, these determined teenagers always gave it their all in hopes of making it to the state championship meet.

In preparation for the state meet, the teams competed in high profile meets such as the Mt. SAC Invitational in Walnut, California, billed as the largest cross-country meet in the world. They also traveled to Palo Alto for the Stanford Invitational and to Concord for the Nike De La Salle/Carondelet Invitational



In previous years, Christian Brothers has had several individuals qualify and participate in the state championships, but has never had both boys and girls team at the same time.

Photo courtesy Joanne Hufford

VOLLEYBALL

PLAYER OF THE YEAR

Sarah McAtee,
Nevada Union

COACH OF THE YEAR

→ Diane Heine,
Christian Brothers

FIRST TEAM

Elizabeth Griffin,
Woodcreek
Melanie Adams, Oak Ridge
Christina Woodruff,
Nevada Union
→ Cara Crowder,
Christian Brothers
Ali Hitch, Woodcreek
Caitlyn Murphy,
Granite Bay

SECOND TEAM

Katie Dailey, Yuba City
Erin Kirby, Yuba City
Kimberly Albers,
Woodcreek
→ Brittany Woodard,
Christian Brothers
Cayti Crowton,
Golden Sierra
Dana Knudsen, St. Francis

HONORABLE MENTION

Alanna Keenan,
Golden Sierra
Kelsey Elston, Rocklin
Alex Demmer, Rocklin
Kim Tretten, Will C. Wood
Chrissy Cope, Oakmont
→ Nicole Link,
Christian Brothers
- Bee Sports Staff

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HIGH SCHOOLS CROSS COUNTRY

All-Sierra Valley Conference

Girls Player of the Year: Alex Kosinski,
Oak Ridge.

Girls Coach of the Year: Barbara Richardson,
Ponderosa.

First Team: Deborah Maier, Becky Preto,
Kelly Roberts and Sam Diaz, Ponderosa; Samantha Dougherty, Union Mine; Ashley Silva and Geneva Kromberski, Oak Ridge; Allison Motor, Galt; Kelly McEmmery, Christian Brothers.

Boys Coach of the Year: Danny Delgado,
Christian Brothers.

First Team: Ryan Cobens, Josh Arrieta,
Max Fernandez, Josh Ruff, Josh Higgins and Alex Mansoor, Oak Ridge; Will Marquardt,
Union Mine; Devin Jokerst and Greg Young,
Ponderosa; George Cook-Cantu, Christian Brothers.

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Houston Dynamo: The big questions

By Lucas Ogden-Davis / MLSnet.com Staff

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A look at the big questions surrounding Houston Dynamo for the 2006 season and looking ahead to the 2007 campaign:

WHAT DOES HOUSTON NEED TO DO TO REPEAT AS MLS CUP CHAMPIONS NEXT YEAR?

Dynamo coach Dominic Kinnear believes that his squad has the talent to repeat as MLS Cup champion in 2007. However, conventional wisdom suggests that it's more difficult for a team to repeat as champions than it is to win the first, no matter the quality of the squad. According to Kinnear, the key to overcoming any potential post-championship slump is the same thing that many Dynamo players credited for the team's success: mental toughness.

"It's always harder to win the title the second time," Kinnear said. "Teams are trying to beat the champ in exhibition, the regular season (and) the playoffs. Everybody wanted to beat the (2005 MLS Cup champion) Los Angeles Galaxy this year. Our mental toughness needs to be (even) better than it was this year."

WHAT WAS THE TEAM'S BEST MOMENT?

Though the climax of the season was Houston's victory against the New England Revolution to win the MLS Cup, Kinnear singled out Brian Ching's spectacular bicycle kick goal against D.C. United as one of the team's brightest moments. The score, which took 2006 MLS Goal of the Year honors, clinched Houston's berth in the 2006 MLS Cup Playoffs.

"It was a boost for our confidence (and) it took some pressure off of us as far as qualifying," Kinnear said of the goal. "(It) gave us some excitement going into postseason."

Ching's playoff-dinching strike was a herald of things to come, as the forward led Houston in goals during the playoffs with three and scored the winning penalty kick try in the MLS Cup.

WHO MADE THE BIGGEST IMPROVEMENT OVER THE COURSE OF THE SEASON?

Kinnear prefers to not evaluate individual performances, but instead prefers to focus on the team as a whole.

"I try not to look at individuals," Kinnear said. "Everyone stepped up and played a big part in different games and at different times in the year ... everybody contributed equally."

From an outsider's perspective, however, it's hard not to consider defender Craig Waibel as a strong candidate for the "most improved" designation. Coming back from a 2005 season that saw him miss all but six games with torn ligaments in his knee, Waibel posted career highs for goals and minutes played in 2006. He was also an important component of a Dynamo defense that allowed only 40 goals during the regular season and one goal per game in the postseason.

WHAT BENCH PLAYER IS MOST READY TO CRACK THE STARTING LINEUP?

Kinnear mentioned Stuart Holden, Kelly Gray and Kevin Goldthwaite as examples of players who might be ready to step into the starting lineup, should some of Dynamo's 2006 starters be lost during the off season.

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