

# 2023 AQUINAS BLUGOLD CROSS COUNTRY



**Head Coaches:**  
Geoff Wilhelmy and Shandy Scheidt

## **Boys Team**

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Kaleb Azene	10
Tim Barrett	11
Oliver Buck	10
Vinny Debauche	10
Roger Flege	10
Thomas Gorman	11
Declan Gregg	11
Joseph Hirschboeck	12
Trevor Paulson	11
Anthony Petullo	10
Colin Sans Crainte	12
Brody Sherrill	11
Jonathan Skemp	12

## **Girls Team**

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Emily Bagniefski	9
Gwyneth Buck	10
Rachel Gagermeier	11
Bethany Hale	10
Hope Hawker	9
Emily Kamrowski	10
Tenny Makepeace	11
Alexa Myre	10
Helen Onyeabor	9
Sophia Paulson	11
Adela Piggush	9
Annabel Sans Crainte	9
Jackie Taylor	12
Violet Thrush	10
Leah Waller	10
Keira Wengel	10

**ACS President:** Ted Knutson  
**Director of Athletics:** Mike Dee  
**Pep Band Director:** Ann Wenzel

**Principal:** Andrew Bradley  
**Athletic Director:** Pam Donarski

**Dean of Students:** J.T. Gilbert  
**Athletic Trainer:** Renee Monti