

2021 Hale Cross Country

#Pursue





**Top Row: Brody Kaminski (Fr.), Chase Witty (Sr.), Coach Dewitt, Coach Mach,
Frank Bevsek (Sr.) Sam Walder (Sr.)**

**2nd Row: Mikey Lee (Sr.), Alex White (Sr.), Ryan Bergeman (Sr.), Will Zagzebski (So.),
Preston Vahovick (So.), Collin Raschka (Sr.), Jack Hutter (Sr.)**

**3rd Row: Nathan Benti (Sr.), Parker Szura (Jr.), Elijah Sayeg (Fr.), Carson Shane (Sr.),
Jon Kuchinskias (So.), John Gruichich (Fr.)**

**Bottom Row: Kai Bruner (Fr.), Deven Eiler (So.), Kyle Steele (Sr.), Robert Petrovick (Sr.)
Dylen Eiler (So.), Emmanuel Caven (Fr.), David Bevsek (So.)**

Team Standards

These standards are what we focus on, whether it be summer runs or the state meet. Running fast doesn't happen just from workouts, it occurs when we are focused on being great men that display kindness and vulnerability.

Our Purpose - Run to build on the Hale CC tradition and create our own legacy -

1. Foster love and selflessness
 2. Remove self-imposed limitations and commit to achieving meaningful goals
 3. Create lasting memories and friendships
 4. Do what is right, develop good character
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1. **For The Team.** We find success together. We fight for each other and genuinely care for others. Only together as a team can we achieve the highest possible success. We do take care of ourselves and our jobs, but recognize the team is what brings our success.
 2. **Character.** We represent ourselves and our program with everything we do. We strive to be kind people and choose to do what is right. We compete against, but respect, our fellow competitors. We thank coaches, meet officials and our parents that make what we do possible. We are not just there for our teammates, but there for everyone in our community and school that may need a pick me up or a friend. Invite the kid sitting by himself to eat lunch with you, stand up for the kid being bullied, and give a helping hand to anyone because it's the right way to act.
 3. **No Complaining.** On this team, we love running, training, improving, competing and winning. We never take shortcuts because we understand our purpose. Have perspective of what it really means to have it hard. We have nothing to complain about.
 4. **No Excuses.** We are appreciative of what we have and make the most of our situations. We control what we can, and focus on being our best each day. When things go wrong, we never blame.
 5. **Find A Way** We overcome obstacles. We make the unknown become known. We do things that the average person could never dream of, and we are driven from our purpose of never lowering our standards. We also help others overcome and are there to help when needed.
 6. **Be Accountable** We are reliable, communicative and committed. We are there for one another. We do things that are not easy. We communicate dates and practices with our parents/guardians. We commit to attending every practice and competition. We commit to excellence in all of our endeavors, and are never "too busy" to accomplish or attend to what is important.
 7. **Max Effort.** We do everything with purpose. We understand to be in the moment, and give our best toward what we are doing. Being able to put max effort into what we do allows us to be prepared achieve success on the big stages. Intention and purpose!
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2021 Team Philosophy - Pursue

Every season brings together a different group of athletes, making each team unique. For that reason, it's important to build on the personalities and people that make up the current team; to build the philosophy and story upon those particular athletes. This year's team was interesting in that we had twelve seniors but just one returner who had been a consistent scorer in any of the previous three years. That combination of experience and new opportunity presented the formula for a successful season. The only question was, which athletes would step up for the team?

The idea behind 'Pursue' as our team motto was to strive for more. To put in extra time in summer, to make teammates better, to pass one more guy, and most importantly to run for the name on the jersey. Our best chance at success was keeping our minds in pursuit of being better, while never comparing to other teams and keeping the focus on our own progression. The pursuit meant being patient, moving through the highs and lows of a season that teaches us each day and each race. Our ultimate goal was to get to October with our sole intention on running with love, for one another, in pursuit of carrying on the Hale tradition.

This team further proved that there are no limits in what a group of teenagers can achieve if they come together and believe in their cause and each other. The men of 2021 built a team that out-loved many other teams, surpassing them throughout the year with that secret weapon. More importantly, the seniors now leave the program in a better place.

Next year's team will be young. All it takes is five guys to commit to something great, to look to be better than the year before and be patient with the progress. There is a lot of history to build off of. Twenty seven team state appearances, six state trophies, along with a state champion from just a season ago. Hundreds of men of character who faced adversity and failures on their way to success. Hundreds more who have lived the standards beyond high school and made positive impacts across the world. To make new history, it is up to the next group of athletes to make their pursuit on greatness. Which athletes are going to step up? What type of team will we see in 2022? We will find out over the coming winter months, track season, and summer training.

Opportunity awaits. Time to #Pursue.

Athletes of the Week

Palmyra Invite

Mikey Lee
Carson Shane
Sam Walder (Blood and Guts)

Betz Invite

Ryan Bergeman
Alex White
Deven Eiler (Blood and Guts)

Rocket Invite

Chase Witty
Parker Szura

Frosh Invite

Kai Bruner

Marquette Invite

David Bevsek
Jack Hutter

Muskego Invite

Alex White
John Bronco Gruichich
Carson Shane (Blood and Guts)

Viking Invite

Parker Szura
Elijah Sayeg
Jack Hutter (Blood and Guts)

GMC

Jon Kuchinskas
Kai Bruner (Blood and Guts)
Frank Bevsek
Collin Raschka

JV State

Eli Sayeg
Kyle Steele

Sectionals/State

Congratulations to Alex White for qualifying for the state meet and finishing 81st overall!

Unlimited Power T Shirts

Jack Hutter
Sam Walder
Kyle Steele



All Conference Team

Alex White (First Team)

Collin Raschka (Second Team)

Jack Hutter (Third Team)

State Qualifiers

Alex White – Finished 81st overall at the 2021 WIAA Division 1 State Meet

GMC Scholar Athletes (Eligible 11/12 Grade > 3.5 GPA)

Ryan Bergeman

Frank Bevsek

Jack Hutter

Collin Raschka

Chase Witty

Parker Szura

[Full Team Results from the Season](#)

From the Blog – 2021 Season

Week 1 – Solid training, team Olympics and Family Night!

Thank you to all of the families that made family night a success! We overcame the heavy rain and made it a blast. The alumni came out on top of the current Hale squad with a 27-29 victory. The current Hale squad came back in dodgeball to defeat the parent/alumni team.

I put in some improvements from last year's 3k to this year as I believe they are pretty comparable even on different course. Some nice improvements and I am excited to see some big breakthroughs coming for our team in the weeks ahead as we focus on being where are feet are and being all in on the process.

Full results can be found [here](#)

We kicked off the season as we always do looking at our team standards. Our team motto this year is 'Pursue' and after finishing up week one, we are looking for our team to pursue better. We are going to look for guys to start stepping up this week and sending it in practices. If the team desires to improve we have to improve in our intention (max effort) at practice and remove doubts and limits. We have had a lot of fun with activities but want the true love and fun to come from the running itself. The coaches really believe the team can do well but for that to happen we see a need for more intention and focus at practices. Which guys are ready to step up and be all in?



Parents vs. Athletes dodgeball in the pouring rain!

On to week 2 and our first meet of the year...

The men kick off the 2021 season with a varsity and junior varsity team championship!



The men's team claimed 1st place at the Palmyra Invitational!

Palmyra Invite and Runathon Recaps

The early season heat didn't subdue the feeling of fall in the air as the 2021 cross country season officially kicked off last Thursday. The men put in a big week of training with the focus on being on growth as a team through the season. Workouts and races are all used as part of the learning process in becoming better racers and a better team. Thursday brought a great opportunity to get back to racing and in both races the men were able to take home first place.

In the first race, the field was a bit smaller but the Hale men were focused internally on our own race plan and put in great efforts nonetheless. Sam Walder went out near the front and kept his teammates close behind on the pedal. Deven got out aggressive and we LOVED that. These are the meets we look for athletes to take risks and show courage in challenging themselves. It is risks and failing that bring about improvement. If Deven continues to take those types of risks in practices and meets, great things will happen. While he fell back a bit this week, Mikey and Dylen were able to come back up on Sam and form a pack of three. Mikey kept fighting and ultimately finished as our top scorer with Sam and Dylen right behind him. For his effort in staying with the pack, Mikey earned athlete of the week. This has been stressed a lot at practice, to give yourself a chance to stay latched on with teammates as although you'll experience discomfort in the short term, ultimately, you'll be rewarded with the energy of your teammate.

Chase Witty and Deven rounded out the team scoring. A shout out as well to Elijah Sayeg for completing his first 5k and putting in positive work his first two weeks. We look forward to watching him improve!

In the 2nd race the men experienced a quick start with Carson leading the Huskies out. Collin and Alex stayed right off his pace while Jack and Parker created a bit of work for themselves early but were positioned ready to move up. We sent just five men to the line, so all of them knew they would be needed for scoring. Alex found himself in 5th place on his 2nd lap entering the woods and was able to focus ahead seeing 1st place not too far ahead. Coming out of the woods Alex was in 2nd place and finished 3rd overall in a tight battle. Collin was able to finish strong as well after feeling fatigued coming off a great Tuesday workout and Monday double. He is a guy who will do well off a restful Sunday and reap huge gains from the great week. He finished with a great runathon Saturday to boot.

Jack Hutter was our 3 man and ran a solid first race. He has made huge strides with some great training and is now working on improving the pace to go off his already strong aerobic capacity. Carson Shane, who took the race out, fought back late to help his team garner a lower score toward the victory and earned runner of the week for this. Parker Szura rounded out our 5 man scoring and didn't have his best race but is fit and ready to surprise a lot of people this year.

The team finished the busy week with a Runathon Saturday night. We faced some adversity at first with the lights not being able to get on, but we were patient and ready to find a way to overcome any obstacles. The night turned out to be a great success and we thank all the parents who came to be involved with it!



Team Runathon was a success!



Week 1 and 2 Training Highlights

The team tradition continued with our team Olympics competition during the first week! At the end of each practice, a different event is held and culminates with our Family Night 3k Race. This year the competitions were dodgeball, quarters, trivia, team skits and the 3k race. There's a tab in the results document for the rankings of the team Olympics! Our team skits are also all filmed and available on our HaleXC website.

The first workout of the season was 1k's for the athletes who had trained well all summer and 500's for new athletes or those just getting back into it. The focus was to continue the return to running fast on grass. Our workouts weren't just centered on getting fit. The focus changed for each workout and even parts of the workout to create a learning environment for how we wanted to race. The team achieves best when running as a pack so the workouts were many times manipulated to stagger guys so everyone could finish and start reps together. This allowed packs to get stronger, and individuals to move up to new packs as they developed in their running and racing.

Week 2 training included two Monday runs for veterans followed by a strong effort workout back on the grass loop this time based on feel and effort with a 6x3 minutes fartlek followed by some sprint work. The foundation was being built for the mindset of racing for a greater purpose.

The team also went to Minooka Park for a team run, skits and picnic and did a morning of volunteering with a city-wide cleanup!



Some of our volunteers to help clean up the city! XC, track athletes, alumni and parents all came to help on a Saturday morning!

It was that time of year – The Betz Invitational



Betz Recap

Twenty teams lined up in what was the best meet in the entire state of Wisconsin this past weekend. Six top 20 state ranked teams, including our own Hale men's team, along with probably 5 other teams that will now be ranked went to battle. In addition to the great competition we also saw probably the best racing conditions in Betz history with cooler temperatures and overcast skies.

The Hale men were focused this week on taking a risk. The biggest risk anyone can take is never taking any risks, so that is not a risk we want to allow. With losing a state champion from last year along with 3 other scoring seniors, this year's team has found itself in an opportunistic spot with all the guys being potential scorers for the first time! With that, we understand that there will be a process with the growth of this team and we have a history of improving and running our fastest at the end of the season as is evident with our last three years. An important thing to realize for our younger athletes is that we also have ten seniors on this team and we want these underclassmen to start putting themselves out there more and realizing that they are going to have an impact and be relied on big time very soon. Although the sport takes great patience and consistency, we aren't looking to be patient in our aggressiveness in workouts and races. There are a number of athletes from amongst the teams at our meet that went from the 19's to the 17's just this week, and we believe our guys haven't scratched the surface of what is possible. The breakthroughs happen when you allow yourself to make them happen.

We kick off our meet with a freshmen only race and had both Elijah Sayeg and Kai Bruner out there racing. Elijah made huge improvements from his first race and is loving the sport which will help him improve a lot over the years. Kai finished his first 5k which was a big breakthrough and hopefully this influences his confidence in his ability to run further and faster. We had two other freshmen just join who will join these two this weekend we and are looking to add a few more still so we can have a complete team at our freshmen boys race on the 16th! With the pandemic year, many frosh simply don't know about cross country so we are encouraging guys to each get an athlete to come join the team! We welcome guys from any grade and encourage each guy to get one person out for the team!

The JV men's race was next up and we had many of the guys in this race wanting to get out more aggressive. Dylon Eiler set a great ton early and ran much more aggressive this week and more like the Dylon we come to expect over 5k very soon. It didn't stick this week and that was expected. We are ecstatic with his risk of going out faster and running with more confidence. He's a guy that is one of our top returners from last year and we believe can be running up front with our guys. His confidence is growing, and confidence is a special weapon to getting big breakthroughs. With Dylon early went a group of Mikey and David. David has been on the team for just 1 week and simply needs more time to develop while Mikey had the best distance workout of his life this week and now will look to translate that into a more consistent race. It's about loving the discomfort instead of treating it as hard. It's about running for the team and pursuing one's best.

Ryan Bergeman had the best race of his career and when he realized he was our 5th man, he ran with guts for the team. He had a great finish, scoring as our 5th man and running well over a minute faster over 5k than he ever has in his life. Ryan truly embraced a for the team mantra at this race and stepped up for his teammates.

The varsity men's race went last and the conditions were perfect. Alex's risk goal was to get out with the leaders and he did just that. Getting out around 5 minutes, the leaders were out in a hot 4:55 or so first mile. He executed amazingly well and gained trust in himself and the coaches in that he finished to a first time sub 17 minute race and 17th place team scoring spot. Now he will continue to grow in his ability to be a front runner and drop significant time and keep improving in placing. It's about being ready for later in the season, and everything we do now is practice for that. Collin had a big breakthrough week in a different way. He started gaining confidence with his best workout of the season on Tuesday after I challenged him to get better and put him in a different position than he had been previously in workouts. After lighting a little fire under him, he came back with consistent practices all week and finished Friday with a 23rd place scoring place and also medaling at the Betz Invite in a personal best time to boot. Collin and Alex can continue to build each other up and take each other along for an amazing ride these next several weeks. The question will be, will they take others with them?

Carson Shane stormed back the last mile to finish as our 3rd man while Jack Hutter and Parker Szura rounded out our scoring. I believe we have a group here that will continue to feed off the breakthrough of our top 2 and move up together with consistent max effort at practice. The guys just behind these three will continue to improve which makes the whole team move up together. When we talk about taking risks, it's also about giving less credit to the legends. Instead of seeing guys up front as legends, you realize they are just kids like you who put in the time to improve. The more you put yourself up front and take risks, the more it will continue to stick and soon enough it's others looking up at you. Taking risks demystifies the legends and paves the way for breakthroughs and for new legends to be made. Every person is just a kid from somewhere. Have no limits.

Men Finish 2nd Place at Rocket Invite



Rocket/Druckery Invite Recap

Cross country is the ultimate team sport. In the span of 15 or so minutes, it's up to each man to overcome any doubts and seek additional discomfort in their pursuit of improvement. But the underlying motivation that pushes a man past his own limitations is the power of the team. One man left to his own mind will never be as powerful as the men that rely on each other for inspiration in finding that extra gear as the race progresses. Every person matters in what type of energy gets created at practices and on race day.

This past Saturday the men in the first race set a great tone, showing improved aggression to start the race and coming away with some solid races en route to a 3rd place finish. Frank Bevsek broke up the top 5 by placing 5th overall and was followed by his teammate Chase Witty who broke out with his best race of the season. Chase gave himself that chance to succeed by taking a risk and putting himself up front earlier. Sam Walder and Deven Eiler did a nice job setting the tone early for the pack behind Frank and held on to be our 3 and 4 man, while David Bevsek slowly moved his way up in the race to finish as a solid 5th scorer. The freshmen duo of Elijah Sayeg and John Gruichich ran together and pushed each other the whole way and have shown great potential in the sport. Both can be great if they choose to be over the next four years including running each day over the long off seasons where athletes go from good to great. Kai Bruner made some more strides as our other freshman in the field and is just starting to find his way in this sport. A love along with a desire to improve are two of the recipes to success and pursuing no limits, and this freshmen group seems to be developing in both of those areas.

It is very important for all of these young men to see the long term vision of the sport of running. The success of the team depends on growing together and being process focused. Not every meet is going to go perfect, but progress is happening nonetheless. In 2018 when I took the head coaching role at Hale, there was some detachment from seeing the success of some other programs. Many thought they had something that we didn't, but it turns out that wasn't true. The only thing we were missing was a belief in what we stood for and where we could go. We had to believe we were great before we could actually be great. In that 2018 year, the men built a belief and it spread through the entire team, leading them to qualifying for the state meet. In 2019 they came back again finishing as the 15th place team in the state. The point of this is that just because a team that beat you on an early September day and looked unbeatable on that day means nothing. We can compete with any team and believing in the process and taking the steps to get there as a team are what will make that statement a reality.

The second race gun fired and our men took it in great position. Alex White and Collin Raschka appropriately set themselves in the front of the race, being two of the top three men in the field based on the first few weeks of the season. Parker Szura put himself up there this week while Jack and Carson weren't too far behind. Our starts were very solid and through about halfway we were primed for a great day. After coming out of the 2nd woods section after the mile, our men were hanging on a bit rather than moving up like early in the race. In looking at the mile splits, we can see an area of improvement will be in the middle mile. We have been building really nicely this year and are excited to see where we can improve through practice this next few weeks. The 3rd mile will always come down to the will power of the guys on the team and running for one another, but that second mile we will build on our fitness with some sustained tempo work and more racing experience.

Alex and Collin finished as our top two once again and certainly are excited to bounce back. They have had some fantastic training and put in great weeks. We would expect a bump in racing about

this time of year with all of the work we are putting in, so to still lead the team to a 2nd place finish on off days is really nothing to be disappointed about. I was proud with their start up front and they will continue growing confident in leading races. Parker and Jack made some nice jumps in their progressions and are ready to have a huge breakthrough this week! Carson and Dylen rounded out our team scoring. The entire team will help push our 1-5 (whomever those men are) to be faster and faster, so continue seeking your personal best to help the team!



Weeks 3 and 4 Training Highlights

The Tuesday of Betz week the men did a faster workout of sets of 600's. The focus was on recognizing different paces experienced in 5k races and running the last 200 of each faster than the first 400. That Sunday after Betz was a long run for the returners before the Labor Day fast fartlek on The Loop that Monday. Following up the aerobic long run work and fast sprinting work, the team hit up some grass hills that Tuesday where they traded off leaders in the group, continuing their focus on racing together and for each other.

Double Meet Week! Frosh Invite and Marquette Invite

Freshmen Spotlight week – Returners Pack Up Race

Frosh Meet Recap

We had a blast heading out to Arrowhead to support our freshmen crew! We did only have three guys competing which meant no team score, but still a chance to shine for the team and get a glimpse into the future! The coaches have noticed these three developing a love for the sport and believe that love will translate into hard work into developing at the craft and becoming top tier athletes. As a heads up to the freshmen, that means running in the off seasons on a daily basis and taking advantage of the abilities you have! The way to become great is quite simple, but rather hard in that a smaller percentage of athletes actually take advantage of this. Commitment takes time, but it is time well spent!

Elijah got out great, putting himself up front where he should be and running nearly a minute faster in his first mile compared to last week's opening mile. This type of racing shows how raw the freshmen are to racing and that simply racing more and gaining experience will see drastic improvements. Kai Bruner was our athlete of the meet for putting himself with John and crushing his old personal best. It has been fun to watch him gain confidence and we have seen that confidence carry over in the two days since as he has started running with faster athletes to push himself further. Kudos to all three of these freshmen, we are proud of your work thus far and excited to see what you guys decide to commit to. There are a few frosh we hope to add to the mix as we move into the coming weeks!

Marquette Invite Recap

A true cross country course and great weather meant for a great Saturday of cross country! It was a smaller meet setting but still a meet that packed a lot of firepower as we lined up against Marquette and Tosa East, both running well this season and giving us an opportunity to raise ourselves to new levels.

We are focusing on building to be our best at the end of the season and with that are planning training around a steady progression. With that, we take different approaches with guys at different races in order to learn and grow as racers. With our younger guys, it's always about just going out and racing as they will learn and grow rapidly their first season. As runners age, it is important to change the mental approach and try new things to be prepared for championship racing later on.

In the JV race we had some solid races, finishing third as a team. David Bevsek continues to move up and get near to where he finished last fall, finishing as our number 3 man behind his brother

Frank as our top scorer and Sam as our 2 man. On the results page I put some comparisons to when we ran on this same course last year and it shows many guys improved quite a bit. Along with that, the guys ran well at the end of the season so it should be a motivator to a bigger finish yet. Chase and Mikey rounded out our scoring this week.

Something to note is for guys to not look for times, especially in cross country where we run on different courses. Times are limits, and no time should be seen as 'too fast'. High school athletes are at a great spot in running because whether you are in your first year or 4th year, there's just one big breakthrough awaiting you. If you're on the border of breaking a minute barrier, don't think about it. Go surprise yourself and realize you're actually on the border of breaking a barrier much faster!

On the varsity race we had Alex and Collin go out controlled this week and were scheduled to run a tempo effort and go hard the last mile. This allowed our 3-6 men to pack up with them or even run ahead in an effort to move our scorers up. This year, our top 5 guys have been the same every meet and the best way to improve our five scorers is by everyone on the team improving themselves and raising our team standards. Our top 5 will also have to keep improving in order to make some noise later in the season, so continue to take chances in practice and practice with purpose. How you do anything is how you do everything. And on the item of scorers - the 5 make the team, but it is the team that forms the 5. Every man contributes to how fast we race. Just as Roger Bannister allowed for the possibility of breaking 4 minutes in the mile, an athlete who has a big race can inspire the whole team to go do the same.

Parker shot out and looked strong before falling back a bit. With faster courses ahead we should see him sticking longer and longer. Jack continued to improve as our 3rd man, while Carson went out and raced like we wanted him today. Although his last mile came up a bit short, that is the Carson we know we can see more and hope to see that momentum carry into the next weeks as he will make the whole team better if he brings that same intensity.

Progress, Not Perfection



Muskego Recap

This last meet brought some extra energy as the coaches looked to the athletes to bring great focus this past week in order to help prepare the team mentally for fast October racing. We don't want any shock to any type of meet later on. For us, it's just another day at the office and we continue doing what we have done all along, with a focus on our team standards and running for the team.

On Tuesday, the team did a workout consisting of 900 meter repeats at 5k/sub 5k pace. The men were a bit loose to start the workout and needed a bit of a wake up call from Coach Mach before the 3rd rep. I reminded them that to be great at something takes courage. To have courage means to seek discomfort for your team and find the beauty in the pursuit of something great. Needless to say, that 4th rep was extremely fast and the men didn't look back from there, crushing the rest of the workout. That is the essence of cross country right there and why it is the ultimate team sport. A group of young men putting in a focused long day at school and then finding the energy to engage in their passion in getting better as a team. For these men, pain is the pursuit and stress is embraced. They don't run from challenges, they go toward them. The intention remained great the rest of the week.

Saturday arrived and we looked forward to a great day. Things weren't perfect as some guys through the week battled some colds or aches, but we were able to get to the line with most the guys.

The JV race started us off and the battle was for second place after Muskego's pack of men took control early. Sam ran up toward the front while Mikey and David crept close behind. All three ended up coming in together as our top 3 men and finishing behind Brook Central's top 2. Our 4 and 5 scorers had a group of Brook Central athletes close by but were unable to hold them off and dropped back a bit to have the team finish a close 3rd place. There's huge importance in winning the race that you are in, and by that, I mean winning the race against the guys that around you. Even though just one man wins an individual title, the true race in cross country comes down to team's 3rd, 4th and 5th scorers. There's a race as well for the team's 6th and 7th men as they can continue to displace scorers from other teams. Winning the race you are in can mean the difference for the team. The willingness to endure more discomfort is the essence of practices, and that translates to race day when you have the additional benefit of adrenaline and enduring for your team.

Behind our scoring 5 came Will Zagzebski in a personal record time. His new bandana he says is the trick, but there's probably some improved practices to thank as well. Being in the top 7 for the first time the team saw John 'Bronco' Gruichich come in a huge personal best. He continues to learn about the sport and competing takes a lot of practice and time to master, he's got no ceiling to where he can take the sport. Eli ran tough after getting over a stomach bug this week, while Kyle Steele finished in a huge personal best time!

In the varsity race, we once again sent 6 men to the line. Our five scorers remained the same and we are loving that five and hoping our team can continue to add pressure to those five through some big performances and practices headed into October. The whole team will drive the 5. Alex was looking to win the race, discounting Patrick Wills who we knew would be well ahead. He did a great job with positioning and battling but came up a bit short toward the end. The great news is his racing continues to improve and we have so much growth ahead of us. I am excited to find ways to get him better and help him beat those guys when it counts in a few weeks. Behind Alex this week was Carson Shane, finishing as our 2nd man for the first time. There was no surprise to his great race and it has been some time coming. We don't feel he's even scratched the surface though of where he can truly be as a sub 17 runner this year. This is great news for his teammate Collin, who didn't have his best day but not can count on another teammate running up with him in practices and races. Collin's training has been fantastic and there was no concern from anyone on the off race. The two weeks ahead we look forward to him as well being a guy we can help get to some huge fearless races down the stretch, the limits are nowhere to be found.

Our number three man this week was Jack Hutter, breaking the 18 minute barrier for the first time and being a steady racer all year. He has dropped time almost every week and continues to be a steady hand for us. Parker came in as our number 5 and is close to cracking the code of the 5k. He's getting deeper into the race with our pack and once we get him moving up with Jack, our men are looking primed for some great team days. Dylen Eiler came in as our number 6 and if you look at where he is compared to last year and how he finished, we are excited to see him pop in October in the primetime.

The team's both finished 3rd overall. While the hopes were for the JV team to nab the 2nd spot and the varsity to finish closer to the top 2 teams, we are quite alright with having more to pursue. This sport demands patience and it's beauty is found when those magical October days arrive. The days where everyone has a great run and the team energy is at a high. The days when we vibe as a unit and all dig deep to do something big, something unimaginable. Those days happen with continued love and building, and the men are excited to do just that. Let's keep winning each day and doing the little things to the best of our abilities. Bigger things to come!

Week 5 and 6 Training Highlights

Knowing we would treat the Marquette Invite as a process day, we made it a big workout week. The experienced group did a split 3 mile tempo followed up with fast 500's on the grass. The rest of the group did 3x3x500's at faster than 5k pace with short rest. The workout was one of the best of the year for the guys doing the 500's. The men on the tempo had solid but imperfect tempos, but the aerobic effort was needed for building strength in the 2nd mile of racing which was our emphasis for these coming weeks. We wanted to be able to be in position through the mile before engaging the second mile.

After the Marquette Meet, the team did a fast effort workout of 900's. We upped the intensity on purpose today, and choose only a couple of workout days each season to do this. Races are high level effort emotionally and physically, so it is important to choose days to be high intensity at practice. The purpose behind the intensity was to prepare for fast championship races and be familiar with what it would feel like. We want championship racing to be another day at the office.

Lakefront Run Week!



It is October Time!

We had 17 men run to Lake Michigan this past Monday which is an annual tradition that has been around for many years. Congrats to Collin and Frank for being 4 timers with the tradition! Two of our freshmen made the journey this year. We had some nice pack running and good runs. We came back Thursday with a 7x3 minute workout, starting at tempo effort and wanting to work down to target 5k effort. It was a solid aerobic week ending with homecoming weekend and an off

weekend of racing. The guys should all get an easy 4 mile run and strides in this weekend to help recovery and get the body ready for Monday workout and Thursday race this week!

October racing will be exciting and fast. We look forward to keep getting better and focusing on being our best. The big thing will be guys running for the team and not themselves. That is what will produce special moments. Focus on us, our standards and our daily efforts and great things can happen. For the team!

Final Prep Before Championship Season



Viking Invite Recap

The men competed close to home at the always competitive Viking Invitational. Coming from our off weekend of racing, it's our final tune up before entering the post season competitions.

In the JV race, David Bevsek lead the scoring once again as he continues to progress this season. The four freshmen in the race all ran lifetime bests, with Elijah scoring in the top 5 for the first time in his career. 'Papa' John Kuchinskas had a huge breakthrough race running 27:20 and came back on Saturday probably running faster on his run at Minooka Park, meaning a huge drop is still to come.

Overall, we had a lot of good things happen in that first race! A point of emphasis heading into conference for these guys is when the race gets tough to be focused on the team and overcoming

for the team. David moved up nicely and we are going to work on getting our squad to move with him this week. The race will be fast and a great opportunity to get after it and see some very impressive performances.

In the varsity race, we saw our five scorers come through with a 30 second spread. Senior captains, Alex and Collin paced the scoring 5 up front. Jack Hutter continues to drop time each race and has been our most consistent man this fall. Parker Szura trusted himself to get out more conservative, trusting his fitness and racing ability to move up throughout the race and run to a near 30 second lifetime best and finishing as our 3rd man this week. Carson rounded out the scoring with Dylon coming in as our 6th man in a season best time. It has been great to have our scorers finishing in different spots every meet as it allows our guys to not have a pecking order. Selflessness and working together are the best chance at success no matter the order. The men finished 5th place, matching our 2019 finish at this invitational. The 2019 team went on to finish 15th at the state meet. Our team this year are ready for the challenge and excited to come together for some big performances down the stretch.

Thanks to the guys who helped carpool to Minooka Park long run practice Saturday! Thanks to the parents who drove athletes out as well and always for the support.

The Journey Continues

The culmination of the regular season brings a clean slate across the state of Wisconsin. Rankings are thrown out the window, previous failures have been forged into learning experiences, and past successes provide the momentum as great opportunity awaits these hard working athletes. Each week brings a new chance to get better and the next three weeks will be no different. When teams toe the line, anxiously waiting for the gun, it will be 5000 meters that decide the race. When the gun is fired, the mind will go blank as athletes shoot off the line and get into position. In the midst of the race, battles will be waged inside the mind of every athlete. The champions will be the ones with a willingness to hurt more than they ever have, more than anyone else, and to run for something bigger than themselves. Trusting their hard work that allowed for the opportunity, and being privileged to be in the position they are.

As we head into conference, sectionals and state, we are business as usual. We cherish every opportunity to compete. We live our standards and pursue our best as a team. Our biggest focus will continue to be running for the team. Motivate each other and put the team above everything else. Let's build and love our way to an amazing three weeks!

Week 7 and 8 Training Highlights

Of course, our annual lakefront run highlighted the training in week 7. Our off week allowed for a solid 7x3 minute tempo run that Thursday as the team headed into a two day off weekend with Homecoming. It was a weekend to reset and prepare for our championship season.

Week 8 was a very fun Tuesday workout! The men did a ladder fartlek 1/2/3/4/3/2/1 minutes with 1 minute jog recovery between each pickup. The interesting part of the fartlek was that a different athlete led each rep. Just when a guy thought they were hurting or falling off, it was their turn to lead! They immediately got a boost leading the guys, knowing they depended on him to keep the workout rolling. What an awesome way to experience the power of running for others and how it can rejuvenate you mid race. After our final regular season Thursday Meet, we met up for our last long run of the season at Minooka Park for a 70 minute run on a softer surface.



Lessons learned, growth ensued. It's championship racing time!



Almost Putting it All Together...

Three Men All Conference – Jack Hutter, Alex White, Collin Raschka



GMC Conference Recap

The purpose has been clear, the guys run for a bigger purpose than themselves. They race these championship meets for their team. That has been the building focus from the start of the season, and the men are really building on this concept in practices and meets. The selflessness to race for your teammates is what has produced a great progression and some great racing.

The GMC Conference meet now splits the first race into two which I love because it intentionally creates a situation where athletes are put up front in a race. Put into a new position is in itself a risk, and risks are what create breakthroughs especially for younger athletes.

In that first race, Kai Bruner took advantage of the opportunity and put himself out in front at the 300 meter mark of the race. He was out great, but honestly made me nervous for a bit for how long he kept the pedal down early. He wisely found a nicer pace early and came around the mile around 20th place. From there, he got stronger and stronger, moving up to finishing 12th and running a personal best time of over 2 minutes! Kai thus far has gone from not being able to run 5000 meters in practice, to racing 26:03 in his first 5k, and now to running 19:30 this week at conference. The coaches have always seen a powerful runner in Kai and believe his potential is great if he chooses to build off of it. Congrats on a big step!

Continuing the momentum from that race, Will Zagzebski came rolling in next with a personal best time and continues to improve over the past few weeks. Robert Petrovick brought good energy and brought home his best race of the season as our 3rd man. Kyle Steele had a huge personal best coming in as our 4th man while Ryan Bergeman gutted it out to finish as our 5th man. Jon Kuchinskis continues to improve and ran an awesome race! He put himself up into a racing position and should have the confidence to continue growing. Emmanuel continues to improve and has really started developing a runner's stride!

In the second race, the men got trapped behind the masses early which meant they would have to move up. This course narrows quickly and some of the younger guys got caught early. Frank Bevsek was able to get out in great position and run a fast first mile and hold on as our first runner. His brother David continues to improve and came in as our 2nd runner in a personal best time. Chase Witty, Mikey Lee and Bronco were the next three in, all running personal best times and races. Bronco joined Kai as their first time under 20 which is always a great starting spot for freshmen. Elijah narrowly missed the 20 minute barrier, but time is irrelevant and his focus will be on keeping a positive mindset when the race isn't going as you imagined. It's a skill that is developed to be able to adjust to different feelings of races and different scenarios. He's part of that young core that we know has months and years of good learning and consistent running to keep developing into a top tier team.

Then, it was finally the time for the varsity racers who did a wonderful job supporting their teammates and getting fired up from the great performances from them. Our focus this past week was on getting out in great position at the mile then turning it on into race mode the 2nd mile. The men got out through the mile in fantastic positioning and executed extremely well. Alex was focused on winning the race behind the guys who we knew would be out in the lead. Collin was working his way up smoothly while Jack, Carson and Parker rolled through together with Dylon right behind. The 2nd mile went mostly smooth as well as guys moved up or maintained positioning.

Sometimes, things happen that you can't expect, and Carson lost his shoe at about the halfway mark of the race. But as he knows, a team standard is no excuses, and he wasted no time getting himself back into racing mode and doing his best for the team. He ended up holding on as our 5th man and was disappointed to be back further than he normally would be for the team. The unexpected does happen in races, and it was an experience that Carson and the team will use to get better from headed into sectionals this week. Setbacks seem terrible when they happen, but there comes a day that you look back and are thankful for the setback as it made you better. We believe in Carson and that the day will be this Saturday where he uses the race as motivation to come in confident and relaxed ready to run with his team.

Alex kept moving his way up and fighting off guys behind him, finishing 7th overall and earning first team all conference honors. In the GMC, earning all conference is very significant. Collin did an awesome job keeping his spot and finishing 12th to earn 2nd team all conference honors. Not far behind came Jack who finished with 24th to snag the last all conference spot for 3rd team. This is the first team I have coached as a head coach which has had 3 men earn all conference! Congratulations to all three on the honor and well earned. Bigger things to come.

Parker fought well and is excited to move up this next week into a lower scoring spot. He finished as our 4th man and was in great position. He and all of the guys have a lot of fire power to really make even a bigger jump this week and put us in a position to qualify as a team. Dylen Eiler finished as the 6th man and had a great first mile. His feedback was he wanted to work on his 2nd mile and get into the 17s for sectionals.



Alex White Advances to State!



Sectional Recap

The men entered sectional knowing that all 12 teams would line up tied. The past results meant nothing, and it was today that would decide which two teams and five individuals would advance to state next week. Just one day, but the thoughts of all of the humid summer mornings and daily practices were stored in the back of the minds of the athletes. Today would be about who could hurt the most, and which teams could run for a bigger purpose than themselves.

Entering into this season, we did not have many guys with consistent scoring experience. The top four scorers from 2020 were graduated, and a few other key scorers through the years didn't come out. We were ready to focus on the guys we had, knowing that high school XC success is built on the ability for new athletes to rise up after graduations. A new season brings new hope, and our top five at every meet this year were committed to developing into a strong team.

Patience was necessary, and patience was worth it. The men lined up at sectionals after putting in hours of work running hundreds of miles together. They feared no other team, and cared not at all about previous results, knowing that they were building every week toward their best day. That best day came Saturday.

From the gun, the men got out in great spots. Collin was out in the lead early and we knew it was going to be a great day. He has had a great history of stepping up at the biggest times, and Saturday was no different. This early move definitely amped up his teammates who followed closely behind. Collin fell back into a good spot and maintained that spot while Alex took the role as low stick moving into the top 10 and racing steady. Jack kept being Jack, running smart and

putting himself higher and higher up in each race. Behind the solid third were Parker and Carson who would come up big for the team today. Dylen and Frank were having great races as well, with Dylen gaining great experience for future years and Frank getting to cap his senior year in a great race.

The team was running great, but so were Wisconsin Lutheran and Waukesha West. Our coaches knew that to get through, these would be the two teams to beat, but we wouldn't be upset if we ran great. We had to tip our cap to both of those teams if they were to beat us on our best day.

Alex continued to hold around 10th place then moved into 9th, but a huge pack lingered right behind him! He had no clue that he was in a position to qualify as an individual, he was just fighting for the lowest possible points for his team. With that selfless mindset, he ended up holding on to the last individual spot by 0.7 seconds! He held off every guy to finish 9th and be a strong low stick. Coming shortly later was Collin in 16th, who had an awesome third mile moving up from 17th and providing a good 1-2 scoring duo. These are the top two we knew we had all year and it was the race we waited for to see them both come in like that.

Then came our 3-5 in tandem right after with Carson moving up 9 spots the last mile to be our 4th man! That was huge points for us, while Jack moved up 2 spots and Parker maintained his position as our 5th man. Being able to compete as a team is always dependent on your whole team, not just your top 1 or 2 runners. Today, we put 5 in the top 33 in the toughest sectional in the state! The team ran their best race of their season and lives thus far, and it ended in a 4th place finish. We tipped our cap.

For younger athletes, they got to see the power of a loving team as well as the importance of off season running. Our top 5 scorers were the most consistent guys in the off season and it showed on Saturday. The men got to see what it takes to get to the state meet. Our 4th place finish was actually the 10th best team performance in the entire state this week if you were to combine all the results. It shows that when it mattered, we were once again a top program. This also shows that you need to run fast no matter what sectional you are in. Some years and locations will be tougher, but you can't control that. You can control the vision of the team and how you want to work together to create something great. Have no limits.

This team is the best I have coached. That is the hope with each season, that you coach the best team, but it is always up to the men to choose what kind of team they want to be. Starting back at CWES camp last summer, this team wanted to rise up and be great. They were the unknowns, the ones who weren't given a shot, but the same ones that didn't care what others thought. They trusted in their progression and put themselves in contention on the day it mattered. That fourth place finish to us coaches was a very proud moment because we know what these guys have done to be here. They got the most out of themselves by putting in the miles and then racing with love. Just check out the monster improvements from last year and you'll get a glimpse of the story of this team.

Alex advanced to the state meet as an individual after running the 10th fastest time in school history! The whole team helped create the moment and without them, Alex wouldn't be the same runner. We hope to see many of the guys come up Saturday to watch him compete! I know many of the seniors are planning to drive up and will be talking to younger athletes in giving them rides. See the information below on tickets and parking. It will be a great meet and a great opportunity for Alex to have his best race. As always, there are bigger things to come!



Weeks 9 and 10 Training Highlights

Championship season! The term 'peaking' is not used by us. We are always looking to build and improve as we know that peaking would mean no further improvement. We do however want to be mentally and physically prepared for the rigors of championship racing. Our training stays consistent but our emphasis on what we had been building to all year was constantly talked about at practices. We run with Love and For The Team!

Monday and Tuesday of conference week was a two day workout with some light tempo work Monday acting as the '1st mile' of a race. Being comfortable and in position. Tuesday we came back with a '2nd mile' focus returning to our 3x3x500 workout. It was likely the best two days as a team and it came it a great time! The team was ready to roll.

The week of sectionals brought a tempo/fartlek workout on our grass loop at the park. The men once again switched off leaders and kept the emphasis on running as a team and for the team.

State 2021

It felt great to return to the Ridges for the state meet venue, alongside the thousands of loud fans. The Wisconsin State XC Meet energy is amazing and it's the position we look to put our team in each year. With our team falling short of qualifying this year, we were represented extremely well with senior captain, Alex White.

Look at this group of teammates below. We also had a lot of parents and alumni parents that came to watch Alex compete! This support reflects the love Alex has given to others. No matter how this race went, Alex had put the program and the culture in a better place for future teams. All the young athletes and returners for next year are hopefully fired up to build on the experience and get the team back to the meet and soon to the top of the state meet once again!



Alex continued the mantra of running for his teammates at state. We focused on getting in a good position through the mile, attacking the second mile, then racing that third mile. He executed so well, looking comfortable while getting into a position of 68th among the giant pack of 100 runners through the first mile. He turned it on the 2nd mile and continued to move up and look strong. The third mile at the state course is pure guts. It gets very quiet and hilly in the last half mile. Alex did well through this part and came to the final 400. Here he

struggled to have the normal strong finish and fell back spots at the end, but he executed the race so well and that finish just wasn't there this day. Alex finished 81st overall in the state! It has been a joy to watch his journey from a 6 minute miler to a state xc runner. We are excited to see him continue to build to bigger things in track and into college where he is planning to run for either Whitewater or Oshkosh next fall!

He ran like a veteran and got some amazing experience to help him lead a relay to state this track season. We are thankful for Alex and his leadership. Young athletes we want you to harness his love and passion so that you too can continue to share in both for future XC athletes at Hale!



Alex also teamed up with Coach Mach to win the annual mini golf tournament battle against Coach Dewitt and Parker. A fun tradition at Hale XC is on the way up to state we take the Merrimac Ferry!!



State History

Making it to the state meet and competing to win state are always a part of the Hale XC mindset. Looking a bit at our history. In just our last four years since I have been head coach here,

2018 – Team qualifies for State for first time since 2012 finishing 19th overall

2019 – Team qualifies for 27th time in program history! Finishes 15th as a team, Joshua Truchon 4th overall

2020 – Joshua Truchon WINS the state meet. First Hale XC individual champion

2021 – Alex White qualifies for the state meet – men’s team falls just short of qualifying finishing 4th in loaded sectional.

The team has qualified for the state meet 27 total years, 12th most all time amongst all schools of all divisions. The team won the state championship in 1968 and 2000. Be excited to build upon the tradition and put in the miles to build on and create new history for the program!

[Full State history](#)

Redefine Fast

The top athletes in our history have been the most consistent throughout the year and have brought intensity along with the consistent miles. The intensity meant going faster on runs, adding more miles to runs, and looking for ways get better outside of running (strength work, sleep, diet etc.). The best teams had athletes that did these things not just for themselves but for their teammates!

As we build off of another season, I will be sharing the motto of ‘redefining fast’ with the men. Anything that seemed crazy has been demystified. Guys got to watch a kid come in as a new freshman runner and leave as a national champion and state record holder. Too much credit is given to ‘talent’ but there’s never been a talented kid that gets away with running off talent and no work ethic for very long. The best put in the time and have NO LIMITS. Redefining fast means not thinking of a certain time as fast. Anything you think is fast becomes a limit instead of an opportunity.

If we had told any of our school’s all state, all conference or record holding athletes when they were just freshmen that they would go on to achieve these things, they wouldn’t believe us. They only started to believe in it when they let go of any comparisons, put their head down with their teammates, and got out and ran MORE with more INTENSITY!

There is a secret to becoming great. That secret is realizing that becoming great takes commitment and love. It is about finding out before it's too late and becomes a regret. You have been told the secret, now what do you want the team to achieve going forward? How will YOU leave the program in a better place?



2021 Roster

Freshmen



This group of freshmen were all BRAND NEW to the sport of cross country. That means they had to be very patient early as they watched the older guys take off on them on runs, or as they struggled to run the whole warmup. By the end of this season, this group became not just runners, but RACERS! What makes this group exciting going forward is their passion they are developing for the sport and the love they are showing for their teammates. I have coached many freshmen, and those two traits are not common at an early age all the time. With this group, both of those traits are and that is what makes them a dangerous group. I hope to watch them take advantage of opportunity to become great together and have fun with the process!

Brody Kaminski – Huge impact on the team even though he wasn't able to run this fall. He had a headache issue that needed to be figured out, but he has gotten it improved and will be a huge part of our team as a runner now going forward! Is doing track in the spring!

Elijah Sayeg – First year runner. Ran a season best at the last JV Invite with 19:21. His first 5k this year was 25:31! Is doing track in the spring!

Emmanuel Caven – First year runner. Joined in around week three and his first 5k was 36:25. He worked down to a season best of 27:03 at the Conference Meet! Is doing track in the spring!

John ‘Bronco’ Gruichich – First year runner. Ran a season best at the Conference Meet, running 19:39. His first 5k was the third meet as he joined us a bit later. He ran 21:55 in that first race. Is doing track in the spring!

Kai Bruner – First year runner. Ran a season best at the Conference Meet with a 19:30. His first 5k was 26:03 at Betz, and he didn’t even run the first meet because he was still working up to being able to run a full 5k! Is doing track in the spring!

Sophomores



Our sophomore crew, along with the freshmen, will be looked upon to step up as scorers next fall!

David Bevsek – Joined up week three for his second XC season. Ran a season best of 19:05 at the Conference Meet. Is wrestling this winter, go check out a meet! He is playing baseball in the spring and will rejoin xc this summer!

Deven Eiler – Second season worked his way down to a 20:05 season best at the JV Invite. Doing track this spring!

Dylen Eiler – Second season ran a season best of 18:13 at the sectional meet. Doing track this spring!

Jon Kuchinskas – First year runner, ran a season best of 24:23 at Conference Meet. His first 5k was 32:17!

Preston Vahovick – First year runner, ran a season best of 28:50 at the JV Invite. Doing track this spring!

Will Zagzebski – Second season ran a season best of 20:19 at the Conference Meet. (and wore his headband of course!) Doing track (and baseball?) this spring!

Junior

Our solo junior this fall was Parker Szura. He is excited to be team captain next fall and develop our young team back to the top through consistent work together!

Parker Szura – 33rd place finish at sectionals, running a personal best of 17:15 time as well. Was our 5th man scorer on the 4th place sectional team. Doing track this spring!



Seniors



The senior class was represented by many who were with the program for four years, along with some who joined their sophomore or junior years. This group really came together this year to create a strong finish for the team!

Alex White – A three year XC runner, became a state qualifier running 10th fastest time in school history – 16:21 at the sectional meet to qualify with the final spot. Finished 81st overall at the state meet. Team captain – plans to run for UW-Whitewater or UW-Oshkosh! Doing track this spring!

Carson Shane – A three year XC runner, finished as the team's 4th man at sectionals and 31st overall. He passed 9 men in the last mile to help the team! His time ended up being 17:13 which was also a career best. He is going to UW-Superior next fall and will be running cross country and track! He is in wrestling this winter, go check out a meet! Doing track this spring!

Chase Witty – Became a consistent scorer and ran a personal best 19:21 at the Conference Meet. He was a four year XC runner and plans to attend college next fall. He is leaning toward UW-Whitewater. Doing track this spring!

Collin Raschka – A four year XC runner, he was our 2nd man at almost every meet this fall and was our 2nd man at the sectional meet finishing 16th overall in a personal best time of 16:36. A team captain for us, he is leaning toward going into the trades next fall. Doing track this spring!

Frank Bevsek – A four year XC runner, he ran at the sectional meet finishing 64th and running a personal best time of 18:23 to cap off his career. Will be playing golf this spring and is looking into the trades next fall. We wish Frank the best and hope to see him next fall cheering on his brother at meets!

Jack Hutter – A four year XC runner, he consistently improved EVERY meet this fall after a great summer and spring of track and running. Capped off the season finishing 26th at sectionals in a personal best time of 17:00. Plans to study meteorology in college and is still finalizing his decision. Doing track this spring!

Kyle Steele – A three year XC runner, ran a personal best time of 21:47 in his final race at Grant Park. Ran a personal best the last two meets as he heads into senior track! He is undecided on his plans for next fall. Doing track this spring!

Mikey Lee – A second year XC runner, ran a personal best of 19:36 in his last cross country race at Grant Park. He is going to college and wants to run track and field wherever he decides. Doing track this spring! (Back to hurdles, sprints and mid distance.)

Nathan Benti – A three year XC runner, he was able to run one race this fall at Muskego! Getting him healthy for track season this spring, was the fall Homecoming King! Plans to attend college next fall. Doing track this spring!

Robert Petrovick – A four year XC runner, he ran a season best 21:21 at the Conference Meet. Getting him healthy as well for track. He is planning on college and going into the trades next fall. Doing track this spring!

Ryan Bergeman – A four year XC runner, he ran a season best of 21:34 at the Betz Meet. He is planning to attend UW-Platteville next fall to study engineering! Working at Safe Camp this spring, we wish him the best in his future!

Sam Walder – A four year XC runner, he ran a personal best of 19:58 at Muskego. He is planning to go into the trades next fall and really enjoys the field of welding. Doing track this spring!

Thank you seniors and to our families that have been a huge part of the program! You will always be a Hale Husky and a part of future history. Luckily, we get another season together for most of you this spring!!

2021 Hale XC

Find and add photos to our album -- [2021 Season Photos Here!](#)



Thanks to all the families for supporting!!!

CWES Camp Returned in 2021!

After a year away from our annual summer camp, the team returned for 3 days to the Central Wisconsin Environmental Station near Amherst, Wisconsin. We also welcomed the women's team to join for the first time as well! This three days in early July kicks off training with some epic trail runs. The rest of the days are filled with activities led by an amazing staff. At our camp we also do a campfire where the team can open up and discuss commitments they have for each other heading into the season. It's a great moment of vulnerability and creates a shared moment for the men to build off of. Camp will return again in 2022 from July 6-8 so incoming freshmen, save the date and be sure to join!





The season kicks off with a WIN at Palmyra!



John and Eli finish top 10 at the frosh invite! Kai finishes just outside of the top ten. Brody and Emmanuel didn't compete here but will be part of this exciting group of the future!



Frank among our many medalists at the Rocket Invite! Team finishes 2nd overall.



Messages of Build and Love before going to race for one another.



The beautiful chaos – the start of an XC race.



Chase runs a big breakthrough race at Rocket Invite.



The five grow stronger as Carson and Jack both run career bests at Muskego. They would finish the season as our 3 and 4 scorers after considerable improvement throughout the season.



Ten miles later, still room for fun at the lakefront.



The moments before leaving it all on the course. For The Team.



Collin runs another amazing race at sectionals, running fearless up front and finishing 16th overall in 16:36 to cap off a memorable xc career and build into a historic track season.

Carson and Parker a strong showing at sectionals. A huge breakthrough day for Parker!



Great championships experience for Dylen and a great last race for Frank! Both run personal best!

Thanks for a great season! Bigger things to come. No Limits. Build and Love!

