

Campolindo High School  
**COUGAR CROSS COUNTRY**  
2011  
**Awards**

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2011 Cougar Cross Country  
Girls' Frosh-Soph Most Valuable  
**Ellen Hann**

•  
2011 Cougar Cross Country  
Girls' Frosh-Soph Most Improved  
**Jenny Smit**

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2011 Cougar Cross Country  
Boys' Frosh-Soph Most Valuable  
**Michael Peterson**

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2011 Cougar Cross Country  
Boys' Frosh-Soph Most Improved  
**Isaac Valverde**

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2011 Cougar Cross Country  
Boys' Junior Varsity Most Valuable  
**Rod Farvard**

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2011 Cougar Cross Country  
Girls' Junior Varsity Most Valuable  
**Diana Kossakowski**

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2011 Cougar Cross Country  
Girls' Varsity Most Valuable  
**Carrie Verdon**

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2011 Cougar Cross Country  
Girls' Varsity Most Improved  
**Megan McMillan**

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2011 Cougar Cross Country  
Boys' Varsity Most Valuable  
**Thomas Joyce**

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2011 Cougar Cross Country  
Boys' Varsity Most Improved  
**Keith Geiger**

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Coach Walsh Award  
**Tony Knox**

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Orienteering Champions

Rookie Boys  
**Nick LoPresti**

Rookie Girls  
**Jessie Thompson**

Veteran Boys  
**Kevin Gelston**

Veteran Girls  
**Carrie Verdon**

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Team Captains

**Rod Farvard, Kevin Fong, Cameron Sun, Thomas Joyce, Vinson Compestine, Leland Wong,  
Darren Brodowy, Keith Geiger, Tony Knox, Erin Ross, Juliet Farnan, Carrie Verdon**