



**Watching her shot,** senior Emma Whitaker competes in the 5A state championship Oct. 18 at Crestview Country Club. Whitaker finished first individually, and the team finished first overall. The title was the team's fourth consecutive state title.

## >Girls Golf

# 4-time state champions

## Team, Whitaker finish undefeated season

Nohemy Moya

**F**or the fourth year in a row, the girls golf team grabbed the title of 5A state champions, leaving a mark in Kapaun Mt. Carmel history. The team walked away from Crestview Country Club Oct. 18 with both a team and an individual state title.

"This [win] is another great chapter in a series of record-setting performances," coach Dan Harrison said. "Four championships in a row is an awesome feat. [Senior Emma Whitaker] will go down as one of the best players in Crusader history . . . We were quietly confident [about winning] but not taking anything for granted. This victory was a very satisfying end to a great season."

The team had an undefeated season. At state, the girls finished with a team score of 365 and won by 12 strokes. Whitaker also placed first individually with 78 strokes. Whitaker finished her high school career with her fourth top-five finish, and her first individual state championship.

"Winning state individually this year was really special since it's my senior year," said Whitaker, who also won each

regular-season tournament this season. "But, I couldn't be more happy with the team and how we finished."

For this year's state preparation, the team focused on one shot at a time, and not getting overwhelmed with the overall experience, Harrison said.

"It's hard to be playing for six and a half hours," senior Vivian Brown said. "But again, the key thing to do is to stay focused on shot by shot and plotting yourself around the golf course."

Brown finished in 10th place while senior Erin Johnston took 11th, both ending with 94 strokes. Sophomore Maggi Duncan placed 16th with 99 strokes. Sophomores Nicole Graf and Sydney Harbert rounded out the state team.

"I look forward to following [KMC's] team next year," Whitaker said. "I think the three of us seniors did the most we could with sharing our experiences and helping through the season. I have no doubt the three sophomores on the state team will come through and lead the team next year."

## >Cross Country

# Three Crusaders compete in state; Michaelis finishes 26th

Kaegan Cowan

**T**he cross-country team had to face challenges from the beginning of the season, such as losing its top runner from 2015.

"Coming into this year, I knew it would be difficult seeing that we lost Matt Wilson, who was our No. 1 runner," senior Charles Adams said. "But, I knew that our sophomores could definitely step up, and they have, in big ways. We've been making big advances every meet."

On the girls team, there was a different problem: few girls joined the team this year. Third-year coach Kyle Martens explained the difficulty of having a low number of runners.

"On the girls' side, it's

tough," Martens said. "We don't have many girls coming out, [but] we've always had a very good and competitive girls team despite such small numbers."

The team earned six top-25 finishers at the City League meet Oct. 15. The team also had seven top-25 runners in the 5A regional in Newton Oct. 22.

Seniors Bobby Crandall and Kelsi Andrews and sophomore Emily Michaelis qualified individually for state. Andrews finished fifth; Michaelis, sixth; Crandall, 15th. The cross-country girls and boys teams failed to make state; with a requirement of a top-three finish, the teams finished fourth and fifth, respec-

tively. Crandall said he was pleased with his time at the state meet Oct. 29 at Rim Rock Park in Lawrence.

"That was the best 5K (5-kilometer race) I had ever run at Rim Rock," Crandall said. "I beat my PR (personal record) at that course by 42 seconds, coming in at 17:48. I give credit to my coaches and teammates for supporting me and pushing me to the end. I know that some of my teammates deserved to be there, but I hope my performance made up for that."

Crandall finished 63rd out of 103 runners and Michaelis and Andrews finished 26th and 57th out of 100 runners, respectively.



**Nearing the finish line,** senior Bobby Crandall runs in the 5A state cross-country meet Oct. 29 at Rim Rock Park in Lawrence. Crandall finished 63 out of 103 runners.