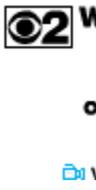




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Thursday, September 11, 2008



GIRLS CROSS COUNTRY

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Preps Zone: D-C senior masters active life

Comments (No comments posted.)



Weekdays tend to get pretty busy for Dundee-Crown senior Kelsey Seiler.

After attending classes all day, Seiler usually heads to cross country practice. After putting in five or six miles, she practices with the D-C pom squad.

Sometime around 7:45 p.m., Seiler makes it home to eat dinner and do homework.

And she wouldn't trade either activity.

"Usually, running's harder and takes more out of me," Seiler said. "I come back for poms practice and warm up, stretch and run, then we work on our routines. They get you winded a little bit."

Poms coach Julia Olson and cross country coach Tom Smith agreed last year to let Seiler do this juggling act.

Seiler didn't run cross country as a sophomore, but ran with the Chargers' girls runners during the summer of 2007, which got Smith to thinking.

"I said, 'All right, let's talk,'" Smith said. "We set it up to do what's best for her. I told [coach Olson], 'We'll make it work.' I gave Kelsey a blank check last year and this year, but she's never taken a day off."

It worked out well last year. Seiler wound up qualifying for the IHSA Class 3A Cross Country State Meet in Peoria.

"She's a good student. It takes a special kid to balance all the things she's doing," Smith said. "Not many kids could handle two activities like that. She keeps that positive attitude and enjoys both."

Seiler said the poms perform during pregame and at halftime of home football games. After that, she heads home to get the proper rest for Saturday's big cross country meets. Fortunately for her, this Friday the Chargers are on the road for football because the cross country team will travel Friday night for Saturday's Peoria Woodruff Invitational Meet.

"I wasn't sure if I could do cross country last year," Seiler said. "Coach Smith said he'd be willing to work with me on it. And [coach Olson] is lenient on letting me go for meets. Some days I'll come a little late for [poms] practice."

Seiler got off to another good start to her season with an eighth-place finish at the Crystal Lake South Invitational last Saturday. She is undecided on her college plans or in which activity she might participate.

"If I don't run, I'll go to a bigger school," Seiler said. "If I go to a Division III school I may run and minor in dance."

She's proven already she can juggle the two very well.

Anderson done: Richmond-Burton senior running back Mike Anderson's high school football career is over. Anderson, the Rockets' leading rusher last season with 774 yards, suffered a fracture of the C-6 vertebra in the Rockets' season opener against Oregon.

"He believes he knows right when he did it," R-B coach Pat Elder said. "He's very lucky because he thought it was only a stinger and played the rest of the game."

Elder said a couple of days after the game Anderson was examined by a doctor and the fracture was discovered. Junior runner Kenny Riordan will get more carries in the backfield for the Rockets with Anderson out.

"Mike's handling it well," Elder said. "He watches a lot of film and helps in any way he can."

Anderson hopes to be cleared in time to play basketball this winter.

Gardeck invited: Crystal Lake South senior pitcher Ian Gardeck, a 6-foot-2 right-hander, was one of 50 players selected to participate in the Pitch & Hit Club of Chicago High School Baseball Showcase on Oct. 4 at Joliet's Silver Cross Field.

Workouts for players will begin at 9:30 a.m. with a 12-inning game starting at 11 a.m.

Gardeck is one of the hardest-throwing players in the area, having hit the low 90s mph on speed guns.

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