

Campolindo High School  
**COUGAR CROSS COUNTRY**  
2009  
**Awards**

•  
2009 Cougar Cross Country  
Girls' Frosh-Soph Most Valuable  
**Juliet Farnan**

•  
2009 Cougar Cross Country  
Girls' Frosh-Soph Most Improved  
**Heather Eagle**

•  
2009 Cougar Cross Country  
Boys' Frosh-Soph Most Valuable  
**Vinson Compestine**

•  
2009 Cougar Cross Country  
Boys' Frosh-Soph Most Improved  
**Thomas Nocera / Keith Geiger**

•  
2009 Cougar Cross Country  
Boys' Junior Varsity Most Valuable  
**Bradley Miller**

•  
2009 Cougar Cross Country  
Girls' Junior Varsity Most Valuable  
**Eva Healy**

•  
2009 Cougar Cross Country  
Girls' Varsity Most Valuable  
**Carrie Verdon**

•  
2009 Cougar Cross Country  
Girls' Varsity Most Improved  
**Grace Orders**

•  
2009 Cougar Cross Country  
Boys' Varsity Most Valuable  
**Dylan Laucher**

•  
2009 Cougar Cross Country  
Boys' Varsity Most Improved  
**Thomas Joyce**

•  
2009 Coach Walsh Award  
**Emily Brennan**

**Team Captain Awards**

•  
2009 Cougar Cross Country  
Team Captains  
**Alison Crisp      Emily Brennan      Doug Chudler**