

**Bloomfield Hills Lahser High School - Boys Cross Country Coaching Resume (1999-2007)**

**Total Years Coaching Cross Country:** 19 years

**Total Years Coaching Cross Country at Current School:** 9 years

**This Season:** 2007

Jamboree Finishes: 2<sup>nd</sup> place, 2<sup>nd</sup> place and 1<sup>st</sup> place; O.A.A. Division 1

League: O.A.A. Division 1, League Co-Champions

Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall

Region: 2<sup>nd</sup> place, MHSAA Division 2 Team State Qualifiers (Region 17-2)

State Finals: MHSAA Division 2, 9<sup>th</sup> place

Academic Honors: Team Academic All-State (3.734 g.p.a.)

Individual: All-League: (3) Joey Grace, Tobias Budde and Anthony Perrotta

All-Region: (3) Joey Grace, Tobias Budde and Jordan Jones

All-County: (2) Joey Grace and Tobias Budde

All-State: (1) Joey Grace (12<sup>th</sup>)

Academic All-State: (1) Anthony Perrotta

**Career at Lahser High School**

Switched to Jamborees in 2006

1999-2005 Overall Record: (43-5) League Record: (42-4) 2001-2005: (34-0)

League Championships: (7) 1999 (O.A.A. Div. 3), 2001 (O.A.A. Div. 2), 2002 (O.A.A. Div. 2), 2003 (O.A.A. Div. 2),  
2004 (O.A.A. Div. 1), 2005 (O.A.A. Div. 1) and 2007 (O.A.A. Div. 1)

Oakland County Championships: (1) 2005 (Overall) / (5) 2002 (Div. 2,3 & 4), 2003 (Div. 2,3 & 4), 2004 (Div. 2,3 & 4),  
2005 (Div. 2,3 & 4) and 2007(Div. 2,3,4)

Regional Championships: (5) 2002 (Region 16-2), 2003 (Region 16-2), 2004 (Region 16-2), 2005 (Region 16-2) and  
2006 (Region 16-2)

Team State Qualifiers: (8) 1999 (Class "A", 19<sup>th</sup>), 2001 (Div. 2, 4<sup>th</sup>), 2002 (Div. 2, 3<sup>rd</sup>), 2003 (Div. 2, 2<sup>nd</sup>), 2004 (Div. 2, 3<sup>rd</sup>),  
2005 (Div. 2, 2<sup>nd</sup>), 2006 (Div. 2, 6<sup>th</sup>) and 2007 (Div. 2, 9<sup>th</sup>)

Top Ten Final Finishes: (7) 2001 (4<sup>th</sup>), 2002 (3<sup>rd</sup>), 2003 (2<sup>nd</sup>), 2004 (3<sup>rd</sup>), 2005 (2<sup>nd</sup>), 2006 (6<sup>th</sup>) and 2007 (9<sup>th</sup>)

Team Academic All-State: (8), 1999, 2001, 2002, 2003, 2004, 2005, 2006 and 2007 / 2 State Runner-ups (2002 and 2003)

Individual League Champion: (6) Andrew Bauer (1999, 2000 and 2001) and Mike Quick (2002, 2003 and 2005)

Individual Region Champion: (6) Andrew Bauer (2000 and 2001) and Mike Quick (2002, 2003, 2004 and 2005)

Individual County Champion: (1) Mike Quick (2005)

All-League Runners: (36)

All-County Runners: (19)

All-Region Runners: (30)

All-State Runners: (13)

Academic All-State Runners: (18)

**Observer-Eccentric Newspaper "Coach Of The Year":** (4) 2001, 2002, 2003 and 2005

**Oakland Press Newspaper "Coach Of The Year":** (2) 2002 and 2005

**MITCA "Coach Of The Year" Finalist:** (5) 2002, 2003, 2004, 2005 and 2006

## Bloomfield Hills Lahser High School - Boys Cross Country Coaching Resume (1999-2007)

### Individuals:

#### All-League: 36

1999: Andrew Bauer, Craig Doescher, Dave Smith, Tom Fisher and Sam Lee  
 2000: Andrew Bauer  
 2001: Andrew Bauer, Bruce Kaczmarek, Nick Diemling and Jon Howlett  
 2002: Mike Quick, Bruce Kaczmarek, Ben Raphelson, Matt Rose, Andrew Kennedy and Eddie Cusack  
 2003: Mike Quick, Bruce Kaczmarek, Matt Rose, Ben Raphelson, Andrew Kennedy, Charlie Najt and Nick Krol  
 2004: Mike Quick, Doug Bosin, Joey Grace and Andrew Kennedy  
 2005: Mike Quick, Joey Grace, Charlie Najt and Nick Krol  
 2006: Nick Krol and Joey Grace  
 2007: Joey Grace, Tobias Budde and Anthony Perrotta

#### All-County: 19

1999: Andrew Bauer  
 2000: Andrew Bauer  
 2001: Andrew Bauer  
 2002: Mike Quick and Bruce Kaczmarek  
 2003: Mike Quick, Bruce Kaczmarek, Matt Rose and Andrew Kennedy  
 2004: Mike Quick, Doug Bosin, Andrew Kennedy and Bruce Kaczmarek  
 2005: Mike Quick, Joey Grace, Nick Krol and Charlie Najt  
 2006: Imraan Allarakhia and Joey Grace  
 2007: Joey Grace and Tobias Budde

#### All-Region: 30

1999: Andrew Bauer  
 2000: Andrew Bauer  
 2001: Andrew Bauer, Bruce Kaczmarek, Nick Diemling and Jon Howlett  
 2002: Mike Quick, Bruce Kaczmarek, Matt Rose and Ben Raphelson  
 2003: Mike Quick, Bruce Kaczmarek, Matt Rose, Andrew Kennedy and Nick Krol  
 2004: Mike Quick, Doug Bosin, Imraan Allarakhia and Andrew Kennedy  
 2005: Mike Quick, Joey Grace, Charlie Najt and Nick Krol  
 2006: Nick Krol, Imraan Allarakhia, Joey Grace and Jordan Jones  
 2007: Joey Grace, Tobias Budde and Jordan Jones

#### All-State: 13

1999: None  
 2000: Andrew Bauer (5<sup>th</sup>)  
 2001: Andrew Bauer (2<sup>nd</sup>)  
 2002: Bruce Kaczmarek (24<sup>th</sup>) and Mike Quick (29<sup>th</sup>)  
 2003: Bruce Kaczmarek (17<sup>th</sup>), Matt Rose (21<sup>st</sup>) and Mike Quick (22<sup>nd</sup>)  
 2004: Mike Quick (18<sup>th</sup>)  
 2005: Mike Quick (14<sup>th</sup>) and Joey Grace (26<sup>th</sup>)  
 2006: Nick Krol (19<sup>th</sup>) and Joey Grace (27<sup>th</sup>)  
 2007: Joey Grace (12<sup>th</sup>)

#### Academic All-State: 18

1999: Craig Doescher  
 2000: None  
 2001: Jon Howlett and Ben Raphelson  
 2002: Bruce Kaczmarek, Ben Raphelson and Matt Rose  
 2003: Bruce Kaczmarek, Mike Quick, Ben Raphelson and Matt Rose  
 2004: Mike Quick, Doug Bosin and Imraan Allarakhia  
 2005: Mike Quick and Jon Adler  
 2006: Joey Grace and Imraan Allarakhia  
 2007: Anthony Perrotta

**Observer-Eccentric Newspaper "Coach Of The Year":** (4) 2001, 2002, 2003 and 2005

**Oakland Press Newspaper "Coach Of The Year":** (2) 2002 and 2005

**MITCA "Coach Of The Year" Finalist:** (5) 2002, 2003, 2004, 2005 and 2006

## Bloomfield Hills Lahser High School - Boys Cross Country Coaching Resume (1999-2007)

### 1999

Dual Meet Record: O.A.A. Division 3, League (6-0) / Overall (7-1)  
 League: O.A.A. Division 3, Champions (Undefeated)  
 Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall  
 Region: 3<sup>rd</sup> place, MHSAA Class "A" Team State Qualifiers (Region 5-A)  
 State Finals: MHSAA Class "A", 19<sup>th</sup> place  
 Academic Honors: Team Academic All-State (8<sup>th</sup> place, 3.623 g.p.a.)  
 Individual: All-League: (5) Andrew Bauer, Craig Doescher, Dave Smith, Tom Fisher and Sam Lee  
 All-Region: (1) Andrew Bauer  
 All-County: (1) Andrew Bauer  
 Academic All-State: (1) Craig Doescher

### 2000

Dual Meet Record: O.A.A. Division 2, League / Overall (2-4)  
 League: O.A.A. Division 2, 5<sup>th</sup> place  
 Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall  
 Region: 7<sup>th</sup> place, MHSAA Division 2 (Region 16-2)  
 Individual: All-League: (1) Andrew Bauer  
 All-Region: (1) Andrew Bauer  
 All-County: (1) Andrew Bauer  
 All- State: (1) Andrew Bauer (5<sup>th</sup>)

### 2001

Dual Meet Record: O.A.A. Division 2, League / Overall (6-0)  
 League: O.A.A. Division 2, League Champions (Undefeated)  
 Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall  
 Region: 2<sup>nd</sup> place, MHSAA Division 2 Team State Qualifiers (Region 16-2)  
 State Finals: MHSAA Division 2, 4<sup>th</sup> place  
 Academic Honors: Team Academic All-State (3.518 g.p.a.)  
 Individual: All-League: (4) Andrew Bauer, Bruce Kaczmarek, Nick Diemling and Jon Howlett  
 All-Region: (4) Andrew Bauer, Bruce Kaczmarek , Nick Diemling and Jon Howlett  
 All-County: (1) Andrew Bauer  
 All-State: (1) Andrew Bauer (2<sup>nd</sup>)  
 Academic All-State: (2) Jon Howlett and Ben Raphelson  
 Observer-Eccentric Newspaper "Coach Of The Year"

### 2002

Dual Meet Record: O.A.A. Division 2, League / Overall (7-0)  
 League: O.A.A. Division 2, League Champions (Undefeated)  
 Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall  
 Region: 1<sup>st</sup> place, Regional Champions, MHSAA Division 2 Team State Qualifiers (Region 16-2)  
 State Finals: MHSAA Division 2, 3<sup>rd</sup> place  
 Academic Honors: Team Academic All-State - State Runner-ups (2<sup>nd</sup> place)  
 Individual: All-League: (6) Mike Quick, Bruce Kaczmarek, Ben Raphelson, Matt Rose, Andrew Kennedy and Eddie Cusack  
 All-Region: (4) Mike Quick, Bruce Kaczmarek , Matt Rose and Ben Raphelson  
 All-County: (2) Mike Quick and Bruce Kaczmarek  
 All-State: (2) Bruce Kaczmarek (24<sup>th</sup>) and Mike Quick (29<sup>th</sup>)  
 Academic All-State: (3) Bruce Kaczmarek, Ben Raphelson and Matt Rose  
 Observer-Eccentric Newspaper "Coach Of The Year"  
 Oakland Press Newspaper "Coach Of The Year"  
 MITCA "Coach Of The Year" Finalist

## Bloomfield Hills Lahser High School - Boys Cross Country Coaching Resume (1999-2007)

### 2003

Dual Meet Record: O.A.A. Division 2, League / Overall (7-0)

League: O.A.A. Division 2, League Champions (Undefeated)

Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall

Region: 1<sup>st</sup> place, Regional Champions, MHSAA Division 2 Team State Qualifiers (Region 16-2)

State Finals: MHSAA Division 2, 2<sup>nd</sup> place

Academic Honors: Team Academic All-State - State Runner-ups (2<sup>nd</sup> place, 3.861 g.p.a.)

Individual: All-League: (7) Mike Quick, Bruce Kaczmarek, Matt Rose, Ben Raphelson, Andrew Kennedy, Charlie Najt and Nick Krol

All-Region: (5) Mike Quick, Bruce Kaczmarek, Matt Rose, Andrew Kennedy and Nick Krol

All-County: (4) Mike Quick, Bruce Kaczmarek, Matt Rose and Andrew Kennedy

All-State: (3) Bruce Kaczmarek (17<sup>th</sup>), Matt Rose (21<sup>st</sup>) and Mike Quick (22<sup>nd</sup>)

Academic All-State: (4) Bruce Kaczmarek, Mike Quick, Ben Raphelson and Matt Rose

Observer-Eccentric Newspaper "Coach Of The Year"

MITCA "Coach Of The Year" Finalist

### 2004

Dual Meet Record: O.A.A. Division 1, League / Overall (7-0)

League: O.A.A. Division 1, League Champions (Undefeated)

Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall

Region: 1<sup>st</sup> place, Regional Champions, MHSAA Division 2 Team State Qualifiers (Region 16-2)

State Finals: MHSAA Division 2, 3<sup>rd</sup> place

Academic Honors: Team Academic All-State (7<sup>th</sup> place, 3.724 g.p.a.)

Individual: All-League: (4) Mike Quick, Doug Bosin, Joey Grace and Andrew Kennedy

All-Region: (4) Mike Quick, Doug Bosin, Imraan Allarakhia and Andrew Kennedy

All-County: (4) Mike Quick, Doug Bosin, Andrew Kennedy and Bruce Kaczmarek

All-State: (1) Mike Quick (18<sup>th</sup>)

Academic All-State: (3) Mike Quick, Doug Bosin and Imraan Allarakhia

MITCA "Coach Of The Year" Finalist

### 2005

Dual Meet Record: O.A.A. Division 1, League / Overall (7-0)

League: O.A.A. Division 1, League Champions (Undefeated)

Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall

Region: 1<sup>st</sup> place, Regional Champions, MHSAA Division 2 Team State Qualifiers (Region 16-2)

State Finals: MHSAA Division 2, 2<sup>nd</sup> place

Academic Honors: Team Academic All-State (3.821 g.p.a.)

Individual: All-League: (4) Mike Quick, Joey Grace, Charlie Najt and Nick Krol

All-Region: (4) Mike Quick, Joey Grace, Charlie Najt and Nick Krol

All-County: (4) Mike Quick, Joey Grace, Nick Krol and Charlie Najt

All-State: (2) Mike Quick and Joey Grace

Academic All-State: (2) Mike Quick and Jon Adler

Observer-Eccentric Newspaper "Coach Of The Year"

Oakland Press Newspaper "Coach Of The Year"

MITCA "Coach Of The Year" Finalist

### 2006

Jamboree Finishes: 2<sup>nd</sup> place, 4<sup>th</sup> place and 1<sup>st</sup> place; O.A.A. Division 1

Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall

League: O.A.A. Division 1, League Runner-ups

Region: 1<sup>st</sup> place, Regional Champions, MHSAA Division 2 Team State Qualifiers (Region 16-2)

State Finals: MHSAA Division 2, 6<sup>th</sup> place

Academic Honors: Team Academic All-State (3.727 g.p.a.)

Individual: All-League: (2) Nick Krol and Joey Grace

All-Region: (4) Nick Krol, Imraan Allarakhia, Joey Grace and Jordan Jones

All-County: (2) Imraan Allarakhia and Joey Grace

All-State: (2) Nick Krol and Joey Grace

Academic All-State: Imraan Allarakhia and Joey Grace

**Bloomfield Hills Lahser High School - Boys Cross Country Coaching Resume (1999-2007)****2007**

Jamboree Finishes: 2<sup>nd</sup> place, 2<sup>nd</sup> place and 1<sup>st</sup> place; O.A.A. Division 1

League: O.A.A. Division 1, League Co-Champions

Oakland County: 1<sup>st</sup> place, Division 2,3 & 4 / 5<sup>th</sup> place Overall

Region: 2<sup>nd</sup> place, MHSAA Division 2 Team State Qualifiers (Region 17-2)

State Finals: MHSAA Division 2, 4<sup>th</sup> place

Academic Honors: Team Academic All-State (3.734 g.p.a.)

Individual: All-League: (3) Joey Grace, Tobias Budde and Anthony Perrotta

All-Region: (3) Joey Grace, Tobias Budde and Jordan Jones

All-County: (2) Joey Grace and Tobias Budde

All-State: (1) Joey Grace (12<sup>th</sup>)

Academic All-State: (1) Anthony Perrotta