

Bloomfield Hills Lahser High School - Girls Cross Country Coaching Resume (2001-2007)

Total Years Coaching Cross Country: 19 years

Total Years Coaching Cross Country at Current School: 7 years

This Season: 2007

Jamboree Finishes: 9th place, 7th place and 4th place; O.A.A. Division 1

League: O.A.A. Division 1, 6th place out of 9 teams

Region: 1st place, MHSAA Division 2 Team State Qualifiers (Region 17-2)

State Finals: MHSAA Division 2, 4th place

Academic Honors: Team Academic All-State (3.733 g.p.a.)

Individual: All-League: (2) Erin LaFave and Jami Rodes

 All-Region: (5) Erin LaFave, Jami Rodes, Kayla Gawlik, Joylisa Davis and Mia Savagian

 All-County: (1) Erin LaFave

 All-State: (1) Erin LaFave (8th)

 Academic All-State: (2) Kayla Gawlik and Mia Savagian

 MITCA "Coach Of The Year" Finalist

Career at Lahser High School

Switched to Jamborees in 2006

2001-2005 Overall Record: (7-27) League Record: (7-27)

Team State Qualifiers: (5) 2003 (Div. 2, 21st), 2004 (Div. 2, 24th), 2005 (Div. 2, 25th), 2006 (Div. 2, 22nd) and 2007 (Div. 2, 4th)

Top Ten Final Finishes: (1) 2007 (4th)

Team Academic All-State: (4), 2003, 2004, 2005 and 2007 / 1 State Championship (2003)

Individual League Champion: (3) Caitlin Clifford (2002 and 2003) and Erin LaFave (2005)

Individual Region Champion: (6) Caitlin Clifford (2002 and 2003) and Erin LaFave (2004, 2005, 2006 and 2007)

Individual County Champion: (2) Caitlin Clifford (2003) and Erin LaFave (2005)

All-League Runners: (10)

All-County Runners: (7)

All-Region Runners: (17)

All-State Runners: (6)

Academic All-State Runners: (5)

MITCA "Coach Of The Year" Finalist: (1) 2007

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

Individuals:

All-League: 10

2001: Taylor Bones and Courtney Johnson
 2002: Caitlin Clifford
 2003: Caitlin Clifford and Brooke Bones
 2004: Erin LaFave
 2005: Erin LaFave
 2006: Erin LaFave
 2007: Erin LaFave and Jami Rodes

All-County: 7

2001: None
 2002: Caitlin Clifford
 2003: Caitlin Clifford and Brooke Bones
 2004: Erin LaFave
 2005: Erin LaFave
 2006: Erin LaFave
 2007: Erin LaFave

All-Region: 17

2001: Taylor Bones
 2002: Caitlin Clifford
 2003: Caitlin Clifford and Brooke Bones
 2004: Erin LaFave, Caitlin Clifford and Sarah Peterson
 2005: Erin LaFave, Sarah Peterson and Laura Russell
 2006: Erin LaFave and Jami Rodes
 2007: Erin LaFave, Jami Rodes, Kayla Gawlik, Joylisa Davis and Mia Savagian

All-State: 6

2001: None
 2002: Caitlin Clifford (4th)
 2003: Caitlin Clifford (4th)
 2004: Erin LaFave (16th)
 2005: Erin LaFave (2nd)
 2006: Erin LaFave (2nd)
 2007: Erin LaFave (8th)

Academic All-State: 5

2001: None
 2002: None
 2003: Caitlin Clifford and Brooke Bones
 2004: Sarah Peterson
 2005: None
 2006: None
 2007: Kayla Gawlik and Mia Savagian

MITCA "Coach Of The Year" Finalist: (1) 2007

Bloomfield Hills Lahser High School - Girls Cross Country Coaching Resume (2001-2007)

2001

Dual Meet Record: O.A.A. Division 2, League / Overall (1-5)
 League: O.A.A. Division 2, 6th place out of 7 teams
 Oakland County: 30th place Overall
 Region: 6th place out of 15 (Region 16-2)
 Individual: All-League: (2) Taylor Bones and Courtney Johnson
 All-Region: (1) Taylor Bones

2002

Dual Meet Record: O.A.A. Division 2, League / Overall (3-4)
 League: O.A.A. Division 2, 5th place out of 8 teams
 Oakland County: 24th place Overall
 Region: 8th place out of 16 (Region 16-2)
 Individual: All-League: (1) Caitlin Clifford
 All-Region: (1) Caitlin Clifford
 All-County: (1) Caitlin Clifford
 All-State: (1) Caitlin Clifford (4th)

2003

Dual Meet Record: O.A.A. Division 2, League / Overall (3-4)
 League: O.A.A. Division 2, 2nd place out of 8 teams
 Oakland County: 20th place Overall
 Region: 2nd place, MHSAA Division 2 Team State Qualifiers (Region 16-2)
 State Finals: MHSAA Division 2, 21st place
 Academic Honors: Team Academic All-State - State Champions (1st place, 3.995 g.p.a.)
 Individual: All-League: (2) Caitlin Clifford and Brooke Bones
 All-Region: (2) Caitlin Clifford and Brooke Bones
 All-County: (2) Caitlin Clifford and Brooke Bones
 All-State: (1) Caitlin Clifford (4th)
 Academic All-State: (2) Caitlin Clifford and Brooke Bones

2004

Dual Meet Record: O.A.A. Division 1, League / Overall (0-7)
 League: O.A.A. Division 1, 8th place out of 8 teams
 Oakland County: No Team Score
 Region: 3rd place, MHSAA Division 2 Team State Qualifiers (Region 16-2)
 State Finals: MHSAA Division 2, 24th place
 Academic Honors: Team Academic All-State (3rd place, 3.881 g.p.a.)
 Individual: All-League: (1) Erin LaFave
 All-Region: (3) Erin LaFave, Caitlin Clifford and Sarah Peterson
 All-County: (1) Erin LaFave
 All-State: (1) Erin LaFave (16th)
 Academic All-State: (1) Sarah Peterson

2005

Dual Meet Record: O.A.A. Division 1, League / Overall (0-7)
 League: O.A.A. Division 1, 8th place out of 8 teams
 Oakland County: 21st place Overall
 Region: 3rd place, MHSAA Division 2 Team State Qualifiers (Region 16-2)
 State Finals: MHSAA Division 2, 25th place
 Academic Honors: Team Academic All-State (9th place, 3.800 g.p.a.)
 Individual: All-League: (1) Erin LaFave
 All-Region: (3) Erin LaFave, Sarah Peterson and Laura Russell
 All-County: (1) Erin LaFave
 All-State: (1) Erin LaFave (2nd)

