

## **2004 WALTON CROSS COUNTRY AWARDS**

### **TEAM AWARDS**

MOST VALUABLE RUNNERS: SAM BRYFCZYNSKI, CAROLINE MILLER

COACH'S AWARD: MATT GROSS, DANIEL JONES, ELLEN BLACK

MOST IMPROVED RUNNER: COREY HUNTER, SHANNON ROSS

ROOKIE AWARD: THOMAS PILLIOD, MICHAEL ELLIOTT, LEILA NORMAN

ACADEMIC AWARD: SAM BRYFCZYNSKI, VICKI MACHT

TEAM CAPTAINS: SAM BRYFCZYNSKI, JASON PERKOWSKI,  
STEPHEN PEARL, CAROLINE MILLER

4 YEAR LETTER AWARD: SAM BRYFCZYNSKI, JASON PERKOWSKI,  
CAROLINE MILLER

OUTSTANDING PERFORMANCE: JAY HELLER

HEART AWARD: SARAH UPCHURCH

### **OTHER HONORS**

FOOTLOCKER ALL-SOUTH: SAM BRYFCZYNSKI

FIRST TEAM ALL-STATE: SAM BRYFCZYNSKI, JAY HELLER

SECOND TEAM ALL-STATE: COREY HUNTER, CAROLINE MILLER

ALL-COUNTY TEAM: SAM BRYFCZYNSKI, JAY HELLER,  
COREY HUNTER, CAROLINE MILLER,  
SARAH UPCHURCH

HONORABLE MENTION: JOSH KERZIE, JASON PERKOWSKI,  
ADAM BRADLEY, LEILA NORMAN,  
ELLEN BLACK, ANNA DAY

ALL-METRO: SAM BRYFCZYNSKI, JAY HELLER,  
COREY HUNTER, CAROLINE MILLER,  
SARAH UPCHURCH