

# 2023 Walsh Jesuit Men's Cross Country

## *The Running Warriors*

### **Third Year Letter Winners**

Nick Cavallaro '24  
Connor Pittinger '25  
Lucas Rey '25  
Caleb Smesko '25

### **Second Year Letter Winners**

Max Eichman '25  
Soren Horak '25  
Lou LaGuardia '25  
Colin Staats '26

### **First Year Letter Winners**

Ajay Khandekar '24  
Ben Perduk '24  
Luke Massary '25  
Nico Pascarella '25  
Jerry Rosati '25  
Owen Cotter '27  
Caleb Hamilton '27  
Christian Kenney '27  
Patrick Warczak '27

### **Junior Varsity Award Winners**

Owen Fedak '25  
Ryan Kelly '25  
Ryan Magers '25  
Matt Zsembik '25  
Noah Swain '26  
Cameron Brown '27  
Eli Karam '27  
Ryan Sagun '27

### **MOST VALUABLE RUNNER**

Lucas Rey '25

### ***MIKE BUNSEY* UNSUNG WARRIOR**

Lou LaGuardia '25

### **HEART OF A WARRIOR**

Caleb Smesko '25

### **MOST IMPROVED RUNNER**

Year over Year	Nico Pascarella '25	20:52 to 17:34 (3:18)
Within Season	Patrick Warczak '27	24:22 to 18:26 (5:56)

### **ROOKIE OF THE YEAR**

Caleb Hamilton '27

# Walsh Jesuit Men's Cross Country

## Student – Athlete Recognition

### Scholar Athlete Awards

The following students have lettered in Cross Country and have achieved a 3.75 grade point or higher for the first quarter as a freshmen or have an accumulative GPA equal to or above this benchmark as a sophomore, junior, or senior.

Everyone listed below is commended for their classroom achievements, and as coaches, we encourage everyone to strive to make this list.

### Seniors

#### Overall GPA

- Ajay Khandekar 3.92
- Ben Perduk 3.76

### Juniors

#### Overall GPA

- Lou LaGuardia 4.28
- Connor Pittinger 4.22
- Nico Pascarella 4.01
- Lucas Rey 4.00

### Freshmen

#### 1<sup>st</sup> Quarter GPA

- Owen Cotter 4.28
- Caleb Hamilton 4.12
- Patrick Warczak 4.07