

Calvert Hall cross country goes 9-0

The Calvert Hall College High School, Towson, cross country team hasn't held a championship title since 1999. But at 9-0 in the MIAA A Conference, as of Oct. 21, things are looking good.

Head coach Randy Fowler came to the Calvert Hall program two years ago with high expectations and loads of experience. The combination is paying off, as the Cardinals have been tearing up the competition.

The Cards, ranked all season at No. 1 in the Metro Prep poll and No. 2 in the state, lost by just one point in the 2006 MIAA Cross Country Championships to perennial powerhouse Loyola Blakefield, Towson. The Cards will face the Dons on Oct. 23 at the Cardinals' home course at Goucher College.

"Our team is clearly reaching their potential," said Fowler. "They put in between 400 and 700 miles over the summer, nothing too tedious. They ran smart, and we just keep getting better."

The Cards, with a 36-man roster, haven't had a disappointing race yet, as they set their sights on the MIAA championships in early November. Of those 36 runners, Fowler said that at least 40 percent of them are first-time runners.

Fowler added that the real story lies in the junior varsity program, where the competition has yet to score one point on them - a testament to the development of a program not just a team.

The varsity squad is led by captains senior Tony Rowe and junior Chris Swisko, who battle each other for 1-2 placement. Fowler refers to Rowe as "The Professor" for his 3.9 GPA and his keen ability to provide a statistic or date upon request. Rowe is quite a competitor but also a leader, logging in more than 720 miles this summer and leading by example.

Senior Trent Seawell, the team's unsung hero, is consistent in his performance and untiring in his work ethic. Sophomores Logan Pasqual and Kenny Motsay have been pleasant surprises for Fowler, both showing solid leadership potential.

Senior captains Mark Kauffman, John Fitzgerald along with Rowe and Swisko are making it happen this season. For the first time in nine years, the Cards got past the Mount St. Joseph, Irvington, Gaels.