



East Syracuse Minoa Girls Varsity Cross Country 2022 - 2023

Athletics Director: Michael A. Clonan
Assistant: Karen Stuper

6400 Fremont Rd
East Syracuse, NY, 13057
(315) 434-3301

Coaches:

- Pamela J. Herrington, Head Coach
- John R. Herrington, Asst Coach

Players (9)

NAME	GRADE
Alaina Blok	10
Makayla Lettieri	11
Jadyn Shaw	11
Ainsley McKenna	12
Rebecca Seargent	12
Sadie Broderick	12
Lilia Pena	Graduated
Rachael Ladd	Graduated
Charlie Warner	12