



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