

All-Greater Rochester cross country teams 2015

November 3, 2015

Hello coaches!

On behalf of the *Democrat and Chronicle* Media Group, I'm pleased to announce that we'll be presenting the All-Greater Rochester high school all-star teams for the fall season in one special section again, as we've done now for the past few years.

It's coming soon. Publication is tentatively scheduled for Friday, Dec. 18, in print and on-line at www.DemocratandChronicle.com, so we need your help.

The cross country teams – ninth annual now – will again consist of 14 boys and 14 girls, with one designated as cross country athlete of the year, from throughout Section V and our circulation area. We'll also select a coach of the year.

If you have one or more athletes who you feel is worthy of consideration for FIRST TEAM, please make your case for him/her and reply by e-mail to agr@democratandchronicle.com, jamesj@democratandchronicle.com and jcastor@jimcastor.com no later than **5 p.m. Nov. 23**, the Monday after Federations at Poughkeepsie. As in the past, performances at sectionals, state qualifiers, states, and post-season regional or national meets will be used as primary criteria. Traditionally, we try to include all state individual champions, as well as at least one representative from the highest-rated winning teams in the merge at sectionals.

In addition, it would be helpful if you could list, 1 through 14, those athletes you would select if you were picking the team, and your choice for coach of the year. Remember, it's athletes and coaches from all four classes.

This is our only request for your input. We will assume that if we don't hear from you, there is no one who you feel should be considered and you have no interest in the AGR program. Your responses go a long way toward sustaining the interest in AGR, and its future.

Our staff will review your e-mails and meet results, then contact some coaches and coordinators for further advice before making final selections. We will notify those selected by calling their coach to tell them in person, and will also provide the date for studio photographs to be taken at the *Democrat and Chronicle* in downtown Rochester. It's probably going to be Dec. 1 or 2.

Thank you in advance for your help. We appreciate it!

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