

# Sherwood Bowmen



**League** 6A-3 (2018-2021) Pacific  
Conference  
**Mascot** Bowmen  
**Colors** Crimson, Black, White

**Superintendent** Dr. Heather H. Cordie  
**Principal** Melissa Baran  
**Athletic Director** Randy Ramp  
**Athletic Trainer** Ryan Ishihara

## Girls Cross Country Team Rosters

### VARSITY

No.	Name	Pos.	Yr.	Ht.
	Danielle Clem		12	
	Emily Boynton		12	
	Emily Pannell		12	
	Vanessa VanWinkle		11	
	Kari Eddington		10	

No.	Name	Pos.	Yr.	Ht.
	Madisen Ramos		11	
	Maia Oliver		10	
	Jacqueline Angelel		12	
	Brooke Smith		10	

**Head Coach**  
Dave Kilian

**Asst. Coaches**  
Jon Mantalas,  
Beth Wendland,  
Tyrone  
Stammers, Kate  
Jette, Tony Giles,  
Heini Tallent