

Portland Adventist Acad. Cougars



League 3A/2A/1A-SD1 Special District 1
Mascot Cougars
Colors Navy, Gold

Principal Mechelle Peinado
Athletic Director Lance Judd

Girls Cross Country Team Rosters

VARSITY

<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Ht.</u>	<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Ht.</u>	Head Coach
	Maddy Rose		10			Elianna Hart-Bass		9		Teonna Zaragova
	Kate Spencer		10			Krislyn Clause		10		Asst. Coach Sean Kootsey
	Sydney Pak		11			Mara Kramer		10		
	Alani Nakamura		10							



The OSAA requests that you model good sportsmanship by refraining from derogatory cheers, chants, or behavior toward students, coaches, officials, or other spectators. Speak out if you see inappropriate behavior by immediately notifying event management staff. Together, we can provide a safe and respectful environment for all.