



Seaside High School

*Strengthening community, inspiring
possibility, ensuring opportunity.*

Jeff Roberts, Principal
Jason Boyd, Assistant Principal
Aaron Tanabe, Athletic Director
Travis Cave, Counselor
Shelby Treick, Counselor

Dr. Heidi Buckmaster, Principal
Neah-Kah-Nie High School
24705 Hwy 101 N.
Rockaway Beach, OR 97136

Dear Dr. Buckmaster:

You, the staff at Neah-Kah-Nie High School and the community can be very proud of the high school cross country team under the tutelage of Mark McLaughlin. The runners are tremendous role models for other students and thus I am sending you this "Class Act" award that I do hope will be presented at an all school assembly.

Coaches often ask "What did we do to deserve this"? My answer is as follows:

The plaque reads "to Neah-Kah-Nie High School Cross Country Team, for contributing to a better meet experience". That "better experience" is mine and all those who attend and work the meet. I put many hours of effort into the event and so it means a tremendous amount when I see how coaches and students treat what has been provided. What the Cross Country team adheres to is an atmosphere of hardy competition, respectful interaction with volunteers, healthy fun, encouragement of teammates and others, plus lending a helpful hand. I am omnipresent Friday during dinner and at Camp Rilea. On Saturday you can find me, at the starting line, on the courses, in the finish cutes, plus watching teams after the races. While I am going about in a blur I do watch and recognize what students and coaches do. It is easy to pick out your schools cross country runners for their department. So the award is really about the kind of program Mr. McLaughlin has established, "A Class Act".

Hopefully Neah-Kah-Nie High School Cross Country Team will be able to return for the 2020 edition, our 31st, of the Three Course Challenge.

The best to you and all the students at Neah-Kah-Nie High School.

Neil Branson

Three Course Challenge Meet Director