

# *Daily Pilot*

## **Daily Pilot Girls' Cross-Country Dream Team:**

### **Coach of the Year: Jerry Palazzo, *Fountain Valley***

In his second year with the program, Palazzo completed a successful transformation of the Fountain Valley girls' cross-country team. No one truly stood out on the Barons, but that was because the team was the star of the show. Together, four sophomores, two freshmen, and one senior led Fountain Valley to its first league title since a four-year run from 2004-2007. Their coach taught them to run as a pack, and it was a beautiful thing to watch when the Barons' scoring quintet came across the finish line with a seven-second spread in the Sunset League Finals. Palazzo is grateful to his girls for their belief in the system. "That's one of the most important things," he said. "You can train two athletes the same way. One could have great success, and one not so much, based on just that. Actually buying into it." The Barons' pack advanced to the CIF-SS Division 1 Finals.

### **First Team: Ashley Faller - *Fountain Valley Sophomore***

The nucleus of the Barons is going to be in place for a long time. Faller was one of three sophomores to regularly appear in Fountain Valley's scoring five, and she was the first Baron (fourth overall) to come across in the team's Sunset League title-winning performance. She improved her times at the Great Cow Run and the Dana Hills Invitational by roughly a minute from her freshman year. A model of consistency, Faller helped the Barons advance to the CIF-SS Division 1 Finals, which was one week further than the team achieved in the previous campaign.

### **First Team: Sara Feitz - *Fountain Valley Sophomore***

Barons coach Jerry Palazzo raves that Feitz's name is fitting because she is, in fact, a fighter. She entered the Barons' program as one of the rawest athletes on the team. Palazzo said that when she first joined the team, she could not run two miles at the pace that she is now running three. Severe muscle tightness kept her from training during track, but she battled back into shape. The proof is in the numbers. She improved by at least two minutes at the Great Cow Run, the Dana Hills Invitational, and the Orange County Championships. Her time of 18:18 at Dana Hills was a new three-mile personal record, and she placed fifth in the Sunset League Finals.

### **3 FVHS Girls Named to OC Second Team:**

- Isabella Guerra, Fountain Valley, So.
- Maddie Jahshan, Fountain Valley, Fr.
- Kristen Prado, Fountain Valley, Sr.