



**JOSH MOLLWAY, JAKE MCENEANY, JEREMY HAYHURST,  
ZACHARY KINNE, SCOTT ANDERSON, TYLER BOMBACINO,  
MATTHEW MILLOSTAN, RYAN KENNEDY, JACKSON JETT  
NVHS BOOSTER CLUB FEATURED FALL SEASON ATHLETES  
BOYS' CROSS COUNTRY PROGRAM**

**Booster Club Reporter** When did you start playing your sport/how did you get introduced to it?

**Josh Mollway:** I started running in grade school and was introduced to it by my dad and brother who were running at the time.

**Jake McEneaney:** I began running in 6th grade, and then got more serious with both running and triathlon in 7th grade. Then into high school began to focus only on the running aspect, dropping all other sports.

**Jeremy Hayhurst:** My introduction to cross country was running for Scullen in 7th grade. I had been encouraged by my parents to try it, and while it wasn't easy, I grew to love it.

**Zachary Kinne:** My dad told my brothers and me about running track in first grade and I thought it'd be a fun thing to do, so I joined a local track team for fun.

**Scott Anderson:** I started running competitively my freshman year of high school. I broke my arm in 8th grade playing hockey, which was the sport I played from age 5 to age 13, and it made me rethink my future in the sport. I didn't have the love for it I once did, so I made the difficult decision of quitting. My mom heard of the summer running program at Neuqua from someone, so she asked if I was interested. I said yes, so she signed me up. I fell in love the first practice.

**Tyler Bombacino:** 7th grade middle school cross country team

**Matthew Milostan:** I started cross country in my 8th grade year because most of my friends did it the year prior, the coach who was also my health teacher strongly recommended it, and I was losing interest my other sport of soccer.

**Ryan Kennedy:** The first race I ever ran was when I was 2 years old, my dad really got me into it.

**Booster Club Reporter** Do you play any other sports?

**Josh Mollway:** I have a love for basketball, soccer, and swimming.

**Jake McEaney:** Growing up I played basketball, football, and primarily soccer.

**Jeremy Hayhurst:** I had been playing hockey for several years when I started running, and did both up until the end of middle school. Afterwards I had time for only one sport, and I chose cross country.

**Zachary Kinne:** I currently run cross country, indoor and outdoor track, but I had to give up playing travel basketball and baseball after 8th grade to focus on my running.

**Scott Anderson:** I run both cross country and track.

**Tyler Bombacino:** Basketball.

**Matthew Milostan:** I played baseball, basketball, and soccer when I was very young and continued playing soccer until eighth grade.

**Ryan Kennedy:** None other than track and I'm not sure that counts.

**Booster Club Reporter** What has your sport taught you/what lessons have you pulled from it?

**Josh Mollway:** The biggest lesson I've learned is that not everything will go your way but you have to focus and stay positive to improve for the future.

**Jake McEaney:** Running has given me a lot. From the friends I have, the commitment to excellence in all facets of life. It has also taught me how to set a goal and stick to it, and pursue it relentlessly with everything you can. It has essentially shaped me into both the person and athlete I am today, and for that I am incredibly thankful to my coaches, teammates, and everyone else that has had a hand in both my personal and the team success.

**Jeremy Hayhurst:** Through cross country I've learned so much, while also meeting some people I know I'm going to stay friends with for the rest of my life. More than anything, I've learned that hard work can do things for you that you thought were out of your reach.

**Zachary Kinne:** Distance running has taught me that life requires perseverance and dedication day in and day out in order to succeed, as well as how to lead and be a member of a team/group that is bigger than just me.

**Scott Anderson:** This sport has taught me so much. Just a few of the things it has taught me is resilience, dedication, focus, and motivation. I learn new things every time I go out and run. The main lessons I've pulled from running are that if you want something, you have to go and get it. Nothing is given to you in this sport. I've learned that dedication to the process is how one becomes better in anything. Lastly, I've learned that if you don't have a good workout or race, you have to find a way to stay motivated. Once you become unmotivated, it's hard to come back.

**Tyler Bombacino:** You always get out what you put in, and if you keep working the improvement will come.

**Matthew Milostan:** I learned time management, dedication, integrity, and responsibility from cross country. In order to succeed, I had to learn to balance both school and running every day. Also, I learned how to push myself in order to improve but also focus on recovery to prevent injury. I experienced great team camaraderie and learned the ability to channel personal goals and actions towards a common goal.

**Ryan Kennedy:** I learned that no matter how bad you are at something you can improve with hard work.

**Booster Club Reporter** What do you wish you knew when you were just starting?

**Josh Mollway:** It's the bunch of little things adding up that make a runner great and determine his or her success.

**Jake McEneaney:** I wish I knew the value of committing to a lifestyle of running, rather than just running at practice. I wish I had become a student of the sport much sooner than I believe I did, truly making my entire life revolve around how I can become a better student athlete, day in and day out. That is one of the things that I feel has been the biggest contributor to my success throughout high school, was being in a situation, surrounded by phenomenal athletes, where we all knew how to do the little things to make ourselves the best we could be. In the end, it all paid off culminating in a team title.

**Jeremy Hayhurst:** I wish I knew the importance of commitment. Running is not something you can go halfway on and expect to be competitive, you need to fully commit.

**Zachary Kinne:** I wish I knew when I was young how much potential I had. If I knew how crucial and beneficial it would be to put in miles at a younger age, I would have a lot less work to do later on, despite the fact that I did start at an earlier age than most.

**Scott Anderson:** Oh gosh, I wish I knew a lot of things that I do now. I came into this sport not knowing much about running. I have dedicated myself to filling my brain with as much knowledge as possible about the sport and everything that goes along with it. I wish I knew that one workout or race does not define who you are. Running in general does not define who you are. What defines you is how you react to things that come at you. I wish I knew that you're not going to get better overnight. It takes consistent dedication if you want to improve.

**Tyler Bombacino:** To stop playing baseball and basketball full time and commit to running right away.

**Matthew Milostan:** I wish I knew the importance of doing all the small things that I previously thought were trivial because they add up to be integral for my improvement and success. Also, I wish I knew the idea of controlling only what I could control and not let other things distract and discourage me.

**Ryan Kennedy:** I wish I knew how much fun it would be.

**Booster Club Reporter** What quote/inspiration do you resort to when things get really difficult?

**Josh Mollway:** "Why do we fall? So, we can learn to pick ourselves up."

**Jake McEneaney:** "All I know is grind"-Ray Lewis. This quote is one that has stuck with me because it embodies my aforementioned mentality. The idea of everything I do in life being focused around my running, and how I can improve as a student athlete. The quote does a good job of showing that when an athlete wants to succeed, they will sacrifice anything and everything in order to attain that success.

**Jeremy Hayhurst:** "Don't quit. Suffer now and live the rest of your life as a champion." - Muhammad Ali

**Zachary Kinne:** My personal favorite quote is, "To give anything less than the best is to sacrifice the gift" by Steve Prefontaine. It helps me remember the privilege I have in being an athlete, and makes me strive to always do my best.

**Scott Anderson:** The quote I usually resort to is "The time when there is no one to feel sorry for you or to cheer for you is when a player is made."

**Tyler Bombacino:** I try to think of what it will be like when I am done and what I would want the team score to look like. Also, the fact that I will be able to eat.

**Matthew Milostan:** I think of my friends, family, and whole community of NVHS cross country. When things get difficult during a race I think about how I am running for more than just myself but the efforts of all my other teammates, coaches, and parents.

**Ryan Kennedy:** I kind of just keep running and try to enjoy the difficulty.

**Booster Club Reporter** Share something about you that isn't well known.

**Josh Mollway:** During nap time in preschool I would go around and steal the other kids' snacks.

**Jake McEneaney:** My all-time favorite meal is a steak burrito from any authentic Mexican restaurant.

**Jeremy Hayhurst:** Something most people don't know about me is that I'm really good at poker.

**Zachary Kinne:** One thing many people don't know about me is how talented I am at video games. When I'm not running or doing homework, I am usually on the grind for a phone or console game. I play them just for fun, but once I start playing something I like, I cannot be beaten. Some of my top games are Call of Duty, Super Smash Brothers, Mario Super Strikers, and most all trending phone games. I don't know why, but they just come to me and I'm unstoppable.

**Scott Anderson:** Something that most people do know about me is that I have OCD and ADD. What they do not know is that this affects every single part of my day, mainly when I run. One of the main reasons why I run is to relieve stress and to help with my bad habits of OCD. As I've gotten older and become a more competitive runner, I have become obsessed with my stride when I run. Now, whenever I go for a run, I am always thinking about my stride. It's something that I want to get rid of, but I can't. I've had runs where I'm so in my head about how I'm running that I've had to stop and I start crying because I can't stop having these thoughts.

**Tyler Bombacino:** I'm the best FIFA player on the team.

**Matthew Milostan:** I am the only person in my family who runs. Neither of my parents or grandparents ever ran or could run long distances, yet somehow, I was naturally good at running. Being an only child, I had no older sibling who ran before me. I am the only one who has the ability to run fast, especially with training.

**Ryan Kennedy:** That I like to draw.

**Booster Club Reporter** Where do you go from here? College plans?

**Josh Mollway:** Studying Advertising and U of I.

**Jake McEneaney:** Next year, I will be continuing my running and academic careers at The University of North Carolina- Chapel Hill. I will most likely be majoring in exercise science while running for both the track and field and cross country teams.

**Jeremy Hayhurst:** I will attend either the University of Minnesota or Iowa State next year, though I do not plan on running at either. I have enjoyed my time running competitively and I look forward to continuing to run for fun.

**Zachary Kinne:** After high school I plan on going to college to study engineering. Some of my top choices at this point are University of Michigan, Duke University, and Stanford University with others closely behind. I haven't taken any official visits yet (although I am visiting Duke very soon). And if running is going well after college, maybe I'll be lucky enough to go professional. I'll cross that bridge once it comes and go from there.

**Scott Anderson:** I will be attending Illinois State University, and I will run for their cross country and track teams. I am majoring in education because I want to be a high school math teacher. I also want to coach cross country and track as well.

**Tyler Bombacino:** College somewhere in the Midwest and to hopefully run.

**Matthew Milostan:** I plan on continuing running with Neuqua track and further on in college. I am not completely sure where I will be going, but I know that I will run either on the team or a club.

**Ryan Kennedy:** I have another year and an attempt at another state trophy with my team.

**Booster Club Reporter** Do you have a role model?

**Josh Mollway:** My dad.

**Jake McEneaney:** The person I look up to most is Matt Centrowitz. He has a certain swagger about him that is very admirable. He is always very self-confident, which is a large part of the reason he has attained the success he has at the highest levels of the sport. He is someone that I think embodies the idea that anyone can win any race on any given day, and he is someone I look to continue being that role model.

**Jeremy Hayhurst:** My role model is my former teammate Austin Kinne, who graduated from Neuqua last year. I think to myself, "If people like as much as people like Austin, I'll know I've made it".

**Zachary Kinne:** I would have to say my role model is my brother, Austin, who is currently a freshman at Washington and Lee University in Virginia. He has always been there for me, supporting me in my athletics, providing an example for how to be successful academically, and showing me how to be a kind and caring person to others. Obviously, being brothers, we've had our squabbles and whatnot, but overall, he has showed me how to be a good person and how to be successful in whatever I do.

**Scott Anderson:** I could say that my role model is Chris Derrick, who is a professional runner that also went to Neuqua. But, I don't really consider him my role model. My role models are my mom and dad. They are really supportive of everything that I do. They always want what is best for me, and they try to keep my head in a good mental state. I look up to them more than anyone.

**Tyler Bombacino:** My Dad and great American distance runners. Also, Mo Farah, what a guy!

**Matthew Milostan:** My role model is my dad, because even though he doesn't know anything about running, he is always there for me and motivates me to continue pursuing my passion.

**Ryan Kennedy:** Chris Derrick.