

# St. Anthony High School Athlete of the Week September 2011



## **Athlete of the Week**



As a senior captain of the cross country team, Michael Rosenberg has shown exceptional leadership and dedication which has earned him the honor of being this week's athlete of the week. Michael has been on varsity all four of the years he has participated and his coach, Travis MacLeod, describes him as "one of our hardest workers." This past weekend, Michael participated in a meet at St. Olaf in which he faced some of the toughest runners in the state. He pushed himself and ended the race with a PR as well as logging the school's 5th fastest time ever! This Saturday he will be competing again, this time in one of the most prestigious meets in the country: the Roy Griak Invitational. Only ten members of each team are chosen to go and Michael has been chosen to be one of St. Anthony's representatives. Michael is an outstanding runner but more importantly, he's a great leader for the team.