



ATHLETICS

Media Information Form

<u>Student Name:</u>	<i>Carson VanderSchaaf</i>
<u>Sport(s):</u>	Men's Cross Country / Men's Track & Field
<u>Institution Signed With:</u>	Eastern Michigan University
<u>Event Specialty:</u>	Distance (5K, 3200M, 1600M, 800M, 3200M Relay)
<u>Planned Academic Major:</u>	Computer Science
<u>Accolades & Honors:</u>	<p><u>Personal Bests:</u></p> <ul style="list-style-type: none"> ▪ <u>800M</u>: 1:58.50 ▪ <u>1600M</u>: 4:23.45 ▪ <u>3200M</u>: 9:24.22 (2022; School Record) ▪ <u>5K</u>: 15:43.00 <p><u>Boys Cross Country:</u></p> <ul style="list-style-type: none"> ▪ 2022 U.P. Cross Country Runner of the Year ▪ Individual Champion – 2021 MHSAA U.P. Finals ▪ 4-Time All-State (2022, 2021, 2020, 2019) and 3-Time Academic All-State (2022, 2021, 2020) ▪ 3-Time All-U.P. "Dream Team" (2022, 2021, 2020) ▪ 4-Time All-U.P. (2022, 2021, 2020, 2019) ▪ Team member for four consecutive MHSAA U.P. Finals Championships (2022, 2021, 2020, 2019) <p><u>Boys Track & Field:</u></p> <ul style="list-style-type: none"> ▪ 2-Time All-State and Academic All-State (2022, 2021) ▪ 5-Time MHSAA U.P. Champion (3 Individual, 2 Relay) ▪ 8-Time MHSAA Regional Champion (5 Individual, 3 Relay) ▪ 3-Time Great Northern Conference Champion ▪ Team member for MHSAA U.P. Finals Championships in 2021 and 2022

	<p><u>Other:</u></p> <ul style="list-style-type: none">▪ National Honor Society, Kaufman Academic Award Recipient, Excellence in Education Scholarship Recipient, Eastern Michigan University Emerald Scholarship Recipient
<p><u>Why Carson Chose Eastern Michigan University:</u></p>	<p><i>“Coach Rinker at Eastern was the first college coach I talked to and from the beginning, I felt that we clicked on a personal and professional level. Coach Rinker and Coach Marr have similar training philosophies, so the adjustment wouldn’t be very big, which I liked. On top of that, when I went on my official visit I really liked all of the guys on the team and it felt like a good fit for me. After going on another visit, I knew that Eastern was the place for me.”</i></p>