



ATHLETICS

Media Information Form

Student Name:	Colin VanderSchaaf
Sport(s):	Men's Cross Country / Men's Track & Field
Institution Signed With:	Grand Valley State University
Event Specialty:	Distance (800M, 1600M, 3200M, 5K, 1600M Relay, 3200M Relay)
Planned Academic Major:	Biology
Accolades & Honors:	<p>Personal Bests:</p> <ul style="list-style-type: none">▪ <u>400M</u>: 52.45▪ <u>800M</u>: 1:57.60▪ <u>1600M</u>: 4:25.70▪ <u>3200M</u>: 9:55.00▪ <u>5K</u>: 16:27.00 <p>Boys Cross Country:</p> <ul style="list-style-type: none">▪ Individual Champion – 2022 Great Northern Conference Meet▪ 3-Time All-State and Academic All-State (2022, 2021, 2020)▪ 2-Time All-U.P. “Dream Team” (2022, 2021)▪ 3-Time All-U.P. (2022, 2021, 2020)▪ Team member for four consecutive MHSAA U.P. Finals Championships (2019, 2020, 2021, 2022) <p>Boys Track & Field:</p> <ul style="list-style-type: none">▪ 2-Time All-State and Academic All-State (2022, 2021)▪ 3-Time MHSAA U.P. Champion (2 Individual, 1 Relay)▪ 6-Time MHSAA Regional Champion (3 Individual, 3 Relay)▪ 3-Time Great Northern Conference Champion▪ Team member for MHSAA U.P. Finals Championships in 2021 and 2022 <p>Boys Swimming & Diving:</p> <ul style="list-style-type: none">▪ 8-Time MHSAA U.P. Swimming & Diving Champion▪ 2-Time U.P. Swimmer of the Year▪ Member of school, pool and U.P. record holding 200 Free Relay Team (2022; 1:29.93)

	<p><u>Other:</u></p> <ul style="list-style-type: none">▪ National Honor Society, Kaufman Academic Award Recipient, Excellence in Education Scholarship Recipient, Grand Valley State University Award for Excellence Scholarship
<p><u>Why Colin Chose Grand Valley State University:</u></p>	<p><i>“After going on a visit and meeting the coaching staff and team, I knew that it was the right fit and that I would have the potential to excel not only as an athlete but also academically and socially. I was also very impressed with the facilities and the support services available to the athletes at Grand Valley.”</i></p>