

## **Roger Fredrickson**

- Belvidere IL HS \* 1974-1976
- Titusville HS Titusville, Florida \* 1977-1978
- Eau Gallie HS Melbourne, Florida \* 1978-1981
- Erie IL HS \* 1982-84
- Winnebago IL \* 1984 -2004

## **Biography**

- Nominated for induction into the ITCCCA Hall of Fame in 1999 by Coach Joe Newton.
- 9 State Championship Cross Country Teams.
- 3 State Championship Cross Country Runner Up Teams.
- 1 State Championship Cross Country 3rd Place Team.
- 20 Cross Country Teams finished in the top 5 at the State Championships.
- Belvidere High School: IHSA Boys State Cross Country Finalists 22nd (1975).
- Titusville High School, Titusville, Florida Boys State Cross Country Champions (1977).
- Eau Gallie High School Florida Boys State Cross Country 8th Place (1980).
- Erie High School IHSA Boys State Cross Country 7th Place (1982)
- Erie High School IHSA Boys State Cross Country Runner Up (1983).
- Winnebago High School IHSA Girls State Champions (89) (93) (94) (95) (99) (2000) (2002).
- Winnebago High School IHSA Boys State Cross Country Champions (2002).
- 30 Conference Championships \* 18 Regional Championships\* 13 Sectional Championships.
- Multiple Individual Conference, Regional, Sectional and State Champions.
- 46 State Cross Country Top 25 Medalists \* 41 State Track and Field Medalists.
- 1 State Championship Girls 4x100 Relay Team.
- Winnebago Girls qualified for the IHSA State Cross Country Championships in 21 consecutive years from 1988 to 2009. An accomplishment shared equally with the team members of those 21 teams, Coach Fredrickson and Hall of Fame Coaches Joe and Janet Erb.
- Multiple ITCCCA Coach Of The Year Awards.
- Inducted into the Erie High School Athletic Hall of Fame.
- IHSA Cross Country Coaches Advisory Board Member.
- \*Special recognition to all of the Winnebago athletes that have been instrumental in the continuation of a proud tradition of Top 10 IHSA State Meet finishes that were not mentioned above. Always striving to be among the best of the best . . .
- Our 1998 9th place 4x800 relay team
- Boys Cross Country Teams 89,93,95,96,98,99,00,01
- Girls Cross Country Teams 88,90,91,96,98,01,03



