

# COMSTOCK HIGH SCHOOL



**Doug Keto**  
**2012-13**



## **Dedicated Athlete Award**

3 Days per Week – June & July – 3-5 Miles

Participated in Kalamazoo Mud Run

5 Days per Week – August – 3-6 Miles

4 Days per Week – November to March – 2-8 Miles

### **Varsity Soccer – 2010**

2010 – Team Most Improved Player Award

### **Varsity Cross Country – 2011, 2012**

2011 – Team Most Valuable Runner, Team Hardest Worker Award

2012 – Team Neal Edwards Hardest Worker Award

### **Varsity Track – 2011, 2012, 2013**

2013 – 3 Year Varsity Award

**Overwhelming Desire, Dedication, and  
Determination in Cross Country and Track & Field**

