

KRISTA RUSCHAK LONG CLASS OF 1997



Krista Ruschak Long started her athletic career on the playing fields and gymnasiums of Seneca Falls, and ended with her representing her country and hometown on three different continents. One of Mynderse Academy's most versatile female athletes, Krista played five different sports at Mynderse earning eleven varsity letters in four sports and a JV in a fifth.

In track, Krista competed in the shotput and discus, as well as running the 200 meter and 400 meter sprints. She earned a varsity letter and qualified for the sectionals in the 400 meters. Girls' lacrosse had begun Krista's sophomore year, and with her sister Kerri playing and her dad coaching, Krista switched to lacrosse as a junior. She captained the girls' lacrosse team in her senior years and earned all-league honors in her junior and senior years as a center. Krista's third varsity sport was soccer where she earned four varsity letters as a fullback and goalie, again captaining the team as a senior. In her fourth varsity sport, basketball, Krista's determination, athletic ability, and team loyalty truly shined. Krista was a four year varsity starter, and co-captain of the team her last three years. Her team qualified for the sectionals all four years with the highlight being the appearance in the New York State Championship game Krista's freshman year. Although Mynderse lost that game Krista says that she will never forget that game, nor the enthusiasm and support provided by the students and townspeople of Seneca Falls.

Along the way, Krista earned many basketball accolades. Krista earned the NYCC Tournament MVP award as a sophomore, and the "Above the Rim" club all tournament team three consecutive years. While at Mynderse Krista was voted 1st team all league center three consecutive years, won the Finger Lakes Times "Fab

Five” designation three consecutive years. She was chosen All Greater Rochester three times; second team her sophomore and junior years and first team as a senior. Krista was also selected to the Class C all tournament team as a sophomore.

Krista graduated from Mynderse Academy in 1997 and was a member of the National Honor Society. Upon graduation, Krista received an appointment to the United States Military Academy at West Point, NY. After tearing her ACL as a Plebe (Frosh) Krista went on to a stellar basketball career at West Point. Krista played three years of varsity basketball, starting some games as a sophomore and becoming a full time starter her junior and senior years. Krista also was chosen and served as a tri-captain of the women’s basketball team during her junior and senior seasons, graduating from West Point in 2001.

Upon graduation from West Point, Krista entered into the military service of the United States (Army) for eight and a half years, achieving the Rank of Captain. During that time Krista served one year in Iraq in the combat zone.

During her military career, Krista was stationed at various military installations around the world including; Kitzingen, Germany and Camp Carroll in Korea. While at these Army bases, Krista continued her basketball career by starting on the Women’s Base Basketball teams, playing in leagues against other bases. By doing so Krista can be said to have represented her hometown and country on three different continents; North America, Europe, and Asia.

Krista Ruschak Long wishes to thank her friends and family as well as all of the Seneca Falls community for the wonderful support she and her team received while participating as an athlete at Mynderse. She would like to be remembered as a “Team First Player” who was willing to assume any role assigned to her by her coaches.

Krista is married to Major Mike Long of the United States Army, and resides at Fort Riley, Kansas, with Mike and their daughter, Christine.