

CITY HIGH FALL SPORT AWARDS 2016

GIRLS CROSS COUNTRY

- **Most Valuable Runner:** Mary Arch, Emily Bywater
- **Bud Williams Intestinal Fortitude:** Bridget Brown
- **Kaye Sparks Spirit Award:** Anna Lindower
- **Izzy Shinnick-Gordon Award:** Naomi Meurice
- **Coaches Award:** Molly Hansen
- **Leadership Awards:** Emily Bywater, Mollie Hansen, Nova Meurice
- **Outstanding Senior:** Michelle Jennings
- **Outstanding Junior:** Rachel Strang
- **Outstanding Sophomore:** Phoebe Chapnick-Sorokin, Annie Rummelhart
- **Outstanding Freshman:** Aly Hecker
- **Outstanding Newcomer:** Kinsee Brands, Esti Brady
- **Parent Recognition Award:** Angie Bywater
- **MVC All-Conference Second Team:** Mary Arch, Anna Lindower, Emily Bywater
- **MVC All-Conference Honorable Mention:** Bridget Brown
- **MVC All-Academic:** Emily Bywater, Nova Meurice
- **All-State Academic:** Emily Bywater
- **IGHSAU All-District:** Mary Arch, Anna Lindower, Emily Bywater, Bridget Brown, Annie Rummelhart
- **IGHSAU 4A 1st Team All-State:** Mary Arch
- **State Team Placing:** 3rd Place IGHSAU Cross Country Championship- 121 points
 - Team Members: Mary Arch (7th), Emily Bywater (15th), Bridget Brown (28th), Kinsee Brands (34th), Annie Rummelhart (37th), Esti Brady (47th), Anna Lindower (93rd)
 - **Varsity Letter Winners:** Mary Arch, Esti Brady, Kinsee Brands, Bridget Brown, Emily Bywater, Celeste Chadwick, Phoebe Chapnick-Sorokin, Ntihebuwayo Dancile, Mollie Hansen, Grace Hartwig, Aly Hecker, Michelle Jennings, Isabel Jones, Sofie Lie, Anna Lindower, Elena Lyons-Macatee, Gabriel McCormick, Lucy McGehee, Nova Meurice, Amelia Morrow, Annalise Rummelhart, Addy Smith, Sophie Trom, Julia Veit

BOYS CROSS COUNTRY

- **Most Valuable Runner** –Matthew Dodge
- **Captains:** Matthew Dodge, Michael Berg, Jarren Lucas, Lucas Firmstone & Quenton Max
- **Most Improved:** Freshman: Matt Taylor, Mitchell Wilkes, Noah Weaver & Ryan Hynick; Sophomore: Jonathan Brown, Josh Fletcher, Owen Jones & Charlie Maxwell Junior: Nolan Cochran, Jim momberg & John Muckler Nelson Gredell Senior: Keegan Turnbough, Jordan Baldwin & Jarren Lucas
- **Coaches' Award-** Michael Taylor & Quenton Max
- **Bud Williams Intestinal Fortitude Award:** Jack Ballard
- **Man of Steel Award:** Noah Bullwinkle, Noah Kabat, Oisin Leopold, Thomas McMillian, Evan Hansen, Jared Parr, Gabe Weigel, Andrew Usachev & Jim McMillan
- **Bo Rydze Determination Award:** Jordan Baldwin
- **Mims - Hart Competitive Award:** Caden Turnbough
- **David McKay Gold Award:** Olivier Shabani
- **Steve Prefontaine Leadership Award:** Robbie Strang
- **Steve Maresch Team Award:** Michael Berg
- **Dave Rogers Spirit Award:** Matthew Dodge
- **MVC All-Conference Second Team:** Matthew Dodge

- **MVC All-Conference Honorable Mention:** Michael Berg, Quentin Max
- **MVC All-Academic:** Nathan Cremers, Matthew Dodge
- **All-State Academic:** Matthew Dodge, Michael Berg
- **State Team Placing:** 9th Place IAHSAA Cross Country Championship- 211 points
 - **Team Members:** Matthew Dodge (20th), Michael Berg (28th). Robbie Strang (49th), Quentin Max (56th), Lucas Firmstone (58th), Michael Taylor (86th), Caden Turnbough (94th)
 - **Varsity Letter Winners:** Jack Ballard, Michael Berg, Emi Bergman-Corbet, Nolan Cochran, Nathan Cremers, Matthew Dodge, Lucas Firmstone, Nathan Herreweyers, Jarren Lucas, Quenton Max, James McMillan, Caleb Morgan, JP Rethwisch, Olivier Shabani, Robbie Strang, Matthew Taylor, Michael Taylor, Sam Tomek, Tim Trana, Caden Turnbough, Keegan Turnbough

GIRLS SWIMMING AND DIVING

- **Most Valuable Player:** Andrea Adam
- **Captains:** Devan O'Rourke, Annelyn Broghammer, Grace Gerdts
- **Most Improved:** Andrea Adam, Clara Froeschner
- **Sportsmanship:** Annelyn Broghammer, Alexa Fredericks
- **New Comer Award:** Carly Weigel, Trinity Sadecky
- **Little Hawk Spirit:** Makayda Johnson, Edie Knoop
- **MVC All-Conference First Team:** Andrea Adam, Carly Weigel, Laura Lorenger
- **MVC All-Conference Second Team:** Carly Weigel
- **MVC All-Conference Honorable Mention:** Devan O'Rourke, Trinity Sadecky, Clara Froeschner
- **MVC All-Academic:** Andrea Adam, Grace Gerdts
- **All-State Academic:** Andrea Adam
- **State Placing:** 23rd place IGHSAU Swim & Dive Championship- 19 points
 - **Team Members:** 200 medley relay (Carly Weigel, Laura Lorenger, trinity Sadecky, Devan O'Rourke)- 22nd place, Carly Weigel- 100 backstroke & 200 freestyle- 18th place, trinity Sadecky- 500 freestyle- 15th place, Andrea Adam- diving- 2nd place
 - **Varsity Letter Winners:** Andrea Adam, Eva Bailey, Annelyn Broghammer, Alexa Fredericks, Clara Froeschner, Grace Gerdts, Makayda Johnson, Beatrice Kearns, Portia Klefstad, Eden Knoop, Laura Lorenger, Adriana McCall, Devan O'Rourke, Erin O'Rourke, Trinity Sadecky, Carly Weigel, Lauren Whaley

BOYS GOLF

- **MVC All-Academic:** Alex Kooker, Will Pedersen
- **MVP (lowest scoring average Campbell Johnson sophomore with a 90.1)**
- **Leadership Award (Best teammate/sportsmanship) - Alex Kooker senior**
- **Most improved - Mason Shawver (sophomore)**
- **Varsity Letter Winners:** Campbell Johnson, Alex Kooker, Winston Lui, Jake Marker, Will McIntire, Will Pedersen, Lucas Ribble, Devin Rutt, Mason Shawver,

VOLLEYBALL

- **Most Valuable Player:** Alexa Aldrich-Ingram
- **Captains:** Grace Brown, Shannon James, Alexa Aldrich-Ingram

- **Hustle Award:** Grace Brown
- **Michelle Kasperek Award:** Anna Roemerman
- **MVC All-Conference First Team:** Alexa Aldrich-Ingram
- **MVC All-Conference Second Team:** Shannon James, Shannon Stamp
- **MVC All-Conference Honorable Mention:** Grace Brown, Ellie Evans
- **MVC All-Academic:** Grace Brown, Shannon James
- **Iowa Girls Coaches Association:** class 5A 1st team all-district- Alexa Aldrich-Ingram
- **Iowa Girls Coaches Association:** class 5A 2nd team all-state- Alexa Aldrich-Ingram
- **Letter Winners:** Alexa Aldrich-Ingram, Grace Brown, Ellie Grace Dixon, Ellie Evans, Cessily Hayes, Shannon James, Kelsey Law, Mackenzie Murphy, Mackenzie Ribble, Anna Roemerman, Sydney Shroeder, Shannon Stamp, Kate Swenning

FOOTBALL

- **Captains:** Brock Hunger, Joey Schnoebelen, Naeem Smith, Jared Taylor, Nate Wieland
- **Motor Award:** Dillon Africa, Luke Doyle, Cole Milder, Gabe Nkumu, Ben Parker, Cam Ring, Jared Taylor, Nate Wieland
- **Offensive Line Award Winners:** Jordain Buckland, Dylan Deshler, Scooter Hickman, Lewis Howard, Jacob Murry, Joey Schnoebelen
- **Martin Luna Award:** Brock Hunger, Naeem Smith
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- **District #7 All-District First Team Offense:** Nate Wieland, Gabe Nkumu, Zach Jones
- **District #7 All-District First Team Defense:** Naeem Smith, Brock Hunger
- **District #7 All-District Second Team Offense:** Jordain Buckland, Joey Schnoebelen
- **District #7 All-District Second Team Defense:** Scooter Hickman, Dillon Africa
- **District #7 All-District Honorable Mention Offense:** Bryce Frantz, Vance Dillon
- **District #7 All-District Honorable Mention Defense:** Dylan Deshler, Charles Johnson
- **Ed Thomas coach of the Week-** Dan Sabers
- **District #6 All-District Academic:** Dillon Africa, Joseph Schnoebelen
- **School Records:**
 - **Vance Dillon-** tied school record for longest kick-off return for touchdown at 99 yards. Other record holders: Orville Townsend- 1985, Jesse Holland- 1996, Ellis Jordan- 2009
 - **Zach Jones-** school record for longest punt return at 89 yards. Old record Kahlil Hill 1996- 85 yards
- **Iowa Newspaper Association:** 3rd team defense all-state Naeem Smith
- **Quarter-Finals IAHSAA Football Playoffs:**
 - Team members: Dillon Africa, Deven Aman, Jack Anson, Jack Bacon, Mwene Baloci, Andrew Boynton, Jordain Buckland, Pablo Chavez, Maxwell DePrenger, Dylan Deshler, Vance Dillon, Luke Doyle, Jackson Ernst, Eduardo Estrada, Davonte Foster, Bryce Frantz, Witt Harberts, Kyle Hefley, Jayjuanyae Hickman, Lewis Howard, Brock Hunger, Bryce Hunger, Chris Johnson, Charles Johnson, Zach Jones, Malik Kimber, Liam McComas, Daniel Meyer, Cole Milder, Griffin Moore, Riley Moore, Miles Morrow, Noah Mueller, Jacob Murry, Gabriel Nkumu, Ben Parker, Narada Poole, Marquel Poole, Travis Reyhons, Cameron Ring, Kennardo Rodney, Kolbe Schnoebelen, Joseph Schnoebelen, Michael Shoemaker, Matt Sindt, Naeem Smith, Davryn Stewart, Jared Taylor, Alexander Voudhivong, Quincy Wells, Dominick Whitlow, Nate Wieland
 - **Varsity Letter Winners:** Dillon Africa, Jordain Buckland, Dylan Deshler, Vance Dillon, Eduardo Estrada, Bryce Frantz, Jayjuanyae Hickman, Jacob Howard, Brock Hunger, Bryce Hunger, Charles Johnson, Christian Johnson, Zach Jones, Cole Milder, Griffin

Moore, Miles Morrow, Jacob Murry, Gabe Nkumu, Narada Poole, Travis Reyhons, Cameron Ring, Kennardo Rodney, Joseph Schnoebelen, Naeem Smith, Jared Taylor, Dominick Whitlow, Nate Wieland,

CHEERLEADING

- **State of Iowa Honor Squad** : Samiya Batie, Charlisa Overton, Savanna Van Nevel
- **2016 UCA All-American**: Madeline Kimm
- **Letter Winners**: Samiya Batie , Anabelle Cooper , Jamie Dykes , Catherine Fuhrmeister , Lauren Grove , Kristina James , Madeline Kimm , Cecil McNeal , Katelyn Ortiz , Charlisa Overton , Savanna VanNevel