

2016 Fall Sports MVC Awards

City High Athletic Awards

FALL SPORTS SEASON

NOVEMBER 20, 2016

MVC ALL- ACADEMIC

The MVC all-academic award is presented to two junior or senior members of a team who have won a varsity letter and have the highest grade point average. In the event of a tie, multiple awards are given.

BOYS CROSS COUNTRY

Nathan Cremers, Matthew Dodge

GIRLS CROSS COUNTRY

Emily Bywater, Nova Meurice

FOOTBALL

Dillon Africa, Joseph Schnoebelen

BOYS GOLF

Alex Kooker, Will Pedersen

SWIMMING & DIVING

Andrea Adam, Grace Gerdtz

VOLLEYBALL

Grace Brown, Shannon James

MVC ALL- CONFERENCE

BOYS CROSS COUNTRY

2nd Team- Matthew Dodge
Honorable Mention- Michael Berg,
Quenton Max

GIRLS CROSS COUNTRY

2nd Team- Mary Arch, Anna
Lindower, Emily Bywater
Honorable Mention- Bridget Brown

FOOTBALL (All-District)

1st Team Offense- Nate Wieland, Gabe
Nkumu, Zach Jones
1st Team Defense- Naeem Smith,
Brock Hunger
2nd Team Offense- Jordain Buckland,
Joseph Schnoebelen
2nd Team Defense- Scooter Hickman,
Dillon Africa
Honorable Mention Offense- Bryce
Frantz, Vance Dillon
Honorable Mention Defense- Dylan
Deshler, Charles Johnson

SWIMMING & DIVING

1st Team- Andrea Adam (Diving),
Carly Weigel (200 Free), Laura
Lorenger (100 Breast)
2nd Team- Carly Weigel (100 Back)
Honorable Mention- Devan O'Rourke
(100 Free), Trinity Sadecky (500 Free),
Clara Froeschner (100 Breast)

VOLLEYBALL

1st Team: Alexa Aldrich-Ingram
2nd Team: Shannon Stamp, Shannon
James
Honorable Mention: Grace Brown,
Ellie Evans



Over 400 student athletes were involved in athletics this fall at City High

City High School had a tremendous fall season. Fresh off of earning the 2016 MVC all-sports titles for boys and girls, our teams continued to perform at the very highest levels. Not only did our participation increase for the third consecutive year, our teams showed the power of hard work and believing in the system. Of the six sports contested this fall, City High brought home two runners-up finishes in the MVC. City High was also one of only seven 4A schools to have 4 programs ranked in the top ten in the state during the season.

Cheerleading The cheerleaders had a great season cheering on the Little Hawks this year! They participated in over 10 community service projects this fall giving back to our community. The cheerleaders started the Sparkle Effect team which allows students with and without disabilities an opportunity to cheer together and show their school spirit. At the State cheerleading championships in Des Moines they placed 14th. Individually, Madeline Kimm was named



UCA all-Americans and Samiya Batie, Charlisa Overton, and Savanna VanNevel were selected for the State Honor Squad.

Boys Cross Country The 2016 team of 92 boys was the largest in history. The JV (71-9) were MVC champions and the 9/10 (36-8) team were Divisional Champions. During the season, the Varsity team reached a ranking of #10 prior to them qualifying for their 26th state meet out the past 28 years. The Varsity (78-37) placed 8th in the state overcoming a collision of runners 500 meters into the race. The team was proud to have volunteered for the Breast Cancer 5K fundraiser this season.



Girls Cross Country The team had a very successful year qualifying for their 29th consecutive state meet. The team placed 3rd, bringing home a trophy to add to the case. Mary Arch was an all-state performer placing 7th in class 4A. The team held its 12th Annual Run for Relief raising over \$4,000 for the Abbe Mental Health Clinic.

Football The football team had a terrific season this year, finishing their season at 8-3, runner-up in the district, and making it to the quarter-finals of the IHSAA playoffs. The team

was represented by first team all-district performers Nate Wieland, Gabe Nkumu, Zach Jones, Naeem Smith & Brock Hunger. For the 10th time in the past 12 years, the team won the boot from rival West High.

Boys Golf City High boy's golf was comprised of a young core this fall season with five of the varsity members being underclassmen. Loan senior, Alex Kooker led the team along with three juniors rounding out the varsity squad. They will build on the experience gained this season and are eager to put in the work preparing for next year. The team also assisted the local animal shelter this fall to raise funds for a good cause.

Swimming Swimming continues their upward trajectory. The team increased participation for the third consecutive year and had the largest squad since 2003. A great attitude and hard work were hallmarks of this team. The team had five events qualify for the state meet led by diver Andrea Adam who placed 2nd.

Volleyball The volleyball team was led by an experienced group of seniors who helped power our team to the regional final match for the third consecutive year. Carrying a top 10 ranking into the post season, a big highlight of the season was winning the Dubuque Tournament. Alexa Aldrich-Ingram was named 1st team all-conference for the third consecutive year.



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www.littlehawkathletics.com



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[@CityHighSports](https://twitter.com/CityHighSports)



After the fall, the girls teams are 3rd in the MVC all-sports standings and the boys are 7th.

HONORS & AWARDS

State Qualifiers & Place Winners

GIRLS SWIMMING & DIVING

23rd place IGHS AU Swim & Dive Championship- 19 points
200 Medley Relay (Carly Weigel, Laura Lorenger, Trinity Sadecky, Devan O'Rourke)- 22nd place, Carly Weigel- 100 Backstroke- 18th place & 200 Freestyle 18th place, Trinity Sadecky- 500 Freestyle 15th place, Andrea Adam- Diving 2nd place



GIRLS CROSS COUNTRY

3rd Place IGHS AU Cross Country Championship- 121 points

Team Members: Mary Arch (7th), Emily Bywater (15th), Bridget Brown (28th), Kinsee Brands (34th), Annalise Rummelhart (37th), Esti Brady (47th), Anna Lindower (93rd)



FOOTBALL

Quarter-Finals IAHSAA Football Playoffs

Team members: Dillon Africa, Deven Aman, Jack Anson, Jack Bacon, Mwene Baloci, Jordain Buckland, Pablo Chavez, Maxwell DePrenger, Dylan Deshler, Vance Dillon, Luke Doyle, Jackson Ernst, Eduardo Estrada, Davonte Foster, Bryce Frantz, Witt Harberts, Kyle Hefley, Scooter 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, Naem Smith, Davryn Stewart, Jared Taylor, Alexander Voudhivong, Quincy Wells, Dominick Whitlow, Nate Wieland

Individual & Special Accomplishments

CHEERLEADING

Madeline Kimm- UCA All-American
Samiya Batie, Charlisa Overton, and Savanna VanNevel- ICCA state of Iowa Honor Squad



BOYS CROSS COUNTRY

9th Place IAHSAA Cross Country Championship- 211 points

Team Members: Matthew Dodge (20th), Michael Berg (28th), Robbie Strang (49th), Quenton Max (56th), Lucas Firmstone (58th), Michael Taylor (86th), Caden Turnbough (94th)



FOOTBALL

Vance Dillon- Tied school record for longest kick-off return for a touchdown at 99 yards. Other record holders include Orville Townsend- 1985, Jesse Holland- 1996, Ellis Jordan- 2009.

Zach Jones- School record for longest punt return- 89 yards. Old record Kahlil Hill 1996- 85 yards.



GIRLS CROSS COUNTRY

Mary Arch- 1st Team All-State



VOLLEYBALL

Alexa Aldrich-Ingram- 1st Team All-District



'JUST DREW IT' 'LIVE LIKE LINE' AWARD

Evan Hansen

