

CITY HIGH FALL SPORT AWARDS 2017

GIRLS CROSS COUNTRY

- **Most Valuable Runner:** Amelia Morrow
- **Bud Williams Intestinal Fortitude:** Kinsee Brands
- **Kaye Sparks Spirit Award:** Lottie Gidal
- **Izzy Shinnick-Gordon Award:** Lindsey Parrott
- **Coaches Award:** Rachel Strang
- **Leadership Awards:**
 - **Outstanding Senior:** Bridget Brown
 - **Outstanding Junior:** Liza Sarsfield
 - **Outstanding Sophomore:** Aubryn Kaine
 - **Outstanding Freshman:** Lilly Reynolds
 - **Outstanding Newcomer:** Janie Perrill
- **MVC All-Conference Honorable Mention:** Kinsee Brands
- **MVC All-Academic:** Gabriel McCormick, Bridget Brown, Lindsey Parrott, Addy Smith, Rachel Strang
- **IGHSAU All-District:** Amelia Morrow
- **State Team Placing:** 11th Place IGHSAU Cross Country Championship- 222 points
 - **Team Members:** Amelia Morrow (23rd), Aly Hecker (39th), Esti Brady (40th), Kinsee Brands (58th), Bridget Brown (62nd), Anna Lindower (77th), Annalise Rummelhart (93rd)
 - **Varsity Letter Winners:** Esti Brady, Kinsee Brands, Bridget Brown, Jae Dancer, Anna Denniston, Emma Hartwig, Aly Hecker, Claire Kelly, Anna Lindower, Gabriel McCormick, Naomi Meurice, Amelia Morrow, Janet Nyamboneka, Lindsey Parrott, Elizabeth Perrill, Lilly Reynolds, Paige Rocca, Annalise Rummelhart, Jordan Sekafetz, Addy Smith, Rachel Strang, Julia Veit

BOYS CROSS COUNTRY

- **Most Valuable Runner** – Quenton Max
- **Captains:** Quenton Max, John Momberg, Jared Parr
- **MOST IMPROVED AWARDS**
 - **SR:** Nelson Gredell, Eric Thomas, James Momberg, Dean Wortman & JP Retwisch
 - **JR:** Yassar Hassan, Charlie Maxwell, Tim Simmons, Jonathon Brown , Keegan Sotelo
 - **SO:** Liam Barron, Atticus Ojile, Noah Weaver, Matt Rew, Ethan Hudson, Satchel Cochran
 - **FR:** Gabe Ashitey, Blessing Pongo, Joe Simmons, Soren Ostby, Noah Hartwig, Doak Allgood
- **Coaches' Award-** Nelson Gredell
- **Bud Williams Intestinal Fortitude Award:** Eric Thomas
- **Man of Steel Award:** Kelby Anderson, Daniel Brown, Paul Cornell, Kahleb Fallon, Sebastian Loria-Eivines, Thomas McMillan, Soren Ostby, Matt Rew, Simeon Smith, Matt Taylor, & Robbie Strang
- **Bo Rydze Determination Award:** Gabe Weigel
- **Dirk Marple Determined Award:** Owen Jones
- **Brook Price Competitive Award:** Kyden Hotka & Andre Miller
- **David McKay Gold Award:** Mitchell Wilkes
- **Steve Prefontaine Leadership Award:** Caden Turnbough
- **Steve Maresch Team Award:** Will Martin
- **Dave Rogers Spirit Award:** Jared Parr
- **MVC All-Conference Honorable Mention:** Quenton Max
- **MVC All-Academic:** Quenton Max, John Muckler, Jared Parr

- **All-State Academic:** Quenton Max
 - **Varsity Letter Winners:** Jonah Brook, Jonathan Brown, Nolan Cochran, Lucas Firmstone, Nelson Gredell, Owen Jones, Will Martin, Quenton Max, Charles Maxwell, Andre Miller, James Momberg, John Momberg, John Muckler, Jared Parr, John Paul Rethwisch, Robert Strang, Max Swain, Eric Thomas, Caden Turnbough, Andrew Usachev, Gabriel Weigel, Mitchell Wilkes, Dean Wortman

GIRLS SWIMMING AND DIVING

- **Most Valuable Player:** The whole senior class (Clara Froeschner, Laura Lorenger, Edie Knoop, Lauren Whaley, Makayda Johnson, Audrey Friestad)
- **Captains:** Clara Froeschner, Eden Knoop, Lauren Whaley
- **Most Improved:** Adri McCall
- **Sportsmanship:** Makayda Johnson, Lauren Whaley
- **New Comer Award:** Rika Yaharishi, Eva Packer
- **Little Hawk Spirit:** Lauren Whaley
- **MVC All-Conference First Team:** Trinity Sadecky, Carly Weigel
- **MVC All-Conference Second Team:** none
- **MVC All-Conference Honorable Mention:** Rika Yahashiri, Laura Lorenger, Clara Froeschner
- **MVC All-Academic:** Eden Knoop, Laura Lorenger
- **School Records:**
 - 200 medley relay (Carly Weigel, Rika Yahashiri, Laura Lorenger, Trinity Sadecky) with a time of 1:51.63. Previous record holder: Alayna McCafferty, Lizzie Brown, Paris Sissel, Alix Sharp-2013, 1:51.94
 - Carly Weigel - school record in the 50m freestyle event with a time of 24.71. Previous record holder: Krista Peterson- 1978, 24.77
 - 200 free relay (Carly Weigel, Rika Yahashiri, Clara Froeschner, Trinity Sadecky) with a time of 1:40.51. Previous record holder: Kristy Hirokawa, Kristen Lee, Jenny Harper, Molly Gable-1999, 1:42.43
- **State Placing:** 16th place IGHS AU Swim & Dive Championship- 36 points
 - **Team Members:** 200 medley relay (Carly Weigel, Rika Yahashiri, Laura Lorenger, Trinity Sadecky)- 14th place, Carly Weigel- 100 backstroke(10th Place) & 200 freestyle(11th place), Trinity Sadecky- 500 freestyle(10th place), 200 Freestyle Relay (Rika Yahashiri, Carly Weigel, Clara Froescher, Trinity Sadecky) - 12th place
 - **Varsity Letter Winners:** Maggie Cremers, Audrey Friestad, Clara Froeschner, Jesse Hausknecht-Brown, Makayda Johnson, Beatrice Kearns, Portia Klefstad, Eden Knoop, Johanna Kopelman, Laura Lorenger, Adriana McCall, Erin O'Rourke, Eva Packer, Trinity Sadecky, Carly Weigel, Lauren Whaley, Rika Yahashiri

BOYS GOLF

- **MVC All-Academic:** Will McIntire, Will Pedersen
- **Captain:** Campbell Johnson
- **MVP (lowest scoring average Campbell Johnson, Junior with a 87.14)**
- **Leadership Award (Best teammate/sportsmanship) - James Kriz.** Started playing golf this year. Came to every summer voluntary practice. Made it from practice squad to the JV traveling squad
- **Most Improved:** Lucas Ribble. Shot the lowest score of the year in an 18 hole match par 72 with a 77. Led the team in Districts with an 84
- **Varsity Letter Winners:** Luke Edwards, Campbell Johnson, Winston Lui, Will McIntire, Lucas Ribble, Devin Rutt, Mason Shawver

VOLLEYBALL

- **Most Valuable Player:** Kelsey Law
- **Captains:** Kelsey Law, Mackenzie Murphy
- **Hustle Award:** Brooke Bormann
- **Michelle Kasparek Award:** Brooke Sarrazin
- **You Can Award:** Emily Knoche
- **MVC All-Conference First Team:** MacKenzie Murphy
- **MVC All-Conference Second Team:** Ellie Evans
- **MVC All-Conference Honorable Mention:** Kelsey Law, Mia Loughran
- **MVC All-Academic:** Brooke Sarrazin, Eryn Dailey
- **Varsity Letter Winners:** Cecilia Aldrich-Ingram, Lindsey Bolton, Brooke Bormann, Eryn Dailey, Ellie Evans, Kelsey Law, Mia Loughran, Mackenzie Murphy, Brooke Sarrazin, Kate Swenning

FOOTBALL

- **Captains:** Witt Harberts, Bryce Hunger, Zachary Jones, Alex Voudivong
- **Motor Award:** Max DePrenger, Alex Voudhivong, Kyle Hefley, Jack Bacon, Zach Jones, Luke Doyle, Quincy Wells, Evan Gunder, Liam McComas, Erik Lycke, Garret Rosenow, Marquel Poole, Michael Santoro, Cole Milder
- **Offensive Line Award Winners:** Jacob Murry, Liam McComas
- **Martin Luna Award:** Luke Doyle
- **District #7 All-District First Team Offense:** Zach Jones
- **District #7 All-District Second Team Offense:** Bryce Hunger, Liam McComas
- **District #7 All-District Honorable Mention Offense:** Jacob Murry
- **District #7 All-District Honorable Mention Defense:** Kyle Hefley, Max DePrenger, Marquel Poole
- **District #7 All-District Academic:** Luke Doyle, Cole Milder
- **School Records:**
 - **Zach Jones-** school record for career receptions with 118 (2015-17). Previous record: Mark Lumpa - 82 receptions, 1983-84
 - School record for receptions in a game with 16 against Ames High School. Previous record: Mark Lumpa - 12 receptions, 1983
 - School record for receptions in a season with 77. Previous record: Jason Jones - 65 receptions, 2015
 - Tied School record with 3 receiving touchdowns in a game. Other record holders: 1972, 1983 (x2), 1989, 1996, 2005
- **Iowa Newspaper Association:** 1st team offense all-state Zach Jones
- **Varsity Letter Winners:** Deven Aman, Jack Anson, Jack Bacon, Doug Burtch, Max DePrenger, Luke Doyle, Davonte Foster, Zack Greazel, Witt Harberts, Kyle Hefley, Bryce Hunger, Chris Johnson, Zachary Jones, Wilfried Kadohou, Malik Kimber, Liam McComas, Cole Milder, Riley Moore, Jacob Murry, Marquel Poole, Garrett Rosenow, Quinton Runge, Michael Shoemaker, Matt Sindt, Alex Voudhivong, Dominic Waikel, Quincy Wells

CHEERLEADING

- **Captain:** Madeline Kimm
- **State of Iowa Honor Squad :** Maddie Kimm, Charlisa Overton, Katelyn Ortiz
- **2017 UCA All-American:** Charlisa Overton, Katelyn Ortiz

- **Letter Winners:** Jamie Dykes, Cara Flanagan, Cat Fuhrmeister, Lauren Grove, Yarelle Jaimes, Kristina James, Madeline Kimm, Julia McReynolds, Katelyn Ortiz, Charlisa Overton, Andrew Preslicka, Savanna Van Nevel