

CITY HIGH FALL SPORT AWARDS 2018

GIRLS CROSS COUNTRY

- **Most Valuable Runner:** Rowan Boulter
- **Bud Williams Intestinal Fortitude:** Janie Perrill
- **Most Improved:** Mary Bounds
- **Kaye Sparks Spirit Award:** Lottie Gidal
- **Izzy Shinnick-Gordon Award:** Anna Lindower
- **Captain Awards:** Naomi Meurice, Izzy Jones, Anna Lindower, Lottie Gidal
- **Outstanding Senior:** Liza Sarsfield
- **Outstanding Junior:** Esti Brady
- **Outstanding Sophomore:** Lilly Reynolds
- **Outstanding Freshman:** Lucy Corbin
- **MVC All-Conference First Team:** Rowan Boulter
- **MVC All-Conference Second Team:** Esti Brady, Lilly Reynolds, Jae Dancer
- **MVC All-Conference Honorable Mention:** -----
- **MVC All-Academic:** Phoebe Chapnick-Sorokin, Naomi Meurice, Shawana O'Malley, Annalise Rummelhart
- **Des Moines Register Athlete of the Week:** Rowan Boulter
- **State Individual Qualifier:** Rowan Boulter- 36th place
- **Varsity Letter Winners:** Lilly Bender, Rowan Boulter, Mary Bounds, Esti Brady, Morgan Carey, Phoebe Chapnick-Sorokin, Lucy Corbin, Drew Damhorst, Jae Dancer, Tatum Frazier, Carlotta Gidal, Aly Hecker, Kayla Hefley, Ella Hennager, Mai Hoang, Isabel Jones, CeCe Kelly-Harvey, Amira LaVelle, Anna Lindower, Naomi Meurice, Shawna O'Malley, Elizabeth Perrill, Madeline Pugh, Lilly Reynolds, Annalise Rummelhart, Liza Sarsfield, Julia Veit

BOYS CROSS COUNTRY

- **Most Valuable Runner** –Mitchell Wilkes & Andre Miller
- **Captains:** Olivier Shabani, Owen Jones, Josh Fletcher, Evan Hansen, Charlie Maxwell, & Noah Weaver
- **MOST IMPROVED AWARDS:**
 - **SR:** Daniel Brown, Yasar Hassan(2), Philip Rocca, Tahj Williamson
 - **JR:** Liam Barron, Jacob Bouska, Elliot Tomek, AJ Seamans, Noah Weaver (3), Tevon Williamson
 - **SO:** Gabe Ashitey, Tobey Epstein, Joe Fischer, Eduardo Garces, Noah Hartwig(2), Kyle McDowell, Evan McElroy, Lance Smith,
 - **FR:** Derek Lewis, Chase Loftus, Jacob Rohr, Aaron Rutherford, Sam Schaefer
- **2018 GRIT:** Caden Turnbough, Owen Jones, Sumner Codd, Elliot Dunnwald, Ilario Balestrieri-Fox, Demetrious Ramirez, Sebastian Loria-Eivins, Lohman Provorse, Aidan Spurgetis
- **Coaches' Award-** Ryan Carter & Evan Hansen
- **Bud Williams Intestinal Fortitude Award:** Jack Ballard
- **Bo Rydze Determination Award:** Simeon Smith
- **David McKay Gold Award (Sophomore):** Hayden Beerends
- **Brook Price Competitive Award (Freshman):** Sullivan Hall
- **Steve Prefontaine Leadership Award (Senior):**Keegan Sotelo
- **Steve Maresch Team Award:** Michael Berg
- **Dave Rogers Spirit Award:** Josh Fletcher
- **Dirk Marple Determined Award (Junior):** Demetrious Ramirez
- **Great Friend of City High XC-** Sarah & Scott Hansen
- **MVC All-Conference Honorable Mention:** Yasar Hassan

- **MVC All-Academic:** Jonathan Brown, Josh Fletcher, Owen Jones, Anders Lie, Younes Rouabhi
- **State Individual Qualifier:** Yassar Hassan- 91st place
- **Varsity Letter Winners:** Eli Anderson, Daniel Brown, Jonathan Brown, Ryan Ceynar, Elliot Dunnwald, Josh Fletcher, Arvid Gustafson, Sullivan Hall, Evan Hansen, Yasar Hassan, Kyden Hotka, Owen Jones, Anders Lie, Charles Maxwell, Andre Miller, Ollie Morelli, Philip Rocca, Younes Rouabhi, Olivier Shabani, Simeon Smith, Keegan Sotelo, Matthew Taylor, Mitchell Wilkes

GIRLS SWIMMING AND DIVING

- **Most Valuable Player:** Olivia Masterson
- **Captains:** Erin O'Rourke, Maggie Cremers, Kate Wilson
- **Most Improved:** Jesse Hausknecht-Brown, Alison Kenaston
- **Sportsmanship:** Alexa Fredericks, Shelby Caldwell, Rika Yahashiri
- **New Comer Award:** Olivia Masterson, Grace Champion
- **Little Hawk Spirit:** Trinity Sadecky, Maggie Cremers
- **Iron Little Hawk (Strength & Conditioning):** Carly Weigel, Kate Kueter
- **MVC Coach of the Year: Zane Hugo**
- **MVC All-Conference First Team:** Carly Weigel, Olivia Masterson, Trinity Sadecky, Rika Yahashiri,
- **MVC All-Conference Second Team:**
- **MVC All-Conference Honorable Mention:** Erin O'Rourke
- **MVC All-Academic:** Alexa Fredericks, Kate Wilson
- **Des Moines Register Athlete of the Week:** Olivia Masterson
- **State Placing:** 7th place IGSAU Swim & Dive Championship- 118 points (most points ever scored at State)
 - **Team Members:** 200 medley relay (Carly Weigel, Olivia Masterson, Trinity Sadecky, Rika Yahashiri)- 3rd place, 200 yard free relay (Carly Weigel, Olivia Masterson, Trinity Sadecky, Rika Yahashiri)- 7th place, 400 yard free relay (Jesse Hausknecht-Brown, Maggie Cremers, Allison Kenaston, Grace Champion)- 30th place; Olivia Masterson- 200 IM- 4th, 100 breaststroke- 3rd; Trinity Sadecky- 50 free, 12th, 100 butterfly- 16th; Carly Weigel- 100 freestyle- 5th, 100 backstroke- 8th; Rika Yahashiri- 50 freestyle- qualified, 100 freestyle- qualified
- **School Records:**
 - 200 Medley Relay: Carly Weigel , Olivia Masterson , Trinity Sadecky, Rika Yahashiri- 1:46.52
 - 200 IM: Olivia Masterson- 2:05.01
 - 50 Free: Trinity Sadecky- 24.36
 - 100 Free: Carly Weigel- 52.32
 - 200 Free Relay: Olivia Masterson, Carly Weigel, Rika Yahashiri, Trinity Sadecky- 1:38.12
 - 100 Back: Carly Weigel - 57.44
 - 100 Breast: Olivia Masterson- 1:02.93
- **Varsity Letter Winners:** Grace Champion, Maggie Cremers, Alexa Fredericks, Jesse Hausknecht-Brown, Beatrice Kearns, Alison Kenaston, Portia Klefstad, Johanna Kopelman, Olivia Masterson, Erin O'Rourke, Eva Packer, Peyton Sands, Trinity Sadecky , Carly Weigel, Kate Wilson, Sydney Wilson, Rika Yahashiri

BOYS GOLF

- **MVC All-Academic:** Lucas Ribble, Alex Griemann
- **MVP-** Luke Edwards, lowest scoring average with combined (9/18) 42.8
- **Leadership Award (Best teammate/sportsmanship) - Nick Cronk**
- **Most improved -Reese Hayden**

- **Varsity Letter Winners:** Nick Cronk, Luke Edwards, Alex Greimann, Reese Hayden, Marshall Hilfman, Campbell Johnson, Lucas Ribble, Levi Sherod

VOLLEYBALL

- **Most Valuable Player:** Mackenzie Murphy
- **Captains:** Ellie Evans, Kelsey Law, Mackenzie Murphy, Kate Swenning
- **Hustle Award:** Brooke Bormann, Eryn Dailey
- **Michelle Kasperek Award:** Kate Swenning
- **MVC All-Conference Second Team:** Ellie Evans, Mackenzie Murphy
- **MVC All-Conference Honorable Mention:** Kelsey Law, Mia Loughran
- **MVC All-Academic:** Eryn Dailey, Kaylee Paulsen
- **Letter Winners:** Cecilia Aldrich-Ingram, Joslyn Becker, Lindsey Bolton, Brooke Bormann, Eryn Dailey, Ellie Evans, Emily Knoche, Kelsey Law, Mia Loughran, Mackenzie Murphy, Emma Nugent, Kaylee Paulsen, Makayla Ribble, Madison Slay, Kate Swenning, Alia Vanderhoef

FOOTBALL

- **Captains:** Quincy Wells, Max DePrenger, Liam McComas, Kyle Hefley
- **Motor Award:** Quincy Wells, Max DePrenger, Liam McComas, Kyle Hefley, Tonka Hickman, Raph Hamilton, Maisha Sila, Evan Gunder, Jackson Ernest, Josh Poe, Kolbe Schnoebelen, Josh Honson
- **Offensive Line Award Winners:** Jack Bacon, Jacob Murry, Garrett Rosenow, Kolbe Schnoebelen
- **Martin Luna Award:** Quincy Wells and Kyle Hefley
- **District #4 All-District First Team Offense:** Liam McComas
- **District #4 All-District Honorable Mention:** Tonka Hickman, Jacob Murry, Max DePrenger
- **District #4 All-District Academic:** Jack Bacon, Cordero Estremera
- **Varsity Letter Winners:** Jack Bacon, Douglas Burtch, Matthew Colon, Maxwell DePrenger, Jackson Ernst, Cordero Estremera, Evan Gunder, Raphael Hamilton, Kyle Hefley, Tonka Hickman, Malik Kimber, Zach Kuepker, Liam McComas, Jacob Means, Riley Moore, Jacob Murry, Drew Owen, Garrett Rosenow, Kolbe Schnoebelen, Maisha Sila, Ben Steve, Quincy Wells

CHEERLEADING

- **Most Improved:** Mia Garcia
- **Best- All Around:** Yarelle Jaimes
- **Cheer MVP:** Maddie Kimm
- **State of Iowa Honor Squad :** Lauren Grove, Madeline Kimm, Katelyn Ortiz
- **2018 UCA All-American:** Yarelle Jaimes, Madeline Kimm, Katelyn Ortiz
- **Letter Winners:** Sabrina Bach, Mia Garcia, Anna Gayley, Carley Geasland, Lauren Grove, Karla Gutierrez, Yarelle Jaimes, Madeline Kimm, Julia McReynolds, Katelyn Ortiz, Andrew Preslicka, Anna Whittaker