

## CITY HIGH WINTER SPORT AWARDS 2016

### CHEERLEADING

- **MVC All-Academic:** Lauren O'Brien, Sadie Hobbs
- **Varsity Letter Winners:** Lisa Alcaraz-Germartino, Aiyana Alston, Brianna Bleckwenn, Jamie Dykes, Lauren Grove, Sadie Hobbs, Madeline Kimm, Cecil McNeal, Keyauna Miller, Lauren O'Brien, Charlisa Overton, Donna Preslicka, Robert Redmond

### DANCE

- **MVC All-Academic:** Leigh Durian, Elke Windschitl
- **Varsity Letter Winners:** Alivia Baldrige, Ellie Ballard, Amelia Cain, Leigh Durian, Hailey Fay, Ella Lowry, Marisa Milavetz, Abby Postman, Cori Slocum, Grace Williamson, Elke Windschitl
- **Captains-** Elke Windschitl
- **State Place Winners:**
  - Hailey Fay- 2nd place
  - Elke Windschitl, Grace Williamson, Amelia Cain, Alivia Baldrige- Division I
  - Team Jazz- 4<sup>th</sup> place
  - Team Lyrical- 1<sup>st</sup> place
- **NDTC National Championship-** 11<sup>th</sup> place small varsity jazz

### WRESTLING

- **MVC All-Conference First Team:** 120- Joe Harney, 160- Ali Omar
- **MVC All-Conference Second Team:** 138- Kyle Hefley, 152- Nic Jarvis, 170- Jacob Dykes, 220- Jordan Buckland
- **MVC All-Conference Honorable Mention:** 106- Ryan Ceynar, 126- Lance Bormann, 132- Daniel Kelly
- **MVC All-Academic:** Nic Jarvis & Daniel Kelly
- **Varsity Letter Winners:** Jack Anson, Khurt Bacho, Bryan Berg, Gabe Bergeon, Lance Bormann, Jordain Buckland, Ryan Ceynar, Max DePrenger, Jacob Dykes, Nicholas Freerks, Joey Harney, Kyle Hefley, Brock Hunger, Nic Jarvis, Daniel Kelly, Alex Kooker, Dominic McCullough, Jacob Murry, Ali Omar, Jacob Powers, Joseph Ring, Stephen Whitlow
- **Captains-** Nic Jarvis, Daniel Kelly, Ali Omar, Jacob Powers
- **Outstanding Wrestler:** Nic Jarvis
- **Most Dedicated:** Daniel Kelly
- **Leadership Award:** Daniel Kelly
- **Most Improved:** Bryan Berg, Ryan Ceynar
- **Most Win & Pins:** Nic Jarvis
- **Freshman of the Year:** Kyle Hefley
- **JV Wrestler of the Year:** Max DePrenger, Bear Jones
- **Guts Club:** Khurt Bacho, Gabe Bergeon, Joey Harney, Nic Jarvis, Daniel Kelly, Alex Kooker, Joe Ring
- **Academic Award:** Daniel Kelly
- **Coaches Appreciation Award:** Joe Ring, Lance Bormann, Jacob Murry
- **School Record:** Nic Jarvis 49 victories breaks the old mark of 46 by Jeff McGinnis in 1993
- **State Qualifiers**
  - **Team regional dual tournament qualifier**
  - **Nic Jarvis-** 7<sup>th</sup> place 152
  - **Jordan Buckland-** qualifier 220
  - **Jacob Dykes-** qualifier 170
  - **Jacob Powers-** qualifier 120

## BOYS BASKETBALL

- **MVC All-Conference First Team:** Micah Martin
- **MVC Coach of the Year:** Don Showalter
- **MVC All-Conference Second Team:** Naeem Smith
- **MVC All-Conference Honorable Mention:** Nile Ringen, Henry Mulligan
- **MVC All-Academic:** Austin Green, Henry Mulligan
- **Varsity Letter Winners:** Kolbie Barnes, Cole Cotton, Louis Craig, Vance Dillon, Conrad Donnelly, Austin Green, Charles Johnson, Jason Jones, Micah Martin, Henry Mulligan, Gabriel Nkumu, Gonzalo Olaguez-Duarte, Nile Ringen, Caleb Sass, Shamari Scott, Naeem Smith, Jared Taylor, Trajan Wells, Nate Wieland
- **Captains-** Jason Jones, Nile Ringen
- **McDonalds All-American nominee:** Micah Martin
- **Notable Achievements:**
  - 600<sup>th</sup> career victory- coach Don Showalter
- **Best Practice Player** - Gonzo Duarte
- **Mr. Inspirational** – Shamari Scott
- **MVP** – Naeem Smith
- **Most Outstanding Player** – Henry Mulligan
- **Most Improved Players** - Micah Martin, Gabe Nukumu, Vance Dillon
- **Best Teammate** – Shamari Scott
- **Coaches Award** – Nate Wieland, Jason Jones, Chuck Johnson
- **1<sup>st</sup> Team Sub-State #6-** Micah Martin

## GIRLS BASKETBALL

- **MVC All-Conference First Team:** Ashley Joens, Courtney Joens
- **MVC Athlete of the Year:** Ashley Joens
- **MVC Coach of the Year:** Bill McTaggart
- **MVC All-Conference Second Team:** Kenya Earl
- **MVC All-Conference Honorable Mention:** Sydney Schroder, Rose Gamamou
- **MVC All-Academic:** Rose Gamamou, Sarah Overton
- **Varsity Letter Winners:** Jaymesha Brackens, Lauren Caris, Kenya Earl, Madelynn Fontana, Rose Gamamou, Christina Hora, Ashley Joens, Mikayla Lacey, Shevonna Norris, Sarah Overton, Sydney Schroder, Addy Smith, Skye Spencer
- **Captains:** Courtney Joens, Sarah Overton
- **McDonalds All-American nominee-** Courtney Joens
- **Notable Achievements:**
  - 400 career victories- coach Bill McTaggart
  - 1000 point club- Courtney Joens- 1129
- **1<sup>st</sup> team all-district:** Ashley Joens, Courtney Joens
- **1<sup>st</sup> team all-region:** Ashley Joens, Courtney Joens
- **1<sup>st</sup> team IGCA all-state:** Ashley Joens
- **1<sup>st</sup> team Des Moines Register all-state:** Ashley Joens
- **2<sup>nd</sup> team IGCA all-state:** Courtney Joens

## **BOYS SWIMMING**

- **MVC All-Conference First Team:** Nate Katalinich
- **MVC All-Conference Second Team:** Cole Donahue, Riley Hall, Brennan Hill, Eric Thomas, Andrew Parr
- **MVC All-Conference Honorable Mention:** Sam Naylor, Jake Sammons
- **MVC All-Academic:** Jake Sammons, Hagen Opitz, Andrew Parr
- **Varsity Letter Winners:** Cole Donahue, Riley Hall, Donald Hill, Brennan Hill, Nate Katalinich, Sam Naylor, Hagen Opitz, Torben Opitz, Andrew Parr, Mickale Sadecky, Jake Sammons, Robert Strang, Eric Thomas, Ryan Van Daele
- **Captains-** Cole Donahue, Andrew Parr, Jake Sammons
- **Academic All-State:** Andrew Parr
- **State place winners:**
  - 200 Medley Relay- Andrew Parr, Riley Hall, Nate Katalinich, Eric Thomas- 19th place
  - 100 breaststroke- 19th place Katalinich
  - 100 backstroke- 24th place Thomas
  - 100 backstroke- 19th place Parr
- **MVP:** Andrew Parr
- **Outstanding New Comer:** Brennan Hill
- **Academic Achievement:** Abe Eyman, Jacob Cabbage
- **Most Improved:** Eli Anderson

## **BOYS BOWLING**

- **MVC All-Conference Honorable Mention:** Logan Crawford, Austin Young
- **MVC All-Academic:** Adam Fiagle, Paul Sirena
- **Varsity Letter Winners:** Cameron Chavez, Logan Crawford, Adam Fiagle, Andrew Franz, Garrett Highly, Winston Lui, Paul Sirena, Austin Young
- **Captains-** Logan Crawford, Garrett Highly, Paul Sirena, Austin Young
- **Most Valuable Bowler:** Austin Young
- **Most Improved Bowler:** Sam Fast
- **Outstanding Newcomer:** Jonah Dancer
- **WorkHorse:** Dylan Harrison
- **Sportsmanship:** Paul Sirena
- **Best Teammate:** Cameron Chavez

## **GIRLS BOWLING**

- **MVC All-Conference Second Team:** Elizabeth Goss
- **MVC All-Conference Honorable Mention:** Shyniece Cirillo, Brooklynn Shaw
- **MVC All-Academic:** Kelsey Harrison, Brooklynn Shaw
- **Varsity Letter Winners:** Ciarra Butikofer, Shyniece Cirillo, Elizabeth Goss, Kelsey Harrison, Taylor Hayslett, Bella McBride, Brooklynn Shaw
- **Captains-** Shyniece Cirillo, Elizabeth Goss, Taylor Haslett
- **Most Valuable Bowler:** Shyniece Cirillo
- **Most Improved Bowler:** Ciarra Butikofer
- **Outstanding Newcomer:** Kelsey Harrison
- **WorkHorse:** Brooklynn Shaw
- **Sportsmanship:** Taylor Hayslett
- **Best Teammate:** Liz Goss