ST. JOHNS HIGH SCHOOL

INTERSCHOLASTIC ATHLETICS



2016-2017 **YEAR END REPORT**



Chris R. Ervin, CAA Director of Activities

"Teaching leadership and character in the quest for athletic excellence"

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INTRODUCTION

The following report focuses on facts and figures highlighting the 2016-17 school year

at St. Johns High School pertaining to interscholastic athletics. The report addresses several

components of the Athletic Program including league affiliation, sport offerings, classifications

and coaching statistics. However, the intent of these findings relate directly to the opportunities

provided to student-athletes through their participation in interscholastic athletics, and the

benefits experienced that will serve as lessons for a life-time.

The 2016-17 school year was an astounding success for the student-athletes, coaches and

teams while competing in the Capital Area Activities Conference (CAAC). Redwing success

included seven (7) CAAC Team Championships, one (1) MHSAA Team District

Championship, one (1) MHSAA Team Regional Championship, wrestling advanced to the

MHSAA Division Two State Quarterfinals, and boys golf won the MHSAA Division II Team

State Championship. Furthermore, seven (7) teams earned Team Academic All-State Honors,

(26) student-athletes earned Individual Academic All-State Honors, (30) student-athletes earned

All-State Honors, and two (2) student-athletes won individual state championships.

Chris R. Ervin, CAA

Director of Activities

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CAPITAL AREA ACTIVITIES CONFERENCE ALIGNMENT



2016-17

<u>Blue</u>	<u>Red</u>	White
East Lansing	DeWitt	Eaton Rapids
Grand Ledge	Haslett	Fowlerville
Holt	Mason	Ionia
Jackson	Owosso	Lansing Catholic
Lansing Eastern	St. Johns	Portland
Lansing Everett	Waverly	Williamston
Lansing Sexton		
Okemos		
(8)	(6)	(6)

20 Schools

VARSITY SPORTS

<u>Girls</u> <u>Boys</u>

Fall: Fall:

Cross Country
Golf
Cross Country
Football

Sideline Cheer* Soccer Swimming & Diving Tennis

Volleyball

Winter: Winter: Basketball Basketball

Competitive Cheer Ice Hockey (Co-op w/ DeWitt)

Gymnastics Swimming & Diving

Dance* Wrestling

Spring:Spring:SoccerBaseballSoftballGolf

Tennis Track & Field

Track & Field

MHSAA Sports: (11) Var. Sports (11) Var. Sports

SJPS Sports: (13) Var. Sports (11) Var. Sports

*Denotes SJPS Varsity Sports but not MHSAA Sanctioned Sport

Additional Non-sanctioned SJPA & MHSAA activities:

Equestrian

CLASSIFICATIONS

Class A:

- Boys Basketball
- Girls Basketball
- Volleyball

Division I:

- Baseball
- Gymnastics
- Ice Hockey (Co-op w/ DeWitt)
- Softball

Division II:

- Competitive Cheerleading
- Boys & Girls Cross Country
- Boys & Girls Golf
- Boys & Girls Soccer
- Girls Swimming & Diving
- Boys Tennis
- Girls Tennis
- Boys & Girls Track and Field
- Wrestling

Division III:

- Football
- Boys Swimming & Diving

PAID COACHING STAFF

	Staff	Non-Staff	<u>Total</u>
Varsity Head Coaches	11	13	24
JV Head Coaches	5	7	12
Freshman Head Coaches	3	2	5
Assistant Coaches	1	11	12
Total	20	33	53

38% of paid coaching staff at St. Johns High School are teaching staff personnel.

^{55%} of our Head Varsity Coaches are teaching staff personnel.

^{*}Excludes volunteer coaches and Equestrian. Includes coaches that split salaries, Ice Hockey (co/op w/ DeWitt) and fall Sideline Cheer.

CELEBRATIONS & ACCOLADES

CAAC Conference Champions (Team)

- Girls Golf
- Boys Cross Country
- Boys Basketball
- Wrestling
- Boys Golf
- Boys Track and Field
- Softball

MHSAA District Champions (Team)

• Wrestling

MHSAA Regional Champions (Team)

• Wrestling

MHSAA State Champions (Team)

• Boys Golf

MHSAA Tournament Success (Team)

- Girls Golf 11th Place in Division II
- Boys Cross Country 11th Place in Division II
- Girls Cross Country 10th Place in Division II
- Girls Swimming 23rd Place in Division II
- Boys Swimming 18th Place in Division III
- Wrestling Quarter Finalist in Division II
- Boys Track and Field 24th Place in Division II
- Girls Track and Field 18th Place in Division II

Academic All-State (Teams)

- Girls Golf
- Gymnastics
- Boys Basketball
- Girls Basketball
- Softball
- Boys Swimming & Diving
- Girls Soccer

Academic All-State (Athletes)

- Meg Curtin Girls Golf
- Emma Schaefer Girls Swimming
- Madison Guldborg Girls Swimming
- Alyssa Elsea Volleyball
- Maddie Maloney Basketball
- Emilie Krish Gymnastics
- Bryce Harger Boys Swimming
- Brett Post Boys Swimming
- Ben Rumney Boys Swimming
- Brock Petrak Boys Swimming
- Giacomo Sarcletti Boys Swimming
- Noelle Cramer Soccer
- Sydney Padgett Soccer
- Abby Schuelke Soccer
- Chelsie Smith Soccer
- Gabbie Jones Softball
- Mary Ballor Softball
- Lauren Bates Softball
- Jamie Carroll Softball
- Brady Falor Track and Field
- Gabe McClain Track and Field
- Dillan Haviland Track and Field
- Maddie Maloney Track and Field
- Mariah Munro Track and Field
- Megan Lasceski Track and Field
- Lauren Lasceski Track and Field

All-State Athletes

- Dillan Haviland Cross Country
- Taryn Chapko Cross Country
- Abby Murray Golf
- Nick Hitchens Soccer
- Cayden Petrak Diving
- Brock Petrak Diving
- Ross Feldpausch Basketball
- Caleb Paksi Basketball
- Maddie Maloney Basketball
- Bret Fedewa Wrestling
- Trent Lashuay Wrestling
- Brendan Zelenka Wrestling
- James Whitaker Wrestling
- Emilio Sanchez Wrestling
- Kaleob Whitford Wrestling
- Cross Gonzalez Wrestling

All-State Athletes cont.

- Mariah Munro Track and Field
- MacKenzie Otberg Track and Field
- Maddie Maloney Track and Field
- Taryn Chapko Track and Field
- Lauren Lasceski Track and Field
- Megan Lasceski Track and Field
- Dillan Haviland Track and Field
- Gabe McClain Track and Field
- Brady Falor Track and Field
- Travis Feldpausch Track and Field
- Eric Nunn Boys Golf
- Zach Rosendale Boys Golf
- Chelsie Smith Soccer
- Adam Proctor Baseball

Academic All-Americans

- Emma Schaefer Girls Swimming
- Bryce Harger Boys Swimming
- Brett Post Boys Swimming
- Ben Rumney Boys Swimming
- Brock Petrak Boys Swimming
- Maddie Maloney Girls Basketball

Individual State Champions

- Bret Fedewa Wrestling
- Zach Rosendale Boys Golf

Other

• Zach Rosendale – MIGCA Golfer of the Year

Coaching

- Josh Gove Boys Tennis Regional Coach of the Year
- Derek Phillips LSJ Wrestling Division II Coach of the Year
- Jim Makarauskas LSJ Boys Diving Coach of the Year
- John Archambault AP Class A Second Team Coach of the Year, LSJ Dream Team Co-Coach of the Year
- Paul Sternburgh LSJ Boys Golf Coach of the Year, MIGCA Coach of the Year, MHSCA Coach of The Year

ATHLETIC AWARDS

CAAC Senior Scholar-Athletes

• Jacob Ernst, Brady Falor, Ross Feldpausch, Megan Gust, Brandon Huhn, Katelyn Kelly, Brock Petrak, Clay Purtill, Brecken Simon, Megan Soros, Emily Thelen.

Marines Distinguished Athlete Award

• Jamie Carroll and Bret Fedewa

SJYAA Volunteer Award

• Emily Thelen, Sydney Padgett, Brock Petrak, Hayden Dyer

Andrew Nelson Award

• Brock Petrak and Rachel Ely

Diane Moss Memorial Scholarship

• Mason Berridge

James McCarthy Memorial Scholarship

• Emma Schaefer and Brett Post

Michelle Boog Memorial Scholarship

• Emily Thelen

Roberto Rodriguez Scholarship

Megan Curtain and Eric Nunn

Earl R. Lancaster Award

• Emily Thelen and Caleb Paksi

Outstanding Senior Athlete Award

• Brecken Simon, Ross Feldpausch and Caleb Paksi

MHSAA Farm Bureau Scholar-Athlete Award

• Megan Curtin, Hayden Dryer, Eric Nunn, Emma Schaefer, Brady Falor, Emily Thelen.

St. Johns Athletic Boosters Scholarship

 Noelle Cramer, Caleb Paksi, Brock Petrak, Callie LaBar, Emily Thelen, Megan Gust, Damian Martinez, Hayden Dyer, Jacob Pope, Katelyn Kelly, Erika Ballinger, Tanner Motz, Matthew Stewart, Tommy Jury, Ethan Webster, Ben Feldpausch, Ross Feldpausch, Emma Schaefer.

12 Season Athletic Excellence Award

• Caleb Paksi and Emily Thelen.

FALL SPORTS REVIEW

FOOTBALL:

Varsity Participation: 32 Student-Athletes **Record**: 5-4 Overall, 3-2 CAAC (3rd Place)

Head Coach: David Mariage

Honors:

CAAC: Kade Heibeck, (RB), Jacob Dorn (TE & DL), Tyler Wilson (OL), Tyler Secord (OL), Clay Purtill (DL), Tanner Motz (LB), Konnor Near (LB), Jack Bouck (DB), Jacob Ernst (DB – HM).

CAAC All-Academic: Jacob Dorn, Hayden Dyer, Jacob Ernst, Ross Feldpausch, Clayton Kowatch, Joey Kratzer, Kyler McNamara, Tanner Motz, Konnor Near, Brett Post, Clay Purtill, Nick Redman, Reece Armbrustmacher, Matt Stewart, Zach Theis, Peyton Workman.

All-Area: Tyler Wilson (OL), Tyler Secord (OL), Jacob Dorn (DL), Tanner Motz (LB), Kade Heibeck (HM – RB), Clay Purtill (HM – DL), Konnor Near (HM – LB), Jack Bouck (HM – DB).

JV Participation: 19 Student-Athletes

Record: 1-7 Overall, 0-2 CAAC

Head Coach: Jake Parker

Freshman Participation: 24 Student-Athletes

Record: 5-4 Overall, 2-3 CAAC **Head Coach**: Andy Schmitt

Assistant Coaches: John Archambault, Rick LaBar, Mark Burnash, Ryan Lindquist

Andrew Tisdale, Kevin Pettigrew.

Volunteer Coaches: Scott Spaulding, Bill Burton, Matt Woodhams.

BOYS CROSS COUNTRY:

Varsity Participation: 26 Student-Athletes

Record: CAAC (Champions) **Head Coach**: Robert Sackrider

Honors:

CAAC: Dillan Haviland (1st), Joey Fox (1st), Trevor Luznak (1st), Mason Berridge (2nd), Andrew Menard (2nd), Codey Rapelje (2nd), Nolan Wirth (2nd), Nate Spencer (HM). **CAAC All-Academic**: Brady Falor, Joey Fox, Dillan Haviland, Trevor Luznak,

Andrew Menard, Jake Nurenberg, Cody Rapelje.

All-Area: Dillan Haviland (LSJ Dream Team), Joey Fox, Trevor Luznak.

Regional: Team Runners-Up, Dillan Haviland (Champion), Trevor Luznak (11th),

Mason Berridge (15th), Joey Fox (17th), Nolan Wirth (20th).

State Qualifiers: Team 11th Place in Division II

All-State: Dillan Haviland (7th)

GIRLS CROSS COUNTRY:

Varsity Participation: 30 Student-Athletes

Record: CAAC (3rd Place) **Head Coach**: Robert Sackrider

Honors:

CAAC: Taryn Chapko (1st), Addie Somers (1st), Brecken Simon (2nd), Lauren Lasceski (2nd).

CAAC All-Academic: Maddie Crum, Emily Dvorak, AnnMarie Falor, Meg Gust, Quinn Keilen, Katey Kelly, Lauren Lasceski, Anna McCastle, Meagan Moeggenborg, Madi Montle, Mariah Munro, Gretchen Olson, Kaleigh Schneider, Brecken Simon, Payton Simon, Emily Thelen, Katie Wohlfert.

All-Area: Taryn Chapko (LSJ Dream Team), Brecken Simon, Addie Somers.

Regional: Team (4th), Taryn Chapko (8th), Addie Somers (12th), Lauren Lasceski (17th), Brecken Simon (19th).

State Qualifiers: Team 10th Place in Division II

All-State: Taryn Chapko (10th)

GIRLS GOLF:

Varsity Participation: 6 Student-Athletes

Record: 8-1 Overall, 4-1 CAAC (Co-Champions)

Head Coach: Rick Schultz

Honors:

CAAC: Abby Murray, Alli Eccleton, Ellie Palmatier, Meg Curtin.

CAAC All-Academic: Meg Curtin, Alli Eccleton, Abby Murray, Ellie Palmatier,

Meg Purves.

All-Area: Abby Murray (LSJ Dream Team), Alli Eccleton, Ellie Palmatier,

Meg Curtin (HM).

Regional: Team (2nd Place)

State Qualifiers: Team (11th Place in Division II)

All-State: Abby Murray

Individual Academic All-State: Meg Curtin

Team Academic All-State: MIGCA Team Academic All-State

JV Participation: 7 Student-Athletes

Head Coach: Dick Blink

BOYS TENNIS:

Varsity Participation: 12 Student-Athletes **Record**: 4-8-1 Overall, 2-2-1 CAAC (4th Place)

Head Coach: Josh Gove

Honors:

CAAC: Joey Deliso (HM - #1 Singles), Jack Pope (HM - #2 Singles), Bobby Goerge (HM - #3 Singles), Mitch Nylander (HM - #4 Singles), Andy Briggs/Caleb Paksi (2nd - #1 Doubles), Alex George/Nate Wenzlick (HM - #2 Doubles), Wes Cressman/Jack Thalison (3rd - #3 Doubles), Dylan Childrey/Noah Rumney (3rd - #4 Doubles).

CAAC All-Academic: Andy Briggs, Wes Cressman, Joe Deliso, Alex George,

Bobby Goerge, Nate Wenzlick.

Coaching: Josh Gove – Regional Coach of the Year

JV Participation: 15 Student-Athletes

Head Coach: Josh Gove

BOYS SOCCER:

Varsity Participation: 17 Student-Athletes **Record**: 8-10 Overall, 1-4 CAAC (5th Place)

Head Coach: Karl Hanover

Honors:

CAAC: Nick Hitchens, Jacob Warnaar, Bobby Stehlik (HM), Brock Petrak (HM).

CAAC All-Academic: Nick Hitchens, Logan Martens, Damian Martinez,

Matt McCarthy, Adam McGill, Brock Petrak, Brett Post, David Pung, Cody Semrau,

Jacob Warnaar, Josh Weinberg.

All-Area: Nick Hitchens

All-District: Nick Hitchens, Brock Pretrak, Jacob Warnaar.

All-Region: Nick Hitchens **All-State**: Nick Hitchens (HM)

JV Participation: 17 Student-Athletes **Record**: 8-4-3 Overall, 2-1-2 CAAC

Head Coach: Rick Carlson

GIRLS SWIMMING & DIVING:

Varsity Participation: 20 Student-Athletes **Record**: 6-3-1 Overall, 4-3 CAAC (4th)

Head Coach: Kim Brewbaker

Assistant Coaches: Katelyn Childers, Stacie Smith

Honors:

CAAC: 200 Medley Relay (Lydia Ely, Emma Schaefer, Amber Cousineau, Rachel Ely), 200 Freestyle Relay (Lydia Ely, Emma Schaefer, Rachel Ely, Amber Cousineau), Lydia Ely (200 Freestyle, 500 Freestyle), Emma Schaefer (200 IM, 100 Butterfly), Rachel Ely (50 Freestyle, 100 Freestyle), Kameron Massa (Diving), Kinze DeGeer (Diving), Tess Burnash (100 Butterfly), Madison Guldborg (100 Backstroke), Amber Cousineau (100 Breaststroke), 400 Freestyle Relay (Madi Kotowicz, Madison Guldborg, Tatum Grams, Tess Burnash).

CAAC All-Academic: Becca Bunn, Tess Burnash, Alyssa Driscoll, Rachel Ely, Tatum Grams, Rachel Knodel, Madi Kotowicz, Morgan Leavitt, Emma Schaefer. **All-Area/MISCA All-Zone**: Rachel Ely (LSJ Dream Team), Emma Schaefer (LSJ Dream Team), Lydia Ely (MISCA 2nd Team), Tess Burnash (MISCA HM), Amber Cousineau (MISCA HM), Zoe Vance (MISCA HM), Madison Guldborg (MISCA HM).

State Qualifiers: Team (23rd Place in Division II), Medley Relay (14th Place–Lydia Ely, Amber Cousineau, Emma Schaefer, Rachel Ely), Lydia Ely (28th – 200 Freestyle, 26th – 500 Freestyle), Emma Schaefer (12th – 200 IM, 10th – 100 Breaststroke), Rachel Ely – 16th – 50 Freestyle, 12th – 100 Freestyle), 200 Freestyle Relay (16th Place – Lydia Ely, Amber Cousineau, Emma Schaefer, Rachel Ely).

Individual Academic All-State: Emma Schaefer, Madison Guldborg.

Academic All-Americans: Emma Schaefer

SIDELINE CHEERLEADING:

Varsity Participation: 10 Student-Athletes

Head Coach: Kay Witt

JV Participation: 8 Student-Athletes

Head Coach: Ashley Neelis

VOLLEYBALL

Varsity Participation: 12 Student-Athletes **Record**: 28-16-5 Overall, 6-4 CAAC (3rd Place)

Head Coach: Katy White

Volunteer Coach: Christina Miller

Honors:

CAAC: Maddie Maloney, Alyssa Elsea, Olivia Waszak (HM), Leah Colthorp (HM). **CAAC All-Academic**: Leah Colthorp, Alyssa Elsea, Brooke Gnegy, Jamie Hallead, Maddie Maloney, Olivia Maurer, Hana Knowlton, Alexis Sillman, Brittany VanHorn.

All-Area: Alyssa Elsea, Maddie Maloney, Olivia Waszak (HM).

All-Region: Maddie Maloney **Academic All-State**: Alyssa Elsea

JV Participation: 12 Student-Athletes Record: 36-7-2 Overall, 6-4 CAAC Head Coach: Kelly Hutchinson

Freshman Participation: 10 Student-Athletes

Record: 34-5-4 Overall, 9-1 CAAC

Head Coach: Rachel Gnegy

EQUESTRIAN (Non-Sanctioned Activity)

Varsity Participation: 9 Student-Athletes

Head Coach: Jan Mehney

WINTER SPORTS REVIEW

BOYS BASKETBALL

Varsity Participation: 14 Student-Athletes

Record: 17-5 Overall, 10-0 CAAC (Champions)

Head Coach: John Archambault

Volunteer Coaches: Ryan Lindquist, Paul Golupski

Honors:

CAAC: Ben Feldpausch, Ross Feldpausch, Brandon Huhn, Caleb Paksi,

Konner Near (HM).

CAAC All-Academic: Niklas Brake, Jacob Dorn, Hayden Dyer, Ben Feldpausch,

Ross Feldpausch, Brandon Huhn, Joey Kratzer, Konnor Near, Tommy Jury,

Matt Stewart.

All-Area: John Archambault (LSJ Dream Team Co-Coach of the Year), Ben Feldpausch

(LSJ Dream Team), Caleb Paksi, Ross Feldpausch (HM), Brandon Huhn (HM).

All-State: John Archambault (AP 2nd Team Class A Coach of the Year),

Ross Feldpausch (BCAM HM All-State), Caleb Paksi (BCAM HM All-State).

Team Academic: BCAM Team Academic All-State

Other: BCAM Top 100 Sportsmanship Award

Ross Feldpausch (BCAM Team First Award)

JV Participation: 12 Student-Athletes Record: 9-11 Overall, 5-5 CAAC Head Coach: Steve Rummel

Freshman Participation: 12 Student-Athletes

Record: 8-12 Overall, 5-5 CAAC

Head Coach: Nate Wade

GIRLS BASKETBALL

Varsity Participation: 12 Student-Athletes **Record**: 10-12 Overall, 3-7 CAAC (5th Place)

Head Coach: Mark Lasceski **Volunteer Coaches**: Kari Walters

Honors:

CAAC: Maddie Maloney, Erika Ballinger (HM), Nina Bozzo (HM).

CAAC All-Academic: Erika Ballinger, Morgan Hoover, Abby Koneval,

Lauren Lasceski, Megan Lasceski, Maddie Maloney, Olivia Maurer, Nicole Miller,

Maddie Robbins, Alexis Sillman, Emily Thelen,

All-Area: Maddie Maloney, Erika Ballinger (HM).

All-State: Maddie Maloney (BCAM HM All-State)

Individual Academic All-State: Maddie Maloney

Team Academic: BCAM Team Academic All-State

Other: BCAM Top 100 Sportsmanship Award

GIRLS BASKETBALL cont...

JV Participation: 11 Student-Athletes

Record: Overall, CAAC **Head Coach**: Charlie Howes

Freshman Participation: 9 Student-Athletes

Record: 10-8 Overall, 3-4 CAAC **Head Coach**: Brooke Samec

WRESTLING

Varsity Participation: 16 Student-Athletes **Record**: Overall, 5-0 CAAC (Champions)

Head Coach: Derek Phillips

Assistant Coaches: Tyler Dickenson

Honors:

CAAC: Brenden Smith (1st), Brendan Zelenka (1st), Emilio Sanchez (1st),

Garrett McCaul (3rd), Derek Selden (4th – HM), James Whitaker (1st), Trent Lashuay (1st),

Cross Gonzalez (1st), Spencer Sillman (3rd), Bret Fedewa (1st), Braxton Parks (2nd).

CAAC All-Academic: Cole Burkett, Bret Fedewa, Trent Lashuay, Derek Selden,

James Whitaker, Brendan Zelenka.

All-Area: Bret Fedewa (LSJ Wrestler of the Year Finalist), Emilio Sanchez (LSJ Dream

Team), James Whitaker (LSJ Dream Team), Trent Lashuay (LSJ Dream Team),

Brenden Smith, Brendan Zelenka, Kaleob Whitford, Cross Gonzalez,

Derek Phillips (LSJ Division II Coach of the Year).

District: Team District Champions, Brenden Smith (4th), Brendan Zelenka (1st),

Emilio Sanchez (3rd), Kaleob Whitford (2nd), James Whitaker (1st), Trent Lashuay (1st),

Cross Gonzalez (1st), Bret Fedewa (1st), Braxton Parks (4th), Spencer Sillman (4th).

Regional: Team Regional Champions, Brenden Smith (4th), Brendan Zelenka (1st),

Emilio Sanchez (3rd), Kaleob Whitford (3rd), James Whitaker (2nd), Trent Lashuay (1st),

Cross Gonzalez (3rd), Bret Fedewa (1st).

State Oualifiers: Brenden Smith

All-State: Trent Lashuay (2nd @ 140 lbs.), Brendan Zelenka (3rd @ 112 lbs.),

James Whitaker (4th @ 135 lbs.), Emilio Sanchez (5th @ 119 lbs.), Kaleob Whitford

(5th @ 125 lbs.), Cross Gonzalez (7th @ 145 lbs.)

State Champion: Bret Fedewa (152 lbs.)

JV Participation: 16 Student-Athletes

Record: NA

Head Coach: Tyler Dickenson

COMPETITIVE CHEERLEADING

Varsity Participation: 14 Student-Athletes

Record: CAAC (6th Place) **Head Coach**: Kay Witt

Honors:

CAAC: Callie Coffman, Kierstin Litwiller, Dominique Sholty (HM).

CAAC All-Academic: Callie Coffman, Liberty Hein, Kierstin Litwiller, Jamie Rewerts.

All-District: Callie Coffman (2nd), Kierstin Litwiller (HM).

JV Participation: 6 Student-Athletes

Record: NA

Head Coach: Ashley Neelis

GYMNASTICS

Varsity Participation: 6 Student-Athletes **Record**: 1-13 Overall, 1-5 CAAC (6th Place)

Head Coach: Deb Davis

Honors:

CAAC All-Academic: Emilie Krish, Eve Madill, Georgia Sands.

Regional Qualifiers: Emily Krish, Eve Madill, Madison Moore, Georgia Sands.

Regional All-Academic: Emilie Krish

NHSGA All-Academic: Emilie Krish, Eve Madill, Georgia Sands **Team Academic All-State**: MHSGCA Team Academic All-State

ICE HOCKEY

Varsity Participation: 5 Student-Athletes **Record**: Overall, 0-12 CAAC (7th Place)

Head Coach: Kevin Swope

Honors:

CAAC All-Academic: Andrew Menard, Thane Sufin

DANCE TEAM

Varsity Participation: 23 Student-Athletes

Head Coach: Michelle Lindquist

BOYS SWIMMING & DIVING

Varsity Participation: 23 Student-Athletes **Record**: 8-2 Overall, 5-2 CAAC (2nd Place)

Head Coach: Kim Brewbaker

Assistant Coaches: Katelyn Childers, Jim Makarauskas

Honors:

CAAC: 200 Medley Relay (5th – Harrison Clapsadle, Sam Beagle, Kyler McNamara, Justin Woodbury), Zeke Ely (5th – 200 Freestyle, 2nd – 500 Freestyle), Bryce Smith (7th – 200 Freestyle, 3rd – 500 Freestyle), Sam Beagle (7th – 200 IM, 5th – 100 Breaststroke), Justin Woodbury (6th – 50 Freestyle, 2nd – 100 Breaststroke), Ben Rumney (8th – 50 Freestyle, 5th – 100 Freestyle), Caden Petrak (1st – Diving), Brock Petrak (2nd – Diving), Brett Post (6th – 100 Freestyle), 200 Freestyle Relay (2nd – Ben Rumney, Brett Post, Justin Woodbury, Zeke Ely), 400 Freestyle Relay (4th – Brett Post, Wu Cheng, Ben Rumney, Zeke Ely).

CAAC All-Academic: Jacob Ballor, Sam Beagle, Harrison Clapsadle, Bryce Harger, Kyler McNamara, Brock Petrak, Bret Post, Ben Rumney, Bryce Smith, Joe Voisinet, Justin Woodbury.

MISCA/All-Area: Cayden Petrak (LSJ Diver of the Year Finalist), Brock Petrak (LSJ Diver of the Year Finalist), Justin Woodbury (2nd), Ben Rumney (2nd), Zeke Ely (2nd), Brett Post (2nd), Bryce Smith (HM), Sam Beagle (HM), Jim Makarauskas (LSJ Diving Coach of the Year).

Regional: Caden Petrak (Diving Champion), Brock P6etrak (Diving – 3rd) **State Qualifiers**: 200 Medley Relay -22nd (Harrison Clapsadle, Sam Beagle, Kyler McNamara, Justin Woodbury), 200 Freestyle Relay – 14th (Ben Rumney, Brett Post, Zeke Ely, Justin Woodbury), 400 Freestyle Relay – 15th (Zeke Ely, Wu Cheng, Brett Post, Ben Rumney), Zeke Ely (2nd - 200 Freestyle, 25th - 100 Freestyle), Ben Rumney (23rd - 200 Freestyle, 23rd - 100 Freestyle), Brett Post (44th - 200 Freestyle), Justin Woodbury (23rd - 50 Freestyle, 21st - 100 Breaststroke), Bryce Smith (30th - 500 Freestyle), Sam Beagle (30th - 100 Breaststroke).

All-State: Team (18th Place in Division III), Cayden Petrak (2nd – Diving), Brock Petrak (5th – Diving), 200 Freestyle Relay – 14th (Ben Rumney, Brett Post, Zeke Ely, Justin Woodbury), 400 Freestyle Relay – 15th (Zeke Ely, Bob Wu, Brett Post, Ben Rumney).

Individual Academic All-State: Bryce Harger, Brett Post, Ben Rumney, Brock Petrak, Giacomo Sarcletti.

Team Academic All-State: MHSSCA Team Academic All-State

Academic All-Americans: Bryce Harger, Brett Post, Ben Rumney, Brock Petrak

SPRING SPORTS REVIEW

BASEBALL:

Varsity Participation: 18 Student-Athletes **Record**: 18-17-1 Overall, 6-4 CAAC (3rd Place)

Head Coach: Jake Parker

Volunteer Coaches: Denny Parker, Jeff Hudak

Honors:

CAAC: Adam Proctor, Brandon Huhn, Parker Ackerman, Dace Ferden, Cole Weber,

Frankie Posadas, Ethan Webster (HM), Caleb Paksi (HM).

CAAC All-Academic: Brandon Huhn Ethan Webster, Peyton Workman, Adam Proctor,

Niklas Brake.

All-Area: Adam Proctor (LSJ Player of the Year), Parker Ackerman, Dace Ferden,

Brandon Huhn, Frankie Posadas, Cole Weber (HM).

All-District: Adam Proctor, Brandon Huhn.

All-District Academic: Adam Proctor, Brandon Huhn, Peyton Workman,

Ethan Webster, Caleb Paksi. **All-State**: Adam Proctor

JV Participation: 14 Student-Athletes **JV Record**: 11-15-1 Overall, 4-4 CAAC

Head Coach: Rick LaBar

Freshman Participation: 13 Student-Athletes

Freshman Record: 3-12-1 Head Coach: Austin Pohl

BOYS GOLF:

Varsity Participation: 10 Student-Athletes

Record: CAAC (Champions) **Head Coach**: Paul Sternburgh

Honors:

CAAC: Zach Rosendale, Eric Nunn, Zeke Ely, Nate Brown, Jack Bouck,

Cole Fenech (HM).

CAAC All-Academic: Nate Brown, Brian Hufnagel, Trent Lashuay, Tyler Middleton,

Eric Nunn, Zach Rosendale.

All-Area: Zach Rosendale (LSJ Golf of the Year), Eric Nunn (LSJ Dream Team),

Jack Bouck, Nate Brown, Zeke Ely.

Regional: Team Regional Runner-Up, Zach Rosendale (Regional Champion)

All-State: Zach Rosendale (1st), Eric Nunn (3rd)

State Champion: Zach Rosendale

Other: Zach Rosendale (MIGCA Golf of the Year)

Coaching: Paul Sternburgh (LSJ Coach of the Year, MIGCA Coach of the Year,

MHSCA Coach of the Year)

JV Participation: 10 Student-Athletes

Head Coaches: Rick Schultz 20

GIRLS SOCCER:

Varsity Participation: 20 Student-Athletes **Record**: 10-6-1 Overall, 3-2 CAAC (3rd Place)

Head Coach: Kim Brewbaker **Volunteer Coach**: Randy Padgett

Honors:

CAAC: Chelsie Smith, Abbey Schuelke, Sadie Wilson, Chloe Durgan,

Kylie Steingreaber (HM), Sydney Padgett (HM), Noelle Cramer (HM), Jordyn Jones

(HM), Paige Moore (HM), Camille Schaefer (HM), Myah Martinez (HM).

CAAC All-Academic: Noelle Cramer, Julie Fox, Jessica Heyer, Jordyn Jones,

Heather Lehmann, Myah Martinez, Sydney Padgett, Abbey Schuelke, Hannah Scranton,

Chelsie Smith, Gracie Sovereign, Taylor Warnaar.

All-Area: Chelsie Smith (LSJ Dream Team), Abbey Schuelke.

All-District: Noelle Cramer, Camille Schaefer, Chelsie Smith, Sadie Wilson,

Abby Schuelke.

All-Region: Chelsie Smith

Individual Academic All-State: Noelle Cramer, Sydney Padgett, Abby Schuelke,

Chelsie Smith.

All-State: Chelsie Smith (HM)

Division II Team Academic All-State

JV Participation: 17 Student-Athletes

Record: Overall, CAAC **Head Coach**: Amber Guerrero

GIRLS SOFTBALL

Varsity Participation: 13 Student-Athletes

Record: 19-17 Overall, 7-3 CAAC (Co-Champions)

Head Coach: Barry Palmer

Volunteer Coaches: Kevin Smith, Felicia Gingrich, Cassondra Wilkie, Jennifer Putmon

Honors:

CAAC: Kendall Smith, Lauren Bates, Brittany VanHorn, Jamie Carroll,

Maya Zell (HM), Alexa Jakus (HM), Madi Knauf (HM).

CAAC All-Academic: Mary Ballor, Lauren Bates, Jamie Carroll, Leah Colthorp,

Brooke Gnegy, Gabbie Jones, Aubrey Kiel, Molly Thelen, Brittany VanHorn.

All-District: Lauren Bates, Jamie Carroll, Kendall Smith.

All-Area: Lauren Bates, Jamie Carroll, Kendall Smith, Brittany VanHorn. **MHSSCA Team Academic All-State**: MHSSCA Team Academic All-State

Individual Academic All-State: Gabbie Jones, Mary Ballor, Lauren Bates,

Jamie Carroll.

JV Participation: 16 Student-Athletes Record: 20-5 Overall, 8-1 CAAC Head Coach: Brooke Samec

GIRLS TENNIS

Varsity Participation: 15 Student-Athletes **Record**: 3-8-2 Overall, 2-2-1 CAAC (4th Place)

Head Coach: Karl Hanover

Honors:

CAAC: McKenna Thelen (2nd Singles), Paige Fleischer (HM – 3rd Singles), Jaden Hafner (4th Singles), Danielle Brewbaker/Kelsey Karasek (HM – 1st Doubles), Cassidy Trayer/Autumn Brown (2nd Doubles), Nicole Rademacher/Julia Grams (HM – 3rd Doubles), Gracie Gifford/Gretchen Olson (HM – 4th Doubles).

CAAC All-Academic: Danielle Brewbaker, Autumn Brown, Emily Eldred, Paige Fleischer, Grace Gifford, Jaden Hafner, Tory Hill, Kelsey Karasek, Rachel Knodel, Ally Praay, Gretchen Olson, Nicole Rademacher, McKenna Thelen, Cassie Trayer.

JV Participation: 12 Student-Athletes

Record: 6-8 Overall, 3-2 CAAC **Head Coach**: Schalla Swab

BOYS TRACK & FIELD

Varsity Participation: 49 Student-Athletes

Record: 5-0 CAAC (Co-Champions) **Head Coach**: Collin Nurenberg

Assistant Coaches: Gary Sykes, Chris Wells

Honors:

CAAC: Jacob Ernst (3^{rd} – 100 M Dash, 5^{th} – Long Jump), Travis Feldpausch (2^{nd} – 200 M Dash, 7^{th} – High Jump), Gabe McClain (5^{th} – 200 M Dash, 4^{th} – 400 M Run), Dillan Haviland (1^{st} – 800 M Run, 1^{st} 1600 M Run), Brady Falor (2^{nd} – 800 M Run), Nolan Wirth (4^{th} – 800 M Run, 5^{th} – 1600 M Run), Fernando Jimenez (7^{th} – 800 M Run), Zach Sisco (3^{rd} – 300 M Hurdles, 6^{th} – 110 M Hurdles, 2^{nd} – Long Jump), Blake Munger (7^{th} – 300 M Hurdles), Joey Fox (4^{th} – 1600 M Run), Cody Rapelje (4^{th} – 3200 M Run), Trevor Luznak (6^{th} – 3200 M Run), 4 x 100 Relay (3^{rd} – Cass Paksi, Jacob Ernst, Zach Sisco, Travis Feldpausch), 4 x 200 M Relay (2^{nd} – Blake Munger, Travis Feldpausch, Cass Paksi, Gabe McClain), 4 x 400 M Relay (2^{nd} – Brady Falor, Fernando Jimenez, Andrew Menard, Blake Munger), 4 x 800 M Relay (1^{st} – Fernando Jimenez, Brady Falor, Cody Rapelje, Trevor Luznak), Levi Hayworth (1^{st} – Shot Put), Kyler McNamara (6^{th} – Discus), Demarquis Washington (2^{nd} – High Jump), Canyon Thornton (8^{th} – Pole Vault).

CAAC All-Academic: Jacob Ernst, Brady Falor, Joey Fox, Dillan Haviland, Trevor Luznak, Gabe McClain, Kyler McNamara, Andrew Menard, Jacob Nurenberg, Cody Rapelje.

Regional: 4 x 8 Relay – 3rd (Gabe McClain, Nolan Wirth, Brady Falor, Dillan Haviland), Zach Sisco (2nd – 300 M Hurdles), Dillan Haviland (Champion – 800 M Run), 4 x 400 M Relay – 2nd (Travis Feldpausch, Gabe McClain, Brady Falor, Dillan Haviland), Levi Hayworth (3rd – Shot Put).

All-Area: Dillan Haviland (LSJ Dream Team – 800 M Run), 3200 M Relay (LSJ Dream Team – Gabe McClain, Nolan Wirth, Brady Falor, Dillan Haviland), 1600 M Relay – Gabe McClain, Brady Falor, Travis Feldpausch, Dillan Haviland).

Honor Roll Meet Peformers: Jacob Ernst, Travis Feldpausch, Gabe McClain, Brady Falor, Nolan Wirth, Dillan Haviland, Fernando Jimenez, Trevor Luznak, Zach Sisco, Levi Hayworth.

State Qualifiers: Team 24th Place in Division II, Levi Hayworth (12th – Shot Put), 4 x 800 M Relay – 9th (Gabe McClain, Nolan Wirth, Brady Falor, Dillan Haviland), Zach Sisco (12th – 300 M Hurdles),

All-State: Dillan Haviland (4th – 800 M Run), 4 x 400 M Relay – 5th (Gabe McClain, Brady Falor, Travis Feldpausch, Dillan Haviland).

Academic All-State: Dillan Haviland, Brady Falor, Gabe McClain

School Record: Dillan Haviland (800 M Run – 1:53.80, 1600 M Run – 4:20.55)

GIRLS TRACK & FIELD

Varsity Participation: 38 Student-Athletes

Record: 3-2 CAAC (3rd Place) **Head Coach**: Mike Maloney

Assistant Coaches: Gary Sykes, Chris Wells

Honors:

CAAC: Mackenzie Otberg (3rd – 100 M Dash, 7th – 400 M Run), Mariah Munro (4th – 100 M Dash, 2nd – 400 M Run), Nina Bozzo (7th – 200 M Dash), Ellie Palmatier $(8^{th} - 200 \text{ M Dash}, 5^{th} - 100 \text{ M Hurdles})$, Maddie Maloney $(3^{rd} - 800 \text{ M Run})$, Anna McCastle (5th – 800 M Run), Tarvn Chapko (1st – 1600 M Run), Lauren Lasceski (5th – 1600 M Run), Megan Lasceski (7th – 1600 M Run), Addie Somers (4th – 3200 M Run), Payton Simon (8th – 3200 M Run), Emily Thelen (6th – 100 M Hurdles, 7th – High Jump), Abbey Voisinet (6th – 300 M Hurdles, 6th – High Jump), 4 x 100 M Relay (6th – Emily Clark, Lexi Hicks, Nina Bozzo, Cayla Wood), 4 x 800 M Relay (1st – Taryn Chapko, Lauren Lasceski, Megan Lasceski, Maddie Maloney), Mariya Pieters (3rd – Discus), Leeann Wilkins (4th – Pole Vault), Taylor Thelen (8th – Pole Vault).

CAAC All-Academic: Lauren Lasceski, Megan Lasceski, Maddie Maloney, Ellie Palmatier, Payton Simon, Emily Thelen, Abby Voisinet, Leeann Wilkins.

Regional: 4 x 800 M Relay (2nd – Maddie Maloney, Megan Lasceski, Lauren Lasceski, Taryn Chapko), Taryn Chapko (Champion – 800 M Run), Lauren Lasceski (2nd – 3200 M Run), 4 x 400 M Relay (Champions – MacKenzie Otberg, Maddie Maloney, Mariah Munro, Taryn Chapko).

All-Area: Taryn Chapko (LSJ Dream Team – 800 M Run), 1600 M Relay (LSJ Dream Team – Taryn Chapko, Maddie Maloney, Mariah Munro, MacKenzie Otberg), Taryn Chapko – 400 M Dash).

Honor Roll Meet Performers: Mariah Munro, MacKenzie Otberg, Taryn Chapko, Lauren Lasceski, Megan Lasceski, Addie Somers, Maddie Maloney.

State Qualifiers: Team 18th Place in Division II, Lauren Lasceski (19th – 3200 M Run)

Academic All-State: Maddie Maloney, Mariah Munro, Megan Lasceski,

Lauren Lasceski

All-State: 4 x 400 Relay – 5th (Taryn Chapko, Maddie Maloney, Mariah Munro, MacKenzie Otberg), 4 x 800 M Relay – 7th (Taryn Chapko, Lauren Laseceski, Megan Lasceski, Maddie Maloney), Taryn Chapko (2nd - 800 M Run).

School Record: Taryn Chapko (400 M Run – 58.80, 800 M Run – 2:13.77)

2016-17 OVERALL ATHLETIC PARTICIPATION STATISTICS

OF SPORTS PER MALE ATHLETE

BOYS	1 SPORT ATHLETES	2 SPORT ATHLETES	3 SPORT ATHLETES	4 SPORT ATHLETES	TOTAL MALE ATHLETES
9 th Grade Boys	39	24	8	0	71
10 th Grade Boys	43	23	5	0	71
11th Grade Boys	32	18	1	0	51
12th Grade Boys	39	19	4	0	62
Total	153	84	18	0	255

OF SPORTS PER FEMALE ATHLETE

GIRLS	1 SPORT ATHLETES	2 SPORT ATHLETES	3 SPORT ATHLETES	4 SPORT ATHLETES	TOTAL FEMALE ATHLETES
9 th Grade Girls	44	24	5	0	73
10 th Grade Girls	37	22	5	0	64
11 th Grade Girls	39	8	4	0	51
12 th Grade Girls	39	9	1	0	49
Total	159	63	15	0	237

ATHLETIC PARTICIPATION BY GRADE / GENDER

GRADE	BOYS	GIRLS	TOTAL	% OF ATHLETES BY GRADE vs. TOTAL ATHLETE PARTICIPATION(492)
9 th	71	73	144	29%
10 th	71	64	135	27%
11 th	51	51	102	21%
12 th	62	49	111	23%
TOTAL	255	237	492	
% OF BOY / GIRL ATHLETES vs. TOTAL STUDENT BODY (990)	26%	24%	50%	

ATHLETES BY GRADE vs. TOTAL STUDENT POPULATION

GRADE	# OF ATHLETES	% OF ATHLETES BY GRADE vs. TOTAL STUDENT POPULATION (990)
9 th	144	15%
10 th	135	14%
11 th	102	10%
12 th	111	11%
TOTAL	492	50%m

^{*}Total enrollment based on February 8, 2017 MHSAA count (990 Students).