

# 2009 North Boys Cross Country

<b>Name</b>	<b>Time</b>	<b>School</b>
<b>Jake Benton</b>	17:31	Ft. Zumwalt North
<b>Drew Webster</b>	18:01	Ft. Zumwalt East
<b>Brett Klosterhoff</b>	18:16	St. Charles West
<b>Kyle Deeken</b>	18:23	Ft. Zumwalt North
<b>Brandon Jackson</b>	18:37	Washington
<b>Zach Chamon</b>	18:43	Ft. Zumwalt East
<b>Matt Flynn</b>	18:47	Ft. Zumwalt North
<b>Sheldon Keence</b>	19:11	St. Charles West
<b>Erice Bean</b>	19:13	Ft. Zumwalt North
<b>Cloud Wharton</b>	19:25	Warrenton
<b>Adam Lause</b>	19:26	Washington
<b>Ryan Romaker</b>	19:30	Warrenton
<b>Dalen Fink</b>	19:34	Ft. Zumwalt North
<b>Joel Kliewer</b>	19:36	Washington

## Sportsmanship Award

**Duchesne**  
**Warrenton**  
**Washington** Matt Morgan  
**St. Charles**  
**Timberland**  
**Ft. Zumwalt North**  
**St. Charles West**

## All-Academic Team

**Duchesne –**

**Warrenton –**

**Washington** – Brandon Jackson, Adam Lause, Matt Morgan, Joel Kliewer, Dylan Callaway, Taylor Juergens, Lucas Jasper

**St. Charles** –

**Timberland** –

**Ft. Zumwalt North** –

**St. Charles West** –

*Home | Return to Fall Season*

## **2009 South Boys Cross Country**

<b>NAME</b>	<b>TIME</b>	<b>SCHOOL</b>
<b>Trey Berry</b>	16:50.29	Francis Howell
<b>Jordan Summers</b>	16:54.31	Francis Howell North
<b>Tre Barnes</b>	17:01.05	Ft. Zumwalt West
<b>Cameron Bogue</b>	17:02.08	Ft. Zumwalt West
<b>Kenny Cushing</b>	17:16.44	Wentzville Holt
<b>Devin Ponder</b>	17:17.94	Ft. Zumwalt South
<b>Owen Lloyd</b>	17:22.23	Francis Howell Central
<b>Nick Buss</b>	17:30.25	Francis Howell
<b>Josh McKinley</b>	17:30.81	Francis Howell Central
<b>Sam Lazechko</b>	17:35.90	Francis Howell
<b>Jordan Duggan</b>	17:35.99	Ft. Zumwalt West
<b>Jacob Humphries</b>	17:40.15	Ft. Zumwalt South
<b>Brennan Riley</b>	17:48.24	Francis Howell
<b>Ryan Smith</b>	17:50.26	Ft. Zumwalt West

# **Sportsmanship Award**

**Francis Howell North  
Ft. Zumwalt West  
Francis Howell Central  
Ft. Zumwalt South  
Wentzville Holt  
Francis Howell  
Troy Buchanan**

Cory Caruthers

## **All-Academic Team**

**Ft. Zumwalt West –**

**Ft. Zumwalt South –**

**Francis Howell –**

**Francis Howell North -**

**Francis Howell Central –**

**Troy –** Andrew Fruend, David Haake, Chris Bantz, Josh Budiselich, Chad Holloway, Brendan Woodall, Kevin Young

**Holt –**

## **2009 North Girls Cross Country**

<b>NAME</b>	<b>TIME</b>	<b>SCHOOL</b>
<b>Gloria Westlake</b>	21:23	Ft. Zumwalt East
<b>Lauren Gausto</b>	22:02	Washington

<b>Kate West</b>	22:26	Wentzville Timberland
<b>Stacey Norby</b>	22:27	Ft. Zumwalt East
<b>Emily Mauch</b>	22:29	Warrenton
<b>Megan Wood</b>	22:38	Washington
<b>Celia Venezia</b>	22:49	Washington
<b>Lauren Lamzik</b>	22:52	Ft. Zumwalt East
<b>Rachel Moritz</b>	22:54	Warrenton
<b>Meghan Stark</b>	23:01	Warrenton
<b>Maggie Noble</b>	23:14	Duchesne
<b>Ashley Oberdieck</b>	23:15	Ft. Zumwalt North
<b>Kate Hampel</b>	23:28	Duchesne
<b>Emily Brown</b>	23:30	St. Charles West

## **Sportsmanship Award**

<b>Duchesne</b>	
<b>Warrenton</b>	
<b>Washington</b>	Megan Wood
<b>St. Charles</b>	
<b>Timberland</b>	
<b>Ft. Zumwalt North</b>	
<b>St. Charles West</b>	

## **All-Academic Team**

**Duchesne –**

**Warrenton –**

**Washington –** Megan Wood, Celia Venezia, Madeline Marlow, Kayla Nurnberger, Lauren Guasto, Kasey Wood, Sarah Diester

**St. Charles –**

**Timberland –**

**Ft. Zumwalt North –**

**St. Charles West –**

***Home | Return to Fall Season***

## **2009 South Girls Cross Country**

<b>NAME</b>	<b>TIME</b>	<b>SCHOOL</b>
<b>Rikki Watts</b>	19:42.24	Ft. Zumwalt South
<b>Leah Krause</b>	19:44.55	Francis Howell
<b>Haley Delgado</b>	20:27.37	Ft. Zumwalt West
<b>Molley White</b>	20:40.11	Ft. Zumwalt South
<b>Jen Rucker</b>	20:48.63	Wentzville Holt
<b>Sydney Voss</b>	20:49.40	Francis Howell Central
<b>Jacci Guthrie</b>	20:50.78	Francis Howell
<b>Erica Grogg</b>	20:51.74	Francis Howell Central
<b>Jessica Marx</b>	20:53.54	Francis Howell
<b>Alex Miller</b>	20:59.30	Wentzville Holt
<b>Erin Biddle</b>	21:02.29	Francis Howell
<b>Katie Wright</b>	21:05.36	Ft. Zumwalt West
<b>Aubree Remund</b>	21:08.34	Francis Howell
<b>Heather Heisse</b>	21:10.86	Troy Buchanan

# Sportsmanship Award

**Francis Howell North**  
**Ft. Zumwalt West**  
**Francis Howell Central**  
**Ft. Zumwalt South**  
**Wentzville Holt**  
**Francis Howell**  
**Troy Buchanan**

Karen Fackler

## All-Academic Team

**Ft. Zumwalt West –**

**Ft. Zumwalt South –**

**Francis Howell –**

**Francis Howell North -**

**Francis Howell Central –**

**Troy –** Karen Fackler, Kara Haney, Coryn Cenzer, Sarah Graham, Alexis Sciarratta, Courtney Sciarratta, Stephanie Barton, Paige Bogert, Ciara Brockett, Abi Clifford, Riley Fader

**Holt –**

## 2009 North Football

### QUARTERBACK

**1st Team** Marvin Byrd

**2nd Team** Justin Hinni

Jr. Ft. Zumwalt East

Sr. Washington

<b>H.M.</b>	Scott Lathrop	Jr.	Warrenton
	Chase Cresong	Sr.	Wentzville Timberland

## RUNNING BACK

<b>1st Team</b>	Jermaine Hill	Sr.	Wentzville Timberland
	Andrew Tegethoff	Sr.	Duchesne
	Halleem Rayford	Jr.	Wentzville Timberland
<b>2nd Team</b>	Marcus Buchanan	Sr.	St. Charles West
	Travis Robinson	Sr.	Washington
	Colby Turner	Sr.	Warrenton
<b>H.M.</b>	Mike Iannicola	Sr.	Ft. Zumwalt North

## OFFENSIVE LINE

<b>1st Team</b>	Wayne McRoberts	Sr.	Wentzville Timberland
	Luke Dessain	Jr.	Wentzville Timberland
	J. T. Young	Jr.	Ft. Zumwalt East
	Alex Bruns	Sr.	St. Charles West
	Mike McKeon	Sr.	St. Charles West
<b>2nd Team</b>	Jack Lloyd	Sr.	Duchesne
	Josh Dowd	Sr.	Washington
	Cameron Bailey	Sr.	Ft. Zumwalt East
	Bryan Pollard	Sr.	Warrenton
	Brendan Thayer	Sr.	Washington
<b>H.M.</b>	Corey Crawford	Sr.	Wentzville Timberland
	Ben McDonald	Sr.	Ft. Zumwalt North
	Travis Gardner	Jr.	Washington
	Nick Weisenborn	So.	Ft. Zumwalt East
	Ricky Cheers	Jr.	Ft. Zumwalt North
	Mitch Pryor	Jr.	Duchesne

## WIDE RECEIVER

<b>1st Team</b>	Brad Chapman	Jr.	Ft. Zumwalt East
	Spencer Dudley	Sr.	St. Charles
	Kevin Gratza	Sr.	Washington
<b>2nd Team</b>	Cody Lemons	Sr.	Warrenton
	Carter Hamai	Sr.	Washington
	John Mossotti	Sr.	Ft. Zumwalt North
<b>H.M.</b>	Trenton Cook	Sr.	Ft. Zumwalt North
	Travis McClure	Sr.	Ft. Zumwalt East
	Nick Todd	Sr.	Warrenton
	Zach Bohr	Jr.	Duchesne
	Mike Mahoney	So.	Ft. Zumwalt East

## KICKER

<b>1st Team</b>	Derek Rehagen	Jr.	Wentzville Timberland
<b>2nd Team</b>	Tyler Loewenstein	Sr.	Duchesne
<b>H.M.</b>	Tyler Hutchison	Sr.	St. Charles West
	John Mossotti	Sr.	Ft. Zumwalt North

## DEFENSIVE BACK

<b>1st Team</b>	Jake Hirniak	Sr.	Wentzville Timberland
	Mike Crutcher	Sr.	Wentzville Timberland
	Alex Zangriles	Sr.	Ft. Zumwalt North
	Jermaine Hill	Sr.	Wentzville Timberland
<b>2nd Team</b>	Landon Reading	Jr.	Ft. Zumwalt East
	Cody Lemons	Sr.	Warrenton
	Shane Huddleston	Sr.	St. Charles West



	Khalan King	Jr.	Ft. Zumwalt East
<b>H.M.</b>	Brandon Panosh	Sr.	Wentzville Timberland
	Robert Luck	Jr.	Washington
	Nick Todd	Jr.	Warrenton
	Clayton Hamai	So.	Washington

## DEFENSIVE END

<b>1st Team</b>	Jack Lloyd	Sr.	Duchesne
	Joe Martin	Sr.	Washington
<b>2nd Team</b>	Alex Bruns	Sr.	St. Charles West
	Keith Walters	Sr.	Wentzville Timberland
<b>H.M.</b>	Jourdain Hartman	Sr.	Wentzville Timberland
	Tyler Hutchison	Sr.	St. Charles West
	Ross Rabadeux	Sr.	Washington

## LINEBACKER

<b>1st Team</b>	Cody Ayres	Jr.	Wentzville Timberland
	Colby Turner	Sr.	Warrenton
	Conor Votherms	Jr.	Ft. Zumwalt East
	Nik Jehle	Jr.	Wentzville Timberland
<b>2nd Team</b>	Chad Webber	Sr.	Duchesne
	Jon Gibbs	Sr.	Ft. Zumwalt North
	Luke Dofing	Jr.	Ft. Zumwalt North
	Skylar Suggs	Sr.	Washington
<b>H.M.</b>	Alex Nischbach	Jr.	Ft. Zumwalt East
	Austin Black	So.	Warrenton
	Billy Skiles	Sr.	Washington
	Matt Gualdoni	Sr.	St. Charles

## DEFENSIVE TACKLE

<b>1st Team</b>	J. T. Young	Jr.	Ft. Zumwalt East
	Ryan Olive	Sr.	St. Charles West
<b>2nd Team</b>	Halleem Rayford	Jr.	Wentzville Timberland
	Ramell King	Sr.	Wentzville Timberland
<b>H.M.</b>	Mike McKeon	Sr.	St. Charles West
	John Meyer	Sr.	Warrenton

## PUNTER

<b>1st Team</b>	Nick Reese	Jr.	Warrenton
<b>2nd Team</b>	Tyler Paule	Sr.	St. Charles
<b>H.M.</b>	Jordan Genenbacher	Sr.	Duchesne

## Sportsmanship Award

<b>Duchesne</b>	Tyler Loewenstein
<b>Warrenton</b>	Craig Schneider
<b>Washington</b>	Zach Oxford
<b>St. Charles</b>	John Plummer
<b>Wentzville Timberland</b>	Jake Hiriniak
<b>Ft. Zumwalt North</b>	Justin Pierce
<b>St. Charles West</b>	Ryan Olive
<b>Ft. Zumwalt East</b>	Landon Reading

## All-Academic Team

**Duchesne** - Tyler Loewenstein, Zack Bohr, , Jack Gregg, Jake Busche, Jake Tweet, Jake Loewenstein, David Dobbs, Jeff Swann, Nolan Kohnen, Blake Caimi, Chad Webber, Andrew Tegethoff, Jake Tigges, Mike Macke, Keenan Kness, Matt Ule, , Joe Boschert, Alex Ritter, Mitch Pryor

**Warrenton** - Jason Bunge, Travis Doyle, Craig Schneider, David Everman, Cody Lemons, Nick Reese, Tyler Romaker, Derrick Chapman, John Jesky, Michael Butkovich, Bryan Pollard, Alex Tims,

**Washington** - Tyler Jackson, Sam Kosark, Kevin Gratza, Ross Rabaduex, Drew Matzes, Andrew Baker, Carter Hamai, Caleb Reed, Adam Gildehaus, Clayton Hamai, Robert Luck, John Phinney, Chase Hellebusch, Steven Henderson, Travis Gardner, Joe Collins, Brendan Thayer, Evan McInnis, Trevor Shockley, Brandon Garrard, John Meyer, Danny Heimann

**St. Charles** - Shawn Brown, Brandon Howard, Austin Olendorf, Luke Bornhop, Hayden Miller, Tyler Paule, John Plummer, Matt Gualdoni, Steve McCullough, Charlie Dalton, Tom Koenig, Jake Lisalda, Spencer Dudley, Tony Nelson, Antonio Gray

**Timberland** - Cody Ayres, James Bell, Sam Bittner, Jake Brown, Cody Coleman, Luke Dessain, Brad Flynn, Jake Hirniak, Nik Jehle, , Ranell King, Adam Kuhn, Bobby Lynn, Chase Malensky, Wayne McRoberts, Devon Mitchell, Derek Rehagen, Nick Shelton, Ben Tedrick

**Ft. Zumwalt North** - Zach Bartlett, Ricky Cheers, Nathan Elmy, V. J. Fitzpatrick, Devinn Heuermann, Forrest Huml, Tyler Markum, Gregg McDaniels, Ben McDonald, Zach Nelson, Alex Zangriles

**St. Charles West** - Ahren Bohanan, Alex Bruns, Aaron Burke, Mark Chowning, Jordan Daugherty, Tanner Davis, Vernon Davis, Zach Dawson, Alex Dorn, Tyler Hanneke, Shane Huddleston, Tyler Hutchison, Kevin Leu, Matt Munro, Ryan Olive, Anthony Richardson, Andrew Smith, Zach Speer, Matt Strobe, Blake Whiteside, Kevin Wilhite

**Ft. Zumwalt East** - Christian Brooks, Garrett Grimes, Tyler Hamm, Stephen Island, Anthony Davis, Tim Chung, Michael Mahoney, Tyler Femmer, Justin Blair, Brad Chapman, Landon Reading, Alex Nischbach, Reed Booth, Sam Feld, , Zach Ridenour, Cameron Bailey, Jeff Mundschenk, Matt Couch, Nick Weisenborn, Tony Robideau, Zach Bumstead, Josh Romanchuk

## 2009 South Football

### QUARTERBACK

<b>1st Team</b>	Brett Graves	Jr.	Francis Howell
<b>2nd Team</b>	David Washko	Sr.	Ft. Zumwalt West

**H.M.** Jake Schneider Sr. Francis Howell North

## **RUNNING BACK**

**1st Team** Daniel Lindemann Sr. Troy Buchanan  
Grant Shannon Sr. Ft. Zumwalt South

**2nd Team** Terrence Tate Jr. Wentzville Holt  
Justin Schuh Jr. Francis Howell

**H. M.** Micah Alsobrook Sr. Francis Howell Central  
Kaleb Cooper Jr. Francis Howell Central

## **WIDE RECEIVER - TIGHT END**

**1st Team** Garner Wilson Sr. Francis Howell Central  
Corey King So. Francis Howell  
Devonte Majors So. Ft. Zumwalt West

**2nd team** Nick DeMarco Sr. Francis Howell North  
Keith Brown Jr. Francis Howell  
Kyle Echols So. Ft. Zumwalt West

**H.M.** Reed Lunsford Sr. Francis Howell North  
Andre Wooten Jr. Francis Howell North  
Josh Wade So. Francis Howell Central

## **OFFENSIVE LINE**

**1st Team** Justin Kendall Sr. Francis Howell North  
Roy Wolfrum Sr. Wentzville Holt  
Matt Killian Jr. Francis Howell  
Jake Lasater Jr. Francis Howell

	Bryan Carroll	Sr.	Ft. Zumwalt West
<b>2nd Team</b>	Greg Conley	Jr.	Francis Howell North
	Andrew Lazalier	Sr.	Wentzville Holt
	Evan Easley	Sr.	Ft. Zumwalt South
	Steve Weiman	Sr.	Troy Buchanan
	Sean Hagen	Sr.	Ft. Zumwalt West
<b>H.M.</b>	Brian Paur	Jr.	Francis Howell Central
	Dorian Washington	Sr.	Francis Howell Central
	Ben Stroud	Sr.	Francis Howell
	Aaron Ray	Sr.	Francis Howell
	Brandon Colbert	Sr.	Troy Buchanan

## RETURNER

<b>1st Team</b>	Daniel Lindemann	Sr.	Troy Buchanan
<b>2nd Team</b>	Andrew Femmer	Jr.	Wentzville Holt
<b>H.M.</b>	Jayden Lumpa	So.	Francis Howell Central

## KICKER

<b>1st Team</b>	Nick DiMarco	Sr.	Francis Howell North
<b>2nd Team</b>	Sean Lanham	Jr.	Wentzville Holt
<b>H.M.</b>	Chad Denney	Sr.	Francis Howell
	Zac Perkins	Fr.	Francis Howell

## DEFENSIVE LINE

<b>1st Team</b>	Roy Wolfrum	Sr.	Wentzville Holt
	Nic Branson	So.	Francis Howell
<b>2nd Team</b>	Kyle Hunn	Jr.	Francis Howell
	Jacob Oldcroft	Jr.	Ft. Zumwalt West

<b>H.M.</b>	Andrew Awalt	So.	Troy Buchanan
	Daulton Daies	So.	Francis Howell Central

## DEFENSIVE END

<b>1st Team</b>	Josh Engberg	Sr.	Wentzville Holt
	Josh Brown	So.	Francis Howell
<b>2nd Team</b>	Tanner Day	So.	Ft. Zumwalt West
	Wes Kuhn	Jr.	Francis Howell
<b>H.M.</b>	Brad Holloway	Sr.	Ft. Zumwalt South
	Jon Langford	Jr.	Francis Howell Central

## LINEBACKER

<b>1st Team</b>	Nick DiMarco	Sr.	Francis Howell North
	Andrew Lazalier	Sr.	Wentzville Holt
	Andrew Buffa	Sr.	Francis Howell Central
	Andrew Vandeven	Sr.	Francis Howell
<b>2nd Team</b>	Ryan Price	Sr.	Wentzville Holt
	Mitch Iken	Sr.	Ft. Zumwalt South
	Alex Langford	Sr.	Francis Howell
	Brandon Colbert	Sr.	Troy Buchanan
<b>H.M.</b>	Nick Grubbs	Sr.	Wentzville Holt
	Ryan Haskell	Jr.	Ft. Zumwalt South
	Micah Alsobrook	Sr.	Francis Howell Central
	Matt Norton	Jr.	Francis Howell

## DEFENSIVE BACK

<b>1st Team</b>	Jake Schneider	Sr.	Francis Howell North
	Jared Hagely	Jr.	Francis Howell
	Jaz Downer	Sr.	Francis Howell

	Brett Uhlemeyer	So.	Ft. Zumwalt West
<b>2nd Team</b>	Clint Toedtman	Jr.	Francis Howell North
	Tim Woodson	Jr.	Wentzville Holt
	Kyle Stroud	Sr.	Ft. Zumwalt South
	Gamer Wilson	Sr.	Francis Howell Central
<b>H.M.</b>	Andre Wooten	Jr.	Francis Howell North
	Matt Freymuth	Sr.	Wentzville Holt
	Cody Johnson	Sr.	Francis Howell
	Andy Smith	Jr.	Francis Howell

## PUNTER

<b>1st Team</b>	Chad Denney	Sr.	Francis Howell Central
<b>2nd Team</b>	Jonathan Letko	Sr.	Ft. Zumwalt South
<b>H.M.</b>	Zac Perkins	Fr.	Francis Howell

## Sportsmanship Award

<b>Ft. Zumwalt West</b>	Joe Jordan
<b>Ft. Zumwalt South</b>	Kyle Stroud
<b>Francis Howell</b>	Ben Stroud
<b>Francis Howell North</b>	Jake Schneider
<b>Francis Howell Central</b>	Josh Frost
<b>Troy Buchanan</b>	Vince Eckert
<b>Wentzville Holt</b>	J. P. Pleasont

## All-Academic Team

**Ft. Zumwalt West** - Anthony Baker, Johnathan Bono, Jared Boyd, Ashton Brown, Bryan Carroll, Caleb Cockrill, Dan Cockrill, Corey Conway, Jacob Ellett, Matt Fazio, TJ

Fine, Tommy Hager, Brad Hardin, Drew Hare, Colton Howell, Jacob McKinley, Ryan McKinley, Austin Menichino, Dylan Myers, Chris Price, Christian Reed, Daryl Richardson, Cody Sturm, Emory Tucker, Brett Uhlemeyer, Rob Vetter, Chad Viehmann, Cody Wages, David Washko, Evan White, Teddy Williamson, Austin Witte

**Ft. Zumwalt South** - John Allquist, Chris Brooksher, Justin Chrisco, Josh Enloe, Jake Gottreu, Ron Leach, Marcus Lemasters, Lonnie Lloyd, Jordan Queen, Kyle Stroud, Sean Tilley, Shawn Welsch

**Francis Howell** - Ryan Auer, Matt Behr, Austin Black, AJ Bowman, Nic Branson, Keith Brown, Tyler Deyoung, Brett Graves, John Haarmann, Jared Hagely, Devynn Hummel, Jared Josar, Ryan Kleekamp, Wes Kuhn, Alex Langford, Jake Lasater, Kevin Mason, Matt Norton, Aaron Ray, Alex Russo, Kevin Ryan, Eric Siebenshuh, Jake Stewart, Ben Stroud, Adam Thompson, Andrew Vandeven, Jake Vaught

**Francis Howell North** - Mike Boschen, Greg Conley, Eddy Connell, Grant Dale Derks, Tom Foley, Justin Galloway, Hayden Henke, Jake Hurrell, Justin Kendall, Adam McDonnell, Dan McGraw, Andrew Richart, Jake Schneider, Sam Stewart, Tyler Vogt, Andre Wooten

**Francis Howell Central** - Micah Alsobrook, Jake Beckman, Andrew Buffa, Kyle Byrd, Kaleb Cooper, Daulton Daies, Brett Davis, Brett Fifield, Josh Frost, Jayden Lumpa, Brian Paur, Emmanuel Rivera, Josh Wade, Garner Wilson, Austin Wilson, Justin Yates, Eric Zvanut

**Troy Buchanan**- Dylan Noll, Kyle Denny, Landon Hood, Cameron Swarts, Ben Chaney, Daniel Lindemann, Nathan Aldien, KC Moorman, Austin Boedeker, Dusin Hepburn, Berennan Kuchler, Dillon Harris, Dalton Gilbert, Tyler Meyer, Alex Tiefenthaler, Jimmy Marti, Brandon Colbert, James Mann, Andrew Awalt, Austin Quigley, DJ Dunn, Dylan Mcneese, Kyle Westermann, Jacob Kennedy, Vince Eckert

**Holt** -Ryan Dickey , Karsten Erdman , Matt Freymuth, Josh Goldstein , Nick Grubbs=, Jarrett Ingram-Bargaineer, Andrew Lazalier, Ryan Price, Brad Annen , Alex Green, D.J. Humphrey, Sean Lanham, Tony Lipa, Tim Woodson , Brian Headrick, Stephen Riley, Clint Koons

## **2009 Girls Golf Medallists**

38

39

40

41

42

43



44  
49  
49  
49  
50  
50

-

## **SPORTSMANSHIP**

**Ft. Zumwalt West**  
**Francis Howell North**  
**Duchesne**

Sadie Votruba

**Troy Buchanan**

Kristen Mooney

## **All-Academic Team**

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**Ft. Zumwalt West –**

**Ft. Zumwalt South –**

**Francis Howell –**

**Francis Howell North –**

**Francis Howell Central –**

**Troy –** Lily Braungardt, Abigail Creech, Rachael Lowery, Hannah Briggs, Krista Peasel, Tiffany Elliott, Alex Suddarth

**Holt –**

**Duchesne** - Andrea Saettele, Megan Brady, Lauren Loomis, Amy O'Brien

## 2009 North Boys Soccer

### FORWARDS

<b>1st Team</b>	Sean Hogan	Jr.	Duchesne
	Ethan Garcia	Sr.	Warrenton
	Jack Walsh	Sr.	Wentzville Timberland
<b>2nd Team</b>	Keith Williams	Jr.	Ft. Zumwalt North
	Jack West	So.	Wentzville Timberland
	Jordan Swindle	So.	Ft. Zumwalt East
<b>H. M.</b>	Jake Woltering	Jr.	Duchesne
	Daniel Mortiz	Sr.	Warrenton
	Kale Ward	Jr.	St. Charles West

### MIDFIELDERS

<b>1st Team</b>	Jack Farrell	Sr.	Duchesne
	Derek Rehagen	Jr.	Wentzville Timberland
	Dan Beseau	Sr.	Wentzville Timberland
	Willie Hawley	Sr.	Warrenton
<b>2nd team</b>	Anthony Ross	Sr.	Ft. Zumwalt North
	Cody Elmendorf	So.	Ft. Zumwalt East
	Ryan McCrum	So.	St. Charles West
	Zach Carmichael	Jr.	Wentzville Timberland
<b>H.M.</b>	Matt Wheeler	Sr.	Warrenton
	Tim Wallace	Sr.	Washington
	Nick Donley	Sr.	Duchesne
	George Beekley	Sr.	St. Charles West

### DEFENDERS

<b>1st Team</b>	Ryan Mitchell	Sr.	Duchesne
	Tyler Landau	Sr.	Wentzville Timberland

	Eddie Tokraks	Sr.	Wentzville Timberland
<b>2nd Team</b>	Mitch Huebner	Sr.	Ft. Zumwalt East
	Ryan Goewert	Jr.	Duchesne
	Garrett Brewere	Sr.	Warrenton
<b>H.M.</b>	Albert Preli	Sr.	St. Charles
	Colin Eyster	Jr.	Wentzville Timberland
	Mike Morton	Jr.	St. Charles West

## **KEEPER**

<b>1st Team</b>	Jake Becher	Sr.	Duchesne
<b>2nd Team</b>	Adam Leonard	Jr.	Wentzville Timberland
<b>H. M.</b>	Joe Hallemeier	Sr.	St. Charles West

## **PLAYER OF THE YEAR: Derek Rehagen, Junior, Wentzville Timberland**

## **Sportsmanship Award**

<b>Duchesne</b>	Michael Groene
<b>Warrenton</b>	Willie Hawley
<b>Washington</b>	Anthony Barnhart
<b>St. Charles</b>	Joe Buse
<b>Wentzville Timberland</b>	Vincent Castelli
<b>Ft. Zumwalt North</b>	Jake Brown
<b>St. Charles West</b>	Joe Hallemeier
<b>Ft. Zumwalt East</b>	Ryan Ruzycski

## **All-Academic Team**

**Duchesne** – Jake Becher, Brian Burke, Nick Donley, Jack Farrell, Ryan Goewert, Michael Groene, Logan Hercules, Ryan Mitchell, Jake Woltering

**Warrenton** – Anthony Dewey, Willie Hawley, Chris Hertel, Jordan Kientzy, Joe Miesner, Mike Niederer, Adam Smith, Chris Vasquez

**Washington** – Shane Bonnarens, Jared Sickmann, Anthony Barnhart, Tyler Nelson, Tanner Kertz, Eric Grisham, David Trentmann, Levi Gildehaus, Jesse Baer, Jacob Spratt, Patrick Moore, Matt McKeever

**St. Charles** – Justus Forbes, Phil Rohan, Joe Buse, Jeff Ruckmann, Dillon Shupp, Brett Weis, Nick Wootten, Ross Randazzo, Albert Preli, Nathan Cathey, Jack Gallagher, Jose Maravilla

**Wentzville Timberland** – Dan Beseau, Devin Carballo, Zach Carmichael, Vincent Castelli, Colin Eyster, Ian Fields, Sean Fields, Chris Godwin, Jacob Hawes, Derek Rehagen, Paul Semore, Jack Walsh, Jack West, Brady Williams

**Ft. Zumwalt North** – Dylan Donovan, Keith Williams, Jay Sammelmann, Jeff Bender, Nick Dischbein, Dalen Fink, Arturo Jaras Watts, Brenden Birch, Joey Duvall, Bobby Jones

**St. Charles West** – Joe Hallemeier, Ryan Orio, Daniel Jackson, Zach Kahn, Ian Powers, Michael Morton, Clayton Burton, Adam DeSplinter, Mike McCrum, Mark Cline

**Ft. Zumwalt East** - Mitch Huebner, Clayton Meyer, Cody Elmendorf, Alex Tihen, Luke Brandmeyer, Michael Stahlheber, Michael Stock, Balpreet Grewal, Ryan Ruzycki, Zach Snider

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## **2009 South Boys Soccer**

### **FORWARDS**

**1st Team**    Ousmane Gueye                      Sr.           Ft. Zumwalt South

	Dylan Carter	Sr.	Ft. Zumwalt West
	Justin Williams	Sr.	Francis Howell
	Jared Ray	Sr.	Troy Buchanan
<b>2nd Team</b>	Logan North	Sr.	Francis Howell North
	Jake Baumgartner	Sr.	Francis Howell
	Paul Haluszczak	Sr.	Francis Howell Central
	Taylor Yocum	Sr.	Francis Howell Central
<b>H. M.</b>	Scott Raver	Jr.	Francis Howell North
	Corey Scharf	Sr.	Francis Howell Central
	Josh Funke	Sr.	Ft. Zumwalt South

## MIDFIELDERS

<b>1st Team</b>	Rayn Haas	Jr.	Wentzville Holt
	Alex Luetkemeyer	Sr.	Ft. Zumwalt West
	Ryan Firlle	Sr.	Francis Howell
<b>2nd Team</b>	Justin Gomez	Sr.	Ft. Zumwalt South
	Dane O'Keefe	Sr.	Ft. Zumwalt South
	Christian Baez	Sr.	Francis Howell Central
<b>H.M.</b>	Mike Sheperd	Sr.	Francis Howell Central
	Zack Johnson	Jr.	Francis Howell North
	Patrick Donnelly	Sr.	Francis Howell North
	Danny Jack	Sr.	Wentzville Holt

## DEFENDERS

<b>1st Team</b>	Joe Macke	Sr.	Francis Howell Central
	Jon Schreiber	Sr.	Ft. Zumwalt South
	Robbie Bajier	Sr.	Ft. Zumwalt West
<b>2nd Team</b>	Josh Ward	Sr.	Wentzville Holt
	Tim Schieffer	Sr.	Troy Buchanan
	Sam Worsley	So.	Francis Howell North
<b>H.M.</b>	Bobby Keeven	Sr.	Ft. Zumwalt West

Blake Wager	Sr.	Francis Howell
Jon Heimann	Sr.	Ft. Zumwalt South

## **KEEPER**

<b>1st Team</b>	Andrew Riggs	Sr.	Ft. Zumwalt South
<b>2nd Team</b>	Austin Haywood	Sr.	Francis Howell North
<b>H.M.</b>	Collin Nichols	Jr.	Ft. Zumwalt West

## **PLAYER OF THE YEAR: Andrew Riggs, Senior, Ft. Zumwalt South**

## **Sportsmanship Award**

<b>Francis Howell North</b>	Ryan Firle
<b>Ft. Zumwalt West</b>	Taylor Barthels
<b>Francis Howell Central</b>	Mike Caldwell
<b>Ft. Zumwalt South</b>	Jon Heimann
<b>Wentzville Holt</b>	Cullen Halpin
<b>Francis Howell</b>	Vince Buelmann
<b>Troy Buchanan</b>	Justin Nichols

## **All-Academic Team**

**Ft. Zumwalt West** – Robbie Bajier, Taylor Barthels, Eric Biernbaum, Dylan Carter, Kyle Grayek, Jarod Hahn, Zach Hollstrom, Andrew Lightner, Alex Luetkemeyer, Derek

Merry, Mitch Morris, Ricky Morris, Sam Myers, Collin Nichols, Dylan Pashia, Peter Rackovan, Jake Rocco, Rick Vincenc, Jake Wascisin

**Ft. Zumwalt South** – Austin Andrews, Brian Aubuchon, Zachary Brandmeyer, Alexander Clark, Justin Gomez, Jonathan Heimann, Stephen Howell, Timothy Lambing, Dane O'Keefe, Jonathan Orf, Jacob Reinsmith, Andrew Riggs, Kevin Roach, Jonathan Schreiber, Nathan Stock, James Tegarden

**Francis Howell** – Zachary Bayer, Jacob Beger, Vince Bueltmann, Dillon Crane, Nick Dolan, Kevin Flynn, Michael Holmes, Alex Hurley, Connor McDonnell, Brian Porter, Jacob Rhodes, Blake Wager , Justin Williams

**Francis Howell North** - Shane Baechle, Drew Barfield, Taylor Bell, Chip Dozier, Greg Felock, Ryan Firle, Robbie Friedlein, Ryan Gannon, Austin Haywood, Ben Hess, Zack Johnson, Jon Kamp, Josh Lemaster, Logan North, Scott Raver

**Francis Howell Central** – Mike Caldwell, Levi Morris, Paul Haluszczak, Joe Macke, Dan Rozycki, Sean Capuano, Gabe Remolina, Chase Stoneking, Derek Hoerman, Stephen Rozycki, Shane Kozlowski

**Troy** – Tim Burton, Brett Chamberlin, Kyle Chamberlin, Corey Gholson, Jon Hazelwonder, Mike Naughton, Justin Nichols, Tim Schieffer, David Sudbeck, Tyler Thwing

**Wentzville Holt** – Michael Cross, Brad Fahs, Tyler Garven, Matt Gielow, Ryan Haas, Cullen Halpin, Danny Jack, James Luecke, Jacob Main, Justin Peters, Tanner Pray, Josh Ward, Bryan Yun

## 2009 North Softball

### PITCHERS

<b>1st Team</b>	Morgan Hauk Tyler Lilja	Wentzville Timberland Ft. Zumwalt North
<b>2nd Team</b>	Wendy Macias Marie Benton	Duchesne Ft. Zumwalt East
<b>H.M.</b>	Elesha Klinghammer Chelsea Smith	St. Charles Ft. Zumwalt East

### CATCHERS

<b>1st Team</b>	Brittany Rozier	Wentzville Timberland
<b>2nd Team</b>	Abby Smith	Ft. Zumwalt North
<b>H.M.</b>	Danielle Kamm	St. Charles West

## UTILITY PLAYER

<b>1st Team</b>	Emily Knopf	Ft. Zumwalt North
	Kelsey Denker	St. Charles West
<b>2nd Team</b>	Brittany Lombardo	Washington
	Anna Bowden	Ft. Zumwalt East
<b>H.M.</b>	Emily Love	Warrenton
	Erin Markham	Wentzville Timberland

## INFIELDERS

<b>1st Team</b>	Brittany Gotthardt	Ft. Zumwalt East
	Christina Young	Ft. Zumwalt East
	Theresa DeCosty	Duchesne
	Sarah Van Hooser	Ft. Zumwalt North
	Emily Zull	St. Charles West
<b>2nd Team</b>	Lindsay Mauch	Warrenton
	Kelsea Job	Warrenton
	Jill Sullentrop	Ft. Zumwalt East
	Hali Schoelhamer	St. Charles
	Chelsea Jaggie	Ft. Zumwalt North
<b>H.M.</b>	Sarah Williams	Wentzville Timberland
	Alex Adelsberger	Wentzville Timberland
	Desi Drury	Wentzville Timberland



Kelsey Lamb  
Lauren Meyer

Washington  
Duchesne

## **OUTFIELDERS**

<b>1st Team</b>	Kaitlyn Raftery	Wentzville Timberland
	Megan Westhoff	Washington
	Jordan Denker	St. Charles West
	Lindsey McDaniels	Ft. Zumwalt East

<b>2nd Team</b>	Jamie Peper	Warrenton
	Kerri Cunningham	Warrenton
	Kaitlyn Gotthardt	Ft. Zumwalt East
	Erika Teson	St. Charles

<b>H.M.</b>	Heather Aubuchon	Washington
	Kailey Hensala	Ft. Zumwalt East
	Anna Sherry	Ft. Zumwalt North
	Priscilla Steimel	Duchesne

**COACH OF THE YEAR - Brad Schellert [Timberland] and Dan Springman [Ft. Zumwalt North]**

**PLAYER OF THE YEAR - Brittany Rozier [Wentzville Timberland]**

### **Sportsmanship Award**

<b>Duchesne</b>	Stef Carty
<b>Warrenton</b>	Jamie Peper
<b>Washington</b>	Alaina Arnold
<b>St. Charles</b>	Elesha Klinghammer
<b>Timberland</b>	Mel Mumma
<b>Ft. Zumwalt North</b>	Abby Smith
<b>St. Charles West</b>	Jordan Denker
<b>Ft. Zumwalt East</b>	Jamie Rootz

## **All-Academic Team**

**Duchesne** – Jenna Friedel, Wendy Macias, Lauren Meyer, Priscilla Steimel, Sarah Vohsen, Alison Weber, Kristin Williams

**Warrenton** – Kerri Cunningham, Becca Chapman, Jessica Copping, Alyssa Duren, Abby Job, Kelsea Job, Brooke Kassing, Stacia LaFaver, Emily Love, Lindsay Mauch, Kristen Olsson, Nicole Parrish, Jamie Peper, Ariel Schlenther

**Washington** – Alaina Arnold, Heather Aubuchon, Kaitlin Evans, Kelsey Lamb, Ashley Schiermeier, Stephanie Sherman, Megan Westhoff, Sarah Westhoff, Haley Ulsas

**St. Charles** – Danielle Helderle, Elesha Klinghammer, Taylor Riner, Hali Schoelhamer, Hannah Slater, Emiley Wolf

**Timberland** – Alex Adelsberger, Desi Drury, Alyssa Gau, Morgan Hauk, Kristi Kelly, Rachel Lastoria, Devan Meyer, Mel Mumma, Amanda Nordblad, Kaitlyn Raftery, Brittany Rozier, Melissa Searle, Shelby Zytko

**Ft. Zumwalt North** – Abbey Bender, Alexis Cook, Chelsea Jaggie, Emily Knopf, Tyler Lilja, Peyton Meadowcroft, Sophie Mueller, Ashley Newsom, Anna Sherry, Abby Smith, Sarah Van Hooser

**St. Charles West** – Sara Berjer, Julianna Broadhurst, Brooke Camenzind, Marissa Cashen, Jordan Denker, Kelsey Denker, Blake French, Sarah Lindsie Heifner, Danielle Kamm, Taylor Staggemeier, Kaitlyn Twidwell

**Ft. Zumwalt East** - Marie Benton, Anna Bowden, Taylor Eudy, Kailey Hensala, Lindsey McDaniels, Stephanie Mues, Chelsea Smith, Jill Sullentrop, Christina Young, Nikki Taylor

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## **2009 South Softball**

### **PITCHERS**

<b>1st Team</b>	Lexie Moore Elizabeth Wiegand	Ft. Zumwalt South Troy Buchanan
<b>2nd Team</b>	Rachel Snyder Erica Klaus	Francis Howell North Ft. Zumwalt West
<b>H.M.</b>	Savana Grover Bennett Hoff	Troy Buchanan Francis Howell

## CATCHERS

<b>1st Team</b>	Shea Dean	Francis Howell
<b>2nd Team</b>	Shelby Long	Ft. Zumwalt South
<b>H.M.</b>	Melanie Hager Emily Orf Kaylee Brueggeman	Ft. Zumwalt West Troy Buchanan Francis Howell

## UTILITY PLAYER

<b>1st Team</b>	Sarah Shaniker Deanna Price	Francis Howell Central Troy Buchanan
<b>2nd Team</b>	Kacey Scharnhorst Brandie Kiel	Ft. Zumwalt South Francis Howell North
<b>H.M.</b>	Alexis Stankovich Kelsey Brown Alison Schreyer	Francis Howell Francis Howell Francis Howell Central

## INFIELDERS

<b>1st Team</b>	Ashley Huecker	Wentzville Holt
	Cate Simon	Ft. Zumwalt South
	Randi Yousey	Francis Howell North
	Mary Kate Townley	Ft. Zumwalt West
	Elizabeth Leath	Francis Howell Central

<b>2nd Team</b>	Kayla Lockwood	Ft. Zumwalt South
	Corey Niblett	Troy Buchanan
	Samantha Cleveland	Francis Howell
	Tarah Moutray	Francis Howell Central
	Courtney Kitson	Francis Howell

<b>H.M.</b>	Whitney Richardson	Troy Buchanan
	Lauren Geringer	Ft. Zumwalt West
	Sammi Ackermann	Francis Howell
	Kara Schneider	Francis Howell Central
	Jordie Retzlaff	Ft. Zumwalt West
	Mel Hunt	Francis Howell
	Lindsay Craig	Francis Howell North

## OUTFIELDERS

<b>1st Team</b>	Kelsey Dixon	Ft. Zumwalt West
	Kelsey James	Francis Howell
	Rachel Pauley	Francis Howell North
	Emily Crane	Troy Buchanan

<b>2nd Team</b>	Brittani Wren	Troy Buchanan
	Breann Fleschner	Francis Howell
	Brittany Eaelen	Ft. Zumwalt South

Summer Pauley Francis Howell North

**H.M.** Jaimie Tierney Ft. Zumwalt West  
Chyna James Wentzville Holt  
Katie James Francis Howell  
Courtney Froelich Francis Howell  
Victoria Spraggins Francis Howell Central  
Becca Zalabac Troy Buchanan

**COACH OF THE YEAR - Kelly O'Bryan and Lance Richardson**

**PLAYER OF THE YEAR - Lexie Moore[Ft. Zumwalt South]**

## **Sportsmanship Award**

<b>Ft. Zumwalt West</b>	Hailey Benoist
<b>Ft. Zumwalt South</b>	Danielle Kahn
<b>Francis Howell</b>	Kelsey Brown
<b>Francis Howell North</b>	Casey Goettel
<b>Francis Howell Central</b>	Kara Schneider
<b>Troy Buchanan</b>	Jenna Martinek
<b>Wentzville Holt</b>	Alexis Stankovich

## **All-Academic Team**

**Ft. Zumwalt West** – Hailey Benoist, Kelsey Dixon, Marissa Fawcett, Abby Fears, Lauren Geringer, Erica Klaus, Morgan Loraine, Jordan Retzlaff, Jaimie Tierney, MaryKate Townley

**Ft. Zumwalt South** – Teylar Adelsberger, Catie Connoley, Megan Craft, Brittany Edelen, Danielle Kahn, Kayla Lockwood, Shelby Long, Lexie Moore, Molly Reedy, Kacey Scharnhorst, Sophie Shormas, Cate Simon

**Francis Howell** – Emily Bourner, Kelsey Brown, Samantha Cleveland, Courtney Froehlich, Bennett Hoff, Jaime Hostetler, Melanie Hunt, Breanna Fleschner, Samantha Herweck, Katie James, Samantha Ackerman

**Francis Howell North** – Lindsay Craig, Ami Francis, Kristina Freund, Casey Goettel, Brandi Kiel, Taylor Jonasen, Madelyn Millitan, Summer Pauley, Rachel Snyder, Karolyn Sullivan, Randi Yousey

**Francis Howell Central** – Paige Boehmen, Katie Janis, Elizabeth leath, Tiffany Martin, Kara Schneider, Alison Schreyer

**Troy** – Emily Crane, Jenna Martinek, Corey Niblett, Morgan Oliver, Emily Orf, Deanna Price, Whitney Ricahrdson, Alli Torminio, Allin Torominio, Elizabeth Wiegand, Kaitlin Williams, Brittini Wren

**Holt** – Kaylee Brueggeman, Lindsay Dawson, Kim Heinrich, Courtney Kitson, Katie Meyers, Alexis Stankovich

## **2009 BOYS SWIMMING CHAMPIONS**

### **200 yard Medley Relay [Record: 1:39.10, FZS, 2009]**

<b>1st</b>	Matt Friedhoff Trace Curvey Cody Friedhoff Matthew Wacker	Ft. Zumwalt South	1:39.10
<b>2nd</b>	Andrew Sansoucie Jon Schulte Dan Zagaja Evan Engelage	Wentzville Holt	1:45.62
<b>3rd</b>	Zac McLaughlin Denny Cody Jake Livingstone Wes Clark	Ft. Zumwalt West	1:46.99

### **200 yard Freestyle [Record: 1:46.30, Cody Friedhoff, FZS, 2008]**

<b>1st</b>	Nate Weiss	Francis Howell North	1:46.78
<b>2nd</b>	Matthew Wacker	Ft. Zumwalt South	1:50.81
<b>3rd</b>	Davis Bader	Francis Howell	1:55.03

**200 yard Individual Medley [Record: 1:56.29, Chris McCrary, FZS, 2000]**

<b>1st</b>	Matt Friedhoff	Ft. Zumwalt South	1:58.30
<b>2nd</b>	Trace Curvey	Ft. Zumwalt South	1:58.93
<b>3rd</b>	Patrick Fountain	Francis Howell North	2:07.29

**50 yard Freestyle [Record: 21.33, Chris McCrary, FZS, 2000]**

<b>1st</b>	Cody Friedhoff	Ft. Zumwalt South	21.90
<b>2nd</b>	Andrew Sansoucie	Wentzville Holt	22.12
<b>3rd</b>	Wes Clark	Ft. Zumwalt West	22.44

**1 meter Springboard Diving [Record: 402.60, Scott Annen, FZW, 2000]**

<b>1st</b>	Daniel Price	Ft. Zumwalt North	330.85
<b>2nd</b>	Jeff West	Wentzville Timberland	301.65
<b>3rd</b>	Cody Schonlau	Ft. Zumwalt East	296.75

**100 yard Butterfly [Record: 50.28, Chris McCrary, FZS, 2006]**

<b>1st</b>	Andrew Sansoucie	Wentzville Holt	52.76
<b>2nd</b>	Matthew Wacker	Ft. Zumwalt South	54.23
<b>3rd</b>	Dan Zagaja	Wentzville Holt	54.62

**100 yard Freestyle [Record: 47.44, Chris McCrary, FZS, 2000]**

<b>1st</b>	Wes Clark	Ft. Zumwalt West	50.01
<b>2nd</b>	Joe Schroeder	Francis Howell	50.25
<b>3rd</b>	Travis Miller	Wentzville Timberland	50.35

**500 yard Freestyle [Record: 4:44.00, Jerod Simek, FZW, 2008]**

<b>1st</b>	Cody Friedhoff	Ft. Zumwalt South	4:48.62
<b>2nd</b>	Brad Udell	Ft. Zumwalt East	5:29.18
<b>3rd</b>	Mitchell Smith	Ft. Zumwalt South	5:38.75

**200 yard Freestyle Relay [Record: 1:31.64, Holt, 2009]**

<b>1st</b>	Evan Engelage Danny Taylor Dan Zagaja Andrew Sansoucie	Wentzville Holt	1:31.64
<b>2nd</b>	Brandon Herman Zach Sheward Shawn Farrar Iggy Gonzales	Ft. Zumwalt North	1:35.92
<b>3rd</b>	Travis Miller Matt Clutterbuck Jeff West Justin Marler	Wentzville Timberland	1:36.41

**100 yard Backstroke [Record: 53.07, Kevin Velleca, FZS, 2000]**

<b>1st</b>	Nate Weiss	Francis Howell North	54.18
<b>2nd</b>	Matt Friedhoff	Ft. Zumwalt South	54.60
<b>3rd</b>	Davis Bader	Francis Howell	58.94

**100 yard Breaststroke [Record: :59.11, Trace Curvey, FZS, 2009]**

<b>1st</b>	Trace Curvey	Ft. Zumwalt South	0:59.11
<b>2nd</b>	Patrick Fountain	Francis Howell North	1:05.24
<b>3rd</b>	Andrew Smith	Francis Howell Central	1:05.60



**400 yard Freestyle Relay [Record: 3:16.82, FZS, 2009]**

<b>1st</b>	Cody Friedhoff Matthew Wacker Matt Friedhoff Trace Cuvey	Ft. Zumwalt South	3:16.82
<b>2nd</b>	Wes Clark Zac McLaughlin Jake Livingstone Denny Cody	Ft. Zumwalt West	3:36.69
<b>3rd</b>	Joe Schroeder Davis Bader Andrew Odle Bobby Wood	Francis Howell	3:36.92

***All-Academic Team***

**Ft. Zumwalt South -**

**Francis Howell North -**

**Ft. Zumwalt North -**

**Ft. Zumwalt West -**

***Sportsmanship Team***

**Ft. Zumwalt West -**

**2009 Girls Tennis**

**#1 SINGLES**

**1st** Dera Ft. Zumwalt South

<b>2nd</b>	Drew	Wentzville Timberland
<b>3rd</b>	Barker	Francis Howell

## #2 SINGLES

<b>1st</b>	Smith	Ft. Zumwalt South
<b>2nd</b>	Salter	Francis Howell
<b>3rd</b>	Baluyut	Ft. Zumwalt West

## #3 SINGLES

<b>1st</b>	Mares	Francis Howell North
<b>2nd</b>	Phelps	Francis Howell
<b>3rd</b>	Schuler	Duchesne

## #4 SINGLES

<b>1st</b>	Oostendorp	Francis Howll North
<b>2nd</b>	Park	Wentzville Holt
<b>3rd</b>	Wilson	Francis Howell Central

## #1 DOUBLES

<b>1st</b>	Lauterwasser-Clarice	Wentzville Timberland
<b>2nd</b>	Porter-Hill	Francis Howell
<b>3rd</b>	Swopshire-Schmidt	Ft. Zumwalt West

## #2 DOUBLES

<b>1st</b>	Roemer-Amir	Francis Howell North
<b>2nd</b>	Windham-Smith	Francis Howell
<b>3rd</b>	Geringer-Hubble	Duchesne

## #3 DOUBLES

<b>1st</b>	Patel-Choi	Ft. Zumwalt West
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<b>2nd</b>	Wasser-Williams	Francis Howell
<b>3rd</b>	Kannard-Ragsdale	Francis Howell Central

## **SPORTSMANSHIP**

<b>Duchesne</b>	Rachel Schuler (Sr.)
<b>Ft. Zumwalt West</b>	
<b>Francis Howell North</b>	
<b>Troy Buchanan</b>	Madison Turner

## **All-Academic Team**

**Duchesne** – Sydney Bugler (Sr.), Lauren Weller (Sr.), Rachel Schuler (Sr.), Theresa Baker (Sr.), Audrey Mecklenburg (Jr.), Emily Geringer (Jr.), Amanda Hubble (Jr.), Meaghan Dempsey (Jr.), Kathryn Smith (Sr.)

**Francis Howell** – Alison Barker, Jamie Porter, Alexa Hill, Claire Windham, Maria Smith, Megan Wasser, Michelle Williams

**Wentzville Holt**– missing

**Ft. Zumwalt South** – missing

**Troy Buchanan** – Courtney Dorrell, Lauren Eggering, Taylor Lawson, Kaitlyn Dorrell, Deanna Pieper, Nicole Williams, Madison Turner, Allison Seng, Toni Firoved, Andi Graviett

**Ft. Zumwalt West** –

**Francis Howell North** –

**Francis Howell Central** - missing

**Ft. Zumwalt North** - Margaret Beckman, Yuliana Hernandez

# 2009 North Girls Volleyball

<b>1st Team</b>	Andrea Beaty	Washington
	Alisha Skaggs	Washington
	Bri Joslin	St. Charles
	Jenny Howard	Duchesne
	Erika Holmes	St. Charles West
	Maddie Kelly	Wentzville Timberland

<b>2nd Team</b>	Brandy Young	Ft. Zumwalt East
	Emily Svoboda	St. Charles West
	Talia Fields	Duchesne
	Alyssa Budde	St. Charles
	Tori Ballmann	Ft. Zumwalt North
	Lindsay Meyer	Washington

<b>H.M.</b>	Kara Blakely	Washington
	Hannah Seitter	Washington
	Carly Bellm	Ft. Zumwalt North
	Shanna Young	St. Charles
	Abbie O'Mara	Duchesne
	Shannon Wittich	St. Charles West

# Sportsmanship Award

<b>Duchesne</b>	Rachel Mollison
<b>Warrenton</b>	Morgan Barton
<b>Washington</b>	Lindsay Meyer
<b>St. Charles</b>	Megan Leimkuehler
<b>Timberland</b>	Mallory Shelton
<b>Ft. Zumwalt North</b>	Taryn Ballmann
<b>St. Charles West</b>	Lindsey Burkemper
<b>Ft. Zumwalt East</b>	Erin Herbig

## All-Academic Team

**Duchesne** – Emily Beckmann, Emily Boillot, Rachel Mollison, Kasey Meers, Jenny Howard, Talia Fields, Ama Stahlschmidt, Angie Durham, Abby Schroeder

**Warrenton** – Morgan Barton, Madie Finnern, Ashley Schroeder, Marissa Schroeder, Courtney Beelek, Erika Parks, Sarah Cunningham, Amy Raterman

**Washington** – Kara Blakley, Andrea Beaty, Kate Brinker, Sarah Schwentker, Nora Hackmann, Marissa Nadler, Anna Holtermann, Hannah Seitter, Tiffany Borgerding, Lindsay Meyer, Jaimie Kuddes

**St. Charles** – Alyssa Budde, Jenna Budde, Andrea Dwiggin, Briann Joslin, Bailey Kohrs, Megan Leimkuehler, Morgan Wootten, Shanna Young

**Timberland** – Lauren Glore, Mallory Shelton, Andrea Travers, Taylor Willer

**Ft. Zumwalt North** – NorthKara Andres, Taryn Ballmann, Clara Batzer, Shayla Hanneke, Lynette Hirtz, Samantha Hundelt, Amanda Yore

**St. Charles West** – Erika Holmes, Jordan Baumgartner, Lindsey Burkemper, Emily Svoboda, Shannon Wittich, Allison Wilmes, Alyssa Morse

**Ft. Zumwalt East** -Melissa Conger, Taylor Edwards, Erin Herbig, Jenny McKenzie, Chelsea Orf, Alex Schmidt, Tiffany Schmutz, Brandy Young

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## 2009 South Girls Volleyball

<b>1st Team</b>	Megan Dillon	Francis Howell Central
	Maggie Mueller	Francis Howell Central
	Megan Mennemeyer	Troy Buchanan
	Abby McAllister	Ft. Zumwalt West
	Paige Echimovich	Ft. Zumwalt West
	Nicole Yuede	Francis Howell North
	Bailey Sparkman	Francis Howell
<b>2nd Team</b>	Kaitlyn Crafts	Francis Howell Central
	Taylor Bixby	Wentzville Holt
	Danielle Rygelski	Francis Howell
	Javoni Faucette	Francis Howell
	Kelsey Fankhauser	Francis Howell
	Maggie Flynn	Troy Buchanan
	Taylor Dietz	Troy Buchanan
<b>H. M.</b>	Mandy Svoboda	Francis Howell Central
	Mary Melville	Wentzville Holt
	Madsion Farrier	Ft. Zumwalt South
	Lauren Rodewald	Ft. Zumwalt South
	Kayla Westerman	Troy Buchanan
	Nikki Larson	Troy Buchanan
Courtney Smith	Francis Howell North	

## Sportsmanship Award

<b>Ft. Zumwalt South</b>	Jessica Schuler
<b>Ft. Zumwalt West</b>	Danielle Althage
<b>Francis Howell</b>	Brittany Amato
<b>Francis Howell Central</b>	Maggie Mueller
<b>Francis Howell North</b>	Maddie Eifert
<b>Troy Buchanan</b>	Maggie Flynn
<b>Wentzville Holt</b>	Julie Emmons

## All-Academic Team

**Ft. Zumwalt West** – Danielle Althage, Paige Echimovich, Kylie Ellison, Alexis Fetsch, Katelyn Kingsborough, Abby McAllister, Sammi Merritt, Kelly Morris

**Ft. Zumwalt South** – Kaitlin Bean, Jamie Bethmann, Erin Carroll, Jennifer Cecchettini, Madison Farrier Sydney Kroupa, Jessica Merkt, Lauren Rodewald, Melanie Sbanotto, Jessica Shuler, Paige Spillman, Emily Wolfram

**Francis Howell** – Marissa Douglas, Kristen Stermon, Taylor Brandlen, Kelsey Fankhauser, Shelby Vines

**Francis Howell North** – Danielle Yuede, Lauren Jacobson, Sarah Peth, Courtney Smith, Kelsey Warden, Erin D’Amico, Kathleen (Katie) Dozier, Nicole Yuede, Margaret (Maggie) Curran, Alexandra (Alex) Oppenborn, Erin Powelson, Megan Jacobsmeyer, Madison (Maddie) Eifert

**Francis Howell Central** – Megan Dillon, Maggie Mueller, Mandy Svoboda, Jessica Zilch, Caitlin Geringer, Sydney Miller

**Troy** – Tara Bailey, Courtney Boyd, Taylor Dietz, Maggie Flynn, Ashley Harrison, Dusty Herman, Nikki Larson, Megan Mennemeyer, Ashley Nichols, Kayla Westermann, Ellen Wilmes

**Holt** – Christina Runyon, Kelsey Bopp, Kaylyn Hruska, Danielle Rolwes, Taylor Bixby, Julie Emmons, Andrea Jensen, Danielle Promaroli, Jacey Wells

## **2009-10 North Wrestling Champions**

### **103**

<b>1st</b>	Zach Nelson	Ft. Zumwalt North
<b>2nd</b>	Colton Orlando	Wentzville Timberland
<b>3rd</b>	Jarred Edwards	St. Charles West
<b>4th</b>	Brandon Howard	St. Charles

### **112**

<b>1st</b>	Zach Schall	Warrenton
<b>2nd</b>	Mike Loaiza	St. Charles
<b>3rd</b>	Tyler Bernhardt	Ft. Zumwalt North
<b>4th</b>	Cody Summers	Washington

### **119**

<b>1st</b>	Andy Broeder	Washington
<b>2nd</b>	Sean Daven	Warrenton
<b>3rd</b>	John Perry	Wentzville Timberland
<b>4th</b>	Markus James	St. Charles

### **125**

<b>1st</b>	Cody Orr	Ft. Zumwalt North
<b>2nd</b>	Jake Manaska	St. Charles West
<b>3rd</b>	Josh Coffman	Wentzville Timberland
<b>4th</b>	Windsor Evaes	Ft. Zumwalt East

### **130**

<b>1st</b>	Josh Hall	Ft. Zumwalt North
<b>2nd</b>	Ryan Hanmore	St. Charles



<b>3rd</b>	Scott Hanify	Washington
<b>4th</b>	Jesse Freise	Wentzville Timberland

## 135

<b>1st</b>	Alex Larson	Ft. Zumwalt East
<b>2nd</b>	Beau Hanmore	St. Charles
<b>3rd</b>	Mike Koch	Ft. Zumwalt North
<b>4th</b>	Caleb Summers	Washington

## 140

<b>1st</b>	Jake Hawks	Wentzville Timberland
<b>2nd</b>	Steven Wallace	Warrenton
<b>3rd</b>	Aaron Ramsour	St. Charles
<b>4th</b>	Spencer Baird	Washington

## 145

<b>1st</b>	Jake Declue	Warrenton
<b>2nd</b>	Jake Cook	Wentzville Timberland
<b>3rd</b>	Jeremy Belsher	Washington
<b>4th</b>	Austin Rugraff	St. Charles West

## 152

<b>1st</b>	Dakota Magrew	Wentzville Timberland
<b>2nd</b>	Landon Reading	Ft. Zumwalt East
<b>3rd</b>	Cole Reedy	Ft. Zumwalt North
<b>4th</b>	Zach Dawson	St. Charles West

## 160

<b>1st</b>	Zach Forstmann	Washington
<b>2nd</b>	Jesse Adams	Ft. Zumwalt North
<b>3rd</b>	Andrew Moore	Ft. Zumwalt East
<b>4th</b>	Luke Bornhop	St. Charles

## 171

<b>1st</b>	Connor Vortherms	Ft. Zumwalt East
<b>2nd</b>	Keith Walters	Wentzville Timberland
<b>3rd</b>	Robert Luck	Washington
<b>4th</b>	Justin Greene	Warrenton

## 189

<b>1st</b>	Chad Thompson	St. Charles
<b>2nd</b>	Tyler Femmer	Ft. Zumwalt East
<b>3rd</b>	Tobias Lee	St. Charles West
<b>4th</b>	Mark Miller	Ft. Zumwalt North

## 215

<b>1st</b>	Will Fillpek	Warrenton
<b>2nd</b>	Cody Lee	Ft. Zumwalt North
<b>3rd</b>	Joe Martin	Washington
<b>4th</b>	Jake Kraus	St. Charles West

## 285

<b>1st</b>	J. T. Young	Ft. Zumwalt East
<b>2nd</b>	Reece Berry	Warrenton
<b>3rd</b>	Nate Helming	Ft. Zumwalt North
<b>4th</b>	Dan Doberstein	Washington

**TEAM SCORES: FZN [157]; WT [127]; Warr [127]; Wash [123.5];**

**FZE [116]; SC [106]; SCW [71]**

## Sportsmanship Award

**Duchesne  
Warrenton  
Washington**

Trinity Durbin  
Dan Doberstein

**St. Charles**  
**Timberland**  
**Ft. Zumwalt North**  
**St. Charles West**

Jeremy Wolfe

## **All-Academic Team**

### **Ft. Zumwalt East -**

**Warrenton** – Zach Schall, Sean Daven, Anthony Dewey, Trinity Durbin, Steven Wallace, Travis Doyle, Jake DeClue, Dillan Bilyeu, Justin Greene, John Meyer, Will Filipek, Reece Berry

**Washington** – Andy Broeder, Alex Monehan, Caleb Summers, Jeremy Belsher, Tyler Jackson, Joe Martin

**St. Charles** – reported at end of season

**Timberland** – Josh Coffman, Jake Cook, Jake Hawks, Dakota Magrew, Colton Orlando, Keith Walters, Jeremy Wolfe

**Ft. Zumwalt North** – Tyler Bernhardt, Mike Hessel, Mark Miller, Zach Nelson, Cody Orr, Cole Reedy

**St. Charles West** – reported at end of season

***HOME | RETURN TO WINTER SEASON***

## **2009-10 South Wrestling Champions**

**103**

**1st** Jimmy Kirschke

Ft. Zumwalt West

<b>2nd</b>	Jake Long	Francis Howell
<b>3rd</b>	Travis Klemme	Troy Buchanan
<b>4th</b>	Justin Scott	Wentzville Holt

## 112

<b>1st</b>	Clayton Ream	Wentzville Holt
<b>2nd</b>	Kyle Hussey	Ft. Zumwalt West
<b>3rd</b>	Zach Kneemiller	Francis Howell North
<b>4th</b>	Mike Rademacher	Francis Howell Central

## 119

<b>1st</b>	Sean O'Leary	Francis Howell
<b>2nd</b>	Tim Younger	Wentzville Holt
<b>3rd</b>	Ben Richard	Ft. Zumwalt West
<b>4th</b>	Ryan Kiethline	Ft. Zumwalt South

## 125

<b>1st</b>	John Wood	Francis Howell Central
<b>2nd</b>	Cort Dalton	Troy Buchanan
<b>3rd</b>	Timmy Mannino	Ft. Zumwalt West
<b>4th</b>	Taylor Stobie	Wentzville Holt

## 130

<b>1st</b>	Jason Shell	Francis Howell North
<b>2nd</b>	Ben Henson	Francis Howell Central
<b>3rd</b>	Casey Core	Wentzville Holt
<b>4th</b>	Kyle Chabela	Francis Howell

## 135

<b>1st</b>	Terrel Wilbourn	Francis Howell Central
<b>2nd</b>	Sean Melson	Francis Howell
<b>3rd</b>	Brett Beckman	Wentzville Holt
<b>4th</b>	Jory Langdon	Ft. Zumwalt West

## 140

<b>1st</b>	Cullen Halpin	Wentzville Holt
<b>2nd</b>	Harold Ritchie	Francis Howell North
<b>3rd</b>	Andy King	Francis Howell Central
<b>4th</b>	Cody Draper	Troy Buchanan

## 145

<b>1st</b>	Greg Amos	Wentzville Holt
<b>2nd</b>	Dusty Heisse	Troy Buchanan
<b>3rd</b>	Andy Thompson	Francis Howell
<b>4th</b>	Will Zerr	Ft. Zumwalt South

## 152

<b>1st</b>	Brandon Wilbourn	Francis Howell Central
<b>2nd</b>	Trevor West	Ft. Zumwalt West
<b>3rd</b>	Mason McDonald	Troy Buchanan
<b>4th</b>	Cortez Allen	Ft. Zumwalt South

## 160

<b>1st</b>	Drake Houdashelt	Ft. Zumwalt West
<b>2nd</b>	Jeff Shell	Francis Howell North
<b>3rd</b>	Andrew Buffa	Francis Howell Central
<b>4th</b>	Mark Powell	Francis Howell

## 171

<b>1st</b>	Chris Wolf	Francis Howell
<b>2nd</b>	Derek Dillaha	Ft. Zumwalt South
<b>3rd</b>	Matt Greene	Francis Howell Central
<b>4th</b>	Yoon Bae	Francis Howell North

## 189

<b>1st</b>	Brenton Harms	Francis Howell North
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<b>2nd</b>	James Mann	Troy Buchanan
<b>3rd</b>	Dillon Dennen	Francis Howell
<b>4th</b>	Rob Kemp	Ft. Zumwalt South

## **215**

<b>1st</b>	Issac LeBlanc	Ft. Zumwalt West
<b>2nd</b>	Andrew Lazalier	Wentzville Holt
<b>3rd</b>	Dean Ballenger	Francis Howell Central
<b>4th</b>	Sam Stewart	Francis Howell North

## **285**

<b>1st</b>	Darion Buckner	Ft. Zumwalt West
<b>2nd</b>	Tom Foley	Francis Howell North
<b>3rd</b>	Josh Enloe	Ft. Zumwalt South
<b>4th</b>	Brian Paur	Francis Howell Central

**TEAM SCORES: FZW [143]; WH [137]; FHC [134.5]; FH [111.5];  
FHN [ 103]; TB [73]; FZS [48]**

## **Sportsmanship Award**

**Francis Howell North  
Ft. Zumwalt west  
Francis Howell Central  
Ft. Zumwalt South  
Wentzville Holt  
Francis Howell  
Troy Buchanan**

## All-Academic Team

**Ft. Zumwalt West** – Travis Callahan, Alec Erhart, Steven Higgins, Kyle Hussey, James Krischke, Jory Langdon, Isaac Leblanc, Austin Witte

**Ft. Zumwalt South** – reported at end of season

**Francis Howell** – reported at end of season

**Francis Howell North** - reported at end of season

**Francis Howell Central** – reported at end of season

**Troy** – reported at end of season

**Holt** – Brett Beckmann, Carson Bush, Josh Dalton, Gaige Dunnermann, Karsten Erdman, Josh Goldstein, Casey Gore, Cullen Halpin, Andrew Lazalier, Clayton Ream, Justin Scott, Mike Stein, Taylor Stobie, Tim Younger

## 2009-10 North Boys Basketball

### 1st

<b>Team</b> Jordan Genenbacher	Sr.	Duchesne
Christian Kirk	Jr.	St. Charles West
Michael Lockett	Sr.	Wentzville Timberland
Jeremy Percy	Sr.	St. Charles West
Skyler Suggs	Sr.	Washington

### 2nd

<b>Team</b> Tyler Brunner	Jr.	Ft. Zumwalt East
Blake Carter	Sr.	Ft. Zumwalt North
Chase Cresong	Sr.	Wentzville Timberland
Scott Lathrop	Jr.	Warrenton
Tyler Loewenstein	Sr.	Duchesne

<b>H.M.</b> Brendan Ehlmann	Sr.	St. Charles West
Zac Ervin	Sr.	Wentzville Timberland
Chet Panhorst	Sr.	St. Charles
Aaron Spurgeon	Sr.	Washington
Trevor Tune	So.	Duchesne

## Sportsmanship Award

<b>Duchesne</b>	Alex Meyer
<b>Warrenton</b>	Scott Lathrop
<b>Washington</b>	Matt McCarthy
<b>St. Charles</b>	Shawn Brown
<b>Timberland</b>	Cory Matlock
<b>Ft. Zumwalt North</b>	Wade Rothermich
<b>St. Charles West</b>	Jarrold Honey
<b>Ft. Zumwalt East</b>	David Frazier

## All-Academic Team

**Duchesne** – Jake Loewenstein, Tyler Loewenstein, Tommy Robert, Paul Rothermich, Doug Swann, Jeff Swann, Trevor Tune, Jake Tweet, Jake Woeltering

**Warrenton** – Zach Banze, Jake Boedeke, Isaac Boedeker, Josh Boedeker, T.J. Lafaver, Adam Smith

**Washington** – Max Bigford, Daniel Cross, Nick Eaton, Michael Luechtefeld, Matt McCarthy, Carter Montgomery, Nathan Monzyk, Kellen Nowack, Luke Schroepfer, Aaron Spurgeon, Jordan Stapp



**St. Charles** – Jake Belinski, Jordan Schlueter, Dillon Shupp, Corey Whiteside

**Timberland** – Adam Bainbridge, Sam Bittner, Michael Lockett, Cory Matlock, Travis Muzzy, Alan Sachs

**Ft. Zumwalt North** – Brad Banowetz, V.J. Fitzpatrick, Tyler Hill, Alex Navatto, Wade Rothermich

**St. Charles West** – Alex Bruns, Brendan Ehlmann, Eric Holm, Jarrod Honey, Shane Huddleston, Christian Kirk, Ryan Olive, Jeremy Percy, Anthony Richardson, Zach Speer, Blake Whiteside

**Ft. Zumwalt East** - Justin Blair, Tyler Brunner, David Frazier, Cory Hofmeister, Nick Pallardy, Alex Tihen

***Home | Return to Winter Season***

## **2009-10 South Boys Basketball**

-

<b>1st</b>		
<b>Team</b>	Dantiel Daniels	Jr. Wentzville Holt
	Cullen Devins	Jr. Troy Buchanan
	Brandon Graham	Sr. Ft. Zumwalt West
	Brevin McVicar	Sr. Francis Howell
	Brian Midden	Sr. Francis Howell Central

## **2nd**

<b>Team</b> J.R. Alexander	Jr.	Ft. Zumwalt South
Neil Branham	Jr.	Troy Buchanan
Jake Dodd	Sr.	Francis Howell
Steven Harris	Sr.	Ft. Zumwalt West
Allen McKinney	Sr.	Troy Buchanan

## **H.**

<b>M.</b> Keith Brown	Jr.	Francis Howell
George Cater	So.	Ft. Zumwalt South
Shayne Heskin	Sr.	Francis Howell Central
Jackson Jewkes	Sr.	Ft. Zumwalt West
Wes Simone	Sr.	Francis Howell North

## **Sportsmanship Award**

<b>Ft. Zumwalt South</b>	Fred Ford
<b>Ft. Zumwalt West</b>	Zach Ohl
<b>Francis Howell</b>	Jacob Rhodes
<b>Francis Howell Central</b>	Paul Haluszczak
<b>Francis Howell North</b>	Jake Schneider

**Troy Buchanan**  
**Wentzville Holt**

Landon Hood  
Nate Wadsworth

## **All-Academic Team**

**Ft. Zumwalt West** – Bryan Carroll, Brandon Graham, Steven Harris, Drew Hare, Jackson Jewkes, Devonte Majors, Zach Ohl, Kyle Tennant, Brett Uhlemeyer, Dexter Walker

**Ft. Zumwalt South** – Daniel Brennan, George Cater, Nicholas Davis, Fred Ford, Marcus Lemasters, Ryan Light, Cameren Redmond, Andrew Riggs, Joe Rowles, Steven Volz

**Francis Howell** – Christian Candanedo, Jake Dodd, Andrew Hill, Drew Kidd, Brevin McVicar, Jacob Rhodes, Ross Smith

**Francis Howell North** – Sam Baker, Dan McGraw, Andrew Richart, Jake Schneider, Andre Wooten

**Francis Howell Central** – Chris Guyot, Paul Haluszczak, Shayne Heskin, Ryan Tebeau, Andrew Tedder

**Troy Buchanan**– Levi Ammons, Neil Branham, Derek Deters, Landon Hood, Justin Nichols, Aaron O'Reilly

**Wentzville Holt** – Adam Conley, Sam Stix, Nate Wadsworth, Mitch Wilfer

## **2009-10 North Girls Basketball**

<b>1st Team</b>	Melissa Beste	Sr.	Washington
	Blake French	Jr.	St. Charles West
	Chelsey Freymuth	Sr.	Wentzville Timberland
	Megan Hawkins	Jr.	Ft. Zumwalt East
	Alex Rohlfig	So.	Duchesne

<b>2nd Team</b>	Melissa Eisenbath	So.	Duchesne
	Sierra Haymes	Jr.	Wentzville Timberland
	Juli Horsford	Sr.	St. Charles West
	Jaimie Kuddes	Jr.	Washington
	Ashley Sudbrock	Jr.	St. Charles

<b>H.M.</b>	Kate Brinker	Jr.	Washington
	Brittany Brown	Sr.	Ft. Zumwalt East
	Aisha Buxcel	Jr.	St. Charles West
	Sarah Foran	Jr.	Warrenton
	Jessica Kaaz	Sr.	Washington
	Taylor Riner	Jr.	St. Charles

## Sportsmanship Award

<b>Duchesne</b>	Kristin Montgomery
<b>Warrenton</b>	Meghan Stark
<b>Washington</b>	Jessica Kaaz
<b>St. Charles</b>	Amanda Shelton
<b>Timberland</b>	Taliesha Hart
<b>Ft. Zumwalt North</b>	Ellen Vehige
<b>St. Charles West</b>	Allyson Wilmes
<b>Ft. Zumwalt East</b>	Nicole Kinzie

## All-Academic Team

**Duchesne** – Catie Choinka, Melissa Eisenbath, Megan Elmendorf, Jenna Friedel, Alex McIntosh, Lauren Meyer, Alex Rohlfing, Abby Schroeder

**Warrenton** – Morgan Barton, Becca Chapman, Dana Heggemann, Hanna Keene, Jami Lee, Emily Love, Amy Raterman, Ariel Schlenther, Ashley Schroeder, Meghan Stark

**Washington** – Melissa Beste, Kayla Bierbaum, Kate Brinker, Casey Crawford, Danielle Gratza, Jessica Kaaz, Jaimie Kuddes, Kelsey Lamb, Jessica Moffitt, Brittany Monroig, Megan Wood

**St. Charles** – Breann Barton, Michaela Bortle, Audrey Brockgreitens, Jenna Budde, Kylie Fenemor, Rachel Franz, Bailey Kohrs, Taylor Riner, Amanda Shelton, Ashley Sudbrock, Erica Teson

**Wentzville Timberland** – Chelsey Freymuth, Alyssa Gau, Brittney Gerber, Taliesha Hart, Sierra Haymes, Allison Lockett, Kathryn Novak, Kelsey Sikes, Madison Vander Wielen, Taylor Willer

**Ft. Zumwalt North** – Shelby Bateman, Sydney Boxell, Erin Jordan, McKenna Kelly, Erin Mittler, Lauren Orr, Caroline Schmidt, Anna Sherry, Ellen Vehige

**St. Charles West** – Aisha Buxcel, Blake French, Juli Horsford, Maggie Juergensen, Abbey Lauer, Courtney Ohlms, Daley Soderberg, Taylor Staggemeier, Kelsey Tennison, Allyson Wilmes

**Ft. Zumwalt East** - Brittany Brown, Megan Hawkins, Nicole Kinzie, Melanie Luna, Jessica Mues, Danielle Schmitz, Nicki Taylor, Erica Testerman

***Home | Return to Winter Season***

**2009-10 South Girls Basketball**

-

<b>1st Team</b>	Stephanie Agre	Sr.	Francis Howell North
	Maggie Flynn	Sr.	Troy Buchanan
	Julie Hlinak	Jr.	Ft. Zumwalt South
	Kelsey Jones	Jr.	Ft. Zumwalt West
	Sharese Jones	So.	Francis Howell Central

<b>2nd Team</b>	Lexie Cartee	Sr.	Ft. Zumwalt South
	Katelyn Kingsborough	Sr.	Ft. Zumwalt West
	Jasmine Mathews	So.	Troy Buchanan
	Shannon McKenzie	Jr.	Ft. Zumwalt South
	Janna Swopshire	Jr.	Ft. Zumwalt West

<b>H.</b>			
<b>M.</b>	Ashley Caldwell	Sr.	Ft. Zumwalt South
	Taylor Dietz	Jr.	Troy Buchanan
	Shana Reed	Sr.	Troy Buchanan
	Amanda Scott	Fr.	Wentzville Holt
	Jasmine Swopshire	Jr.	Ft. Zumwalt West

## Sportsmanship Award

**Ft. Zumwalt South**  
**Ft. Zumwalt West**

Lexie Cartee  
Kayley Weinberg

**Francis Howell**  
**Francis Howell Central**  
**Francis Howell North**  
**Troy Buchanan**  
**Wentzville Holt**

Sara Shell  
Jessica Rekosh  
Lauren Viehmann  
Jenna Peasel  
Riley Reddin

## All-Academic Team

-

**Ft. Zumwalt West** – Devon Anzalone, Kylie Ellison, Brianna Fischer, Kelsey Jones, Katelyn Kingsborough, Kelsey Kingsborough, Marina Laramie, Deyanna Simpson, Kayley Weinberg, Paige Westbrook

**Ft. Zumwalt South** – Lexie Cartee, Ariel Good, Julie Hlinak, Claire Johnson, Jasmine Jones, Shannon McKenzie, Emily Pellegrino

**Francis Howell** – Whitney Adams, Emily Brisso, Natalie Brunk, Lindsey Count, Alex Dockler, Allison Faron, Mackenzie Friedly, Melanie Hunt, Kelsey James, Sara Shell, Nichole Willoughby, Morgan Winkler

**Francis Howell North** – Stephanie Agre, Emily Brady, Fiona Brooks, Kelsey Fouch, Kelsey Hieb, Brooke Oostendorp, Emma Nicoli, Dianna Prost, Lauren Viehmann

**Francis Howell Central** – Madeline Ragsdale, Kristen Warncke

**Troy Buchanan**– Rachel Duvall, Maggie Flynn, Jasmine Mathews, Jenna Peasel, Krista Peasel, Shana Reed, Julie Reisinger, Katie Wilmes

**Wentzville Holt** – Julie Buckles, Megan Gatschenberger, Kalynn Jones, Taylor Park, Danielle Rhubart, Brianne Rigg

## 2009-10 GIRLS SWIMMING CHAMPIONS

### 200 yard Medley Relay [Record: 1:52.10, Timberland, 2007]

<b>1st</b>	Evyn Spencer	Ft. Zumwalt West	1:53.97
	Aly Coleman		
	Courtney Coe		
	Michelle Tipton		

<b>2nd</b>	Mackenzie Paull Abby Hempen Audrey Gilmore Emily Salter	Francis Howell	1:59.62
<b>3rd</b>	Rebecca Holliday Lauren Lyons Jamie Bolton Kelsey Bopp	Wentzville Holt	2:01.57

**200 yard Freestyle [Record: 1:52.92, Taylor Wohrley Timberland, 2009]**

<b>1st</b>	Lexi Webb	Ft. Zumwalt West	2:03.53
<b>2nd</b>	Courtney Coe	Ft. Zumwalt West	2:07.85
<b>3rd</b>	Tara Markel	Francis Howell	2:12.48

**200 yard Individual Medley [Record: 2:03.88, Haley Spencer, FZW, 2007]**

<b>1st</b>	Michelle Tipton	Ft. Zumwalt West	2:12.21
<b>2nd</b>	Abby Hempen	Francis Howell	2:13.53
<b>3rd</b>	Rachel Graves	Ft. Zumwalt South	2:21.47

**50 yard Freestyle [Record: 24.22, Taylor Wohrley, Timberland, 2006]**

<b>1st</b>	Evyn Spencer	Ft. Zumwalt West	24.70
<b>2nd</b>	Alison Strickler	Francis Howell Central	25.22
<b>3rd</b>	Angela Bussey	Wentzville Timberland	26.86

**1 meter Springboard Diving [Record: 480.15, Anna Larsen, Francis Howell, 2006]**

<b>1st</b>	Crystal Canedy	Wentzville Timberland	326.90
<b>2nd</b>	Shannon Kiely	Ft. Zumwalt West	321.45
<b>3rd</b>	Katie Larkin	Wentzville Holt	320.25



**100 yard Butterfly [Record: 58.46, Taylor Wohrley, Timberland, 2008]**

<b>1st</b>	Courtney Coe	Ft. Zumwalt West	1:01.40
<b>2nd</b>	Taylor King	Wentzville Timberland	1:06.29
<b>3rd</b>	Amanda Harris	Ft. Zumwalt West	1:07.55

**100 yard Freestyle [Record: 52.30, Taylor Wohrley, Timberland, 2006]**

<b>1st</b>	Evyn Spencer	Ft. Zumwalt West	54.42
<b>2nd</b>	Alison Strickler	Francis Howell Central	55.74
<b>3rd</b>	Rachel Graves	Ft. Zumwalt South	56.90

**500 yard Freestyle [Record: 5:11.58, Michelle Tipton, FZW, 2010]**

<b>1st</b>	Michelle Tipton	Ft. Zumwalt West	5:11.58
<b>2nd</b>	Gloria Westlake	Ft. Zumwalt East	5:20.93
<b>3rd</b>	Kayla Grimm	Ft. Zumwalt West	5:30.56

**200 yard Freestyle Relay [Record: 1:41.59, Timberland, 2007]**

<b>1st</b>	Evyn Spencer Megan Kessler Kelsey Bayerl Michelle Tipton	Ft. Zumwalt West	1:44.92
<b>2nd</b>	Taylor King Melissa Dudley Angela Bussey Joelynn Lauterwasser	Wentzville Timberland	1:46.14
<b>3rd</b>	Courtney Kleekamp Emily Salter Abby Hempen	Francis Howell	1:47.51

Tara Markel

**100 yard Backstroke [Record: 57.72, Taylor Wohrley, Timberland, 2006]**

<b>1st</b>	Kayla Grimm	Ft. Zumwalt West	1:00.79
<b>2nd</b>	Lexi Webb	Ft. Zumwalt West	1:03.10
<b>3rd</b>	Angela Bussey	Wentzville Timberland	1:05.24

**100 yard Breaststroke [Record: 1:03.45, Haley Spencer, FZW, 2009]**

<b>1st</b>	Abby Hempen	Francis Howell	1:07.27
<b>2nd</b>	Gloria Westlake	Ft. Zumwalt East	1:08.70
<b>3rd</b>	Aly Coleman	Ft. Zumwalt West	1:10.25

**400 yard Freestyle Relay [Record: 3:40.51, Timberland, 2008]**

<b>1st</b>	Courtney Coe	Ft. Zumwalt West	3:55.69
	Aly Coleman		
	Lexi Webb		
	Kayla Grimm		
<b>2nd</b>	Jessica Schuette	Wentzville Holt	4:02.27
	Haley Smith		
	Rebecca Holliday		
	Rebecca Welker		
<b>3rd</b>	Shelby Aleksick	Francis Howell Central	4:04.07
	Lisa Lander		
	Anna Ferris		
	Alison Strickler		

**TEAM SCORES: Ft. Zumwalt West - 515; Wentzville Holt - 340; Francis Howell - 329; Wentzville Timberland - 221; Francis Howell Central - 195; Ft. Zumwalt East - 166; Ft. Zumwalt South - 145; Francis Howell North - 97; Ft. Zumwalt North - 75; St. Charles West - 73; Duchesne -12**

***To see entire results and splits, click here for a PDF file.***

## ***Sportsmanship Team***

**Duchesne** - Sarah Thone

**Francis Howell North** - Kayln Jones

## **All-Academic Team**

**Duchesne** - Mary Glosier, Kate Hampel, Ellen Jackson, Nicole Nahrstedt, Nikki Olenki, Emily Sallade, Alyson Schroeder, Katie Shatro

**Ft. Zumwalt West** - Casey Borgmann, Ashley Boyle, Courtney Coe, Aly Coleman, Elizabeth Donaldson, Elyssa Donato, Taylor Fennessey, Mallory Gonthier, Kayla Grimm, Amanda Harris, Cassie Hoffner, Megan Kessler, Jenni Klobe, Erin McGhee, Jessica Mertz, Leia Pressly, Jackie Riggs, Laura Rodgers, Michelle Rojo, Paige Scheele, Natacha Sohaib, Evyn Spencer, Michelle Tipton, Danielle Waldron, Lexi Webb, Jamie Whalen

**Ft. Zumwalt South** -

**St. Charles** -

**St. Charles West** -

**Ft. Zumwalt North** - Kathryn DeAvilla, Meghan Freeman, Celia Grueneberg, Megan Herren, Megan Lamb, Shelby Markum, Stephanie Miller, Latasha Nuzum, Kaitlin Parsons, Mickala Ritter, Christelle Rockette, Emma Saake, Victoria Schlemeier, Kara Lynn Schrand, Abbigail Schulte, Sarah Schulte, Shannon Schulte, Megan Vallance, Connie Wang, Kellie Wilp

**Francis Howell** - Emily Phelps, Emma Tracy, Emily Salter, Madison Catalano, Heather Gerard, Olivia Rymer, Alyssa Crawford, Samantha Bogue, Courtney Kleekamp, Tara Markel, Ella Peterson, Audrey Gilmore, Mackenzie Paull, Stephanie Davis, Abbyhempen, Sydnie Bianchi

**Francis Howell North** - Kelli Corrao, Katy Friedlein, Becca Hutson, Lizzie Johnson, Jackie Jorel, Kara Kinnison, Cara Kyonka, Susanna McFarland, Maggie Wilson, Alexis Christo

**Wentzville Holt** - Kelsey Bopp, Jamie Cummings, Caroline Junker, Katie Larkin, Hannah Lucas, Allison McDonald, Lindsey Ralls, Holly Russell, Jessica Schuette, Summer Sheets, Haley Smith, Molly Smith, Bethany Sontes, Rebecca Welker, Julia Zagaja

**Wentzville Timberland** - Erica Bast, Lydia Beachy, Angela Bussey, Crystal Canedy, Savannah Drew, Melissa Dudley, Katie Hanneken, Caroline Hirniak, Alyssa Houska, Taylor King, Joelynn Lauterwasser, Ashley Lewis, Leslie Miller, Madison Newton, Darby O'Shea, Brittney Patterson, Michaela Patterson, Caroline Pugh, Stephanie Pugh, Brittany Roe, Victoria Samter, Samantha Schoonover

## 2010 North Baseball

### PITCHERS

<b>1st Team</b>	Jon Glidewell	Sr.	Wentzville Timberland
	Wade Rothermich	Jr.	Ft. Zumwalt North
<b>2nd Team</b>	Jeremy Scarfino	Sr.	Wentzville Timberland
	Nick Biermann	Sr.	Washington
<b>H.M.</b>	Jordan Genenbacher	Sr.	Duchesne
	Joey Siegler	Jr.	Ft. Zumwalt North

### CATCHERS

<b>1st Team</b>	Ryan Fox	Sr.	Ft. Zumwalt North
<b>2nd Team</b>	Dustin Bickmeyer	Sr.	Wentzville Timberland
<b>H.M.</b>	Eric Keling	Jr.	Ft. Zumwalt East
	Max Bigford	Jr.	Washington

## UTILITY PLAYER

<b>1st Team</b>	Brady Swift	Sr.	St. Charles West
<b>2nd Team</b>	Jeremy Koenig	Sr.	Ft. Zumwalt North
<b>H.M.</b>	Connor Brett	Jr.	St. Charles

## INFIELDERS

<b>1st Team</b>	Jordan Hankins	Sr.	Ft. Zumwalt North
	Curtis Strubinger	Sr.	Duchesne
	Michael Lockett	Sr.	Wentzville Timberland
	David Masters	Jr.	Wentzville Timberland
	Mike Vaccaro	Sr.	Ft. Zumwalt East
<b>2nd Team</b>	Brett Weis	Sr.	St. Charles
	Matt Mitchell	Jr.	St. Charles
	Shane Cooper	Fr.	Wentzville Timberland
	Branden Sugar	Jr.	Ft. Zumwalt East
	Blake Byrne	Sr.	Washington
<b>H.M.</b>	Mike Eimer	Sr.	St. Charles West
	Ryan Bainbridge	Fr.	Wentzville Timberland
	Tyler Markum	Sr.	Ft. Zumwalt North
	Alen Burbach	Sr.	Warrenton
	Austin Olendorff	Jr.	St. Charles

## OUTFIELDERS

<b>1st Team</b>	Brad Chapman	Jr.	Ft. Zumwalt East
	Kevin Garza	Sr.	Washington
	Justus Forbes	Sr.	St. Charles
	Danny Kueckelhan	Sr.	Ft. Zumwalt North
<b>2nd Team</b>	Tanner Trokey	Jr.	Ft. Zumwalt East
	Paul Bothe	Sr.	Duchesne
	Jaime Graeser	Jr.	Ft. Zumwalt North
	Tyler Siem	Sr.	Washington
<b>H.M.</b>	Jake Hirniak	Sr.	Wentzville Timberland

Zach Ervin	Sr.	Wentzville Timberland
Zach Bohr	Jr.	Duchesne

## **DESIGNATED HITTER**

<b>1st Team</b>	Collin Zurweller	So.	Ft. Zumwalt East
<b>2nd Team</b>	Derek MacLachlan	Sr.	Ft. Zumwalt East
<b>H.M.</b>	Josh Henson	Sr.	Ft. Zumwalt North

**PLAYER OF THE YEAR - Jordan Hankinse of Ft. Zumwalt North**

**COACH OF THE YEAR - Frank Masters of Wentzville Timberland and Dan Springman of Ft. Zumwalt North**

## **Sportsmanship Award**

<b>Duchesne</b>	Blake Rohlfig
<b>Warrenton</b>	Russell Nanney
<b>Washington</b>	Tyler Siem
<b>St. Charles</b>	Justus Forbes
<b>Timberland</b>	Brett Herbst
<b>Ft. Zumwalt North</b>	Jeremy Koenig
<b>St. Charles West</b>	Tanner Davis
<b>Ft. Zumwalt East</b>	Eric Keling

## **All-Academic Team**

**Duchesne** – Zach Bohr, Paul Bothe, Brian Burke, Sam Chambers, David Dobbs, Christian Goeke, Alex Grupas, Sean Hogan, Mike Macke, Blake Rohlfig, Paul Rothermick, Jason Schmied, Curtis Stubinger, Andy Thro

**Warrenton** – Jake Shough, Chad Berrey, Matt Denton, Derek Chapmann, Nick Shough, Max Swacker

**Washington** – Brett Backhaus, Anthony Barnhart, Max Bigford, Peter Coulter, Kevin Gratza, Luke Hasenjaeger, Carter Montgomery, Zack Omer, Tyler Siem, Tim Zumsteg

**St. Charles** – Connor Brett, Justus Forbes, Tyler Martchink, Trevor Miller, Tyler Paule, Phil Rohan, Brett Weis

**Timberland** – Adam Bainbridge, Ryan Bainbridge, Jonathan Glidewell, Cole Henderson, Brett Herbst, Jackson Hirniak, Michael Lockett, Travis Muzzy, Paul

**Ft. Zumwalt East** - Chris Sexauer, Clayton Meyer, Eric Keling, Branden Sugar, Zach Hefner, Reed Booth, Brad Chapman, Trent Epple

**Ft. Zumwalt North** – Lewis Caradonna, James Graeser, Joshua Henson, Cody Kliethermes, Jeremy Koenig, Tyler Markum, Ben McDonald, Wade Rothermich, Joseph Siegler

**St. Charles West** – Aaron Burke, Tim Callahan, Mark Cline, Tanner Davis, Mike Eimer, Joe Hallemeier, JJ Kinneven, Greg Latas, Kevin Leu, Sam Melliere, Alexander Rael, Adam Ricks, Christian Stadler, Matt Strode, Eric Stross, Devin Whittier

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## 2010 South Baseball

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### PITCHERS

<b>1st Team</b>	A. J. Walkenhorst	Sr.	Ft. Zumwalt South
	Mason Queen	Sr.	Wentzville Holt
<b>2nd Team</b>	Eric Tiefenthaler	Sr.	Troy Buchanan
	Christian Hull	Sr.	Ft. Zumwalt West
<b>H.M.</b>	Danny Bodenschatz	Sr.	Francis Howell
	Steven Diel	Jr.	Francis Howell
	Gerrion Grim	So.	Ft. Zumwalt South
	Brett Sloan	Sr.	Francis Howell North

**CATCH**

## ERS

<b>1st Team</b>	Mike Wilson	Jr.	Francis Howell North
<b>2nd Team</b>	Jake Henson	So.	Francis Howell Central
<b>H.M.</b>	Brandon Colbert	Sr.	Troy Buchanan
	Jeff Smugala	Fr.	Ft. Zumwalt South

## UTILITY PLAYER

<b>1st Team</b>	Case Munson	Jr.	Francis Howell
<b>2nd Team</b>	Nolan Fisher	Jr.	Wentzville Holt
<b>H.M.</b>	Chris Volpo	Sr.	Francis Howell North

## INFIELDERS

<b>1st Team</b>	Brett Graves	Jr.	Francis Howell
	Fred Ford	Sr.	Ft. Zumwalt South
	Justin Hellman	Sr.	Wentzville Holt
	Braxton Martinez	So.	Francis Howell North
	John Sesti	Sr.	Ft. Zumwalt South
<b>2nd Team</b>	Drew Rapert	Sr.	Francis Howell North
	Josh Golliver	Sr.	Francis Howell
	Stephen Crain	Sr.	Troy Buchanan
	Ben Snarr	So.	Wentzville Holt
	Ryan Light	Jr.	Ft. Zumwalt South

**H.M.** Dylan Skinner      Jr.      Wentzville Holt



Brett Peel	Jr.	Francis Howell
Dan Seddon	Sr.	Ft. Zumwalt South
Dylan Schindler	Jr.	Francis Howell Central
Eddie Sutton	Sr.	Ft. Zumwalt West

## OUTFIELDERS

<b>1st Team</b>	Jake Ivory	Jr.	Francis Howell
	Brendan Allen	So.	Troy Buchanan
	Robbie Freidlein	Sr.	Francis Howell North
	Trey Pirkle	Sr.	Wentzville Holt
<b>2nd Team</b>	Josh Schneider	Sr.	Francis Howell
	Austin Anderson	Sr.	Ft. Zumwalt West
	Austin Boden	So.	Francis Howell Central
	Andrew Hood	Sr.	Francis Howell North
<b>H.M.</b>	Connoer Hales	Jr.	Wentzville Holt
	Jarod Hahn	Jr.	Ft. Zumwalt West
	Tommy Hager	So.	Ft. Zumwalt West
	Dominic Faron	Jr.	Francis Howell Central

## DESIGNATED HITTER

<b>1st Team</b>	Danny Brennan	Sr.	Ft. Zumwalt South
<b>2nd Team</b>	Justin Hennig	Sr.	Francis Howell Central
<b>H.M.</b>	Kyle Bauer	Sr.	Ft. Zumwalt South

**PLAYER OF THE YEAR - Fred Ford of Ft. Zumwalt South**

**COACH OF THE YEAR - Tony Perkins of Francis Howell**

## Sportsmanship Award

<b>Ft. Zumwalt West</b>	Eddie Sutton
<b>Ft. Zumwalt South</b>	Sam Gambino
<b>Francis Howell</b>	Jacob Rhodes
<b>Francis Howell North</b>	Robbie Freidlein
<b>Francis Howell Central</b>	Matt Mason
<b>Troy Buchanan</b>	Stephen Crain
<b>Wentzville Holt</b>	Nick Dawson

## All-Academic Team

**Ft. Zumwalt West** – Austin Anderson, Nick Bazzoni, Brendyn Dabrowski, Kyle Grayek, Christian Hull, Mike Nickrent, Sean Robertson, Kyle Tennent, Nick Besant, Eric Biernbaum, Alex Crews, Jarod Hahn, Tyler Kummer, Mike Wilkinson, Tommy Hager, Colton Howell

**Ft. Zumwalt South** – Kyle Bauer, Daniel Brennan, Ryan Fleming, Fred Ford, Tyler Forman, David Gambino, Samuel Gambino, Blake Hetelle, Ryan Light, Thomas Moran, Tyler Price, Daniel Seddon, John Sesti, Cody Spotanski

**Francis Howell** – Danny Bodenschatz, Jacob Rhodes, Brett Graves, Zac Perkins, Case Munson, Calvin Munson, Matt Norton, Aaron Dunkley, Nate Hardy, Tyler Reeves

**Francis Howell North** – Andrew Hood, Drew Rapert, Mike Wilson, Chris Volpo, Andre Wooten, Jon Willie, Robbie Freidlein, Zack Short, Brett Sloan, Braxton Martinez, Jacob Schwarz, Danny Define

**Francis Howell Central** – Andrew Tedder, Dean Ballinger, Dylan Schindler, Jake Henson, Zach Isham, Kevin Griffith, Alex Erb, Matt Mason, Kyle Gruver, Matt Mueller, Ryan Howard, Josh Wade, Jayden Lumpa, Scott Huesman

**Troy** – Tyler Thwing, Calvin Dickherber, Derringer Huff, Brock Byington, Brandon Colbert, Stephen Crain, Andrew Hogan, Drew Schrader

**Holt** – Nick Dawson, Nolan Fisher, Mason Queen, Dylan Skinner

## 2010 GAC North Golf Medallists

Tyler Schrader	75	<b>Washington</b>
Hunter Parrish	76	<b>Washington</b>
Josh Baysinger	76	<b>Washington</b>

Mikal Harpster	78	<b>Warrenton</b>
Ethan Muffit	79	<b>Duchesne</b>
Dan Beseau	79	<b>Wentzville Timberland</b>
Jackson Lane	82	<b>Wentzville Timberland</b>
Mark Stahlhuth	82	<b>Washington</b>
Jordan Schmidt	83	<b>Ft. Zumwalt East</b>
John Schwerdt	83	<b>Warrenton</b>
Nick Koelling	84	<b>Ft. Zumwalt East</b>
Steven Vitale	84	<b>St. Charles</b>

**TEAM SCORES: Washington [309], Wentzville Timberland [331], Ft. Zumwalt East [337], Duchesne [339], Warrenton [339], St. Charles West [360], Ft. Zumwalt North [360], St. Charles [371]**

## **SPORTSMANSHIP**

**Washington** - Mark Stahlhuth

**Wentzville Timberland** - Dan Beseau

## **All-Academic Team**

**Ft. Zumwalt East** –

**St. Charles West** –

**St. Charles** –

**Ft. Zumwalt North** – Jeffrey Bender, Bradley Forir, Michael Hessel

**Wentzville Timberland** – Daniel Beseau, Jackson Lane, Jonathon Walsh

**Duchesne** –

**Warrenton** –

**Washington** - Josh Baysinger, Mitch Brauer, Kellen Nowack, Hunter Parrish, Mark Stahlhuth

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## 2010 All-GAC South Golf Medallists

Cody Stoll	68	Francis Howell
Mike Wooten	72	Francis Howell
Mitch Arbuckle	75	Ft. Zumwalt South
Robbie Bajier	76	Ft. Zumwalt West
Kyle Straatman	77	Troy Buchanan
Jakob Storts	78	Francis Howell Central
Clint Toedtman	78	Francis Howell North
Chad Denney	79	Francis Howell Central
Corey Robertson	79	Wentzville Holt
Jon Alexander	80	Wentzville Holt
Eric Schwartz	81	Ft. Zumwalt South
Tyler Wagner	82	Francis Howell North
Dan Frost	82	Wentzville Holt
Taylor Hutson	82	Troy Buchanan

**TEAM SCORES:** Francis Howell [315], Ft. Zumwalt South [324], Ft. Zumwalt West [329], Wentzville Holt [330], Francis Howell Central [332], Troy Buchanan [333], Francis Howell North [343]

## SPORTSMANSHIP

**Troy Buchanan -**

## All-Academic Team

**Ft. Zumwalt West –**

**Ft. Zumwalt South –**

**Francis Howell –**

**Francis Howell North –**

**Francis Howell Central –**

**Troy –** Joseph Orf, Kyle Stratman, Timothy Burton, Taylor Hutson, Justin Nichols

**Holt –**

## **2010 North Girls Soccer**

### **FORWARDS**

<b>1st Team</b>	Kayla Nurnberger	Jr.	Washington
	Aleesa Mays	So.	St. Charles West
<b>2nd Team</b>	Amanda Weichens	So.	Ft. Zumwalt North
	Hailey Rodgers	Jr.	Ft. Zumwalt East
<b>H.M.</b>	Emily Svoboda	Jr.	St. Charles West
	Paige Jones	Jr.	Ft. Zumwalt North

### **MIDFIELDERS**

<b>1st Team</b>	Jordan Andrzejewski	Sr.	St. Charles West
	Lauren Josten	So.	Duchesne
	Julie Burns	Jr.	Washington
	Jessica Seiler	So.	Ft. Zumwalt East
<b>2nd Team</b>	Sadie Naumann	Jr.	Ft. Zumwalt North
	Melissa Beste	Sr.	Washington
	Allison Lockett	Fr.	Wentzville Timberland
	Jessica Mincher	So.	Ft. Zumwalt East
<b>H.M.</b>	Miranda Huebner	Fr.	Ft. Zumwalt East
	Ashley Rley	Jr.	Duchesne
	Abby Lauer	So.	St. Charles West
	Kristen Koehler	Jr.	St. Charles

### **DEFENDERS**

<b>1st Team</b>	Rachel Baronovic	Sr.	Duchesne
	Syd Frauen	So.	St. Charles West
	Kelsey Mitchell	Jr.	Washington
	Jenny Krug	So.	Ft. Zumwalt East
<b>2nd Team</b>	Alex White	Sr.	St. Charles West
	Megan Reis	So.	Ft. Zumwalt East
	Megan Klees	Fr.	Ft. Zumwalt North
	Taylor Staggemeier	Jr.	St. Charles West
<b>H.M.</b>	Katie Harris	So.	Ft. Zumwalt East
	Amber Riley	Jr.	Duchesne
	Brooke Kassing	Sr.	Warrenton
	Brittany Monroig	So.	Washington

## KEEPER

<b>1st Team</b>	Jordan Gnolfa	So.	Ft. Zumwalt East
<b>2nd Team</b>	Emily Watson	Sr.	St. Charles
<b>H.M.</b>	Allie Wilcox	Fr.	Duchesne

## Sportsmanship Award

<b>Duchesne</b>	Abby Smegner
<b>Warrenton</b>	Kayla Clemens
<b>Washington</b>	Brittany Monroig
<b>St. Charles</b>	Emily Wilson
<b>Timberland</b>	Eleanor Kester
<b>Ft. Zumwalt North</b>	Tori Ballmann
<b>St. Charles West</b>	Jordan Andrezejewski
<b>Ft. Zumwalt East</b>	Jessica Bailey

## All-Academic Team

**Duchesne** – Allie Wilcox, Abby Smegner, Megan Elmendorf, Stephanie Mullen, Lauren Josten, Claire Skaggs, Sarah Skaggs, Danielle McIntosh, Alex McIntosh, Rachel

Baronovic, Amanda Hubble, Rachel Baronovic, Amanda Hubble, Amber Riley, Ashley Riley, Maria Caimi, Ali Weber

**Warrenton** – Madeline Finnern , Kayla Clemens , Emily Craven , Shannon Sanders , Rachel Mortiez , Amanda Bardwell , Morgan Barton , Brooke Kassing , Kelsea Job , Keri Cassing , Kirsten Olsson , Tawnee Hopen

**Washington** – Megan Wood, Anneliese Baer, Taylor McDonald, Ashley Schiermeier, Melissa Beste, Julia Burns, Sam Gildehaus, Kelsey Mitchell, Sierra Simmons, Hannah Overschmidt, Brittany Monroig, Clare Diester, Sarah Diester, Caroline Green, Andrea Bourne

**St. Charles** – Emily Wilson, Amy Boschert , Erika Teson, Alex White, Abby Wootten , Abby Zimpfer, Rachel Franz, Erica Freeman, Emily White, Paige Cannon, Marissa Freise, Autuman Olendorff, Kelsey Fix, Ashley Sudbrock

**Timberland** – Alexandria Adelsberger, Mallory Carlson, Sarah Darabcsek, Larissa Ehlert, Alyssa Houska, Kylie Huck, Julie Johnston, Eleanor Kester, Katelyn Lepak, Allison Lockett, Ashley Mccaffrey, Jordan MCGovern-Brown, Morgann Mueller, Darby O Shea, Erica Peters, Ashley Porter, Sarah Reed, Lynsey Riemann, Lauren Rothweil, Melissa Searle, Crista Thompson

**Ft. Zumwalt North** – Emily Beins, Kylie Bixby, Sydney Gooch, Alyson Hall, Paige Jones, Kelsey Kalish, Meghan Kiely, Megan Klees, Erin Lee, Marissa Martin, Sadie Naumann, Ashley Newsom, Lyndee Rodamaker, Nicole Steiner, Sarah VanHooser, Ellen Vehige, Amanda Wiechens

**St. Charles West** – Jay Jay Lowery, Taylor Andrzejewski, Sydney Frauen, Abbey Lauer, Melina Malloy, Aleesa Mays, Brandi Van Booven, Blake French, Taylor Staggemeier, Emily Svoboda, Kelly Abernathy, Juli Horsford, Jessica Ilgenfritz, Elisa Widaman, Jordan Andrezewksi, Brooke Huddleston, Katelyn Fitter

**Ft. Zumwalt East** -Jordan Gnolfo, Monica Bittner, Janie Booth, Alex Gronek, Jessica Seiler, Miranda Huebner, Jenny Krug, Grace Malnar, Jessica Mincher, Megan Reis, Felicia Ferracane, Mary Sue Chipley, Hailey Rodgers, Erica Morrissey, Katie Harris

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**2010 South Girls Soccer**

## FORWARDS

<b>1st Team</b>	Maritza Hayes	Sr.	Francis Howell
	Breanne Beine	Sr.	Francis Howell Central
<b>2nd Team</b>	Breann Kinworthy	Sr.	Francis Howell North
	Betsy Blanchard	Sr.	Francis Howell North
<b>H. M.</b>	Nicole Becker	Sr.	Francis Howell
	Abby Clark	Sr.	Ft. Zumwalt South

## MIDFIELDERS

<b>1st Team</b>	Beckey Lackey	Sr.	Francis Howell North
	Melanie Hunt	Jr.	Francis Howell
	Suzanne Pelley	Sr.	Ft. Zumwalt West
	Kelsie Hieb	Sr.	Francis Howell North
<b>2nd Team</b>	Colleen Husmann	Sr.	Ft. Zumwalt West
	Hunter Wagoner	So.	Troy Buchanan
	Kelsey Vanzant	Jr.	Troy Buchanan
	Ally Rodriguez	Jr.	Francis Howell
<b>H.M.</b>	Chloe Lake	Jr.	Ft. Zumwalt West
	Kendra Clamors	Jr.	Ft. Zumwalt South
	Jade Shinn	So.	Francis Howell North
	Lindsey Neuwirth	So.	Francis Howell Central

## DEFENDERS

<b>1st Team</b>	Cindy Lackey	Sr.	Francis Howell North
	Stephanie Blanchard	Jr.	Francis Howell North
	Paige Westbrook	So.	Ft. Zumwalt West
	Emily Rodriguez	So.	Francis Howell
<b>2nd Team</b>	Kelsey Fouch	Jr.	Francis Howell North
	Krystin Haas	Sr.	Ft. Zumwalt West
	Erika Bogolin	Sr.	Wentzville Holt
	Lauren Robertson	Sr.	Ft. Zumwalt West
<b>H.M.</b>	Darienne Korbai	Sr.	Francis Howell Central



Elaine Smith	Jr.	Ft. Zumwalt South
Lindsey Marino	So.	Francis Howell
Maddy Rivet	Fr.	Francis Howell

## KEEPER

<b>1st Team</b>	Jayne Waldrop	Sr.	Francis Howell North
<b>2nd Team</b>	Emily Johnson	Jr.	Ft. Zumwalt West
<b>H.M.</b>		So.	Francis Howell Central

## Sportsmanship Award

<b>Francis Howell North</b>	Stephanie Blanchard
<b>Ft. Zumwalt West</b>	Sarah Krispin
<b>Francis Howell Central</b>	Megan Kaufman
<b>Ft. Zumwalt South</b>	Kelsey Barkley
<b>Wentzville Holt</b>	Rachel Klopstein
<b>Francis Howell</b>	Alex Katubig
<b>Troy Buchanan</b>	Kaelan Hubbard

## All-Academic Team

**Ft. Zumwalt West** – Alyssa Bell, Brianna Fischer, Kayla Gajewski, Jordan Guion, Krystin Haas, Colleen Husmann, Emilee Johnson, Sarah Krispin, Chloe Lake, Jacqueline Linder, Janey Marion, Hailey Porter, Jennifer Retzlaff, Jordan Retzlaff, Margaret Richard, Lauren Robertson, Morgan Schulte, Karley Thomas, Paige Westbrook

**Ft. Zumwalt South** – Jordan Bailey, Kelsey Barkley, Kaitlin Bean, Ashley Burbank, Kendra Clamors, Abigail Clark, Ellen Ghirardi, Sarah Hough, Lauren King, Natalie

Muehling, Elaine Smith, Emily Stephan, Shannon Stewart, Kelsey Tsukayama, Chelsea Wade, Taylor Wade

**Francis Howell** – Courtney Beiter, Kelly Bier, Gabby Brooks, Natalie Brunk, Jorie Clarkston, Maritza Hayes, Melanie Hunt, Alex Katubig, Lindsey Marino, Samm Melton, Julie Mooney, Jennifer Pelley, Suzanne Pelley, Maddy Rivet, Ally Rodriguez, Emily Rodriguez, Maddie Simon

**Francis Howell North** - Stephanie Blanchard , Betsy Blanchard, Caitlin Boyd, Brittany Burke, Sarah Fouch, Megan Frkovic, Kelsey Hieb, Breann Kinworthy, Cindy Lackey  
Becky Lackey, Hali Long, Maureen Murphy, Brooke Oostendrop, Jade Shinn, Ashley Trautman, Jacy Waldrop, Kayla Welch, Erica Wind

**Francis Howell Central** – Jena Bachowski, Erin Beary, Nicole Becker, Breanna Beine, Adrianna Corcione, Katy Gerler, Shelly Hassall, Emily Klobe, Darianne Korbai, Lindsey Neuwirth, Karly Schweigert, Katie Westermann-Long

**Troy** – Tiffany Hazelwonder, Hannah Henderson, Mimi Henderson, Lindsey Pryor, Callie Colbert, Emily Crane, Chelsie Jakuboski, Alicia Loeffler, Brianna Nickles, Amy Stewart, Hunter Wagoner, Clarissa Brown, Sarah Forbeck, Jamie Vick, Tara Bailey, Jessica Burlison, Courtney Dorrell, Karen Fackler, Kara Haney, Kaelan Hubbard

**Holt** – Erika Bogolin, Chrissy Caldwell, Marissa Dischino, Liz Friedman, Megan Gatschenberger, Taylor Goddard, Julie Ireland, Courtney Kitson, Rachel Klopstein, Paige Mueller, Taylor Park, Meghan Potthoff, Abigail Rowan, Holly Smothers, Jessika Stiehr, Jacey Wells

## **2010 North Boys Tennis**

### **#1 SINGLES**

<b>1st</b>	Merkle	Duchesne
<b>2nd</b>	Jordan	Ft. Zumwalt East
<b>3rd</b>	Berich	Ft. Zumwalt North

### **#2 SINGLES**

<b>1st</b>	Hepler	Duchesne
<b>2nd</b>	Gibler	Ft. Zumwalt East
<b>3rd</b>	Sternberg	St. Charles West

## #3 SINGLES

<b>1st</b>	Phillips	Duchesne
<b>2nd</b>	Heien	St. Charles West
<b>3rd</b>	Ellis	Ft. Zumwalt North

## #4 SINGLES

<b>1st</b>	Farrell	Duchesne
<b>2nd</b>	Karbowski	Ft. Zumwalt East
<b>3rd</b>	Balotti	St. Charles West

## #1 DOUBLES

<b>1st</b>	Lionberger-Keethler	Wentzville Timberland
<b>2nd</b>	Thurmer-Wapplehorst	Duchesne
<b>3rd</b>	Wiechens-Batzer	Ft. Zumwalt North

## #2 DOUBLES

<b>1st</b>	Davis-Moellering	Duchesne
<b>2nd</b>	Rootz-Presswood	Ft. Zumwalt East
<b>3rd</b>	Buse-Newman	St. Charles

## #3 DOUBLES

<b>1st</b>	Angly-Boly	Wentzville Timberland
<b>2nd</b>	Friscella-Park	Duchesne
<b>3rd</b>	Marsh-Ritter	Ft. Zumwalt North

**TEAM SCORES: Duchesne [41.5], Wentzville Timberland [19.5], Ft. Zumwalt East [19.5], Ft. Zumwalt North [19], St. Charles West [14.5], St. Charles [4]**

## **SPORTSMANSHIP TEAM**

**Wentzville Timberland - Matt Roberts**

## **All-Academic Team**

**Duchesne** – missing

**Wentzville Timberland**– Tyler Anglim, Adam Biederman, Kevin Doss, Joseph Feldt, Andrew Griese, David Heritage, William Heritage, Matthew Roberts, Max Strutman, Justin Verbryck, Samuel Wadsworth

**Ft. Zumwalt East** –

**St. Charles** – missing

**St. Charles West** – missing

**Ft. Zumwalt North** – Jerick Caldwell, Travis Emerson, Shawn Farrar, Justin Marsh, Daniel Price, Anthony Ritter, Joshua Schneider

## **2010 South Boys Tennis**

### **#1 SINGLES**

<b>1st</b>	Richards	Francis Howell North	7-5, 5-7, 7-5
<b>2nd</b>	He	Ft. Zumwalt West	
<b>3rd</b>	Salter	Francis Howell	2-6, 6-2, 6-2
<b>4th</b>	Hetlage	Ft. Zumwalt South	

### **#2 SINGLES**

<b>1st</b>	Roberts	Francis Howell Central	3-6, 7-5, 6-2
<b>2nd</b>	Milsaps	Ft. Zumwalt South	
<b>3rd</b>	Furtardo	Wentzville Holt	6-2, 6-2
<b>4th</b>	McCoy	Troy Buchanan	

### **#3 SINGLES**

<b>1st</b>	Benoist	Francis Howell	7-6, (8-6), 6-3
<b>2nd</b>	Mahoney	Wentzville Holt	
<b>3rd</b>	Woodard	Ft. Zumwalt South	6-2, 2-6, 6-3
<b>4th</b>	Lau	Ft. Zumwalt West	

## #4 SINGLES

<b>1st</b>	Ashley	Wentzville Holt	5-7, 6-3, 6-1
<b>2nd</b>	Felzien	Ft. Zumwalt South	
<b>3rd</b>	Lenhard	Ft. Zumwalt West	7-6, 6-0
<b>4th</b>	Dubois	Francis Howell North	

## #1 DOUBLES

<b>1st</b>	Compton-Newbold	Ft. Zumwalt South	6-4, 5-7, 6-4
<b>2nd</b>	Stobie-Read	Wentzville Holt	
<b>3rd</b>	Hale-Hepburn	Francis Howell	5-7, 6-4, 6-2
<b>4th</b>	Arndt-Yu	Francis Howell Central	

## #2 DOUBLES

<b>1st</b>	Bunch-Ostby	Wentzville Holt	6-3, 6-1
<b>2nd</b>	Rabus-Ket	Francis Howell	
<b>3rd</b>	S. Felzien-Bergmann	Ft. Zumwalt South	?, ?
<b>4th</b>	McGowan-Hang	Francis Howell Central	

## #3 DOUBLES

<b>1st</b>	Smith-Lanzone	Francis Howell	4-6, 6-1, 7-5
<b>2nd</b>	Sage-Reynolds	Ft. Zumwalt South	
<b>3rd</b>	Smith-Piper	Wentzville Holt	6-3, 6-2

**4th** Dorell-Musterman      Troy Buchanan

**TEAM SCORES: Ft. Zumwalt South [29.5], Wentzville Holt [29.5], Francis Howell [25.5], Francis Howell Central [11], Ft. Zumwalt West [9], Francis Howell North [8], Troy Buchanan [4.5]**

## **SPORTSMANSHIP**

**Francis Howell North -**

**Troy Buchanan -**

## **All-Academic Team**

**Francis Howell – missing**

**Wentzville Holt–**

**Ft. Zumwalt South –**

**Troy Buchanan –** Ross Henke, Dylan Sullivan, Levi Ammons, Will Foreman, Zachary Jakuboski, Kyle Miller

**Ft. Zumwalt West –**

**Francis Howell North –**

**Francis Howell Central - missing**

## **2010 North Boys Track**

Complete boys and girls results can be found at:

[http://www.trxclandscaping.com/Timberland/2010\\_GAC\\_North\\_results.htm](http://www.trxclandscaping.com/Timberland/2010_GAC_North_results.htm)

## **4 x 800 meter Relay**

<b>1st</b>	<b>Ft. Zumwalt North</b>	<b>8:15.59</b>
	Jacob Benton	12
	Dalen Fink	12
	Adam Schwerdt	12

	Keith Williams	11	
<b>2nd</b>	<b>Wentzville Timberland</b>		<b>8:26.70</b>
	Cory Jones	12	
	Ian Thompson	11	
	Eddie Tokraks	12	
	Brady Williams	11	
<b>3rd</b>	<b>Ft. Zumwalt East</b>		<b>8:39.12</b>
	Justin Blair	12	
	James Curry	12	
	Zach Lhamon	12	
	Drew Webster	11	

## 110 meter High Hurdles

<b>1st</b>	Spencer Dudley	St. Charles	15.12
<b>2nd</b>	Brad Banowetz	Ft. Zumwalt North	16.16
<b>3rd</b>	Mike Mahoney	Ft. Zumwalt East	16.25

## 100 meter Dash

<b>1st</b>	Mitchell Greer	Wentzville Timberland	11.32
<b>2nd</b>	Ellis Maise	Wentzville Timberland	11.39
<b>3rd</b>	Blake Carter	Ft. Zumwalt North	11.41

## 4 x 200 meter Relay

<b>1st</b>	<b>Wentzville Timberland</b>		<b>1:32.83</b>
	Ian Thompson	11	
	Devon Mitchell	11	
	Clayton Raspberry	10	
	Mitchell Greer	10	
<b>2nd</b>	<b>Ft. Zumwalt East</b>		<b>1:34.83</b>

	Marvin Byrd	11	
	Brett Cochran	11	
	Zach Lhamon	12	
	Mike Mahoney	10	
<b>3rd</b>	<b>Warrenton</b>		<b>1:36.79</b>
	Zach Banze	11	
	Scott Lathrop	11	
	David Evrman	10	
	Bryan Groeper	11	

## 1600 meter Run

<b>1st</b>	Jacob Benton	Ft. Zumwalt North	4:34.88
<b>2nd</b>	Zach Lhamon	Ft. Zumwalt East	4:42.90
<b>3rd</b>	Kyle Deeken	Ft. Zumwalt North	4:45.28

## 4 x 100 meter Relay

<b>1st</b>	<b>Wentzville Timberland</b>		<b>45.08</b>
	Reggie Stovall	12	
	Jordan Pouppaneau	11	
	Clayton Raspberry	10	
	Mitchell Greer	10	
<b>2nd</b>	<b>St. Charles</b>		<b>45.59</b>
	Demarcou Simpson	10	
	Andrew Montasser	11	
	Josh Al-Hameed	11	
	Kyle Jordan	9	
<b>3rd</b>	<b>Ft. Zumwalt North</b>		<b>45.98</b>
	Nathan Elmy	11	
	V. J. Fitzpatrick	10	
	John Mossotti	12	
	Kevin Urbeck	11	



## 400 meter Dash

<b>1st</b>	Cory Jones	Wentzville Timberland	49.77
<b>2nd</b>	Ellis Maise	Wentzville Timberland	50.31
<b>3rd</b>	Jake Busche	Duchesne	53.14

## 300 meter Intermediate Hurdles

<b>1st</b>	Spencer Dudley	St. Charles	39.97
<b>2nd</b>	Brad Banowetz	Ft. Zumwalt North	41.87
<b>3rd</b>	Brett Cochran	Ft. Zumwalt East	42.58

## 800 meter Run

<b>1st</b>	Dalen Fink	Ft. Zumwalt North	1:59.26
<b>2nd</b>	Cory Jones	Wentzville Timberland	2:02.47
<b>3rd</b>	Vernon Davis	St. Charles West	2:03.43

## 200 meter Dash

<b>1st</b>	Ellis Maise	Wentzville Timberland	22.62
<b>2nd</b>	Blake Carter	Ft. Zumwalt North	22.71
<b>3rd</b>	Mitchell Greer	Wentzville Timberland	23.40

## 3200 meter Run

<b>1st</b>	Jacob Benton	Ft. Zumwalt North	9:58.32
<b>2nd</b>	Kyle Deeken	Ft. Zumwalt North	10:14.97
<b>3rd</b>	Brandon jackson	Washington	10:18.72

## 4 x 400 meter Relay

<b>1st</b>	<b>Wentzville Timberland</b>		<b>3:26.36</b>
	Ellis Maise	11	
	Devon Mitchell	11	
	Clayton Raspberry	10	
	Cory Jones	12	
<b>2nd</b>	<b>Ft. Zumwalt North</b>		<b>3:32.70</b>
	Brad Banowetz	11	
	Blake Carter	12	
	Dalen Fink	12	
	Keith Williams	11	
<b>3rd</b>	<b>St. Charles</b>		<b>3:35.07</b>
	Demarcou Simpson	10	
	Spencer Dudley	11	
	Andrew Montasser	11	
	Kyle Jordan	9	

## Discus

<b>1st</b>	Josh McDonald	Wentzville Timberland	138' 5
<b>2nd</b>	Godson Onwubiko	Wentzville Timberland	138' 5
<b>3rd</b>	Alex Bruns	St. Charles West	136' 9

## Shot Put

<b>1st</b>	Alex Bruns	St. Charles West	46' 11.5
<b>2nd</b>	Reece Berry	Warrenton	46' 10
<b>3rd</b>	Luke Mueller	Wentzville Timberland	45' 9.5

## High Jump

<b>1st</b>	Shane Huddleston	St. Charles West	5' 10
<b>2nd</b>	Blake Whiteside	St. Charles West	5' 10
<b>3rd</b>	Ethan Garcia	Warrenton	5' 8

## Long Jump

<b>1st</b>	Blake Carter	Ft. Zumwalt North	22' 0.5
<b>2nd</b>	Marvin Byrd	Ft. Zumwalt East	20; 1.5
<b>3rd</b>	Scott Lathrop	Warrenton	19' 9

## Triple Jump

<b>1st</b>	Brady Williams	Wentzville Timberland	41' 1.75
<b>2nd</b>	Alec Gerke	Ft. Zumwalt East	40' 11
<b>3rd</b>	Dalen Fink	Ft. Zumwalt North	40' 8.75

## Pole Vault

<b>1st</b>	David Jones-Richerson	Duchesne	14' 0
<b>2nd</b>	Elliott Emann	Washington	13' 0
<b>3rd</b>	Trinity Durbin	Warrenton	12' 0

### TEAM SCORES:

**Wentzville Timberland [156.5], Ft. Zumwalt North [133.5], Ft. Zumwalt East [113.33], St. Charles West [98], St. Charles [64], Warrenton [49], Duchesne [38.33], Washington [31.33]**

## SPORTSMANSHIP

**Washington -**

**Wentzville Timberland - Ramell King**

## All-Academic Team

**Duchesne –**

**St. Charles – missing**

**Wentzville Timberland**– Luke Dessain, Adam Marroquin, Kyle McClanahan, Joshua McDonald, Devon Mitchell, Benjamin Tedrick, Ian Thompson, Edward Tokraks, Jefferson West, Brady Williams

**Ft. Zumwalt East** –

**Warrenton** –

**Ft. Zumwalt North** – Brad Banowetz, Jacob Benton, Vincent Bockhoff, Kyle Deeken, Nathan Elmy, Dalen Fink, Vincent Fitzpatrick, Matthew Flynn, Casey Jaeger, Michael Martin, Jeremy Merlenbach, Adam Schwerdt, Joshua Whitley, Keith Williams

**Washington** – Andrew Baker, Clayton Bunkley, Cody Francis, Travis Gardner, Blake Haberberger, Adam Jones, Taylor Juergens, Yuske Kida, Sam Kosark, Adam Lause, Adam Marquart, Alex Mueller, Caleb Reed, Robert Schickler, Brian Sulltrop

**St. Charles West** -

## **2010 South Boys Track**

Complete results of both boys and girls can be found at :  
[http://www.trxclandscaping.com/Francis\\_Howell\\_North\\_TF/2010\\_GAC\\_south\\_results.htm](http://www.trxclandscaping.com/Francis_Howell_North_TF/2010_GAC_south_results.htm)

### **4 x 800 meter Relay**

**1st** Francis Howell Central 8:16.83

**2nd** Ft. Zumwalt West 8:17.07

**3rd** Ft. Zumwalt South 8:24.78

## 110 meter High Hurdles

<b>1st</b>	Chad Holloway	Troy Buchanan	15.83
<b>2nd</b>	Isiah Glenn	Francis Howell North	15.99
<b>3rd</b>	Jared Boyd	Ft. Zumwalt West	16.07

## 100 meter Dash

<b>1st</b>	Stefen Whitehurse	Francis Howell North	11.02
<b>2nd</b>	Reed Lungsford	Francis Howell North	11.18
<b>3rd</b>	Jared Kaufman	Francis Howell North	11.43

## 4 x 200 meter Relay

<b>1st</b>	Francis Howell North	1:33.23
<b>2nd</b>	Wentzville Holt	1:34.48
<b>3rd</b>	Ft. Zumwalt South	1:36.53

## 1600 meter Run

<b>1st</b>	Kenny Cushing	Wentzville Holt	4:26.39
<b>2nd</b>	Josh McKinley	Francis Howell Central	4:30.35
<b>3rd</b>	Devin Ponder	Ft. Zumwalt South	4:31.70

## 4 x 100 meter Relay

<b>1st</b>	Wentzville Holt	44.81
<b>2nd</b>	Francis Howell North	45.10
<b>3rd</b>	Ft. Zumwalt South	45.70

## 400 meter Dash

<b>1st</b>	Reed Lunsford	Francis Howell North	51.95
<b>2nd</b>	Matt Robinson	Ft. Zumwalt West	52.82
<b>3rd</b>	Kyle Morse	Francis Howell North	52.85

## 300 meter Intermediate Hurdles

<b>1st</b>	Eric Roberts	Ft. Zumwalt South	41.94
<b>2nd</b>	Jared Boyd	Ft. Zumwalt West	42.10
<b>3rd</b>	Chad Holloway	Troy Buchanan	42.52

## 800 meter Run

<b>1st</b>	Kenny Cushing	Wentzville Holt	2:01.30
<b>2nd</b>	Zach Taylor	Francis Howell Central	2:02.96
<b>3rd</b>	Josh McKinley	Francis Howell Central	2:03.63

## 200 meter Dash

<b>1st</b>	Stefen Whitehurse	Francis Howell North	22.85
<b>2nd</b>	Reed Lunsford	Francis Howell North	22.90
<b>3rd</b>	Jared Kaufman	Francis Howell North	23.34

## 3200 meter Run

<b>1st</b>	Trey Berry	Francis Howell	10:01.22
<b>2nd</b>	Devin Ponder	Ft. Zumwalt South	10:06.14
<b>3rd</b>	Owen lloyd	Francis Howell central	10:10.39

## 4 x 400 meter Relay

<b>1st</b>	Wentzville Holt	3:30.90
<b>2nd</b>	Francis Howell North	3:33.88
<b>3rd</b>	Troy Buchanan	3:35.10

## Discus

<b>1st</b>	Brian Cooper	Troy Buchanan	151' 7
<b>2nd</b>	Jacob Schneider	Francis Howell North	140' 2
<b>3rd</b>	Dustin Heller	Ft. Zumwalt West	129' 11

## Shot Put

<b>1st</b>	Brian Cooper	Troy Buchanan	51' 6.75
<b>2nd</b>	Alex Fellows	Wentzville Holt	48' 0.5
<b>3rd</b>	Jordan Cockrell	Troy Buchanan	44' 4.5

## High Jump

<b>1st</b>	Josh Jones	Troy Buchanan	6' 5
<b>2nd</b>	Nick DeMarco	Francis Howell North	6' 0
<b>3rd</b>	Austin Carroll	Troy Buchanan	5' 10

## Long Jump

<b>1st</b>	Steve Markivee	Ft. Zumwalt West	21' 1
<b>2nd</b>	Shomari Streeter	Troy Buchanan	20' 11
<b>3rd</b>	James Luecke	Wentzville Holt	20' 5.5

## Triple Jump

<b>1st</b>	Steve Markivee	Ft. Zumwalt West	42' 8.25
<b>2nd</b>	Steven Harris	Ft. Zumwalt West	42' 1
<b>3rd</b>	Ben Lehmkuhl	Troy Buchanan	41' 3.5

## Pole Vault

<b>1st</b>	Kyle Morse	Francis Howell North	12' 0
<b>2nd</b>	Dan Green	Francis Howell	11' 6
<b>3rd</b>	Jake Beckman	Francis Howell Central	11' 0

## TEAM SCORES:



**Francis Howell North [165], Ft. Zumwalt West [122], Wentzville Holt [117], Troy Buchan [103], Ft. Zumwalt South [69], Francis Howell Central [62], Francis Howell [53]**

## **SPORTSMANSHIP**

**Troy Buchanan** - Joe Naughton

## **All-Academic Team**

**Francis Howell** – missing

**Wentzville Holt**–

**Ft. Zumwalt South** –

**Troy Buchanan** – Jonathon Hazelwonder, Zachary Ignatz, Benjamin Lehmkuhl, Dylan Conway, Chad Holloway, Austin Carroll, Cory Caruthers, Brian Cooper, Aaron O'Reilly

**Ft. Zumwalt West** –

**Francis Howell North** – missing

**Francis Howell Central** - missing

## **2010 North Girls Track**

Complete boys and girls results can be found at:

[http://www.trxclandscaping.com/Timberland/2010\\_GAC\\_North\\_results.htm](http://www.trxclandscaping.com/Timberland/2010_GAC_North_results.htm)

## **4 x 800 meter Relay**

<b>1st</b>	<b>Warrenton</b>	<b>10:10.07</b>
	Melora Broker	9
	Kerri Cunningham	12
	Hanna Keene	9
	Emily Mauch	10
<b>2nd</b>	<b>St. Charles</b>	<b>10:10.80</b>

	Heather Adair	11	
	Andrea Haake	10	
	Rikki Jay	10	
	Nikki Mertz	11	
<b>3rd</b>	<b>Washington</b>		<b>10:17.78</b>
	Ashley Garrard	9	
	Lauren Guasto	12	
	Celia Venezia	12	
	Kasey Wood	11	

## 110 meter High Hurdles

<b>1st</b>	Anna Holtermann	Washington	15.72
<b>2nd</b>	Rikki Jay	St. Charles	16.31
<b>3rd</b>	Haley Ulsas	Washington	16.46

## 100 meter Dash

<b>1st</b>	Jenny Howard	Duchesne	12.79
<b>2nd</b>	Kerri Cunningham	Warrenton	12.95
<b>3rd</b>	Desi Drury	Wentzville Timberland	13.19

## 4 x 200 meter Relay

<b>1st</b>	<b>St. Charles West</b>		<b>1:52.94</b>
	Julia Avery	11	
	Jordan Baumgartner	11	
	Joselyn Covington	9	
	JordanDenker	12	
<b>2nd</b>	<b>Washington</b>		<b>1:53.15</b>
	Lauren Ficklin	12	
	Lauren Brinkman	9	
	Haley Ulsas	11	
	Andi Placht	9	

<b>3rd</b>	<b>Wentzville Timberland</b>		<b>1:55.05</b>
	Kylie Martinez	10	
	Kayla Nedved	9	
	Lexi Tenny	10	
	Alexa Thompson	9	

## 1600 meter Run

<b>1st</b>	Lauern Guasto	Washington	5:33.41
<b>2nd</b>	Sarah Goetges	Duchesne	5:34.92
<b>3rd</b>	Abbey Palm	Wentzville Timberland	5:40.38

## 4 x 100 meter Relay

<b>1st</b>	<b>St. Charles West</b>		<b>51.38</b>
	Julia Avery	11	
	Joselyn Covington	9	
	Jordan Denker	12	
	Shayla Lockett	11	
<b>2nd</b>	<b>Wentzville Timberland</b>		<b>52.11</b>
	Jenny Ferguson	10	
	Brittany Gerber	11	
	Lexi Tenny	10	
	Kayla Nedved	9	
<b>3rd</b>	<b>St. Charles</b>		<b>53.26</b>
	Brieanna Williams	12	
	Bailey Kohrs	11	
	Hali Schoelhamer	12	
	Rikki Jay	10	

## 400 meter Dash

<b>1st</b>	Shayla Lockett	St. Charles West	58.40
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<b>2nd</b>	Ashley Oberdieck	Ft. Zumwalt North	58.87
<b>3rd</b>	Kerri Cunningham	Warrenton	59.17

## 300 meter Low Hurdles

<b>1st</b>	Rikki Jay	St. Charles	46.74
<b>2nd</b>	Haley Ulsas	Washington	47.16
<b>3rd</b>	Joselyn Covington	St. Charles West	48.12

## 800 meter Run

<b>1st</b>	Celia Venezia	Washington	2:25.56
<b>2nd</b>	Sarah Goetges	Duchesne	2:30.72
<b>3rd</b>	Andrea Haake	St. Charles	2:32.30

## 200 meter Dash

<b>1st</b>	Shayla Lockett	St. Charles West	26.16
<b>2nd</b>	Ashley Oberdieck	Ft. Zumwalt North	26.37
<b>3rd</b>	Kerri Cunningham	Warrenton	26.45

## 3200 meter Run

<b>1st</b>	Lauren Guasto	Washington	12:03.71
<b>2nd</b>	Gloria Westlake	Ft. Zumwalt East	12:16.85
<b>3rd</b>	Emily Mauch	Warrenton	12:18.74

## 4 x 400 meter Relay

<b>1st</b>	St. Charles West	<b>4:12.00</b>
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	Joselyn Covington	9	
	Jessica groff	11	
	Shayla Lockett	11	
	Daley Soderberg	11	
<b>2nd</b>	<b>Wentzville Timberland</b>		<b>4:14.90</b>
	Desi Drury	11	
	Jenny Ferguson	10	
	Brittany Gerber	11	
	Kylie Martinez	10	
<b>3rd</b>	<b>Ft. Zumwalt North</b>		<b>4:22.26</b>
	Haley Fink	9	
	Ashley Oberdieck	10	
	Shelby Markum	11	
	Katelyn Pettit	10	

## Discus

<b>1st</b>	Alyshia McRoberts	Wentzville Timberland	108' 4
<b>2nd</b>	Melissa Dudley	Wentzville Timberland	106' 1
<b>3rd</b>	Casey Crawford	Washington	104' 9

## Shot Put

<b>1st</b>	Alyshia McRoberts	Wentzville Timberland	36' 3
<b>2nd</b>	Mandy Skelton	St. Charles	35' 1
<b>3rd</b>	Rachel Rodgers	Washington	34' 3

## High Jump

<b>1st</b>	Anna Holtermann	Washington	5' 4
<b>2nd</b>	Kirstie Leslie	Washington	4' 10
<b>3rd</b>	Kylie Fenemor	St. Charles	4' 8

## Long Jump

<b>1st</b>	Anna Holtermann	Washington	17' 6.5
<b>2nd</b>	Katelyn Pettit	Ft. Zumwalt North	15' 7.25
<b>3rd</b>	Kirstie Leslie	Washington	15' 6.5

## Triple Jump

<b>1st</b>	Anna Holtermann	Washington	36' 0.5
<b>2nd</b>	Kirstie Leslie	Washington	34' 10
<b>3rd</b>	Jordan Baumgartner	St. Charles West	33' 5.75

## Pole Vault

<b>1st</b>	Shelby Markum	Ft. Zumwalt North	10' 0
<b>2nd</b>	Brittany Gerber	Wentzville Timberland	9' 6
<b>3rd</b>	Kirstie Leslie	Washington	9' 0

### TEAM SCORES:

**Washington [165], Wentzville Timberland[128.5], St. Charles West [106], Ft. Zumwalt North [79.5], St. Charles [75], Warrenton [50], Duchesne [48], Ft. Zumwalt East [16],**

## SPORTSMANSHIP

**Wentzville Timberland - Brittney Gerber**

## All-Academic Team

**Duchesne –**

**St. Charles – missing**

**Wentzville Timberland– missing**

**Ft. Zumwalt North** – Abbey Bender, Alexis Cook, Hailey Fink, Kenisha Fullerton, Erin Jordan, Jamie Langford, Shelby Markum, Kelly Nicolas, Ashley Oberdieck, Katelyn Pettit, Christelle Rockette, Christina Rombotis, Michelle Smith, Nicole Steiner, Olivia Valen, Kenidi Vogelgesang

**St. Charles West** – missing

**Ft. Zumwalt East** –

**Washington** –

**Warrenton** -

## **2010 South Girls Track**

Complete results of both boys and girls can be found at :

[http://www.trxlandscaping.com/Francis\\_Howell\\_North\\_TF/2010\\_GAC\\_south\\_results.htm](http://www.trxlandscaping.com/Francis_Howell_North_TF/2010_GAC_south_results.htm)

### **4 x 800 meter Relay**

<b>1st</b>	Francis Howell	9:50.42
<b>2nd</b>	Ft. Zumwalt West	10:01.25
<b>3rd</b>	Ft. Zumwalt South	10:17.58

### **110 meter High Hurdles**

<b>1st</b>	Fiona Brooks	Francis Howell North	16.40
<b>2nd</b>	Neilisha Williams	Ft. Zumwalt West	17.24
<b>3rd</b>	Alex Surgeon	Francis Howell	17.31

## 100 meter Dash

<b>1st</b>	Nataliyah Friar	Wentzville Holt	12.52
<b>2nd</b>	Whitney Adams	Francis Howell	12.75
<b>3rd</b>	Lydia Rudiger	Francis Howell Central	12.92

## 4 x 200 meter Relay

**1st** Troy Buchanan 1:52.63

**2nd** Francis Howell Central 1:53.99

**3rd** Francis Howell North 1:56.60

## 1600 meter Run

<b>1st</b>	Leah Kraus	Francis Howell	5:20.10
<b>2nd</b>	Haley Delgado	Ft. Zumwalt West	5:28.11
<b>3rd</b>	Kiara Barnes	Ft. Zumwalt West	5:28.44

## 4 x 100 meter Relay

**1st** Troy Buchanan 52.07



<b>2nd</b>	Francis Howell Central	53.14
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<b>3rd</b>	Wentzville Holt	53.90
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## 400 meter Dash

<b>1st</b>	Whitnet Adams	Francis Howell	1:00.92
<b>2nd</b>	Jackie Wolf	Francis Howell North	1:03.87
<b>3rd</b>	Sara Shell	Francis Howell	1:04.40

## 300 meter Low Hurdles

<b>1st</b>	Fiona Brooks	Francis Howell North	49.65
<b>2nd</b>	Alison Barker	Francis Howell	50.20
<b>3rd</b>	Neilisha Williams	Ft. Zumwalt West	50.31

## 800 meter Run

<b>1st</b>	Valeska Halmicek	Francis Howell	2:22.48
<b>2nd</b>	Leah Krause	Francis Howell	2:25.30
<b>3rd</b>	Haley Delgado	Ft. Zumwalt West	2:28.94

## 200 meter Dash

<b>1st</b>	Nataliyah Friar	Wentzville Holt	26.73
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<b>2nd</b>	Whitney Adams	Francis Howell	26.98
<b>3rd</b>	Lydia Rudiger	Francis Howell Central	27.09

## 3200 meter Run

<b>1st</b>	Leah Krause	Francis Howell	11:42.01
<b>2nd</b>	Rikki Watts	Ft. Zumwalt South	11:54.30
<b>3rd</b>	Coleen Grone	Francis Howell North	11:58.96

## 4 x 400 meter Relay

**1st** Francis Howell 4:18.27

**2nd** Ft. Zumwalt West 4:22.77

**3rd** Francis Howell Central 4:25.31

## Discus

<b>1st</b>	Dahlia Dyson	Ft. Zumwalt West	140' 11
<b>2nd</b>	Deanna Price	Troy Buchanan	135' 2
<b>3rd</b>	Allyson Madrid	Troy Buchanan	109' 9

## Shot Put

<b>1st</b>	Dahlia Dyson	Ft. Zumwalt West	40' 2.5
<b>2nd</b>	Ashley Haywood	Francis Howell North	35' 6
<b>3rd</b>	Nicole Yuede	Francis Howell North	35' 5.5

## High Jump

<b>1st</b>	Kylie Ellison	Ft. Zumwalt West	5' 2
<b>2nd</b>	Nisha McCoy	Ft. Zumwalt South	5' 2
<b>3rd</b>	Julie Reisinger	Troy Buchanan	5' 1.25

## Long Jump

<b>1st</b>	Nataliyah Friar	Wentzville Holt	16' 9.25
<b>2nd</b>	Julie Reisinger	Troy Buchanan	15' 11.25
<b>3rd</b>	Jenna Matye	Francis Howell North	15' 8

## Triple Jump

<b>1st</b>	Nataliyah Friar	Wentzville Holt	37' 7
<b>2nd</b>	Julie Reisinger	Troy Buchanan	36' 2.75
<b>3rd</b>	Katie James	Francis Howell	33' 1.5

## Pole Vault

<b>1st</b>	Danielle Meyer	Francis Howell North	8' 6
<b>2nd</b>	Haley Decker	Francis Howell Central	8' 0
<b>3rd</b>	Justine Fitzgerald	Wentzville Holt	8' 0

## TEAM SCORES:

**Francis Howell [160], Ft. Zumwalt West [130], Francis Howell North [118], Troy Buchanan [94], Wentzville Holt [76.66], Francis Howell Central [66.33], Ft. Zumwalt South [51]**

## **SPORTSMANSHIP**

**Troy Buchanan** - Courtney Boyd

## **All-Academic Team**

**Francis Howell** – missing

**Wentzville Holt**–

**Ft. Zumwalt South** –

**Troy Buchanan** – Riley Fader, Paige Bogert, Mara Harris, Allyson Lacy, Brooke Larson, Alyson Madrid, Jasmine Mathews, Amber Mennemeyer, Courtney Boyd, Sarah Graham, Nicolette Larson, Deanna Price, Julie Reisinger,, Alexis Sciarratta, Shelby Catalano, Crystal Hassinger

**Ft. Zumwalt West** –

**Francis Howell North** – missing

**Francis Howell Central** - missing

## **2010 Boys Volleyball Champions**

<b>1st Team</b>	Bryan Peth [MVP]	Francis Howell North
	Logan Jarus	Francis Howell Central
	Joel Durci	Francis Howell
	Connor Bodeman	Ft. Zumwalt West
	Mark Lemen	Ft. Zumwalt West

Matt Howard  
Sam Whitaker

Duchesne  
Francis Howell North

**2nd Team**

Nathan Kohnen  
Jack Gamache  
Nick Lynch  
Brian Rogan  
Leo Speno  
Dillon Holmes  
Blake Gibbons

Duchesne  
Francis Howell Central  
Francis Howell  
Francis Howell North  
Ft. Zumwalt South  
Francis Howell Central  
Ft. Zumwalt West

**H.M.**

Justin Winkleman  
Dan Zust  
Jackson Jewkes  
Zach Bumstead  
Dan Masterson

Ft. Zumwalt North  
Francis Howell  
Ft. Zumwalt West  
Ft. Zumwalt East  
Ft. Zumwalt East

## **Sportsmanship Award**

**Duchesne  
Ft. Zumwalt South  
Ft. Zumwalt West  
Francis Howell  
Francis Howell Central**

## **Francis Howell North**

### **All-Academic Team**

**Duchesne –**

**Ft. Zumwalt South –**

**Ft. Zumwalt West –**

**Francis Howell – missing**

**Francis Howell Central – missing**

**Francis Howell North – missing**

**Ft. Zumwalt North - Joshua Glynn, Alex Navatto, Justin Winkelmann**

**Ft. Zumwalt East -**