

HIGH POINT CHRISTIAN ACADEMY ATHLETICS ANNUAL REPORT 2009-2010

In 2009-10, the High Point Christian Academy Athletic Department fielded 35 competitive athletic teams in 12 different sports. The Cougars added the following awards: 15 All-State, 46 All-Conference, 4 Conference Players of the Year, and 5 Conference Coaches of the Year.

The Cougars earned three State Championships: Varsity Volleyball in the fall, and Boys Swimming and Girls Swimming in the winter. This was a repeat Championship for Boys Swimming. Boys Soccer, Boys Basketball, and Baseball ended their seasons in the State Semifinals.

The Cougars placed 2nd in the Wachovia Cup points for Best All-Around 2A Athletic Program in the North Carolina Independent Schools Athletic Association, two spots higher than the previous year.

The Cougar Athlete of the Year is chosen by the coaches. The athlete must have participated in at least two Varsity sports, and been chosen All-Conference and/or All-State in at least one of them. Senior Joseph McManus was awarded the Male Athlete of the Year. He played Soccer and Basketball, and was All-Conference in Soccer. Senior Meredith Morris was awarded the Female Athlete of the Year. She played Volleyball and Soccer, and was All-Conference and All-State in Volleyball.



There are six Cougars who will continue their athletics in college: Preston Ford, Soccer at UNC-Greensboro; Joseph McManus, Basketball at Guilford College; Charity Tillotson, Basketball at Peace College; Jessica Whitman, Cheerleading at UNC-Greensboro; Andrew Barnett, Baseball at Gardner-Webb University; Joseph Powell, Baseball at Carson-Newman University.

The Cougars offered the following Summer Camps: Co-Ed Basketball, Co-Ed and Advanced Soccer, Football, Softball, Cheerleading, and Volleyball.

The 2009 Cougar Cup Golf Tournament was held in September at The Meadowlands Golf Course. Almost 200 golfers raised about \$30,000 for the Athletic Program. Thank you to all of the golfers and sponsors.

A few of the Varsity teams traveled during the season for tournaments. Boys Soccer went to Wilmington, Girls Soccer went to Pawley's Island, SC, and Baseball traveled to Myrtle Beach.

The middle school teams played their final season in the TMAC Conference (Triad Middle School Athletic Conference), with Westchester Country Day School, Calvary Baptist Day School, Canterbury School, Caldwell Academy, Burlington Day School, and Greensboro Academy.

The varsity teams played their final season in the TAC Conference (Triad Athletic Conference), with Westchester Country Day School, Calvary Baptist Day School, Caldwell Academy, The Elon School, Salem Academy, Carolina Friends School, Burlington Christian Academy, and The American Hebrew Academy. They competed in State Tournaments in the 2A North Carolina Independent Schools Athletic Association (NCISAA).

The Cougars served on some mission opportunities during the year. Varsity Volleyball raised money for Breast Cancer by hosting "Dig for a Cure!" with a game, bake sale, and activities. The Varsity Cheerleaders participated at the Opening Day of The Miracle Field in High Point. They helped the children on the baseball field and encouraged them. The Middle School Softball team prepared packages for a Navy SeaBees unit, and visited a nursing home. Girls Varsity Basketball served a meal at Ward Street Ministry and adopted a family for Christmas. Boys Middle School Basketball and Boys Varsity Basketball each went out as a team and purchased gifts for families at Christmas. Jr. Varsity Boys Basketball bought and delivered basketballs and toys to the Salvation Army. Varsity Swimming served at the Habitat Store and West End Ministries. Middle School Cheerleading held a food drive for West End Ministries, collecting 145 cans from the school. Girls Middle School Basketball adopted a family at Christmas and collected items for the Pregnancy Care Center.

Conference and State Recognitions

All-State Players

Volleyball: Megan Fary, Meredith Morris, Bethany Gesell

Soccer – Boys: Preston Ford

Swimming: Tess Allison, Caitlin Casazza, Lexi Kershaw, Faith Johnson, Brennen Moore, Jared Saintsing, Matt Ardoin, Thomas Held, Aaron Key

Baseball: Andrew Barnett

Track & Field: Kolton White

Conference Player of the Year

Preston Ford, Boys Soccer

Bethany Gesell, Volleyball

Andrew Barnett, Baseball

Cayla Cecil, Softball

Conference Coach of the Year

Heather Foster, Boys Cross Country

Shawn Mehegan, Boys Soccer

Michelle Wilkerson, Volleyball

Todd Farlow, Softball

Heather Foster, Boys Track & Field

All-Conference Players

Cross Country – Boys: Austin Gentry, Davis Pack, Connor Flater, David Loy

Soccer – Boys: Preston Ford, Joseph McManus, Reid Ashby, Thomas Suits

Tennis – Girls: Jenna Curry, Carly Black, Sydney Curry

Volleyball: Megan Fary, Meredith Morris, Bethany Gesell

Basketball: Kathryn Cox, Mitch Oats

Swimming: Tess Allison, Caitlin Casazza, Lexi Kershaw, Faith Johnson, Brennen Moore, Jared Saintsing, Matt Ardoin, Thomas Held, Aaron Key

Baseball: Andrew Barnett, Taylor Bergsma, Logan Gunn, Jared Gesell

Softball: Tatum Fogle, Mychelle Gonzalez, Macy Scarborough, Cayla Cecil, Lindsay Cecil

Soccer-Girls: Tara Moseley, Rebekah Severs

Track & Field: Carly Black, Austin Gentry, Matt Ardoin, Reid Ashby, Trent Gabriel, Zach Blackmore, Davis Pack, Kolton White, Connor Flater, David Loy

Fall 2009

VOLLEYBALL

Varsity

[Michelle Wilkerson, Sarah Davis]

Overall Record: 34-3

1st in Conference and Tournament

State Champions

3 All-Conference, Player of Year, Coach of Year, 3 All-State

Each year the Varsity Volleyball team improves their record and final outcome. Last year they fell short in the State tournament, and made a pre-season goal this year to win the State Championship. They played a tough schedule to prepare them for the tournament, and won the first ever Championship for Cougars volleyball. The team dominated in the Conference and in the State. They began the season at a one day tournament at Cary Academy, winning 4 matches to get to the finals. They were defeated by 3A Cary, but it prepared the girls for the season ahead. The team loses four seniors, and hopes to keep momentum for the coming season.

Jr. Varsity

[Brittany Moseley, Brittney Cummings]

Overall Record: 17-1

The JV girls volleyball team completed an awesome season, with a record of 17-1. The only loss was to Northwest High School; in a match that went to a very close three games. The team this year was comprised of three sophomores and six freshmen, who each brought so much to the team. Every single one of the girls was fully dedicated to playing the game of volleyball and willing to give a hundred percent through hard work, hustle, and determination. A parent from another team even commented on the team's overall great sportsmanship and Christ-like attitude. The verse that they focused on was Proverbs 16:3, "Commit to the Lord whatever you do, and your plans will succeed". Coach Moseley said, "This team was an absolute joy to coach, and I am so fortunate to have had such an exemplary group of girls for my first head coach experience."

Middle School

[Kelley Coats, David Spencer]

Overall Record: 16-2

2nd in Conference

Conference Tournament Champions

This year the Middle School Girls Volleyball Team won its 5th consecutive T-MAC conference championship. The team that consisted of 5 eighth graders, 6 seventh graders and 3 sixth graders posted a 16-2 season. Their only defeats coming from rival school Calvary Baptist. Coach Coats and Coach Spencer were very proud of the girls in the championship match. After losing game one to Calvary 27-25 they pulled together and were able to win games two and three by a score of 25-12 to win the conference championship. This year's team verse was Romans 8:31, "If God is for us, who can be against us?"

BOYS SOCCER

Varsity [Shawn Mehegan, John Lind]

Overall Record: 14-8-2

1st in Conference, 2nd in Tournament

Seeded #7 in State, lost in Quarterfinals

4 All-Conference, Player of Year, Coach of Year, 1 All-State

The Varsity Boys team had a great season, led by outstanding senior players. They played a tough schedule to prepare them for the State tournament, including a big win over rival public school Central. In addition to regular season games, they traveled to Wilmington for a tournament, and made it to the final four of the State tournament. The First Annual Alumni Game was held and ten former HPCA players participated. Players and families gathered for a cookout after the game.

Middle School [Ricky Murphy]

Overall Record: 11-4

2nd in Conference and Tournament

The Middle School Soccer team had their best season ever compiling an 11-4-0 record. During regular season play they finished in sole possession of 2nd place in the very competitive Triad Middle School Conference. This team improved as the season progressed and was only one goal away from winning the Tournament Championship. Coach Murphy said, "This team placed God first on and off the field and was an example of Christ working through the game of soccer within our community."

GIRLS TENNIS

Varsity [Aundrea Hendley, Kathryn Field]

Overall Record: 13-5

2nd in Conference

3 All-Conference

The Varsity girls did very well in the conference this year, finishing second and only losing 5 matches. They attended tennis clinics each week, in addition to their daily practices. Coach Hendley said, "I love these girls and was blessed to be their coach." They participated in the State Tournament in Wilmington.

Jr. Varsity [Darryl Love, Dana Yates]

Overall Record: 1-6

What at first looked to be hopeless turned out to be a blessing. These girls represented the school extremely well. Coach Love said, "I have never been more proud of a group of students." The highlight of the season came the last day of their clinic at Oak Hollow when the coach instructed one of the girls to drop her racquet and run two laps. As she began to run, the other six girls followed her. The coach told the six that they didn't have to run, but their reply was, "She runs, we run". Coach Love said, "I saw what is rare in sports, six individuals became a team. Thank you for the opportunity to be a part of something bigger than me."

CROSS COUNTRY

Varsity Girls

[Heather Foster, Jeff Pack]

4th in Conference

The girls' team got off to a slow start with just two runners, but managed to pick up four more one month into the season. The girls' team was all new and inexperienced with the exception of our two returners, 2008 all-conference runner and three-year veteran Abby Cliff, and 2nd year runner Courtney Hale. The girls' team showed much progress throughout the season with the new 7th and 8th grade girls improving their times throughout the season. Coach Foster said, "Though we didn't beat many teams, the girls exhibited great motivation, encouragement, hard work and sportsmanship. We definitely have some good talent in the program to build for future years."

Varsity Boys

[Heather Foster, Jeff Pack]

1st in Conference

3rd in State

4 All-Conference, Coach of Year

The 2009 season was the most successful to date culminating in a 3rd place finish at the state meet. The team went undefeated throughout the regular season claiming the first ever conference championship for the cross country team. Led by lone senior and 6th year runner Austin Gentry, freshman Connor Flater, sophomore Davis Pack and 8th graders David Loy and Will Cliff, the team worked together to create an atmosphere of teamwork and competitiveness. Sixth and seventh runners Trent Gabriel and Austin Zente's efforts also contributed to the scoring. The boys placed 4 on the all-conference team including Flater, Gentry, Pack and Loy. Connor Flater's 3rd place finish was the highest ever for a Cougar. All 7 runners that competed at the state meet finished under 19:00 and in the top 50. Coach Foster said, "The future looks great for HPCA's boys cross country team with all but Austin Gentry returning. We will need some of the non-scorers from this year's team like Tyler Moser, Aaron Cliff and Jake McKinney to step it up as well to provide depth and experience."

FOOTBALL

Jr. Varsity

[Steve Lechner, Andy Oats, Bryan Clodfelter, David Adams]

Overall Record: 5-2

In its second season, JV football improved from 3-5 to 5-2 in 2009. The Cougars started the season with a gutty performance against public school powerhouse NE Guilford followed by a dominating win over Bishop McGuinness. The Cougars lost to Cannon School despite holding the high octane Cannon offense to one score in the first half. After that loss, the Cougars never looked back winning their last four games by a combined score of 180-26. The Cougars combined an aggressive and opportunistic defense with an explosive offense. The Cougars twice scored more than 50 points notching 62 against Trinity and 52 against Christ School. Coach Lechner said, "Going forward the Cougars are poised to contend in the Carolina Piedmont Football Conference and will play their first varsity game next August 20th vs. Bishop McGuinness."

Middle School

[Lamar Boykin, Scott Bell, Marlon Allen, Randy Norris]

Overall Record: 4-4-1

Middle School Football began its 2nd year with a new coaching staff, as Coach Lechner moved up to Jr. Varsity. They worked closely with Coach Lechner to build a strong football program. The team opened the season against a tough Bishop team and was defeated. Later in the season, they played Bishop again, and it was a much closer game. In the most exciting game of the year, they came back against Summitt scoring 3 touchdowns to win.

CHEERLEADING

Varsity

[Abby Lewallen, Patti Bennett]

Varsity Cheer hit the gridiron for the first time this fall when they led the Junior Varsity Football Team and fans in Cougar spirit. Memorable football games included their debut at NE Guilford, the road trip to the Asheville area to play The Christ School, and of course the cross-town showdown against the Trinity Bulldogs. Cougar Varsity Cheer was featured in the Greensboro's News & Record for their participation in the opening day festivities at The Miracle League field in High Point. Encouraging young children with disabilities in the game of baseball was a great way to flesh out the team Bible verse found in 1 Thessalonians 5:11 which says, "So encourage each other to build each other up, just as you are already doing." HPCA Varsity Cheerleading grew from a squad of nine in 2008 to twelve in 2009 and was under the student leadership of co-captains Jessica Whitman (senior) and CiCi Bennett (junior). In summarizing the team's first year, Coach Abby Lewallen states, "It is unbelievable how quick this squad rose to a level of excellence, so soon after its formation. God's blessings and a dedicated group of young women are the reasons why. We are so excited about entering the Varsity Football realm next fall and we will have plenty of cheer to spread around, that's for sure!"

Middle School

[Terri Kurfees, Jackie Edwards]

The Middle School cheerleaders had a great second season, cheering for football and basketball. The 12 girls enjoyed leading cheers, promoting spirit, making banners and signs, and encouraging one another. Coach Kurfees was proud of the girls and looks forward to an exciting season next year.

Winter 2009-10

BASKETBALL

Boys Varsity

[Brandon Clifford, Gary Su, Tyler Hester]

Overall Record: 15-18

3rd in Conference, 2nd in Tournament

Tied for 3rd in State

1 All-Conference

The 2009-2010 season was a special one for Cougar basketball. After stumbling out of the gate to a 2-13 start, the Cougars rallied to a 15-18 final record and an appearance in the NCISAA Final Four, including the first playoff win in program history. The Cougars were led by All-Conference Junior Mitchell Oates and 4 seniors whose leadership led to a remarkable turnaround. First year head coach Brandon Clifford stated, "This season was an unbelievable start to my tenure here at HPCA. The mark that our seniors have left on the program will be here forever and has set the bar extremely high for our returning players. The future is certainly bright for Cougar basketball."

Boys Jr. Varsity

[Scott Williams, Tyler Hester]

Overall Record: 17-4

This was a great season for Cougar Basketball and the JV squad played a big part of that. Going 17-4 on season and undefeated in the conference, the JV Cougars played with a passion and energy that was rarely matched on the basketball floor. There was outstanding leadership from the team's 5 sophomores and the younger players followed, setting the tone for an outstanding season. They played in the Bank of the Carolinas Christmas Tournament in Asheboro and won their division. During Christmas break, the team bought and delivered basketballs and toys to the Salvation Army.

Boys Middle School 'A'

[Todd Farlow, Darryl Owen]

Overall Record: 11-11

5th in Conference

The Middle School 'A' team worked hard to overcome a tough conference schedule, finishing 5th in the conference. Coach Farlow said, "These guys were a hard working group that continued to improve all season, and they should be ready for next year." The team will lose 10 of the 13 players to high school.

Boys Middle School 'B'

[Keith Curlee, Jeff Murrow]

Overall Record: 8-3

The Middle School 'B' Boys basketball team had a very successful season. After a heart-breaking overtime loss to Wesleyan that put the team 2-3, the Cougars responded by winning their final six straight games to finish the year at 8-3. Coach Curlee said, "Although the record was impressive, the thing that impressed us the most was how hard each player played, the encouraging words that were constantly displayed, and the effort on each player's part about not complaining -- no matter the circumstances."

Girls Varsity

[Patti Nance, Scooter Nance]

Overall Record: 13-13

3rd in Conference

1 All-Conference

The Varsity Girls basketball team finished 3rd in the TAC Conference this year (8-4). The girls played an extremely tough schedule, and for the first time they defeated Wesleyan Christian Academy and Greensboro Day. The team was extremely young, with the starting five consisting of two eighth graders and three sophomores. The team only graduated one senior so there is the potential for ten players returning to the Lady Cougars next year. Besides having a successful year on the court the Lady Cougars served a meal at Ward Street Missions. They also adopted a family for Christmas this year through Green Street Baptist Church.

Girls Middle School [David Spencer, Carol Sue Eger]

Overall Record: 18-4

1st in Conference and Tournament

The Middle School Girls basketball team had an outstanding season, with a final record of 18-4. They won the TMAC regular season with a record of 10-1 and capped off the season by winning the TMAC conference tournament championship. They participated in two mission projects during the season. The first project was to adopt a needy family for the Christmas season. The team went shopping and purchased over \$400.00 of gifts for the family in the Lexington area. For the second mission project, the team chose to support the Pregnancy Care Center. They collected boxes of disposable diapers, wipes, baby lotion, and baby powder to replenish their supply room. The team toured their offices and learned about the vital ministry that they provide to the High Point area. Coach Spencer said, "I feel that we had a very successful season, both on and off the court."

SWIMMING

Varsity Girls [Sally Nance, Carol Johnson]

5 All-Conference, 5 All-State

1st in Conference

State Champions

Varsity Boys [Sally Nance, Carol Johnson]

4 All-Conference, 4 All-State

1st in Conference

State Champions (repeat)

Their season was full of fun times - going to movies together, having their annual sleepover at the Saintsing's, eating dinner together after every meet, having a mentoring program which encourages the kids to get to know each other, serving at the Habitat Store and West End Ministries. Their times together are always a blessing. The season was a little harder too, as far as the teams they swam. Most of the season they swam 3A teams which helped them as it pushed them to swim with greater effort. Most of the teams were bigger in size as well, but that didn't seem to deter the kids. Coach Nance said, "The season as a whole proved to them that size doesn't always matter. They swam with integrity and strength, not-to-mention heart. They made us very proud as coaches in the way they radiated His glory both in and out of the water. This team is an amazing group of kids...kids that love the Lord, love each other and love the sport!!! The parents, well, they are just as amazing. Their support and desire to encourage us to coach their kids has been such a blessing. I have been more blessed than words can express by the group of kids God assembled and I am a better person because of them."

Spring 2010

BASEBALL

Varsity

[Corey Gesell, Roger Bergsma, Dale Cecil, Randy Boles]

Overall Record: 24-5

2nd in Conference, Lost in State Semifinals

4 All-Conference, Player of Year, 1 All-State

The Varsity team came off a State Championship win last year, ranked #1 for part of the season. Over Easter Break, they traveled to Myrtle Beach, SC to play in the Mingo Bay Tournament. They played against teams from New York, West Virginia, and South Carolina, and won the tournament. They lost in the State Semi-Finals played at Wingate University. Coach Gesell said, "Coming off the State Championship, all teams were ready to beat us. It was a challenging year, and the kids responded in a great way." Two players will continue playing baseball in college, and the team will lose six seniors.

Jr. Varsity

[Bryan Marshall, Jason Scott, John Tripp]

Overall Record: 14-3

The Jr. Varsity team had a great season, losing only 3 games. This year was the largest JV team yet. They played in the Hi-Toms Tournament against private and public schools and finished 2-1. Coach Marshall said, "These are a great group of boys and I enjoyed coaching each one. They played well together and gained experience to prepare them for the next level."

Middle School

[Rick Blackmore, Noah Blackmore]

Overall Record: 11-4

Tied for 1st in Conference, 2nd in Tournament

The Middle School team lost a lot of players from last year's team to the Jr. Varsity. They started off the season slow and gained momentum as they continued. They had 5 games cancelled due to rain. Coach Blackmore said, "The team worked hard and pulled together wins at the end of the season." They tied for the regular season conference championship and lost in the tournament championship game by one run.

SOFTBALL

Varsity

[Todd Farlow, Jeremy Cecil, Angelo Gonzalez]

Overall Record: 12-6

5 All-Conference, Player of Year, Coach of Year

Seeded #7 in State

The 2010 Softball had a record of 12-6. All of the losses were by no more than 4 runs to teams whom made it to the final 4 for the 2A and 3A State tournament. Also, 3 of the 6 losses were to eventual state champion, Gaston Christian Academy. They were a very young team without any seniors. Coach Farlow said, "It was a very encouraging experience for the players and coaches. Next year, the bar will be raised even higher."

Middle School

[Tim Swaim, Bryan Coats, Mike Brooks, Brad Self]

Overall Record: 8-4

The Middle School Girls Softball team came into the season very young and inexperienced. Many of the girls were forced to play positions they had not played before and performed very well finishing 8 – 4. Three of the team’s losses came against High School JV teams. Coach Swaim said, “We are very proud of the accomplishments on the field but even more proud of the Christian character and class our girls displayed throughout the season. On multiple occasions parents from other schools commented on how our girls carried themselves, providing a strong Christian witness.” The girls touched the lives of many this year through two service projects. The girls visited Landmark Nursing Center, an assisted living facility in Northern Davidson county, delivering gift bags and visiting with the residents. The girls had a second service project adopting a Navy SeaBees unit stationed in Afghanistan. Throughout the second half of the season the girls collected personal and food items for the soldiers. Many local merchants including, Target, Wal-Mart, Sam’s Club, Costco and the UPS Store provided gift cards and services for the project. Coach Swaim said, “Coaches Mike Brooks, Bryan Coats and Brad Self provided great Christian role models for the girls. Many thanks to all for the blessings enjoyed this spring season.”

GIRLS SOCCER

Varsity

[Eleni Hedrick, Carol Sue Eger, Ricky Murphy]

Overall Record: 4-10-2

5th in Conference, seeded #15 in State

2 All-Conference

The Varsity team struggled this season with a very tough schedule. The season started out slow due to rain cancellations. During the regular season, they tied the team that was eventually seeded #1 in the state tournament. The girls traveled to Pawley’s Island, SC for a tournament in the middle of the season. They played in the State Tournament, losing in the first round to the same team they tied during the season.

Middle School

[Heather Roarke, Susan Vickers]

This season, the Middle School Girls Soccer team worked toward the goal of becoming better soccer players. They learned the fundamentals of the game of soccer and how to work as a team in all they did. Through playing in tough games, they grew closer to Christ and each other. Coach Vickers said, “We had a great season and improved each game.”

GOLF

Varsity

[David Spencer, Steve Segers]

Overall Record: 7-7

Tied for 1st in Conference

The Varsity Golf team was very young this year. There were no seniors and only one junior on this team. They started out slowly, but several players stepped up to provide key leadership and the team improved tremendously as the season progressed. The conference record was 5-1 which earned a tie for first in the Triad Athletic Conference regular season. The team finished 4th in the conference tournament. Coach Spencer said, "Coach Segers and I are very proud of how this team represented our school, the coaching staff, and most of all, our Lord Jesus Christ. The experience this young team received this season, along with hard work in the off season, will serve us well next season."

Middle School

[Scott Duerscherl]

Overall Record 5-5

This year was a record breaking year in many aspects. The team set a school record for lowest team score (176), lowest season stroke average for an individual (Lexi Kershaw 41), lowest team stroke average (185.33), and their first win vs. Westchester. Coach Duerscherl said, "This season was the most enjoyable season that I've had as a coach in my 6 years of coaching. The players were not only playing well, but were solid Christians off the course." The team verse, Phil.2:14-16, was voted on by the team and picked unanimously.

BOYS TENNIS

Varsity

[Allen Michael, Susan Parlier, Chris Amos]

1 All-Conference

The overall record of the Boys Varsity Tennis Team doesn't begin to exemplify the success of their season. After beginning the season with some recruiting from the 7th and 8th graders, they fielded a very young but eager team. The season was an overall "team" effort. Coach Michael said, "The leadership from Taylor Light was tremendous and contributions from Parker Love were gracious. The team worked hard all season and really developed a passion for the game of tennis." The boys showed all they learned at the conference tournament with all six singles players making it to the semifinals and one going to the finals. Two doubles teams also made the semifinals. There is a tremendous amount of talent to build on for the future.

TRACK & FIELD

Varsity Girls

[Heather Foster, Jeff Pack]

3rd in Conference, 7th in State

4 All-Conference

Despite a young team, they surpassed expectations finishing the year 3rd out of 6 teams in the conference. Leadership was provided by the 3-year veterans Claire Phipps, Catherine Byles, Jordan Gibson, and Mary Katherine Field. A talented group of newcomers provided depth and growth potential for years to come. All team members were able to contribute to the scoring in many meets, though the more experienced girls and sophomore 1st year runner Carly Black provided the majority of the points, particularly at the conference meet. At the state meet, Carly Black had a 3rd place finish in the 100 meter dash while Clarie Phipps finished 5th in the 400 meter dash and 6th in the high jump. The girls recorded their best State finish for the 3rd year team, coming in 7th place out of 18 teams. Coach Foster said, "We hope to continue to build on the success of this season."

Varsity Boys

[Heather Foster, Jeff Pack, Ben Strag]

1st in Conference, 3rd in State

9 All-Conference, Coach of Year, 1 All-State

The boys track team met their pre-season goal of winning the conference championship. Their success was a team effort with several boys winning or placing high in numerous events as evidenced by 9 boys earning all-conference honors. Upper-class leadership combined with youthful energy and enthusiasm made for a well-rounded team with lots of growth potential over the next several years. The boys had an impressive showing at the state meet, finishing 3rd out of 22 teams. Kolton White won his first state championship in the 300 hurdles with a personal best race. Senior Jack Dula took 2nd in the pole vault. The 4x800 relay team of Davis Pack, Connor Flater, David Loy and Trent Gabriel placed 3rd. With the majority of the team returning next year, the future looks promising.