

**2022**

**NORTH DIVISION MENS CROSS  
COUNTRY**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>Athlete</b>	<b>School</b>	<b>Time</b>
James Wortham	Saint Charles West	16:19.22
Nate Maples	Saint Charles	16:45.62
Luke Nottmeyer	Saint Charles	17:46.46
Abhiram Kudaravalli	Saint Charles West	17:55.30
Jack Case	Saint Charles	18:00.62
Samuel Bland	Saint Charles	18:07.39
Wyatt Claiborne	Warrenton	18:11.11
James Warner	Saint Charles	18:23.48
Austin Ewens	Wentzville North Point	18:27.16
Mitchell Lerner	Wentzville North Point	18:37.40
Logan Blase	Wentzville North Point	18:44.12
Luc Bourgeade	Saint Charles	18:50.74
Andrew Gee	Orchard Farm	18:52.70
Charles Large	Saint Charles West	18:58.80

*FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2022, GAC XC CHAMPIONSHIPS*

**TEAM SCORES: SAINT CHARLES 24;**

**SAINT CHARLES WEST 61; WENTZVILLE NORTH POINT 63; WARRENTON 88; ORCHARD FARM 121**

[ only five schools had the number of runners needed to score]

## **ALL ACADEMIC**

**Orchard Farm -**

**Saint Charles - Brody Adams, Sam Bland, Luc Bourgeade, Jack Case, Noah Case, Tanner Dutton, Hezekiah Hanks, Jackson Jones, Chris Kimsey, Nate Maples, Luke Nottmeyer, Tyler Palmer, Charlie Reid, Dillon Schreiber, Cole Sulwer, James Warner, Caiden Wright**

**Saint Charles West - Josiah Erickson, Tyler Horn, Michael Jarvis, Abhi Kudaravalli, Logan LeBeau, Krish Mehta, Tristan Reddin, Mitchell Riegerix, Coleton Severs, Owen Shy, James Wortham**

**Warrenton -**

**Wentzville North Point -**

**Winfield - Dominic Ohlms, Jacob Hart**

## **SPORTSMANSHIP**

**Orchard Farm -**

**Saint Charles -**

**Saint Charles West - Krish Mehta**

**Warrenton -**

**Wentzville North Point -**

**Winfield -**

**2022**

**CENTRAL DIVISION MENS CROSS  
COUNTRY**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>Athlete</b>	<b>School</b>	<b>Time</b>
Taylor Mason	Fort Zumwalt North	16:44.77
Tyler Anderson	Francis Howell East	16:53.72
Cale Eldredge	Wentzville Liberty	17:05.72
Logan Luttrell	Washington	17:34.99
Alan Meyer	Fort Zumwalt North	17:47.69
Blake Margerum	Fort Zumwalt North	17:48.99
Landon Jones	Wentzville Liberty	17:49.95
Daniel McClellan	Fort Zumwalt East	17:53.63
Ethan Wilmes	Fort Zumwalt East	18:02.09
Andy Hoette	Fort Zumwalt East	18:05.82
Andrew Mueller	Wentzville Liberty	18:06.52

Sean Looney	Wentzville Liberty	18:09.21
Daniel Meyer	Fort Zumwalt North	18:13.24
Steven Broadbent	Washington	18:20.74

***FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2022, GAC XC CHAMPIONSHIPS***

## **TEAM SCORES: FORT ZUMWALT NORTH 36;**

**WENTZVILLE LIBERTY 43; FORT ZUMWALT EAST  
43; FORT ZUMWALT SOUTH 103**

[ onle four schools had the number of runners needed to score]

## **ALL ACADEMIC**

**Fort Zumwalt East -**

**Fort Zumwalt North - Nolan Brook, Andrew Jordan, Blake Margerum, Taylor Mason, Alan Meyer, Daniel Meyer, Brayden Pirrung, Ethan Schrautemeier, Brody VanWave**

**Fort Zumwalt South -**

**Washington - Steven Broadbent**

**Wentzville Holt - Owen Thompson**

**Wentzville Liberty -**

## **SPORTSMANSHIP**

**Fort Zumwalt East -**

**Fort Zumwalt North - Taylor Mason**

**Fort Zumwalt South -**

**Washington - Logan Luttrell**

**Wentzville Holt - Nathan Chamberlain**

**Wentzville Liberty -**

**2022**

**SOUTH DIVISION MENS CROSS  
COUNTRY**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>Athlete</b>	<b>School</b>	<b>Time</b>
Maddox Riley	Wentzville Timberland	16:32.31
Graham Black	Francis Howell	16:41.96
Salvador Zepeda	Francis Howell	17:30.73
Nathan Krisby	Francis Howell	17:46.04
Andrew Schulte	Wentzville Timberland	17:56.25
Evan Schleef	Troy Buchanan	17:58.79

Holden Black	Francis Howell	18:03.41
Jack O'Brien	Fort Zumwalt West	18:05.96
Roman Haverly	Francis Howell North	18:15.33
Ezra Bailey	Francis Howell Central	18:16.41
Colton Boudinot	Fort Zumwalt West	18:21.96
William Doyle	Fort Zumwalt West	18:24.09
Andrew Willis	Wentzville Timberland	18:25.04
Kevin McGuire	Francis Howell North	18:35.07

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**TEAM SCORES: FRANCIS HOWELL 33;**

**WENTZVILLE TIMBERLAND 56; FORT ZUMWALT WEST 69; FRANCIS HOWELL NORTH 90; FRANCIS HOWELL CENTRAL 107; TROY BUCHANAN 119**

**2022**

**NORTH DIVISION WOMENS CROSS  
COUNTRY**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>Athlete</b>	<b>School</b>	<b>Time</b>
Kadence Berry	Winfield	19:46.93
Genevieve Wacker	Saint Charles West	20:05.42
Claire Horstmann	Saint Charles West	20:45.25
Avery Jackson	Saint Charles West	21:05.51
Gretchen Schuster	Orchard Farm	21:22.33
Emily Finley	Saint Charles West	21:26.52
Regan Clercx	Wentzville North Point	21:32.44
Miley Jackson	Saint Charles West	21:40.19
Reagan Govero	Saint Charles West	21:40.19
Melaina Beilsmith	Saint Charles West	21:44.36
Isabel Reinebach	Winfield	21:45.41
Madelyn Marschel	Warrenton	21:50.46
Emma Gilkison	Saint Charles	22:28.53
Keeley Lauer	Saint Charles	22:58.30

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# **TEAM SCORES: SAINT CHARLES WEST 18;**

**WENTZVILLE NORTH POINT 63; SAINT CHARLES 73;  
ORCHARD FARM 86**

[note: only four teams fielded the required number of runners]

## **ALL ACADEMIC**

**Orchard Farm -**

**Saint Charles - Gracie Alexander, Charlotte Anderson, Olivia Elder, Emma Gilikson, Kelley Lauer, Taylor Nash, Ella Nottmeyer, Attyson O'Keeffe, Madalyn Orosco**

**Saint Charles West - Claire Horstmann, Avery Jackson, Vivian Jones, Abigail Loftus, Mary Loftus, Adeline Nichols, Alyssa Riegerix, Maya Southard, Lucy Voelkl, Genevieve Wacker**

**Warrenton -**

**Wentzville North Point -**

**Winfield - Kade Berry, Isabel Reinebach**

## **SPORTSMANSHIP**

**Orchard Farm -**

**Saint Charles -**

**Saint Charles West - Sara Senyard**

**Warrenton -**



Wentzville North Point -

Winfield - Kade Berry

**2022**

**CENTRAL DIVISION WOMENS CROSS  
COUNTRY**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>Athlete</b>	<b>School</b>	<b>Time</b>
Julia Donnelly	Washington	19:03.43
Sarah Morrision	Fort Zumwalt South	19:58.93
Imane Larhdiri	Wentzville Liberty	20:10.21
Peyton Spellazza	Fort Zumwalt North	20:16.67
Bryn Pawlik	Fort Zumwalt South	20:20.23
Jillian Kalbac	Wentzville Liberty	20:33.24
Elizabeth Shaw	Wentzville Holt	20:40.45
Zoe Johnson	Fort Zumwalt North	20:56.99

Alexis Omara	Wentzville Liberty	21:10.15
Jailyn Ebert	Fort Zumwalt North	21:17.64
Abby Anderson	Fort Zumwalt North	21:21.44
Leah Wheeler	Washington	21:44.58
Kendra Bliss	Washington	21:51.48
Kayleigh Spector	Fort Zumwalt North	21:54.23

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## **TEAM SCORES:**

**FORT ZUMWALT NORTH 43;**

**WENTZVILE LIBERTY 46; WASHINGTON 64; FORT ZUMWALT SOUTH 66;**

[note: only four teams fielded the required number of runners]

## **ALL ACADEMIC**

**Fort Zumwalt East -**

**Fort Zumwalt North - Abby Anderson, Amanda Bredenkamp, Zoe Johnson, Kayleigh Spector, Peyton Spellazza, Hannah Vandemark**

**Fort Zumwalt South -**

**Washington - Kendra Bliss, Julia Donnelly, Presley Kiser, Mia Mahon, Lindsey Mueller, Annelise Obermark, Ava Staples, Isabella Von Behren, Leah Wheeler, Zoey Ziegler**

**Wentzville Holt - Jennifer Jarrett, Megan Kinnary, Yuissa Morales, Elizabeth Shaw, Sam Wainscott, Selina Yang**

**Wentzville Liberty -**

## **SPORTSMANSHIP**

**Fort Zumwalt East -**

**Fort Zumwalt North - Kayleigh Spector**

**Fort Zumwalt South -**

**Washington - Julia Donnelly**

**Wentzville Holt - Samantha Wainscott**

**Wentzville Liberty -**

**2022**

## **SOUTH DIVISION GIRLS CROSS COUNTRY**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>Athlete</b>	<b>School</b>	<b>Time</b>
Reese McDivitt	Francis Howell Central	19:42.22
Ewyn Humphrey	Francis Howell	20:01.52
Riley Linville	Fort Zumwalt West	20:03.86
Oakley Anderson	Fort Zumwalt West	20:08.21
Natalie Sollors	Francis Howell	20:15.99
Laney Parmeley	Francis Howell Central	20:19.09
Ashlyn Sherwood	Francis Howell	20:19.87
Tori Bockstadter	Fort Zumwalt West	20:42.87
Ava Breuer	Francis Howell Central	20:51.80
Madeline Dustin	Francis Howell North	20:58.58
Brooke Gilbert	Troy Buchanan	20:59.27
Cienna Genta	Wentzville Timberland	21:03.23
Ella Coulter	Francis Howell	21:08.80
Addyson Schene	Wentzville Timberland	21:15.95

***FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2022, GAC XC CHAMPIONSHIPS***

**TEAM SCORES: FRANCIS HOWELL 47;**

**FORT ZUMWALT WEST 48; FRANCIS HOWELL  
CENTRAL 50; WENTZVILLE TIMBERLAND 98;  
FRANCIS HOWELL NORTH 107**

[note: only five teams fielded the required number of runners]

**2022**

**NORTH DIVISION FOOTBALL**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**QUARTERBACK**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Conner Martin	Winfield	SO
<b>2nd Tem</b>	Collin Sinclair	Orchard Farm	FR

**RUNNING BACK**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Austin Haas	Warrenton	SO
	Jacob Kirt	Saint Charles West	SR
<b>2nd Team</b>	Draven Ham	Winfield	SR
	Jack Anzalone	Saint Charles West	JR

## OFFENSIVE LINE

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Coleman Croghan	Winfield	JR
	Louis Dieckmann	Saint Charles West	SR
	Barrett Disselhorst	Saint Charles West	SR
	Erik Sullivan	Saint Charles West	SR
	Brayden Miller	Saint Charles West	SR
<b>2nd Team</b>	Alex Wilson	Warrenton	SO
	Jorgen Krueger	Winfield	SR
	Dylan Schooler	Saint Charles West	JR
	Max Jackson	Saint Charles	JR
	Tyson Bronson	Orchard Farm	FR

## WIDE RECEIVER

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Kyle Turnbull	Winfield	SR

	Kyle Cotton	Saint Charles West	SO
	Deandre Galmore	Saint Charles	SR
<b>2nd Team</b>	Colton Bronsenne	Warrenton	SR
	Jackson Carruthers	Orchard Farm	JR
	Jorden Matlock	Orchard Farm	SO

## KICKER

	Player	School	Year
<b>1st Team</b>	Ryan Beer	Saint Charles West	JR
<b>2nd Team</b>	Kaden Kaiman	Winfield	SR

## ATHLETE

	Player	School	Year
<b>1st Team</b>	Charlie Blondon	Warrenton	JR
<b>2nd Team</b>	Blake Wiggs	Saint Charles	SR

## LINEBACKER

	Player	School	Year
<b>1st Team</b>	Kadin Stroer	Warrenton	SO
	Morgan Regot	Saint Charles West	JR

	Collin Sams	Winfield	JR
	Bobby Hayes	Saint Charles	JR
	Jackson Carruthers	Orchard Farm	JR
<b>2nd Team</b>	Aidan Bond	Warrenton	JR
	Quincy Dodson	Warrenton	SR
	Luke Buehler	Saint Charles West	SO
	Josh Wolanski	Winfield	SR
	Caden Tipton	Orchard Farm	JR

## DEFENSIVE LINE

	Player	School	Year
<b>1st Team</b>	Louis Dieckmann	Saint Charles West	SR
	Kyle Turnbull	Winfield	SR
	Jason Rowe	Saint Charles	SR
<b>2nd Team</b>	Barrett Disselhorst	Saint Charles West	SR
	Thomas Palmer	Saint Charles	SR
	Jacob Ruff	Warrenton	JR

## DEFENSIVE BACK

	Player	School	Year
<b>1st Team</b>	Kyle Quinn	Saint Charles West	SR



	Austin Bray	Winfield	SR
	Byron Miller	Saint Charles	JR
	Jorden Matlock	Orchard Farm	SO
<b>2nd Team</b>	Colton Brosenne	Warrenton	SR
	Javon Blair	Warrenton	SR
	Willie Sanchez	Saint Charles West	SR
	Cody Mense	Winfield	SR

## **PUNTER**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Colton Brosenne	Warrenton	SR
<b>2nd Team</b>	Brady Reed	Saint Charles	SO

## **PLAYER OF THE YEAR:**

**Louis Dieckmann, Senior of Saint Charles West**

## **COACH OF THE YEAR:**

**Gary Strauss of Saint Charles West**

## **Sportsmanship Award**

**Orchard Farm - Andy Trupiano**

**Saint Charles - Blake Wiggs**

**Saint Charles West - Barrett Disselhorst**

**Warrenton - Mitchell Williams**

**Winfield - Draven Ham**

## **All-Academic Team**

**Orchard Farm - Jackson Carruthers, Joey Cleary, Max Dietrich, Jackson Khueler, Colby Sanchez, Caden Tipton, Andy Trupiano, Jeff VanDyke**

**Saint Charles - Colby Boehm, Kaiden Hammer, Bobby Hayes, Thomas Palmer, Brady Reed, Kole Ward, Blake Wiggs, Jacob Wulfert**

**Saint Charles West - Jack Anzanlone, Luke Buehler, Brady Clark, Barrett Disselhorst, Abraham Guerrero, Jacob Gurley, Jacob Kirt, Gage Lesire, Brayden Miller, Ian Nixon, Kyle Quinn, Dylan Schooler, Carter Sullivan, Daine Taylor**

**Warrenton - Colton Brosenne, Peyton Dawson, Joe Goldsmith, Treyvian Guthrie, Austin Haas, Chance Klassing, Jack Morris, Timothy Ray, Jacob Ruff, Evan Schenck, Kadin Stroer, Carter Tittel, Alex Wilson, Tyler Faerber**

**Winfield - Warren Conrad, Kaden Kaiman, Gage King, Conner Martin, Brandon Martinek, Grant Seidel, Ethan King, Jorgen Krueger, Kyle Turnbull, Josh Wolanski**

**2022**

**CENTRAL DIVISION FOOTBALL  
ALL CONFERENCE INDIVIDUALS  
ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**QUARTERBACK**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Owen Merrell	Wentzville Holt	SR
<b>2nd Tem</b>	Carter Cox	Fort Zumwalt South	JR

**RUNNING BACK**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Landon Boston	Washington	JR
	Marquis Williams	Wentzville Liberty	JR
	D. J. Jones	Fort Zumwalt North	SR
<b>2nd Team</b>	Devon Deckleman	Washington	SR
	Andy Guthery	Fort Zumwalt North	SR
	Conrad King	Wentzville Holt	JR

## OFFENSIVE LINE

	Player	School	Year
<b>1st Team</b>	Trevor Buhr	Washington	SR
	Ryan Jostes	Washington	JR
	Quinn Brown	Wentzville Holt	JR
	Austin Bauer	Fort Zumwalt North	JR
	Donn Lewis	Fort Zumwalt South	JR
<b>2nd Team</b>	Dylan Borgmann	Washington	SR
	Mark Hensley	Washington	SR
	Nate Davis	Wentzville Holt	JR
	Alex Goeke	Fort Zumwalt North	SR
	Carter Briddell	Wentzville North Point	SO

## WIDE RECEIVER

	Player	School	Year
<b>1st Team</b>	Ty Williams	Wentzville Holt	SR
	Brayden Miller	Fort Zumwalt North	SR
<b>2nd Team</b>	Trey Trennepohl	Wentzville North Point	JR
	Cahase Bensing	Fort Zumwalt South	JR

## KICKER

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Devin Deckleman	Washington	SR
<b>2nd Team</b>	Jackson Tankersley	Fort Zumwalt South	JR

## **ATHLETE**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Connor O'Neal	Fort Zumwalt North	SR
<b>2nd Team</b>	Amir Purdy	Fort Zumwalt South	JR

## **LINEBACKER**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Ty Rudd	Fort Zumwalt East	SR
	Michael Burke	Wentzville Holt	SR
	Kaden Moore	Wentzville Holt	SR
	P. J. Henderson	Fort Zumwalt North	SR
<b>2nd Team</b>	Evan Gaither	Washington	SR
	Andy Guthery	Fort Zumwalt North	SR
	Shane Pruitt	Fort Zumwalt North	JR
	Josh Atherton	Fort Zumwalt South	JR
	Jackson Tankersley	Fort Zumwalt South	JR

## DEFENSIVE LINE

	Player	School	Year
<b>1st Team</b>	Mark Hensley	Washington	SR
	Trevor Buhr	Washington	SR
	Matt Craig	Wentzville Liberty	SR
	Ruchard Meyer	Wentzville Holt	SR
<b>2nd Team</b>	Owen Vanschagen	Wentzville Holt	SR
	Landon Johnson	Fort Zumwalt South	JR
	Mason Burke	Wentzville Holt	JR
	Austin Bauer	Fort Zumwalt North	JR

## DEFENSIVE BACK

	Player	School	Year
<b>1st Team</b>	Isaac Ragan	Fort Zumwalt East	JR
	Carter Madere	Fort Zumwalt North	SR
	Caden Duke	Wentzville Holt	SR
	Jack Byrne	Wentzville Holt	SR
<b>2nd Team</b>	Casey Olszowka	Washington	JR
	Brayden Miller	Fort Zumwalt North	SR
	Chaun Robinson	Fort Zumwalt North	SO
	Joel Massey	Wentzville North Point	SO
	Amir Purdy	Fort Zumwalt South	JR

## **PUNTER**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Hoyt Gregory	Wentzville North Point	SO
<b>2nd Team</b>	Brayden Miller	Fort Zumwalt Nrth	SR
	Ayden Sullivan	Wentzville Holt	JR

## **PLAYER OF THE YEAR:**

**Trevor Buhr, Senior of Washington**

## **COACH OF THE YEAR:**

**Ethan Place of Wentzville Holt**

## **Sportsmanship Award**

**Fort Zumwalt East - Xavier Goodall**

**Fort Zumwalt South - Jacob Finnegan**

**Fort Zumwalt North - P. J. Henderson**

**Washington- Isaac Burr**

**Wentzville Holt -Will Manning**

**Wentzville Liberty - Drew Smith**

**Wentzville North Point - Ben Clercx**

## **All-Academic Team**

**Fort Zumwalt East - Sergio Alvarez, Grant Bishop, Javion Braddix, Xavier Goodall, Luke Lauritzen, Isaac Ragan, Brady Richardson, D. J. Rivera, Ty Rudd, Blake Walls, Vincent Widfelt, Ethan Wooden**

**Fort Zumwalt South - Josh Atherton, Chase Bensing, Hugh Boyd, Cameron Brown, Mason Clark, Jacob Finnegan, Connor James, Grant Lott, Dylan Pope, Jacob Reynolds, Carter Samson, Maxmillian Valdez, Aiden Vogt**

**Fort Zumwalt North - Brady Anderson, Austin Bauer, Zachary Davis, Troy Emge, Andrew Guthery, Gabriel Huber, Chase Ostmann, Shane Ostmann, Jackson Pohlman, Drew Riley, Chaun Robinson, Aaron Schroeder, Jacob Sweeten**

**Washington - Hunter Bakameyer, Landon Boston, Landon Brune, Hayden Burns, Isaac Burr, Devon Deckleman, Evan Gaither, McLaine Graham, Nolan Hendrix, Mark Hensley, Hanon Jarvis, Ryan Jostes, Ian Junkin, Ryam Kassebaum, Jonathan Landwehr, Nick Lucido, Cameron Meyer, Casey Olsowka, Aden Pecka, Alec Pecka, Andrew Peterson, Brendon Rost, Kellen Schiermeier, Tanner schwoeppe, Steven Smith**

**Wentzville Holt - Pierce Behmdt, Quinn Brown, Brayden Burthardt, Will Manning, Owen Merrell, Kaden Moore, Dominic Tolia, Ashton Winingear**

**Wentzville Liberty - Peyton Braile, Wyatt Bullock, Matthew Craig, Trent Fisher, Charlie Hebden, Matthew Manocchio, Emerick Marshall, Matthew Mauck, Connor Meier, Carter Myers, Henry Ragsdale, Jack Ryan, Ethan Weller, Mason Wunderlich**

**Wentzville North Point - Beau Banze, Evan Berkbuegler, Peyton Briddell, Carter Briddell, Lukas Carrol, Ben Clercx, Domenic Colombatto, Caleb Craig, Levi Crosby, Riley Deslatte, Michael Hammond, Amaree Johnson, Austin Looper, Charistian Mattern, Mason Morrow, Jacob Prinster, Logan Redel, Trey Trennepohl. Luke Gertken**

**2022**



**SOUTH DIVISION FOOTBALL**  
**ALL CONFERENCE INDIVIDUALS -**  
**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**QUARTERBACK**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Charos Sutton	Troy Buchanan	SR
<b>2nd Tem</b>	Adam Shipley	Francis Howell	JR

**RUNNING BACK**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Brady Hultman	Francis Howell	SR
<b>2nd Team</b>	Brett Smith	Troy Buchanan	SR

**OFFENSIVE LINE**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Logan Scrivner	Francis Howell	JR

	Mitch Weisenborn	Francis Howell	SO
	Jahkai Lang	Troy Buchanan	SR
	T. J. Bowman	Troy Buchanan	SR
	Matt Olsen	Troy Buchnana	SR
<b>2nd Team</b>	Chase Garbarini	Francis Howell	JR
	Nate Martin	Wentzville Timberland	SR
	Alec Ordoukahanian	Troy Buchanan	JR
	Jon Preiss	Fort Zumwalt West	SR
	Karson Webster	Francis Howell Central	JR

## WIDE RECEIVER

	Player	School	Year
<b>1st Team</b>	Brett Norfleet	Francis Howell	SR
	Jude James	Francis Howell	JR
	Taj Gurley	Francis Howell	SR
	Tank Billings	Wentzville Timberland	SR
<b>2nd Team</b>	Creighton Ervin	Wentzville Timberland	SR
	Travis Reeves	Wentzville Timberland	SR
	Shane Homann	Troy Buchanan	JR
	D. J. Jones	Fort Zumwalt West	JR
	Peyton Kraus	Fort Zumwalt West	SR

## KICKER

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Josh Deal	Francis Howell	SR
<b>2nd Team</b>	Mitchell Ottinger	Troy Buchanan	SR

## **ATHLETE**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	A. J. Raines	Wentzville Timberland	SR
<b>2nd Team</b>	Kendall Gurley	Francis Howell	JR

## **LINEBACKER**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Brady Hultman	Francis Howell	SR
	Wyatt Robbins	Francis Howell	SR
	Evan Piwowarski	Francis Howell	SR
	Nick Bova	Troy Buchanan	SR
	Brett Smith	Troy Buchanan	SR
<b>2nd Team</b>	Bryant Thomas	Francis Howell	SR
	D. J. Dillon	Francis Howell North	JR
	Ethan Wasson	Wentzville Timberland	SR
	Jayden Weinhardt	Wentzville Timberland	SO
	Jacob Wyble	Troy Buchanan	JR

## DEFENSIVE LINE

	Player	School	Year
<b>1st Team</b>	Ethan Bryles	Francis Howell	SR
	Jahkai Lang	Troy Buchanan	SR
	Xavier Oats	Fort Zumwalt West	SR
<b>2nd Team</b>	Kaden Johns	Troy Buchanan	JR
	Todrey Gentry	Francis Howell	SR
	Travis Reeves	Wentzville Timberland	SR
	Edgar Vergara	Troy Buchanan	JR
	Thomas Stuhlman	Francis Howell Central	SR

## DEFENSIVE BACK

	Player	School	Year
<b>1st Team</b>	Jude James	Francis Howell	JR
	Taj Gurley	Francis Howell	SR
	Kendall Gurley	Francis Howell	JR
	Carter Holloway	Troy Buchanan	SR
<b>2nd Team</b>	Ian Kelly	Francis Howell North	SR
	Tank Billings	Wentzville Timberland	SR
	Kayden Uhlmeier	Troy Buchanan	SR
	Aidan Hernandez	Francis Howell Central	SR

## PUNTER

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st Team</b>	Cody Gough	Fort Zumwalt West	SR
<b>2nd Team</b>	A. J. Raines	Wentzville Timberland	SR

## **PLAYER OF THE YEAR:**

**Brady Hultman, Senior of Francis Howell**

## **COACH OF THE YEAR:**

**Brent Chojnacki of Francis Howell**

## **Sportsmanship Award**

**Fort Zumwalt West - Drake Wright**

**Francis Howell - J. B. Ney**

**Francis Howell Central - Cullen Humes**

**Francis Howellll North - Jordan Minter**

**Troy Buchanan - Carter Holloway**

**Wentzville Timberland - Sam Mortimore**

# All Academic Award

**Fort Zumwalt West - Mikey Ludwig, Jacob Stickels, Quinn Purcell, Xavier Oatts, Josh Turner, Mateo Franco, Peyton Rasmussen, Garrick Dixon, Evan Hirst, Nick Salas, Aidan Copeland, Nolan Whiteside, Elliot Hummer, Tyler Hinkle, Isaiah Strouse, Sam Robinson, Drake Wright, Grayson Ellet, Matt Golden, Tyler James, Jackson Viers, Cooper Robertson, Kyle James, Collin Greiner, Dylan Yates**

**Francis Howell - Erik Anderson, Lucas Brown, Ethan Bryles, Josh Deal, Noah Delgado, Drew Doherty, Maddox Duncan, Graham Elfrink, Chase Garbarini, Andrew Gartland, Todrey Gentry, Max Guenther, Eddi Heggermann, Dashon Hudson, Brady Hultman, Jude James, LucasKlimliewicz, Matthew Konstantopoulos, Nick Litschgi, Nick Littlejohn, Addison Mais, Luke McChesney, Caleb Miller, Maheep Minhas, Camden Moore, Antonio Munoz, J. B. Ney, Brett Norfleet, Evan Piwowski, Garrett Puckett, Braden Ray, Logan Scrivner, Aydin Sezen, Adam Shipley, Elijah Skidmore, Tanner Sprouse, Bryant Thomas, Steele Weber, Mitch Weisenbom, Cooper Wiegand, Parker Williams, Reid Williams, Percy Winston**

**Francis Howell Central - Grayson Graham, Henry Lober, Andrew Martin, Samuel Carter, Gavin Peraino, Eric Brock, Landen Mouser, Collin Schisler, Daniel Best, Owen Meyer, Carter Steinagel, Simeon Smith Chase Kreder, James Lawless, Owen McCracken, Jayden Barker, Aidan Faszold, Liam Stover, Connor Sheehan, Jackson Campbell, Aidan Eiswirth, Jerome Caringal, William Thomas, Michael Pagnotti, Gregory Blair, Nicholas Ortinau, Darien Meyers, Ta'Darius Page, Cullen Humes, Aidan Hernandez**

**Francis Howell North - Ian Kelly, Jordan Minter, Stephen Gantz, Sean Kloecker, Luke Hahn, Jordan Allen, Samuel Clement, Collin Conley, Jackson Cutlan, D. J. Dillon, Gilbren Dowdy, Jackson Fifer, Jadon Gauerke, Chris Hall, Cooper Jett, Riley Kloecker, Skyler Lashley, Calvin Von Arb, Ethan Gietl, Riley Martin, Arik Parker, Jackson Vollmar, Aidan Caby**

**Troy Buchanan - Ryan Baldwin, Mark Beckwith, Tyler Boaz, Cmaron Casso, Gavin Cyr, Brady Eulinger, Jacob Farrow, Myles Freeman, Nolan Grelle, Jackson Harrell, Kyle Henke, Jackson Hirschbuehler, Carter Holloway, Levi Jeffers, Kaiden Johns, Bradan Jones, Hunter Keene, John Kliever, Jahkai Lang, Zachary Lewis, Bhan Lollar, Tyler Long, LeBron Matthews, Fletcher Mullins, Mitchell Ottinger, Brock Owens, Matthew Preston, Dale Schneider, Brett Smith,**

**Anthony Solari, Jackson torwer, Kayden Uhlmeier, Braden West, Braylen White, Oggy Winterhalter, Jacob Wyble**

**2022**

**NORTH/CENTRAL DIVISION GIRLS  
GOLF**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

Vivian Boix [SR]	Wentzville Holt	96
Cameron Bollinger [JR]	Wentzville Holt	82
Ava LaPosha [SR]	Fort Zumwalt South	73
Ella Martin [SO]	Washington	73
Abigail Blackwell [FR]	Washington	64
Merrick Owens [JR]	Warrenton	62
Grace Rogers [JR]	Wentzville North Point	61
Madison Wolf [SO]	Fort Zumwalt South	60
Mackenzie Valentine [SR]	Fort Zumwalt North	48
Noel Jackson [SO]	Fort Zumwalt South	46
Isabella Fitzgerald [SR]	Washington	41
Hailey Pykiet [SR]	Wentzville Holt	38

## **GOLFER OF THE YEAR :**

**VIVIAN BOIX, SENIOR, WENTZVILLE HOLT**

**TEAM STANDINGS : Wentzville Holt 135;**

**Fort Zumwalt South 130.5; Washington 117; Wentzville  
North Point 87.5; Fort Zumwalt East 63; Fort Zumwalt  
North 59; Warrenton 33; Winfield 15**

## **SPORTSMANSHIP**

**Fort Zumwalt East -**

**Fort Zumwalt North -**

**Fort Zumwalt South - Iris Martin**

**Warrenton - Olivia Mischlispy**

**Washington - Isabella Fitzgerald**

**Wentzville Holt - Mary Elliott**

**Wentzville North Point - Grace Rogers**

**Winfield - Madalynn Reed**

## **ALL ACADEMIC**



**Fort Zumwalt East -**

**Fort Zumwalt North - Grace Grafton, Heidi Ketchum, Nora LaChance,  
Alexandra Marsala, Shayna Nobbe, Mackenzie Valentine, Rylie Valentine**

**Fort Zumwalt South - Ava LaPosha, Adrienne Lunstrom, Iris Martin, Abby  
Rush, Madison Wolf, Mary Morrison**

**Warrenton -**

**Washington - Isabella Fitzgerald, Molly Buschmann, Lilyan Nieder, Allison  
Fournier, Abigail Blackwell, Josephine Kemper**

**Wentzville Holt - Viv Boix, Cameron Bollinger, Mary Elliott, Hailey Pykiet,  
Mackenzie Thompson, Abby Wiczorek**

**Wentzville North Point - Ava Bechtel, Greysen Curran, Skylar Funston, Grace  
Rogers**

**Winfield - Charlotte Cryts, Myah McCloud, Madalynn Reed, Madison Schleeper**

**2022**

**SOUTH/CENTRAL DIVISION GIRLS  
GOLF**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

Hannah Mottert	Francis Howell	78
Kyndall Stubblefield [SR]	Wentzville Liberty	77
Lauren Meindl [SR]	Wentzville Tiberland	76
Gabby Rettinghaus [SR]	Wentzville Timberland	61
Brooke Inchiostro	Francis Howell	59
Cydney Beckmann [FR]	Fort Zumwalt West	57
Sophie Chenot[JR[	Wentzville Liberty	57
Liza Burgos [JR]	Francis Howell North	38
Leah Heischmidt [SR]	Francis Howell North	36
Brooke Lewis	Francis Howell	36
Madalyn Breckenridge [SR]	Wentzville Liberty	32
Abby Shaffer	Troy Buchanan	30

## **GOLFER OF THE YEAR :**

**HANNAH MOTTERT, FRANCIS HOWELL**

**TEAM STANDINGS [GAC Tournament]: FRANCIS HOWELL 125.5;**

**WENTZVILLE TIMBERLAND 105.5; WENTZVILLE LIBERTY 89; FRANCIS HOWELL CENTRAL 63.5; FRANCIS HOWELL NORTH 60; FORT ZUMWALT WEST 26; TROY BUCHANAN 20.5**

# **ACADEMIC**

**Wentzville Liberty -**

**Troy Buchanan - Leah Crawmer, Olivia Dunard, Hannah Easterday, Aryana Hull, Abigail Shaffer, Emma Van Vera**

**Fort Zumwalt West -**

**Wentzville Timberland -**

**Francis Howell - Jordyn Campbell, Hannah Mottert, Morgan Hyatt, Lindsay Reilmann, Brooke Inchiostro, Brooke Lewis**

**Francis Howell Central - Alexandra Cosmano, Anna Mori, Adrienne Emrick, Marissa Wortkoetter, Marissa Grix**

**Francis Howell North -**

# **SPORTSMANSHIP**

**Wentzville Liberty -**

**Troy Buchanan - Leah Crawmer**

**Fort Zumwalt West -**

**Wentzville Timberland -**

**Francis Howell - Hannah Mottert**

**Francis Howell Central - Alexandra Cosmano**

**Francis Howell North -**

**2022**

**NORTH DIVISION BOYS SOCCER**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**FIRST TEAM**

<b>Player</b>	<b>Year</b>	<b>Position</b>	<b>School</b>
<b>Bobby Pauly</b>	<b>SR</b>	<b>Midfielder</b>	<b>Orchard Farm</b>
<b>Ethan Mecurio</b>	<b>JR</b>	<b>Midfielder</b>	<b>Saint Charles</b>
<b>Bryan Guerrero</b>	<b>JR</b>	<b>Midfielder</b>	<b>Warrenton</b>
<b>Kaden Kaimann</b>	<b>SR</b>	<b>Midfielder</b>	<b>Winfield</b>
<b>Ryan Beer</b>	<b>JR</b>	<b>Defender</b>	<b>Saint Charles West</b>
<b>John Howie</b>	<b>JR</b>	<b>Forward</b>	<b>Saint Charles West</b>
<b>Jude Archie</b>	<b>SO</b>	<b>Defender</b>	<b>Saint Charles</b>
<b>Alex Lacke</b>	<b>SO</b>	<b>Forward</b>	<b>Wentzville North Point</b>
<b>Brayden Eckelkamp</b>	<b>SO</b>	<b>Midfielder</b>	<b>Wentzville North Point</b>
<b>Harry Reineke</b>	<b>JR</b>	<b>Goalkeeper</b>	<b>Orchard Farm</b>
<b>Sam Jones</b>	<b>SR</b>	<b>Midfielder</b>	<b>Orchard Farm</b>

<b>Lucas Stopke</b>	<b>SR</b>	<b>Foward</b>	<b>Orchard Farm</b>
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## SECOND TEAM

<b>Player</b>	<b>Year</b>	<b>Position</b>	<b>School</b>
<b>Cooper Martin</b>	<b>JR</b>	<b>Forward</b>	<b>Winfield</b>
<b>A. J. Taylor</b>	<b>JR</b>	<b>Forward/Defender</b>	<b>Orchard Farm</b>
<b>Brent Weiss</b>	<b>JR</b>	<b>Defender</b>	<b>Orchard Farm</b>
<b>Caden Tusler</b>	<b>JR</b>	<b>Defender</b>	<b>Orchard Farm</b>
<b>Myles Murphy</b>	<b>JR</b>	<b>Defender</b>	<b>Orchard Farm</b>
<b>Santiago Cano</b>	<b>SR</b>	<b>Forward</b>	<b>Warrenton</b>
<b>Davin Cox</b>	<b>SR</b>	<b>Defender</b>	<b>Warrenton</b>
<b>Andrew Hines</b>	<b>SO</b>	<b>Forward</b>	<b>Winfield</b>
<b>Matt Box</b>	<b>SO</b>	<b>Forward</b>	<b>Saint Charles West</b>
<b>Ian Hollander</b>	<b>SR</b>	<b>Keeper</b>	<b>Saint Charles West</b>
<b>Chris Cortes Lopez</b>	<b>SO</b>	<b>Midfielder</b>	<b>Saint Charles</b>
<b>Jordan Nevels</b>	<b>SR</b>	<b>Keeper</b>	<b>Saint Charles</b>
<b>Wesley McClellan</b>	<b>SO</b>	<b>Defender</b>	<b>Saint Charles</b>
<b>Isaac Polman</b>	<b>JR</b>	<b>Defender</b>	<b>Wentzville North Point</b>
<b>LAndon Holmes</b>	<b>SO</b>	<b>Defender</b>	<b>Wentzville North Point</b>

**CO-PLAYERS OF THE YEAR: Bobby Pauly of Orchard Farm, Senior, Midfielder and Ethan Mercurio of Saint Charles, Junior, Midfielder**

## **COACH OF THE YEAR: **Brandon Cox of Orchard Farm****

### **Sportsmanship Award**

**Orchard Farm - Caden Tusler**

**Saint Charles - Chris Cortes Lopez**

**Saint Charles West - Alex Dotson**

**Warrenton - Ethan Wilmes**

**Wentzville North Point - Parker Trigg**

**Winfield - Alex Kinne**

### **All Academic**

**Orchard Farm - Harry Reineke, Lucas Stopke, Bobby Pauly, Mark Bohneing, Logan Hazel, Brent Weiss, Myles Murphy, Yusef Deiab, Sean Pauly, A. J. Taylor, Caden Tusler, Mason Campbell, Blaine Mead, Nate Henke, Gannon Dody**

**Saint Charles - Jude Archie, Chris Cortes Lopez, Ben Dietrich, Wesley McClellan, Ethan Mecurio, Adrian Gaona Murillo, Connor Russell**

**Saint Charles West - Coleton Severs, Ian Hollander, Matt Box, Eli Malady, Karson Quinn, Owen Shy, Jorge Tena, Alex Dotson, Luchas Dotson, Braedyn Politte, Ulises Sanchez**

**Warrenton - Owen Thompson, Evan Donovan, Nolan Donovan, Isaac Wagner, Sam Long, Teegan Williams, Maison Rader**

**Wentzville North Point - Gavin Wicklund, Landon Holmes, Austin Hughes, Dane Lawson, Brayden Eckelkamp**

Winfield - Henry Gorski, Oliver Gorski, Brayden Haight, Kaden Kaimann, Alex Kinne, Sean Nicholl, Jimmy Schultz

**2022**

**CENTRAL DIVISION BOYS SOCCER**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**FIRST TEAM**

<b>Player</b>	<b>Year</b>	<b>Position</b>	<b>School</b>
<b>Clayton Garofalo</b>	<b>SR</b>	<b>Midfielder</b>	<b>Wentzville Holt</b>
<b>Collin Riley</b>	<b>SR</b>	<b>Forward</b>	<b>Fort Zumwalt South</b>
<b>Cooper Hayes</b>	<b>SR</b>	<b>Midfielder</b>	<b>Wentzville Holt</b>
<b>Collin Pinkston</b>	<b>SR</b>	<b>Defender</b>	<b>Wentzville Holt</b>
<b>Roman Merris</b>	<b>SR</b>	<b>Midfielder</b>	<b>Fort Zumwalt North</b>
<b>Michael Sommerville</b>	<b>JR</b>	<b>Midfielder</b>	<b>Fort Zumwalt North</b>
<b>Schrader Ludwig</b>	<b>12</b>	<b>Midfeilder</b>	<b>Wentzville Liberty</b>
<b>Turner Lively</b>	<b>JR</b>	<b>Forward</b>	<b>Wentzville Liberty</b>
<b>Holden Kocher</b>	<b>SR</b>	<b>Defender</b>	<b>Fort Zumwalt East</b>
<b>Carlos Pulido</b>	<b>JR</b>	<b>Keeper</b>	<b>Fort Zumwalt East</b>
<b>Donovan West</b>	<b>JR</b>	<b>Defender</b>	<b>Fort Zumwalt East</b>

<b>Nathan Massey</b>	<b>JR</b>	<b>Forward</b>	<b>Fort Zumwalt East</b>
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## SECOND TEAM

<b>Player</b>	<b>Year</b>	<b>Position</b>	<b>School</b>
<b>Brayden Bresler</b>	<b>SR</b>	<b>Midfielder</b>	<b>Fort Zumwalt South</b>
<b>Dylan Martin</b>	<b>SR</b>	<b>Defender</b>	<b>Fort Zumwalt South</b>
<b>Evan Baisch</b>	<b>SR</b>	<b>Keeper</b>	<b>Fort Zumwalt South</b>
<b>Trento Garofalo</b>	<b>JR</b>	<b>Defender</b>	<b>Wentzville Holt</b>
<b>Landon Strasser</b>	<b>JR</b>	<b>Midfielder</b>	<b>Wentzville Holt</b>
<b>Colby Thomas</b>	<b>So</b>	<b>Forward</b>	<b>Fort Zumwalt North</b>
<b>Ayden Figg</b>	<b>JR</b>	<b>Defender</b>	<b>Fort Zumwalt North</b>
<b>Patrick Waidmann</b>	<b>SR</b>	<b>Midfielder</b>	<b>Fort Zumwalt North</b>
<b>Jack Andrzejewski</b>	<b>JR</b>	<b>Defender</b>	<b>Wentzville Liberty</b>
<b>Brady Freeman</b>	<b>JR</b>	<b>Midfielder</b>	<b>Wentzville Liberty</b>
<b>Carson Nolan</b>	<b>JR</b>	<b>Midfielder</b>	<b>Wentzville Liberty</b>
<b>Jacob Podmore</b>	<b>JR</b>	<b>Defender</b>	<b>Fort Zumwalt East</b>
<b>Scotty Porter</b>	<b>JR</b>	<b>Forward</b>	<b>Fort Zumwalt East</b>
<b>Tyler Eckelkamp</b>	<b>Sr</b>	<b>Midfielder</b>	<b>Washington</b>
<b>Cole Click</b>	<b>SR</b>	<b>Forward</b>	<b>Washington</b>

**PLAYER OF THE YEAR:** **Clayton Garofalo of Wentzville Holt, Senior, Midfielder**



## **COACH OF THE YEAR : Nolan Wesche of Fort Zumwalt East**

### **Sportsmanship Award**

**Fort Zumwalt East - Donovan West**

**Fort Zumwalt North - Dylan Jackson**

**Fort Zumwalt South - Aidan Dietiker**

**Washington - Will Kelpe**

**Wentzville Holt - Gabe Stroud**

**Wentzville Liberty - Kaden Kargacin**

### **All Academic**

**Fort Zumwalt East - Holden Kocher, Dare Riazi, Donovan West, Danny Monroy, Carlos Pulido, Gage Arns, Kasen Aldridge, Aden Flores, Deigo Gonzalez, Kyle Bonck, Jeff Hawn**

**Fort Zumwalt North - William Barton, Hayden Davis, Charlie Epps, Ayden Figg, Daniel Galloway, Connor Hahn, Dylan Jackson, Jackson Kiely, Joseph Linnemann, Roman Merris, Daniel Meyer, Colin Seerey, Michael Sommerville, Patrick Waidmann, Kaleb Wilson, Reese Wilson**

**Fort Zumwalt South - Alexavier Akins, Alecander Bresler, Brayden Bresler, Aidan Dietiker, Andrew Elledge, Max Gandarilla, Brayden James, Zachary Koester, Nathan Mehrhoff, Carter Muehling, Kyle Owens, Andrew Presson, Carter Rich, Luke Rion, Tyler Shook**

**Washington - Jake Brown, Parker Kelpel, Chase Humphries, Will Kelpel, Weston Hewlett, Christian Rennick, Cole Click, Gavin Krimmel, Ben Oesterly, Filip Zajicek, Bobby Laughlin, Landen Kriete, Joel Eckelkamp, Tyler Eckelkamp, Isaac Eckelkamp, Will Amlong, Jake Rhodes, Jack Garst, Isaac Lough, Jack Henderson, Colin Briggs, Vincent Hoang**

**Wentzville Holt - Brayden Burthardt, Clayton Garofalo, Trenton Garofalo, Kason Hartweck, Cooper Hayes, Collin Pinkston, Jacob Pinkston, Grady Moore, Gabriel Stroud, Lucas Truong, Jake Wiczorek, Eli Wyatt**

**Wentzville Liberty - Aidan Brown, Layton Dahl, Cade Galaway, Dylan Handlan, Gavin Hollowell, Kaden Kargacin, Bryson King, Schrader Ludwig, Brody Marino, Canon Mathison, Carson Nolan, Jacob Peeler, Benjamin Wiley**

**2022**

## **SOUTH DIVISION BOYS SOCCER**

### **ALL CONFERENCE INDIVIDUALS**

#### **ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

### **FIRST TEAM**

<b>Player</b>	<b>Year</b>	<b>Position</b>	<b>School</b>
<b>Andrew Klott</b>	<b>SR</b>	<b>Keeper</b>	<b>Francis Howell</b>
<b>Brendan Hummer</b>	<b>SR</b>	<b>Keeper</b>	<b>Fort Zumwalt West</b>
<b>Levi Caldwell</b>	<b>SR</b>	<b>Forward</b>	<b>Troy Buchanan</b>
<b>Mitch Ottinger</b>	<b>SR</b>	<b>Midfielder</b>	<b>Troy Buchanan</b>

<b>J. T. Grabowski</b>	<b>JR</b>	<b>Forward</b>	<b>Francis Howell North</b>
<b>Brendan Roider</b>	<b>Sr</b>	<b>Midfielder</b>	<b>Francis Howell North</b>
<b>Jayce Whitehead</b>	<b>Sr</b>	<b>Defender</b>	<b>Wentzville Timberland</b>
<b>Landon Keener</b>	<b>JR</b>	<b>Midfielder</b>	<b>Wentzville Timberland</b>
<b>Drake Newland</b>	<b>Sr</b>	<b>Midfielder</b>	<b>Francis Howell Central</b>
<b>Josh Goestenkors</b>	<b>SR</b>	<b>Defender</b>	<b>Francis Howell Central</b>
<b>Zach Dreyer</b>	<b>SR</b>	<b>Defender</b>	<b>Fort Zumwalt West</b>
<b>Jackson Riege</b>	<b>Sr</b>	<b>Forward</b>	<b>Francis Howell</b>

## SECOND TEAM

<b>Player</b>	<b>Year</b>	<b>Position</b>	<b>School</b>
<b>Noah Peters</b>	<b>SR</b>	<b>Defender</b>	<b>Francis Howell</b>
<b>Jack Temme</b>	<b>SR</b>	<b>Midfielder</b>	<b>Francis Howell</b>
<b>Adel Abudayeh</b>	<b>FR</b>	<b>Midfielder</b>	<b>Francis Howell</b>
<b>Tanner Jones</b>	<b>SR</b>	<b>Midfielder</b>	<b>Fancis Howell Central</b>
<b>Brendan Ward</b>	<b>SR</b>	<b>Midfielder</b>	<b>Francis Howell Central</b>
<b>Trentyn Chiapelas</b>	<b>SO</b>	<b>Keeper</b>	<b>Wentzville Timberland</b>
<b>Britton Purewal</b>	<b>SR</b>	<b>Forward</b>	<b>Wentzville Timberland</b>
<b>Gavin Piemann</b>	<b>SR</b>	<b>Midfielder</b>	<b>Wentzville Timberland</b>
<b>Reed Corrigan</b>	<b>JR</b>	<b>Defender</b>	<b>Wentzville Timberland</b>
<b>Sam Wilson</b>	<b>JR</b>	<b>Midfielder</b>	<b>Francis Howell North</b>
<b>Owen Miller</b>	<b>JR</b>	<b>Midfielder</b>	<b>Francis Howell North</b>
<b>Aiden Manthey</b>	<b>JR</b>	<b>Defender</b>	<b>Francis Howell North</b>
<b>Conner Nue</b>	<b>JR</b>	<b>Defender</b>	<b>Francis Howell North</b>
<b>Gavin Bogue</b>	<b>SR</b>	<b>Defender</b>	<b>Troy Buchanan</b>

<b>Ethan Troutman</b>	<b>SR</b>	<b>Defender</b>	<b>Troy Buchanan</b>
<b>Logen Davis</b>	<b>JR</b>	<b>Keeper</b>	<b>Troy Buchanan</b>
<b>Josh Coyotl</b>	<b>SR</b>	<b>Midfielder</b>	<b>Troy Buchanan</b>

**PLAYER OF THE YEAR: Andrew Klott of Francis Howell, Forward, Senior, Keeper**

**CO-COACHES OF THE YEAR : Derek Philips of Francis Howell Central and Mike English of Francis Howell**

## **Sportsmanship Award**

**Fort Zumwalt West - Zach Dreyer**

**Francis Howell - Alex Hollingsworth**

**Francis Howell Central - Connor Casler**

**Francis Howell North - Jack Stover**

**Troy Buchanan - Harrison Edwards**

**Wentzville Timberland - Logan Rushing**

## **All Academic**

**Fort Zumwalt West - Brock Brunnworth, Conner Christian, Chris Conley, A. J. Cooper, Zach Creek, Zach Dreyer, Dyllan Fiala, Marcus Fitch, Brenden Hummer, Neil Kohm, Aaron Lehmbeck, Domanyk Naslund, Marton Olmedo, Adam Polocki, Trevor Rivera, Roman Smith, Jason Weinhold, Cade Williams, Mason Youmans**

**Francis Howell - John Kelley, Payten Skonning, Carson Miller, Aiden McLaughlin, Kyle Olwig, Aaron Berning, Brock Karstens, Alex Hollingsworth, Dennis Kontic, Noah Peters, Cole Bange, Collin Crawford, Porter Elliott, Sean Flynn, Max Siwak, Jack Temme, Luke Shipp, Andrew Klott**

**Francis Howell Central - Ashton Fritze, Evan Erickson, Tanner Jones, Connor Casler, Tyler Vandaele, Adam Tucker, Brendan Ward, Connor Meyers, Roland McDevitt, Josh Goestenkers, Will Morris**

**Francis Howell North - Austin Bitter, Chad Blanke, Peyton Caples, Jack Darling, Jack Engelhard, J. T. Grabowski, Ethan McCoy Owen Miller, Carter Schroeder, Henry Singler, Parker Smith, Jack Stover**

**Troy Buchanan - Gavin Bogue, Levi Caldwell, Jashua Coyotl, Harrison Edwards, Ethan Estelle, Daniel Gutierrez, Landon Hupper, Braden Kinealy, Jake Ladlie, Jacob Latta, Mitchell Ottinger, Justin Paluczak, Conner Salyer, Gavin Stanek, Ethan Troutman, Owen Wright**

**Wentzville Timberland - Thomas Anderson, Caeden Blake, Reed Corrigan, Andrew Jenne, Landon Keener, Henry Kriesmann, Angelo, Malek, Jacob Munro, Logan Munro, Gavin Piemann, Gabe Shinn, Logan Rushing, Brady Schuler, Jayce Whitehead**

**2022**

**NORTH DIVISION SOFTBALL**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**PITCHERS**

<b>FIRST TEAM</b>	Kylie Witthaus	Warrenton	Junior
	Bryten Kendrick	Saint Charles	Sophomore
<b>SECOND TEAM</b>	Emma Dixon	Winfield	Sophomore
	Maddie Jackson	Saint Charles	Senior

## CATCHERS

<b>FIRST TEAM</b>	Skyelyn Cook	Wentzville North Point	Freshman
<b>SECOND TEAM</b>	Rylan Steinhoff	Orchard Farm	Junior

## UTILITY PLAYER

<b>FIRST TEAM</b>	Leanna Mitts	Saint Charles West	Senior
	Jaycee Gillette	Winfield	Junior
<b>SECOND TEAM</b>	Audrey Lanzone	Warrenton	Freshman
	Maicey Aubuchon	Winfield	Senior

## INFIELDERS

<b>FIRST TEAM</b>	Leah Zerrer	Wentzville North Point	Junior
	Alyssa Ousley	Orchard Farm	Senior
	Mackenzie Hurst	Warrenton	Senior
	Avery Little	Saint Charles West	Senior

	Caroline Frank	Wentzville North Point	Sophomore
<b>SECOND TEAM</b>	Kiera Daniel	Warrenton	Sophomore
	Ashleigh Reed	Saint Charles	Senior
	Camile Schulte	Winfield	Sophomore
	Madison Bruehl	Orchard Farm	Freshman
	Izzie May	Wentzville North Point	Freshman

## OUTFIELDERS

<b>FIRST TEAM</b>	Avery Zenke	Orchard Farm	Senior
	Grace Reinebach	Winfield	Senior
	Amelia Miller	Orchard Farm	Senior
	Madison Wilmes	Wentzville North Point	Sophomore
<b>SECOND TEAM</b>	Meghan Aceves	Saint Charles	Freshman
	Makayla Witthaus	Warrenton	Freshman
	Atty O'Keeffe	Saint Charles	Sophomore
	Erin Hulbert	Orchard Farm	Senior

**PLAYER OF THE YEAR:** *Kylie Witthaus* [WARRENTON - JUNIOR]

**COACH OF THE YEAR:** **Chad Berrey** [WARRENTON] and **Nathan Bruns** [WINFIELD]

## Sportsmanship Award

**Orchard Farm: Erin Hulbert**

**Saint Charles: Rosalyn Nevois**

**Saint Charles West: Savannah Denison**

**Warrenton: Sam Eskew**

**Wentzville North Point: Lily Paige**

**Winfield: Alexa Nickles**

## **All-Academic Team**

**Orchard Farm: Mackenzi Bragg, Abby Busch, Ellie Busch, Peyton Fry, Erin Hulbert, Amelia Miller, Faith Mitchell, Madison Pollihan, Alyssa Ousley, Rylan Steinhoff, Avery Zenke**

**Saint Charles: Maddie Bunch, Abby Cross, Alexis Davis, Molly Hoffmann, Maddie Jackson, Bryten Kendrick, Addi Nemens, Rosalyn Nevois, Atty O'Keeffe, Layla Pfaff, Ashleigh Reed, Maddy Rosner**

**Saint Charles West: Sydney Blase, Savannah Denison, Avery Little, Delaney Little, Leanna Mitts, Reese Schuster, Kennedy Thomas**

**Warrenton: Kiera Daniel, Samantha Eskew, Maddisyn Hoelscher, Mackenzie Hurst, Morgan Marschel, Kylie Witthaus, Makayla Witthaus, Gracelyn Sitton**

**Wentzville North Point: Cara Caskey, Skyelyn Cook, Caroline Frank, Dakota Jenkins, Izzie May, Haylee Mattson, Cali Moller, Kathy Tinker, Lily Paige, Mariah Robinson**

**Winfield: Lily Boschert, Emma Dixon, Raegan Gebert, Jaycee Gillette, Maggie Jordan, Alexa Nickles, Grace Reinebach, Isabel Reinebach, Sophie Reinebach, Camile Schulte, Claire Shoemake, Chloe Turnbull, Chloe Wehde, Delaney Whitfield**



**2022**

**CENTRAL DIVISION SOFTBALL  
ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**PITCHERS**

<b>FIRST TEAM</b>	Taylor Brown	Washington	Junior
	Sydney Kill	Fort Zumwalt South	Senior
<b>SECOND TEAM</b>	Lauren Opfer	Washington	Junior
	Kourtney Prince	Wentzville Liberty	Junior

**CATCHERS**

<b>FIRST TEAM</b>	Elizabeth Reed	Washington	Junior
<b>SECOND TEAM</b>	Baylie Roetemeyer	Wentzville Liberty	Sophomore

**UTILITY PLAYER**

<b>FIRST TEAM</b>	Rebecca Kennon	Fort Zumwalt East	Senior
	Lacy Monzyk	Washington	Junior
<b>SECOND TEAM</b>	Morgan Murphy	Wentzville Liberty	Freshman

	Morgan Thomas	Fort Zumwalt South	Junior
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## INFIELDERS

<b>FIRST TEAM</b>	Alli Tudor	Wentzville Holt	Senior
	Grace Molitor	Washington	Sophomore
	Kiana Noel	Fort Zumwalt North	Freshman
	Anna Strother	Wentzville Liberty	Junior
	Myla Inman	Washington	Senior
<b>SECOND TEAM</b>	Zoey Robinson	Fort Zumwalt South	Junior
	Isabella Pierce	Fort Zumwalt East	Sophomore
	Christine Gerling	Washington	Junior
	Payton Hemmer	Wentzville Liberty	Sophomore
	McKenna Dydell	Fort Zumwalt North	Senior

## OUTFIELDERS

<b>FIRST TEAM</b>	Maddie Guevara	Washington	Junior
	Katy Mawer	Fort Zumwalt South	Senior
	Josey Roe	Wentzville Holt	Senior
	Alivia Bartlow	Wentzville Liberty	Junior
<b>SECOND TEAM</b>	Lexie Griggs	Fort Zumwalt South	Junior
	Jewel Schade	Fort Zumwalt North	Sophomore
	Emily Bruckerhoff	Washington	Senior

	Sam Kozlowski	Wentzville Liberty	Senior
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**PLAYER OF THE YEAR:** *Taylor Brown* - [Washington - Junior]

**COACH OF THE YEAR:** Grant Young [WASHINGTON]

## **SPORTSMANSHIP**

**Fort Zumwalt East - Lexi Hagl**

**Fort Zumwalt North - Kaitlyn Stevenson**

**Fort Zumwalt South - Makena Bachman**

**Washington - Ella Lause**

**Wentzville Holt - Lauryn Holmes**

**Wentzville Liberty - Sam Kozlowski**

## **ALL ACADEMIC**

**Fort Zumwalt East - Isabella Pierce, Lexi Hagl, Angelique Russell, Caitlin Daugherty, Natalie Carter, Mackenzie Hayes, Miranda Scaper, Georgia Gray, Taylor Baldwin, Grace McCombs**

**Fort Zumwalt North - Sophia Abernathy, Kate Cochran, Gianna Fleites, Kyra Jenkins, Mia Knichel, Kemper Kruse, Shea Nortrup, Jewel Schade, Grace Thorn**

**Fort Zumwalt South - Julia Atherton, Lauren Beiter, Addilynn Caimi, Lexie Griggs, Sydney Kill, Kathryn Mawer, Kelly Stickman, Hope Swan**

Washington - Elizabeth Reed, Lacy Monzyk, Kelsie Holtmeyer, Christine Gerling, Kendall Nix, Emily Bruckerhoff, Myla Inman, Loren Thurman, Lauren Opfer, Maddie Guevara, Ella Lause, Taylor Brown, Grace Molitor

Wentzville Holt - Abigail Claus, Peyton Grimmer, Allison Heying, Jarah Hoffmann, Lauryn Holmes, Olivia Lieurance-Moreno, Aubrey Jo Maschmidt

Wentzville Liberty - Anna Strother, Kiersten York, Brianna Rowland, Payton Hemmer, Alivia Bartlow, Riley Andrzejewski, Baylie Roetemeyer, Zoey Arnold

**2022**

## **SOUTH DIVISION SOFTBALL**

### **ALL CONFERENCE INDIVIDUALS**

#### **ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

#### **PITCHERS**

<b>FIRST TEAM</b>	Lorin Boutte	Francis Howell	Junior
	Macie Hunolt	Troy Buchanan	Junior
<b>SECOND TEAM</b>	Kendal Morelock	Francis Howell Central	Freshman
	Jillian Thomas	Wentzville Timberland	Freshman

#### **CATCHERS**

<b>FIRST TEAM</b>	Kelsey Sawvell	Fort Zumwalt West	Sophomore
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<b>SECOND TEAM</b>	Gracie Johns	Troy Buchanan	Junior
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## UTILITY PLAYER

<b>FIRST TEAM</b>	Ashleigh Davis	Fort Zumwalt West	Senior
	AmeliaRaziq	Francis Howell Central	Freshman
<b>SECOND TEAM</b>	Evie Kraus	Francis Howell North	Junior
	Madison Illingworth	Francis Howell	Senior

## INFIELDERS

<b>FIRST TEAM</b>	Paityn Slezak	Wentzville Timberland	Freshman
	Gracis Miller	Wentzville Timberland	Junior
	Macey Nix	Francis Howell	Junior
	Emmie Daniels	Troy Buchanan	Sophomore
	Phoebe Miller	Francis Howell Central	Junior
<b>SECOND TEAM</b>	Audrey Silver	Wentzville Timberland	Junior
	Riley Walkenhorst	Wentzville Timberland	Sophomore
	Ava Meyers	Troy Buchanan	Sophomore
	Lindsey Givens	Fort Zumwalt West	Frehman
	Kaylee Brock	Fort Zumwalt West	Freshman

## OUTFIELDERS

<b>FIRST TEAM</b>	Ava Kuzara	Wentzville Timberland	Junior
	Danielle Backstun	Fort Zumwalt West	Senior
	Autumn Trower	Troy Buchanan	Junior
	Kianna Kluesner	Francis Howell Central	Freshman
<b>SECOND TEAM</b>	Natalie Vines	Francis Howell	Junior
	Teryn Brown	Troy Buchanan	Junior
	Mackenzie Knehans	Fort Zumwalt West	Sophomore
	Bella Welton	Fort Zumwalt West	Senior

**PLAYER OF THE YEAR:** *Lorin Boutte* [\[FRANCIS HOWELL - JUNIOR\]](#)

**COACH OF THE YEAR:** [Jen Beckmann-Brown \[FRANCIS HOWELL\]](#)

## Sportsmanship Award

**Fort Zumwalt West - Haley Houston**

**Francis Howell - Kalyn Barr**

**Francis Howell Central - Landry Harris**

**Francis Howell North - Lucy Faatin**

**Troy Buchanan - Ava Meyers**

**Wentzville Timberland - Madi Thomas**

## All-Academic Team

**Fort Zumwalt West - Danielle Blackstun, Kaylee Brock, Ashleigh Davis, Hannah Entwistle, Lindsey Givens, Savannah Greathouse, Haley Houston, Nalla Houston, Mackenzie Knehans, Brayden Pruett, Lauren Rowland, Kelsey Sawvell, Bella Welton, Shelby Weydert**

**Francis Howell - Kalyn Barr, Sofia Birkenholz, Lorin Boutte, Elia Cabo, Addison Clark, Elle Glass, Genny Greiwe, Elizabeth Grethey, Maddie illingworth, Meghan McCutcheon, Lilly Murphy, Macey Nix, Sofie Owens, Natalie Vines, Camille Walkowiak**

**Francis Howell Central - Landry Harris, Riley Henderson, Ashley Leible, Phoebe Miller, A'Kiayah Scales, Sydney Webb, Mikayla Goforth, Samantha Mangnall, Kendal Morelock, Kiana Kluesner, Savanna Cohen, Amelia Raziq, Sarah Hoshaw**

**Francis Howell North - Ryleigh Albers, Elise Grimshaw, Nina Hewlett, Evie Kraus, Melia Lanig, Kaylee Lohnes, Aliya Moring, Jonica Schmidt, Ritu Singh, Piper Spinaio, Kayla Spoors**

**Troy Buchanan - Emmie Daniels, Brynna Getz, Ava Meyers, Teryn Brown, Ellie Davis, Macie Hunolt, Gracis Johns, Bailey Shields, Bella Skibinski, Autumn Trower, Paige Tucker, Alayna White, Mackenzie Williams, Lily Arndt**

**Wentzville Timberland - Maria Bono, Allisn Dockler, Kyla Humphrey, Jordan Shields, Paityn Slezak, Jillian Thomas, Riley Walkenhorst, Olivia Williams**

**2022**

**NORTH/CENTRAL DIVISION**

**MENS SWIMMING CHAMPIONSHIPS**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

In 2018, Boy's Swimming was divided into North/Central and South Divisions. Overall records shown after the event in black, represent records for both divisions, while the red color times indicate a record for that division. The same has been done for Girl's Swimming, as they split prior to 2018.

**200 yard Medley Relay [Record: 1:38.15, FZW, 2016]**

**[Record: 1:42.20, FZE, 2021]**

SCHOOL	SWIMMERS	YEAR	TIME
<b>Fort Zumwalt East</b>	Gabe Ostrander	10	1:46.22
	Braydon Phillips	12	
	Natan Novikov	12	
	Nick Ostrander	12	
Fort Zumwalt South	Collins, Baker, Yuldashev, Wolf		1:49.98
Fort Zumwalt North	Simon,Harris, Preiser, Wright		1:52.82
Washington	McKenzie, Mauchenmeier, Poole, Loesing		2:01.15

**200 yard Freestyle [Record: 1:44.92, Zach Rogers, FHC, 2011]**

**[Record: 1:46.69, Christian Randall, FZE, 2021]**

SWIMMER	SCHOOL	YEAR	TIME
Colin Wolfmeyer	Wentzville Holt	12	1:47.18
Nick Ostrander	Fort Zumwalt East	12	1:56.26
Andrew Collins	Fort Zumwalt South	9	2:09.37
Nick Benner	Fort Zumwalt East	12	2:10.80



**200 yard Individual Medley [Record: 1:52.43, Adam Grimm, FZW, 2017]**

**[Record: 1:57.78, Mason Kauffeld, Washington, 2020]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
Jacob Wolf	Fort Zumwalt South	11	2:02.93
Scottie Nicotra	Wentzville Holt	11	2:09.16
Natan Novikov	Fort Zumwalt East	12	2:09.18
Drew Baker	Fort Zumwalt South	10	2:13.58

**50 yard Freestyle [Record: 20.43, Andrew Sansoucie, WT, 2012]**

**[Record: 21.58, Brendan Hutchison, FZE, 2019]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
Kirby Buscato	Fort Zumwalt East	11	23.42
Ben Loesing	Washington	10	24.32
Alex Wright	Fort Zumwalt North	11	24.93
Mikey Murphy	Wentzville North Point	9	25.01

**1 meter Springboard Diving [Record: 669.35, Logan Shelfaut, Francis Howell North, 2020]**

**[Record: 669.35, Logan Shelfaut, Francis Howell North, 2020]**

<b>DIVER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>POINTS</b>
Luke Burgard	Fort Zumwalt North	10	459.75
Caleb Burgard	Fort Zumwalt North	12	421.85
Sergio Darabcsek	Fort Zumwalt North	12	402.80
Lane Otte	Fort Zumwalt East	12	394.40

**100 yard Butterfly [Record: 48.77, Andrew Sansoucie, WT, 2012]**

**[Record: 54.86, Brayden Phillips, FZE, 2020]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
Brayden Phillips	Fort Zumwalt East	12	55.84
Natan Novikov	Fort Zumwalt East	12	56.05
Amir Yuldashev	Fort Zumwalt South	11	1:01.09
Mikey Murphy	Wentzville North Point	12	1:01.67

**100 yard Freestyle [Record: 47.31, Todd Kriss, FZW, 2016]**

**[Record: 48.32, Brendan Hutchison, FZE, 2019]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
Kirby Buscato	Fort Zumwalt East	11	52.48
Alex Wright	Fort Zumwalt North	11	55.05

Ben Loesing	Washington	10	58.07
Will Hinkel	Fort Zumwalt North	10	59.58

**500 yard Freestyle [Record: 4:33.89, Ryan Baker, FH, 2013]**

**[Record: 4:50.61, Colin Wolfmeyer, W Holt, 2022]**

SWIMMER	SCHOOL	YEAR	TIME
Colin Wolfmeyer	Wentzville Holt	12	4:50.61
Gabe Ostrander	Fort Zumwalt East	10	5:31.23
Donovin McKenzie	Washington	11	6:15.91
Michael Huerta	Washington	12	6:30.03

**200 yard Freestyle Relay [Record: 1:30.16, W Holt, 2017]**

**[Record: 1:31.49, FZE, 2019]**

SCHOOL	SWIMMERS	YEAR	TIME
<b>Fort Zumwalt North</b>	Xavier Harris	12	1:39.71
	Alex Presier	10	
	Will Hinkel	11	
	Alex Wright	11	
Wentzville Holt	C. Wolfmeyer, J. Harris, I. Wolfmeyer, Nicotra		1:39.81

Fort Zumwalt East	Buscato, Reasons, Benner, G. Ostrander		1:42.78
Wentzville North Point	Kamish, Ledbetter, Sessler, Murphy		1:44.62

**100 yard Backstroke [Record: 52.39, Alex Crawford, FH, 2013]**

**[Record: 54.29, Jacob Wolf, Fort Zumwalt South, 2021]**

SWIMMER	SCHOOL	YEAR	TIME
Jacob Wolf	Fort Zumwalt South	11	55.45
Nick Ostrander	Fort Zumwalt East	12	58.62
Andrew Collins	Fort Zumwalt South	9	1:04.37
Nick Benner	Fort Zumwalt East	12	1:05.49

**100 yard Breaststroke [Record: :59.02, Mason Kauffeld, Washington, 2020]**

**[Record: :59.02, Mason Kauffeld, Washington, 2020]**

SWIMMER	SCHOOL	YEAR	TIME
Drew Baker	Fort Zumwalt South	10	1:04.08
Brayden Phillips	Fort Zumwalt East	12	1:04.76
Xavier Harris	Fort Zumwalt North	12	1:06.49
Scottie Nicotra	Wentzville Holt	11	1:07.75

**400 yard Freestyle Relay [Record: 3:15.63, FH, 2012]**

**[Record: 3:21.89, FZE, 2021]**

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt East	Kirby Buscato	11	3:30.85
	Natan Novikov	12	
	Nick Ostrander	12	
	Brayden Phillips	12	
Fort Zumwalt South	Collins, Baker, Yuldashev, Wolf		3:46.25
Wentzville Holt	C. Wolfmeyer, J. Harris, I. Wolfmeyer Nicotrar		3:47.44
Washington	McKenzie, Hotra, Loesing, Poole		4:01.75

**TEAM SCORES:**

**Fort Zumwalt East [418];**

**Fort Zumwalt North [411]; Fort Zumwalt South [342];  
Washington [272]; Wentzville Holt [248]; Wentzville North  
Point [216]**

**ALL ACADEMIC**

**Washington - Brock Thompson, Donovan McKenzie, Luke Mauchenheimer, Ben Loesing, Brayden Kriete, Michael Hotra, Jack Courtney, William Brickel**

**Wentzville Holt - Tanner Clayton**

**Fort Zumwalt North - Luke Burgard, Sergio Darabcsek, Jacob Hall, William Hinkle, Hayden Orf, Aiden Pickett, Alexander Preiser, Ethan Simon, Brody VanWave, Alexander Wright**

**Fort Zumwalt East - Brayden Phillips, Jeff Ostrander, Gabe Ostrander, Evan Buscato, Nathan Novikov**

## **SPORTSMANSHIP**

**Washington - Brock Thompson**

**Wentzville Holt - Scott Nicotra**

**Fort Zumwalt North - Caleb Burgard**

**Fort Zumwalt East - Brayden Phillips**

**2022**

## **SOUTH DIVISION**

### **MENS SWIMMING CHAMPIONSHIPS**

### **ALL CONFERENCE INDIVIDUALS**

### **ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**In 2018, Boy's Swimming was divided into North/Central and South Divisions. Overall records shown after the event in black, represent records for both divisions, while the red color times indicate a record for that division. The same has been done for Girl's Swimming, as they split prior to 2018.**

**200 yard Medley Relay [Record: 1:38.15, FZW, 2016]**

**[Record: 1:38.15, FZW, 2016]**

SCHOOL	SWIMMERS	YEAR	TIME
Francis Howell	David Neier	9	1:43.85
	Will Cottle	11	
	Galati Camden	9	
	Waylon Denny	12	
Wentzville Liberty	Lipski, Guffey, Rice, Nonaka		1:44.52
Francis Howell North	Avila, S. Lee, E. Lee, Everhart		1:50.29
Wentzville Timberland	Rohne, Treadway, Clark, Carlton		1:51.43

**200 yard Freestyle [Record: 1:44.92, Zach Rogers, FHC, 2011]**

**[Record: 1:41.76, Jackson Bradburn, FH, 2021]**

SWIMMER	SCHOOL	YEAR	TIME
Brett Hallemeier	Wentzville Timberland	12	1:53.44
Jaxon Dearing	Francis Howell	10	2:00.93
Brody Sanders	Wentzville Timberland	11	2:04.14
Harry Hoyt	Francis Howell	10	2:06.38

**200 yard Individual Medley [Record: 1:52.43, Adam Grimm, FZW, 2017]**

**[Record: 1:52.43, Adam Grimm, FZW, 2017]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
Will Cottle	Francis Howell	11	2:01.90
Elias Avila	Francis Howell North	11	2:03.00
Ryan Lipski	Wentzville Liberty	9	2:08.73
Andy Nelson	Fort Zumwalt West	10	2:09.23

**50 yard Freestyle [Record: 20.43, Andrew Sansoucie, WT, 2012]**

**[Record: 20.43, Andrew Sansoucie, WT, 2012]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
WaylonDenny	Francis Howell	12	23.04
Camden Galati	Francis Howell	9	23.70
Jeremiah Gabel	Francis Howell Central	12	23.80
Dalton Rice	Wentzville Liberty	11	23.81

**1 meter Springboard Diving [Record: 669.35, Logan Shelfaut, Francis Howell North, 2020]**

**[Record: 582.20, Eric Busby, Fort Zumwalt West, 2020]**

<b>DIVER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>POINTS</b>
Carter Austin	Wentzville Timberland	11	503.60



Yuvraj Singh	Francis Howell North	12	484.75
Scott Logan	Francis Howell North	10	302.25
William French	Francis Howell	11	249.15

**100 yard Butterfly [Record: 48.77, Andrew Sansoucie, WT, 2012]**

**[Record: 48.77, Andrew Sansoucie, WT, 2012]**

SWIMMER	SCHOOL	YEAR	TIME
Dalton Rice	Wentzville Liberty	11	57.19
Euchan Lee	Francis Howell North	10	57.28
John Serio	Fort Zumwalt West	12	58.37
Thomas Allen	Francis Howell	12	1:00.81

**100 yard Freestyle [Record: 47.31, Todd Kriss, FZW, 2016]**

**[Record: 47.31, Todd Kriss, FZW, 2016]**

SWIMMER	SCHOOL	YEAR	TIME
Waylon Denny	Francis Howell	12	51.84
Ryan Schmerold	Wentzville Liberty	11	52.47
Camden Galati	Francis Howell	9	52.60
Riley Lewis	Wentzville Liberty	9	53.63

**500 yard Freestyle [Record: 4:33.89, Ryan Baker, FH, 2013]**

**[Record: 4:33.89, Ryan Baker, Francis Howell, 2013]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
Brett Hallemeier	Wentzville Timberland	12	5:08.76
Riley Lewis	Wentzville Liberty	9	5:22.18
Brody Sanders	Wentzville Timberland	11	5:35.59
Huntington Everhart	Francis Howell North	10	5:51.38

**200 yard Freestyle Relay [Record: 1:30.16, W Holt, 2017]**

**[Record: 1:30.16, W Holt, 2017]**

<b>SCHOOL</b>	<b>SWIMMERS</b>	<b>YEAR</b>	<b>TIME</b>
<b>Francis Howell</b>	TaeHan Park	9	1:34.09
	Camden Galati	9	
	Will Cottle	11	
	Waylon Denny	12	
Wentzville Liberty	Rice, Schmerold, Lipski, Guffey		1:34.18
Francis Howell North	E. Lee, Jarman, Baker, Avila		1:38.39
Fort Zumwalt West	Nelson, Serio, Bruce, Rodabaugh		1:41.35

**100 yard Backstroke [Record: 52.39, Alex Crawford, Francis Howell, 2013]**

**[Record: 52.39, Alex Crawford, Francis Howell, 2013]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
Elias Avila	Francis Howell North	11	57.21
Andy Nelson	Fort Zumwalt West	10	59.20
David Neier	Francis Howell	9	59.34
Jackson Rohne	Wentzville Timberland	12	59.76

**100 yard Breaststroke [Record: :59.02, Mason Kauffeld, Washington, 2020]**

**[Record: Record: :59.11, Trace Curvey, FZS, 2009]**

<b>SWIMMER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>TIME</b>
Will Cottle	Francis Howell	11	1:0205
Payton Guffey	Wentzville Liberty	12	1:05.39
Euchan Lee	Francis Howell North	10	1:06.28
Andy Morelock	Francis Howell Central	9	1:08.27

**400 yard Freestyle Relay [Record: 3:15.63, Francis Howell, 2012]**

**[Record: 3:15.63, Francis Howell, 2012]**

SCHOOL	SWIMMERS	YEAR	TIME
Wentzville Liberty	Riley Lewis	9	3:34.47
	Brad Nonaka	11	
	Ryan Lipski	9	
	Payton Guffey	12	
Francis Howell	Dearing, Neier, Allen, Park		3:38.94
Wentzville Timberland	Hallemeier, Rohne, Clark, Carlton		3:48.77
Francis Howell Central	Gabel, Mehta, Eslinger, Morelock		3:56.00

## TEAM SCORES:

**Francis Howell [491];**

**Wentzville Timberland [330.5]; Wentzville Liberty [315];  
Francis Howell North [282]; Fort Zumwalt West [272.5];  
Francis Howell Central [201]**

## ALL ACADEMIC

**Francis Howell - Spencer Bradburn, Evan Elmore, Camden Galati, Waylon Denny, David Neier, Tae Han Park, Wyatt Thomas, Colin Allen, Brian Chen, Ben Copeland, Jaxon Dearing, Aidan Frost, Mathew Reineri, Blake Spiller, Will Cottle**

**Francis Howell Central - Sam Eilers, Enzo Hernandez, Andy Morelock, Caden Ochs, Matthew Meadows, Mike Meadows, Jack Schmutz, Connor Casey, AAditMehta, Brenen Czigler, Konnor Eslinger**

**Francis Howell North - Elias Avila, Eshan Chrishi, Lucas Hanson, Brady Jarman, Edward Lee, Caleb Scott, Yuvraj Singh**

**Wentzville Liberty - Dalton Rice, Riley Lewis, Payton Guffey, Brad Nonaka, Ryan Lipski**

**Wentzville Timberland - Carter Austin, Brett Hallemeier, Jackson Carlton, Caden Clark, Redd Treadway**

**Fort Zumwalt West - Jacob Bruce, Jude Butler, Bremen Johnson, Aadithiyan Karjala, Chaitanya Kashyup, Kyle McDonald, Luke McDonald, Andrew Merkel, A. J. Modesitt, Andrew Nelson, Isaac Owens, Tanner Reese, David Rodabaugh, Aakas Sase, John Serio**

## **SPORTSMANSHIP**

**Francis Howell Central - Brenden Czigler**

**Francis Howell North - Edward Lee**

**Francis Howell - Waylon Denny**

**Wentzville Liberty - Peyton Guffey**

**Wentzville Timberland - LukeSeabaugh**

**Fort Zumwalt West - Luke McDonald**

**2022**

**NORTH/CENTRAL DIVISION GIRLS  
TENNIS CHAMPIONSHIPS**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**#1 SINGLES**

James -W HOLT	def	T. Herweck - FZ SOUTH	2-6, 6-2, 10-4
A. Birkenmeier -ST. CHARLES	def	Morgan - FZ EAST	8-5

**#2 SINGLES**

Yates - FZ SOUTH	def	Beattie - W HOLT	6-4, 6-4
Calzada - FZ NORTH	def	T. Birkenmeier - ST. CHARLES	8-6

**#3 SINGLES**

Moore - FZ SOUTH	def	Paro - FZ NORTH	6-3, 6-4
P. Birkenmeier - ST. CHARLES	def	Casper - W HOLT	9-7

**#4 SINGLES**

Rosenberg - FZ NORTH	def	THompson - W HOLT	5-7, 6-0, 10-3
Moore -ST. CHARLES	def	Haire - FZ SOUTH	8-6-4

## #5 SINGLES

B. Herweck - FZ SOUTH	def	Bodine - W HOLT	6-0, 6-1
Skeen - ST. CHARLES	def	V. Martin - FZ NORTH	8-4

## #6 SINGLES

Monitleone - FZ SOUTH	def	Bacon - FZ NORTH	6-1, 6-3
Bourdine de Bechillon - NORTH POINT	def	Schneider - FZ EAST	8-6

## #7 SINGLES

Jenny Nelson - W HOLT	def	Wiese -FZ SOUTH	8-4
Volz - FZ NORTH	def	Pritchett - NORTH POINT	8-6

## #8 SINGLES

Elhasan - FZ SOUTH	def	Lissone - FZ EAST	8-5
SchnJocelyn Nelson - W HOLT	def	M. Martin - FZ NORTH	8-3

## #1 DOUBLES

T. Herweck/Yates - FZ SOUTH	def	James/Beattie - W HOLT	8-2
Savala/Calzada -FZ NORTH	def	Morgan/ Spann - FZ EAST	9-8 (8-6)

## #2 DOUBLES

Paro/Rosenberg - FZ NORH	def	Bodine/Casper - W HOLT	8-6
Moore/ Bitterweck - FZ South	forfeit	A. Birkenmeier/ Lindquist - ST. CHARLES	

## #3 DOUBLES

Bacon/Rosenberg - FZ NORTH	def	Amber/Lauren Hutch - W HOLT	8-2
Moore/Skeen - ST. CHARLES	def	Hadley/Schneider - FZ EAST	8-3

## #4 DOUBLES

R. Britt/Atienza -FZ SOUTH	def	Newton/Thomas - ST. CHARLES	8-2
McNeely/Peasel -W HOLT	def	Phillips/Ferguson - FZ EAST	8-2

## #5 DOUBLES



Viegler/Vandeven - FZ SOUTH	def	Lightle/Edstrom -W HOLT	8-0
Rebstock./Waalder - FZ NORTH	def	Miller/McAlister -ST. CHARLES	8-6

## **TEAM SCORES: FORT ZUMWALT SOUTH 55.5**

**WENTZVILLE HOLT 44.75; FORT ZUMWALT NORTH 42.75; SAINT CHARLES 25; FORT ZUMWALT EAST 12.5 WENTZVILLE NORTH POINT 4; SAINT CHARLES WEST 0; WASHINGTON 0**

## **ALL ACADEMIC**

**Saint Charles West - Carolina Guerrero, Lola Irizarry, Emily Skodak, Madeline Stockmann**

**Wentzville Holt - Samantha Beattie, Elise Bodine, Riley Casper, AnnaBell Croson, Celine Edstrom, Amber Hutcherson, Lauren Hutcherson**

**Fort Zumwalt North - Rebekah Bacon, Diana Calzada, Sophia Hakenewerth, Veronica Martin, Lucy Paro, Faith Rebstock, Melanie Robben, Ella Rosenberg, Danica Ruppel, Mariah Savala, Matilyn Skelton, Amaya Volz**

**Fort Zumwalt South - Tricia Herweck, Carlie Yates, Ally Moore, Bridget Herweck, Isaji Yarlagadda**

**Washington - Alexis Perriman, June Stein, Sadie Alu, Morgan Tooley, Jessica Schroeder, Kendal Warren, Katy Young, Catalina Clarke, Vivien Grant, Lily Grant, Mya Wardwell, Evelyn Bryson**

**Saint Charles - Alyssa Birkenmeier, Peyton Birkenmeier, Taylor Birkenmeier, Isabel Lindquist, Ally Miller, Haley Moore, Hayley Newton, Dawn Razor, Grace Skeen, Kayla Starr, Alaina Thomas**

**Fort Zumwalt East -**

**Wentzville North Point - Olivia Stenberg, Braelyn Trager, Elliana Weiler,  
Meagan Zumwalt, Isabella Pritchett, Sophia Green, Samantha Horn, Kailyn  
Sleight**

## **SPORTSMANSHIP**

**Saint Charles West - Lola Irizarry**

**Wentzville Holt - Taylor James**

**Fort Zumwalt North - Ella Rosenberg**

**Fort Zumwalt South - Lily Wiese**

**Washington - Jessica Schroeder**

**Saint Charles - Taylor Birenmeier**

**Fort Zumwalt East -**

**Wentzville North Point - Victoria Bourdin de Bechillon**

**2022**

## **SOUTH/CENTRAL DIVISION GIRLS TENNIS CHAMPIONSHIPS**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**#1 SINGLES**

Clair Stewart -FRANCIS HOWELL	def	Livia Votruba - W TIMBERLAND	6-2, 6-4
Isabella Gamm -W LIBERTY	def	Maria Tewada - TROY BUCHANAN	7-5, 6-1

## #2 SINGLES

Lily Votruba - W TIMBERLAND	def	Josie Maddox - FRANCIS HOWELL	3-6, 6-3, 10-5
Lanie Torbit - W LIBERTY	def	Maggie Koester - FH NORTH	6-4, 6-1

## #3 SINGLES

Kaylie Brockmann - W LIBERTY	def	Carly Dockler -W TIMBERLAND	3-6, 6-1, 10-6
Hayleigh Martin - FRANCIS HOWELL	def	Addie Johnson -FH CENTRAL	8-4

## #4 SINGLES

Maddy Kuhn - W LIBERTY	def	Lili Farid - W TIMBERLAND	6-4, 6-2
Emma Shuler - FRANCIS HOWELL	def	Kayla Fettig - FH CENTRAL	8-1

## #5 SINGLES

Abby Witzke - W LIBERTY	def	Sam Deuser - FH CENTRAL	6-4, 6-4
Grace Burzynski -FRANCIS HOWELL	def	Bella Baker - W TIMBERLAND	8-6

## #6 SINGLES

Courtney Epplin - FH NORTH	def	Riley Torbit - W LIBERTY	7-5, 6-4
Sophia Martin - W TIMBERLAND	def	Perry Detjen - FRANCIS HOWELL	8-5

## #7 SINGLES

Charlotte Wilhelm - FRANCIS HOWELL	def	Abby Kuhn - W LIBERTY	8-3
Kate Baranowski - FH CENTRAL	def	Hailey Zhang - FH NORTH	8-2

## #8 SINGLES

Lief Richter -W LIBERTY	forfeit	Mary Grace Cummings - FH CENTRAL	injury
Tanvi Bollipalli - FRANCIS HOWELL	def	Hershey Bhutora FZ WEST	8-3

## #1 DOUBLES

Stewart/Maddox - FRANCIS HOWELL	def	Votruba/Votruba - W TIMBERLAND
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Gamm/L. Torbit - W LIBERTY
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def
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Groat/Johnson -FH CENTRAL
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## #2 DOUBLES

Martin/Shuler -FRANCIS HOWELL
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def
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Voges/Sheehan - FH CENTRAL
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Dockler/Baker - W TIMBERLAND
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def
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Brockman/Witzke -W LIBERTY
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## #3 DOUBLES

M Kuhn/R. Torbit - W LIBERTY
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def
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Oetjen/Burzynski - FRANCIS HOWELL
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Koester/Epplin - FH NORTH
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def
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Farid/Martin - W TIMBERLAND
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## #4 DOUBLES

Colmo/Newman - FRANCIS HOWELL
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def
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Loryn Thorpe/Sophia Miller - FH CENTRAL
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8- 2
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Lo. Richter/Rudolph - W LIBERTY
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def
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Berhorst/Papez- W TIMBERLAND
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8- 6
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## #5 DOUBLES

Dharmieddi/College - FRANCIS HOWELL
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def
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Ziegler/Kingery - W LIBERTY
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8-
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## **TEAM SCORES: FRANCIS HOWELL 54.5;**

**WENTZVILLE LIBERTY 52.25; WENTVILLE TIMBERLAND 37.5;  
FRANCIS HOWELL CENTRAL 22; FRANCIS HOWELL NORTH 13; FORT  
ZUMWALT WEST 3.25; TROY BUCHANAN 2**

## **All ACADEMIC**

**Wentzville Liberty -**

**Troy Buchanan -**

**Fort Zumwalt West -**

**Francis Howell - Clair Stewart, Josie Maddox, Hayleigh Martin, Emma Shuler,  
Grace Burzynski, Perry Oetjen, Charlotte Wilhelm, Tanvi Bollepalli, Lucky  
Dharmireddi, Kennedy Newman, Noelle Koester, Bella Calcari**

**Wentzville Timberland - Isabella G. Baker, Greta Berhorst, Carly Dockler, Sally  
Embrey, Lili Farid, Marcy Felber, Sophia Martin, Ruby McHaffie, Hannah  
Papez, Elizabeth Schoene, Lily Vortruba, Livia Vortruba**

**Francis Howell Central - Kate Voges, Katie Groat, Addie Johnson, Kayla Fetting,  
Loryn Thorpe, Ava Sheehan, Sophia Miller, Mary Grace Cummings, Kate  
Baranowski, Lindsay Way, Bethany List**

**Francis Howell North - Hailey Zhang, Rishitha Vendanparthi, Erica Sanford,  
Manisha Muthukaruppan, Kimpreet Dayal, Riya Siddabattula, Aesha Patel,  
Lauren Chance, Margaret Koester, Jayati Karre**

**Troy Buchanan -**

# **SPORTSMANSHIP**

**Wentzville Liberty - Abby Witzke**

**Troy Buchanan -**

**Fort Zumwalt West -**

**Francis Howell - Emma Shuler**

**Wentzville Timberland - Isabella G. Baker**

**Francis Howell Central - Mary Grace Cummings**

**Francis Howell North -**

**Troy Buchanan -**

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**2022**

## **NORTH DIVISION WOMEN'S VOLLEYBALL**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

## 1st Team

<b>Player</b>	<b>School</b>
<b>Catie Woolf</b>	Wentzville North Point
<b>Anna Berkbigler</b>	Wentzville North Point
<b>Allie Brown</b>	Winfield
<b>Abby Brown</b>	Winfield
<b>Lorelei Oetting</b>	Saint Charles
<b>Liv Hart</b>	Orchard Farm
<b>Rayne Van Reed</b>	Warrenton

## 2nd Team

<b>Player</b>	<b>School</b>
<b>Cooper Griffin</b>	Wentzville North Point
<b>Lilly Bott</b>	Saint Charles
<b>Emily Likes</b>	Warrenton
<b>Rebecca Bradshaw</b>	Winfield
<b>Victoria Papa</b>	Orchard Farm
<b>Alivia Zeier</b>	Saint Charles West
<b>Zoe Klaus</b>	Warrenton



**PLAYER OF THE YEAR - Addision Kersting of Saint Charles**

**CO-COACHES OF THE YEAR - Erin Strein of Saint Charles and Justin Young of Wentzville North Point**

## **ALL ACADEMIC**

**Orchard Farm - Maddie Weber, Reese Disko, Olivia Goeke, Bella Thompson, Payton Meyers**

**Saint Charles - Mya Bott, Odessa Burlis, Jenna Hollrah, Jordyn Keene, Addison Kersting, Emma McLain, Heather Moore, Lorelei Oetting, Keyley Schaub**

**Saint Charles West - Elena Scheve, Alivia Zeier, Anwita Kudaravalli, Adi Budde, Abby Govero, Cadie Kohneskey**

**Warrenton - Zoe Klaus, Emily Likes, Kaelyn Meyer, Samantha Miller, Autumn Bledsoe, Maggie Davis, Maya Halter, Nicole Benne, Harley Taylor, Avery Shaw, Chandler Blondin**

**Wentzville North Point - Catie Woolf, Cooper Griffin, Natalie Bishop, Makayla Markus, Taelyn Mapes, Ruby Murphy, Anna Berkbigler**

**Winfield - Rebecca Bradshaw, Abby Brown, Allie Borwn, Avery Cassinger, Ellie Smith, Sophia White**

## **SPORTSMANSHIP**

**Orchard Farm - Olivia Goeke**

**Saint Charles - Mya Bott**

**Saint Charles West - Elena Scheve**

**Warrenton - Nicole Benne**

**Wentzville Notrth Point - Taelyn Mapes**

Winfield - Ellie Smith

**2022**

**CENTRAL DIVISION WOMEN'S  
VOLLEYBALL**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**1st Team**

<b>Player</b>	<b>School</b>
<b>Savannah Meyer</b>	Wentzville Liberty
<b>Alivia Steele</b>	Fort Zumwalt South
<b>Lily Porter</b>	Fort Zumwalt North
<b>Alex Barks</b>	Washington
<b>Izzi Bray</b>	Fort Zumwalt North
<b>Riley Watson</b>	Wentzville Liberty
<b>Jessie Tovo</b>	Washington

**2nd Team**

<b>Player</b>	<b>School</b>
<b>Reese Douglas</b>	Wentzville Liberty

<b>Kayla Tilley</b>	Fort Zumwalt North
<b>Taylor Hoelscher</b>	Washington
<b>Maddy Clarke</b>	Fort Zumwalt South
<b>Riley Kortkamp</b>	Fort Zumwalt East
<b>Heather Bana</b>	Wentzville Holt
<b>Hailey Buckley</b>	Wentzville Liberty
<b>Marleigh Steele</b>	Fort Zumwalt South

**PLAYER OF THE YEAR - Savannah Meyer of Wentzville Liberty**

**COACH OF THE YEAR - Veronica Kirkpatrick of Wentzville Liberty**

## **ALL ACADEMIC**

**Fort Zumwalt East - Phoebe Sanborn, Kayla Kohnen, Ella Higbie, Landon Vick, Lily Dreisewerd, Jordyn Madden-Whitehead, Rhemy Russel, Parker Sanborn, Katie Linneman, Caty Schmidt, Payton Dunn, Tori Ferguson**

**Fort Zumwalt North - Kaitylyn Bampton, Kaela Bick, Emma Eldred, Mia Felix, Peyton Jones, Abby Porter, Lily Porter, Jennifer Prinster, Sydney Soener**

**Fort Zumwalt South - Kya Bushman, Marleigh Steele, Brooke Cattor, Mia Sawall, Alivia Steele, Inaiah Clark, Madelyn Clarke, Izabella Koehler, Landree Barnfield, Reese Eglund, Haley Myers**

**Washington - Jillian Huellinghoff, Abigail Gillatt, Gracie Meyer, Jessie Tovo, Madison Moore, Meredith Duncan, Chloe Holtmeyer, Taylor Hoelscher, Emily Chappius, Sydney Harbath, Alexis Barks, Olivia Zastrow, Jora Weaver**

**Wentzville Holt - Heather Bana, Shelby Beckmann, Rylee Black, Jordan Funke, Emma Heike, Isabella Rodriguez, Audrey Weber**

**Wentzville Liberty - Sam Borton-Center, Savannah Meyer, Hailey Buckley, Lily Nelson, Camryn Minor, Anna Gleckler, Reese Douglas, Riley Watson, Kara Gagliano, Abigail Harder, Laney Rowley, Bella Gambaro, Caroline Ward**

## **SPORTSMANSHIP**

**Fort Zumwalt East - Caty Schmidt**

**Fort Zumwalt North - Abby Porter**

**Fort Zumwalt South - Brooke Cattor**

**Washington - Abigail Gillatt**

**Wentzville Holt - Heather Bana**

**Wentzville Liberty - Samantha Borton-Center**

**2022**

## **SOUTH DIVISION WOMEN'S VOLLEYBALL**

**ALL CONFERENCE INDIVIDUALS**

# ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

## 1st Team

<b>Player</b>	<b>School</b>
<b>Zoey Mitchell</b>	Wentzville Timberland
<b>Jordan Smith</b>	Francis Howell Central
<b>Shae Pearson</b>	Francis Howell Central
<b>Bri Wortman</b>	Francis Howell North
<b>Audrey Small</b>	Fort Zumwalt West
<b>Morgan Dumm</b>	Francis Howell
<b>Hannah Talley</b>	Troy Buchanan

## 2nd Team

<b>Player</b>	<b>School</b>
<b>Emma Blaine</b>	Francis Howell Central
<b>Marissa Solverud</b>	Fort Zumwalt West
<b>Kaleigh Proetz</b>	Fort Zumwalt West
<b>Avery Helms</b>	Francis Howell
<b>Ella Kloepper</b>	Francis Howell
<b>Abby Chall</b>	Wentzville Timberland
<b>Megan Zablonksi</b>	Wentzville Timberland
<b>Subi Parham</b>	Troy Buchanan

**PLAYER OF THE YEAR - Zoey Mitchell of Wentzville  
Timberland**

**COACH OF THE YEAR -**

## **ALL ACADEMIC**

**Fort Zumwalt West - Chelsea Kinyua, Riley Marecek, Olivia Nilges, Kaleigh Proetz, Marissa Solverud, Lily Stout, Erica Taylor, Lola Thornton, Emalee Young**

**Francis Howell - Olivia Benson, Kiera Bradley, Taylor Dumm, Ava Huelsing, Ali Novak, Kendall Martin, Aberly Guisinger, Allison DeLassus, Ella Kloepper, Claudia Bonacorsi, Ava Tutschulte, Morgan Dumm, Avery Helms, Danielle Moore**

**Francis Howell Central - Grace Holtz, Logan Rubel, Emma Blaine, Shae Pearson, Jordan Smith, Alex Sansone, Mackenzie Sanasone, Addie Henderson**

**Francis Howell North - Addison Polsgrove, Kennedy Jones, Sara Ausbry, Cameron Chapple, Jennifer Schelfaut, Mackenzie Robinson, Grace Schnarre, Megan Steutermann, Jaden Slusser**

**Troy Buchanan - Olivia Abshire, Katie Bartlett, Jayden Bruce, Kaytlan Buck, Madeline Buckles, Isabella Graff, Madeline Lebegue, Katelyn Mueller, Subiksha Parham, Sydney Penny, Hannah Talley, Dakota Wilson**

**Wentzville Timberland - Abby Chall, Olivia Green, Campbell Hull, Emily Koncki, Zoey Mitchell, Korissa Ramig, Abby Schoene, Megan Zablonski**

## **SPORTSMANSHIP**

**Fort Zumwalt West - Kaleigh Proetz**

**Francis Howell - Ava Huelsing**

**Francis Howell Central - Faith Rekosh**

**Francis Howell North - Cameron Chapple**

**Troy Buchanan - Katie Bartlett**

**Wentzville Timberland - Korissa Ramig**

**2022 - 2023**

**NORTH DIVISION MENS BASKETBALL**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>1st TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
	Brady Wolf	Orchard Farm	SR
	Chris Ketchum	Saint Charles	JR
	Barry Thomas	Saint Charles West	SR
	Troy Anderson	Warrenton	JR
	Brady Creech	Winfield	JR

<b>2nd TEAM</b>	<b>Name</b>	<b>School</b>	<b>YR</b>
	Elijah Leech	Saint Charles	SR
	Nick Lewis	Saint Charles West	SR
	Andre Montemayer	Saint Charles West	SR
	Josh Bartig	Orchard Farm	SR
	Peter Nicholl	Winfield	SR
	Tramel Mooney	Wentzville North Point	JR

**PLAYER OF THE YEAR - BRADY WOLF OF ORCHARD FARM**

**COACH OF THE YEAR - RICK FOSTER OF SAINT CHARLES**

**ALL ACADEMIC**

**Orchard Farm - Max Dietrich, Nate Henke, Lucas Stopke, Alex Wineholt, Logan Hazel, Brady Wolf, Collin Sinclair, Juan Albarracin**

**Saint Charles - Toby Goodwin, Chris Ketchum, Evan Murphy, Nik Pugh, Jadon Salamone, James Warner, Blake Wiggs**

**Saint Charles West - Kyle Quinn, Eli Chowning, Nick Lewis, Justin Shields, Karson Quinn, Ian Nixon, Dereck Montalvo-Luna, Josiah Erickson**

**Warrenton - Eli Peth, Troy Anderson, Kannon Hibbs, Maison Rader, Evan Schenck**



**Wentzville North Point - Beau Banze, Griffin Carter, Ben Clercx, Giacomo Menditto, Tyler Standridge, Trey Tennepohl, Aiden Vandergriffe**

**Winfield - Brady Cappel, Brady Creech, Kaden Kaimann, Peter Nicholl, Sean Nicholl, Camden Palmer, Cayden Palmer, Ben Pruitt**

## **SPORTSMANSHIP**

**Orchard Farm - Nate Henke**

**Saint Charles - Toby Goodwin**

**Saint Charles West - Justin Shields**

**Warrenton - Deacon Forrest**

**Wentzville North Point - Beau Banze**

**Winfield - Kaden Kaimann**

**2022 - 2023**

## **CENTRAL DIVISION MENS BASKETBALL**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>1st TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
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	Blake Struempf	Fort Zumwalt South	SR
	Nathan Bobikiewicz	Wentzville Liberty	SR
	Kobe Anderson	Fort Zumwalt North	SO
	Donovan West	Fort Zumwalt East	JR
	Mark Hensley	Washington	SR

<b>2nd TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
	Will Salonies	Wentzville Holt	FR
	Isaiah Clark	Fort Zumwalt North	JR
	Sam Paule	Washington	SR
	Justin Hayes	Wentzville Holt	JR
	Trent Menke	Fort Zumwalt North	JR

**PLAYER OF THE YEAR - BLAKE STRUEMPH OF  
FORT ZUMWALT SOUTH**

**COACH OF THE YEAR - BILL FRIEDEL OF FORT  
ZUMWALT SOUTH**

## **ALL ACADEMIC**

**Wentzville Holt - Pierce Behrndt, Braden Engelage, Jace Evans, Mitchell Lowery, Mabry Madden**

**Wentzville Liberty - Carter Ashby, Evan Hargrove, Lincoln Rockette, Matthew Manocchio, Ty Nickerson**

**Washington - Ian Junkin, Sam Paule, Brayden McColloch, Carter Riegel, Mark Hensley, Kaner Young, Wyatt Bobo**

**Fort Zumwalt East - Luke Knoll, Carter Hollingsworth, Donovan West, Brady Davis, Ryan Kliethermes, Kyle Gremaud, Jaden Crawford**

**Fort Zumwalt North - Murtaja Alkhaldi, Chase Ostmann, Jonathon Turnbull, Isaiah Simon**

**Fort Zumwalt South - Joshua Atherton, Luke Bass, Chase Bensing, Cameron Brown, Connor Henke, Nathan Mehrhoff, Nathanael Popp, Cameron Rollins, Blake Struempf, Luke Surtin**

## **SPORTSMANSHIP**

**Wentzville Holt - Braden Engelage**

**Wentzville Liberty - Charlie Hebden**

**Washington - Carter Riegel**

**Fort Zumwalt East - Luke Knoll**

**Fort Zumwalt North - Murtaja Alkhaldi**

**Fort Zumwalt South - Nathanael Popp**

**2022 - 2023**

**SOUTH DIVISION MENS BASKETBALL**

# ALL CONFERENCE INDIVIDUALS

## ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	School	Yr
	Jack Fessenden	Troy Buchanan	SR
	Charlie Nett	Troy Buchanan	SR
	Ryan Murdock	Francis Howell North	SR
	Caden Bish	Wentzville Timberland	SR
	Jeremiah Poniewas	Francis Howell	SR

2nd TEAM	Name	School	Yr
	A. J. Raines	Wentzville Timberland	SR
	Dwight Lomax	Francis Howell	SR
	Keegan Linebaugh	Troy Buchanan	SR
	Kyle Harris	Fort Zumwalt West	SR
	Andrew Moore	Troy Buchanan	SO

**PLAYER OF THE YEAR - JACK FESSENDEN OF TROY  
BUCHANAN**

**COACH OF THE YEAR - TIM GILMORE OF TROY  
BUCHANAN**

# **ALL ACADEMIC**

**Francis Howell - Joshwin Thomas, Brennon Wibbenmeyer, Donavan Sparks, Jude James, Ben Toebben, Matthew Marshall, Owen Larrigan**

**Francis Howell North - Jordan Allen, Anthony Bretz, Nikhil Contractor, Ryan Murdock, Brandon Reale, Lucas Trautman, Nathanael Zanders, Dimetres Dorsey**

**Francis Howell Central - Nathan Rush, Nick Ortinau, Connor Casler, Zach Morris, Connor Sheehan, Ashton Matthews**

**Wentzville Timberland - Mason Carroll, Austin Humphrey, Caden Bish, Cohen Hartnagel, David Long, Will Muench, Nate Neubauer, A. J. Raines, Carter Spalding**

**Troy Buchanan - Evan Creech, Jack Fessenden, Lane Hamlett, Andrew Moore, Tyler Moore, Charlie Nett, Aiden Vaccaro**

**Fort Zumwalt West - Collin Greiner, Cole harris, Kyle Harris, Ethan Hatfield, Tyler Hinkle, Peyton Kraus, Mikey Ludwig, Parker Sherman, Renick Taliaferro, Zach Urban**

# **SPORTSMANSHIP**

**Francis Howell - Joshwin Thomas**

**Francis Howell North - Anthony Bretz**

**Francis Howell Central - Connor Casler**

**Wentzville Timberland - Will Muench**

**Troy Buchanan - Charlie Nett**

**Fort Zumwalt West - Peyton Kraus**

**2022-2023**

**NORTH DIVISION WOMENS  
BASKETBALL**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>1st TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
	Elena Scheve	Saint Charles West	SR
	Olivia Goeke	Orchard Farm	SR
	Renzlee Davidson	Winfield	JR
	Audrey Payne	Warrenton	SR
	Neveah Hill	Warrenton	JR

<b>2nd TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
	Lorelei Oetting	Saint Charles	JR
	Kailey Gillespie	Winfield	SR
	Alex Nicastro	Saint Charles West	FR
	Addison Brown	Orchard Farm	JR
<b>tie</b>	Cami Nelson	Orchard Farm	JR
<b>tie</b>	Isabel Benke	Warrenton	JR

**PLAYER OF THE YEAR - ELENA SCHEVE OF SAINT  
CHARLES WEST**

**COACH OF THE YEAR - HANNAH LOGAN OF  
WARRENTON**

**ALL ACADEMIC**

**Orchard Farm - Brooke Williams, Bella Jones, Cami Nelson, Bailey Goeke, Payton Meyers, Jessica Ruffing, Olivia Goeke, Addision Brown, Ashlyn Ohlms, Allison Ruhling, Amelia Miller, Faith Mitchell, Aubrey Salinas**

**Saint Charles - Renata Restrepo, Addison Nemens, Maddie Jackson, Ashleigh Reed, Aly Miller, Peyton Birkenmeier, Taylor Birkenmeier, Jenna Hollrah, Lorelei Oetting, Abby Cross, Bryten Kendrick, Quinn Orrick, Alyssa Birkenmeier**

**Saint Charles West - Tesh Turner, Sequoia Ross, Abby Govero, Avery Jackson, Miley Jackson, Greeshma Mulpuru, Reagan Govero, Eden Hollander, Alex Nicastro, Kameryn Arnold, Alena Kelly, Elena Scheve**

**Warrenton - Audrey Payne, Zoe Klaus, Kaelyn Meyer, Kendall Taylor, Isabel Benke, Sophi Mueller**

**Wentzville North Point - Olivia Christopher, Aubrey Coe, Sydney VanGundy, Alyssa Rooney, Taylen Mapes, Mariah Robinson, Emma Wilke, Morgan Robinson, Tayla Hayden**

**Winfield - Renzlee Davidson, Olivia VanCleve, Lily Boschert, Kadence Berry, Avery Cassinger, Jolene Lasswell, Cecelia Campbell, Elena Parr, Macy Beckmeier**

# **SPORTSMANSHIP**

**Orchard Farm - Allison Ruhling**

**Saint Charles - Alyssa Birkenmeier**

**Saint Charles West -Avery Jackson**

**Warrenton - Sophi Mueller**

**Wentzville North Point - Mariah Robinson**

**Winfield - Lily Boschert**

**2022 - 2023**

## **CENTRAL DIVISION WOMENS BASKETBALL**

### **ALL CONFERENCE INDIVIDUALS**

#### **ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>1st TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
	Mariah Davis	Fort Zumwalt South	SR
	Heiley Morgan	Fort Zumwalt East	JR
	Rhianna Blanchard	Francis Howell North	SR
	Bryn Pawlik	Fort Zumwalt South	SR
	Elizabeth Reed	Washington	JR



<b>2nd TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
	Bella Westbrook	Fort Zumwalt East	FR
	Gabby Lindemann	Washington	SR
	Abby Alivernia	Wentzville Holt	SO
	Ashley Risthoven	Fort Zumwalt East	JR
<b>tie</b>	Ava Hollandworth	Fort Zumwalt North	JR
<b>tie</b>	Kennedi Brower	Wentzville Liberty	SO

**PLAYER OF THE YEAR - MARIAH DALLAS**  
**OF FORT ZUMWALT SOUTH**  
**COACH OF THE YEAR - MELANIE SCHMIDT**  
**OF FORT ZUMWALT SOUTH**

## **ALL ACADEMIC**

**Wentzville Holt - Ryann Bunner**

**Wentzville Liberty - Annabelle Hargrove, Blair Wise, Jill Garcia, Kennedi Brower, Ainsley Kammermeyer, Mariah Mhandu, Lucy Lant, Charlotte Thornton**

**Washington - Emma Briggs, Olivia Reed, Elizabeth Reed, Gabrielle Lindemann, Alayna Royal, Sydney Harbath, Kendall Nix, Kelsey Brueggermann**

**Fort Zumwalt East - Alyssa Sauer, Anna Paskiewicz, Lexi Hagl, Bella Westbrook, Katie Porter, Ashley Rusthoven, Hailey Morgan, Landon Vick, Carlie Albers, Margaret Strebeck, Claire Montigny, Mackenzie Bristol**

**Fort Zumwalt North - Abby Anderson, Rebekah Bacon, Rhianna Blanchard, Diana Calzada, Ava Hollandsworth, Ella Rosenberg, Leah Rosenberg, Matilyn Skelton, Claire Vogel, ShaelinYoung**

**Fort Zumwalt South - Bryn Pawlik, Allison Gaddy, Lauren Mehrhoff, Avelina McKinzie, Kylie Hart, Bridget Herweck**

## **SPORTSMANSHIP**

**Wentzville Holt - Bella Rosenblum**

**Wentzville Liberty - Annabelle Hargrove**

**Washington - Gabrielle Lindemann**

**Fort Zumwalt East - Lexi Hagl**

**Fort Zumwalt North - Abby Anderson**

**Fort Zumwalt South - Allison Gaddy**

**2022 - 2023**

## **SOUTH DIVISION WOMENS BASKETBALL**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

<b>1st TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
	Leah Wilmsmeyer	Wentzville Timberland	SR
	Mya Robinson	Troy Buchanan	FR
	Riley Henderson	Francis Howell Central	SO
	Maddie Towers	Fort Zumwalt West	SR
	Meghan Illingsworth	Francis Howell	SR

<b>2nd TEAM</b>	<b>Name</b>	<b>School</b>	<b>Yr</b>
	Ava Meyers	Troy Buchanan	SO
	Lexi Wilmsmeyer	Wentzville Timberland	SR
	Alicia Hunn	Francis Howell North	JR
	Lily Robinson	Troy Buchanan	JR
<b>tie</b>	Lexi Fenstermacher	Fort Zumwalt West	JR
<b>tie</b>	Audrey Blaine	Francis Howell Central	SO
<b>tie</b>	Bri Mason	Francis Howell Central	SR

**PLAYER OF THE YEAR - LEAH WILMSMEYER**

**OF WENTZVILLE TIMBERLAND**

**COACH OF THE YEAR - RYAN MEYERS**

**OF TROY BUCHANAN**

# **ALL ACADEMIC**

**Francis Howell - Karly Bonham, Reagan Celeste, Bryn Cohen, Riese Grier, Emma Hoffman, Meghan Illingworth, Emily Lashbrook, Danielle Moore, Vicki Nelson, Macey Nix, Riley Subbert, Rhianne Toebben**

**Francis Howell North - Addison Butler, Samantha DuBay, Courtney Epplin, Olicvia Graeser, Elise Grimshaw, Alicia Hunn, Addison Jones, Evelyn Kraus, Camille Krekeler, Jonica Schmidt, Morgan Smith, Kendra Swope**

**Francis Howell Central - Madison Barnes, Aubrey Blaine, Josie Crangle, Morgan Davis, Cassie Durbin, Addie henderson, Riley Henderson, Briana Mason, Alexis Matthews, Reese McDevitt**

**Wentzville Timberland - Madison Baird, Carlie Boehm, Alysse Lamb, Claire Markovich, Macie Vincent, Anna White, Lexi Wilmemeyer, Megan Witzman, Knia Graham**

**Troy Buchanan - Teryn Brown, Addison Burkemper, Avery Daugherty, Brynna Getz, Jlynn Humphrey, Alyssa Johnson, Ashlynn Meyers, Ava Meyers, Lily Robinson, Mya Robinson, Alyssa Schulte, Autumn Trower**

**Fort Zumwalt West - Madison Blumenkamp, Peyton Duffing, Ldexi Fenstermacher, Lucy Kiehne, Audrey Lotspeich, Heidi Pickett, Sara Senseney, Maddie Towers, Madi Washington**

# **SPORTSMANSHIP**

**Francis Howell - Emily Lashbrook**

**Francis Howell North - Addison Butler**

**Francis Howell Central - Addie Henderson**

**Wentzville Timberland - Megan Witzman**

**Troy Buchanan - Alyssa Johnson**

**Fort Zumwalt West - Sara Senseney**

**2022-2023**

**NORTH/CENTRAL DIVISION GIRLS  
SWIMMING**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

[**RED**=GAC record, **BLUE**=GAC North Central record]

**200 yard Medley Relay [GAC Record: 1:50.25, Francis Howell, 2018]**

**200 yard Medley Relay [GAC N-C Record: 1:56.3, Wentzville Liberty, 2021]**

<b>1st</b>	Madison Gillham	Fort Zumwalt South	2:02.11
	Maddie Lady		
	Isabelle Reardon		
	Brooke Catoor		
<b>2nd</b>	Izabela Brasher	Saint Charles West	2:02.80
	Stella Garrison		
	Lorlei Crowley		
	Mya Buehrle		
<b>3rd</b>	Maya West	Fort Zumwalt East	2:08.04

	Karlie Hanke		
	Parker Sanborn		
	Danielle Doskal		
<b>4th</b>	Dayton Griesheimer	Washington	2:15.11
	Lexi Perriman		
	Mia Mahon		
	Darcy Koch		

**200 yard Freestyle [GAC Record: 1:53.41, Taylor Wohrley, Wentzville  
Timberland, 2009]**

**200 yard Freestyle [GAC N-C Record: 2:01.43, Gwen Raziq, Fort Zumwalt  
North, 2020]**

<b>1st</b>	Maya West	Fort Zumwalt East	2:07.20
<b>2nd</b>	Isabel Yazon	Fort Zumwalt South	2:15.38
<b>3rd</b>	Mia Mahon	Washington	2:18.92
<b>4th</b>	Reece Evans	Wentzville Holt	2:23.70

**200 yard Individual Medley [GAC Record: 2:03.88, Haley Spencer, Ft. Zumwalt  
West, 2007]**

**200 yard Individual Medley [GAC N-C Record: 2:13.35, Autumn Looney, St.  
Charles, 2016]**

<b>1st</b>	Ava Kauffeld	Washington	2:15.31
<b>2nd</b>	Stella Garrison	Saint Charles West	2:18.87

<b>3rd</b>	Isabella Reardon	Fort Zumwalt South	2:29.82
<b>4th</b>	Dayton Griesheimer	Washington	2:38.38

**50 yard Freestyle [GAC Record: 23.71, Courtney Harris, Fort Zumwalt West, 2019]**

**50 yard Freestyle [GAC N-C Record: 23.74, Autumn Looney, Saint Charles, 2019]**

<b>1st</b>	Maddie Lady	Fort Zumwalt South	25.82
<b>2nd</b>	Riley VanValin	Wentzville Holt	26.18
<b>3rd</b>	Ellie Williams	Washington	26.89
<b>4th</b>	Matty Henderson	Washington	27.56

**1 meter Springboard Diving [GAC Record: 540.20, Sarah Bathe, Saint Charles, 2017]**

**1 meter Springboard Diving [GAC N-C Record: 540.20, Sarah Bathe, Saint Charles, 2017]**

<b>1st</b>	Cate Fromm	Wentzville North Point	371.10
<b>2nd</b>	Ava Drummond	Fort Zumwalt East	250.65
<b>3rd</b>	Molly Sizemore	Wentzville Holt	250.60

**100 yard Butterfly [GAC Record: 55.08, Autumn Looney, Saint Charles, 2018]**

**100 yard Butterfly [GAC N-C Record: 55.08, Autumn Looney, Saint Charles, 2018]**

<b>1st</b>	Maddie Lady	Fort Zumwalt South	1:03.59
<b>2nd</b>	Parker Sanborn	Fort Zumwalt East	1:05.07
<b>3rd</b>	Maddy Henderson	Washington	1:07.67
<b>4th</b>	Halle Scheuermann	Wentzville Holt	1:10.71

**100 yard Freestyle [GAC Record: 51.56, Autumn Looney, Saint Charles, 2018]**

**100 yard Freestyle [GAC N-C Record: 51.56, Autumn Looney, SCHS, 2018]**

<b>1st</b>	Riley VanValin	Wentzville Holt	0:56.83
<b>2nd</b>	Zoe Ziegler	Washington	0:57.77
<b>3rd</b>	Ellie Williams	Washington	0:58.57
<b>4th</b>	Brooke Catoor	Fort Zumwalt South	1:01.97

**500 yard Freestyle [GAC Record: 5:09.57, Michelle Tipton, Ft. Zumwalt West, 2011]**

**500 yard Freestyle [GAC N-C Record: 5:18.04, Evie Kolb, Fort Zumwalt East, 2021]**

<b>1st</b>	Maya West	Fort Zumwalt East	5:41.91
<b>2nd</b>	Isabelle Reardon	Fort Zumwalt South	5:42.66
<b>3rd</b>	Dayton Griesheimer	Washington	6:13.49
<b>4th</b>	Lorlei Crowley	Saint Charles West	6:28.92

**200 yard Freestyle Relay [GAC Record: 1:40.76, Francis Howell, 2016]**



**200 yard Freestyle Relay [GAC N-C Record: 1:45.65, Fort Zumwalt North, 2021]**

<b>1st</b>	Zoey Ziegler	Washington	1:47.45
	Maddy Henderson		
	Ellie Williams		
	Ava Kauffeld		
<b>2nd</b>	Mya Buehrle	Saint Charles West	1:53.02
	Izabela Brasher		
	Lorlei Crowley		
	Stella Garrison		
<b>3rd</b>	Parker Sanborn	Fort Zumwalt East	1:53.14
	Lucy Ballard		
	Danielle Doskal		
	Maya West		
<b>4th</b>	Riley VavValin	Wentzville Holt	1:55.01
	Madelyn Nicotra		
	Reece Evans		
	Halle Scheuermann		

**100 yard Backstroke [GAC Record: 55.04, Isabelle Ackley, Wentzville  
Timberland, 2023]**

**100 yard Backstroke [GAC N-C Record: 1:01.95, Caroline Myers, Wentzville  
Liberty, 2021]**

<b>1st</b>	Zoe Ziegler	Washington	1:04.47
<b>2nd</b>	Parker Sanborn	Fort Zumwalt East	1:06.47

<b>3rd</b>	Isabel Yazon	Fort Zumwalt South	1:11.03
<b>4th</b>	Madison Gillham	Fort Zumwalt South	1:11.62

**100 yard Breaststroke [GAC Record: 1:02.52, Haley Spencer, Ft. Zumwalt West, 2009]**

**100 yard Breaststroke [GAC N-C Record: 1:07.53, Ava Kauffield, Washington, 2023]**

<b>1st</b>	Ava Kauffield	Washington	1:07.53
<b>2nd</b>	Stella Garrison	Saint Charles West	1:10.77
<b>3rd</b>	Halle Scheuermann	Wentzville Holt	1:20.86
<b>4th</b>	Sydney Atienza	Fort Zumwalt South	1:26.83

**400 yard Freestyle Relay [GAC Record: 3:37.17, Francis Howell, 2017]**

**400 yard Freestyle Relay [GAC N-C Record: 3:51.40, Wentzville Liberty, 2021]**

<b>1st</b>	Zoey Ziegler	Washington	3:56.24
	Maddy Henderson		
	Ellie Williams		
	Ava Kaufield		
<b>2nd</b>	Isabel Yazon	Fort Zumwalt South	4:01.84
	Brooke Catoor		
	Isabelle Reardon		
	Maddie Lady		
<b>3rd</b>	Riley VavValin	Wentzville Holt	4:15.64

	Madelyn Nicotra		
	Reece Evans		
	Halle Scheuermann		
<b>4th</b>	Karlie Hanke	Fort Zumwalt East	4:49.55
	Lucy Ballard		
	Phoebe Sanborn		
	Olivia Walker		

**TEAM SCORES: FORT ZUMWALT SOUTH [424]**

**Washington [369]; Wentzville Holt [332]; Fort Zumwalt East [299]; St. Charles West [206]; St. Charles [142]; Wentzville North Point [117]**

***Sportsmanship Team***

**Washington - Ava Kauffeld**

**Wentzville Holt - Reece Evans**

**Wentzville North Point -**

**Fort Zumwalt South - Brooke Cattoor**

**Fort Zumwalt East - Madeline Schimanki**

**Saint Charles - Emma Gilikson**

**Saint Charles West - Sylvia Carroll**

## *All-Academic Team*

**Washington - Rylie Gammon, Dayton Griesheimer, Madeline Henderson, Ava Kauffeld, Darcy Koch, Mia Mahon, Alexis Perriman, Zoey Ziegler**

**Wentzville Holt - Mikalah Blankey, Reece Evans, Jeffifer Jarrett, Aubrey Jo Maschmidt, Madelyn Nicotra, Molly Sizemore, Sarah Sizemore, Sarah Vanderbol, Brooke Vogelsang**

**Wentzville North Point -**

**Fort Zumwalt South - Skylar Atienza, Sydney Atienza, Kayla Biggenstorfer, Brooke Cattoor, Renata Deonarine, Madison Gillham, Piper Gisinn, Anna Herweck, Tricia Herweck, Madalyn Lady, Isabelle Reardon, Grace Seelye, Isabel Yazon, Mae Yuzaki**

**Fort Zumwalt East - Danielle Doskal, Karlie Hanle, Phoebe Sanborn, Averi Paleen, Sophia Pratte, Mia Johnston, Olivia Walker, Lucy Ballard, Gabrielle Spies, Parker Sanborn, Madeline Schimanski, Maya West**

**Saint Charles - Waverly Boock, Odessa Burlis, Emma Gilikson, Hosanna Hanks, Josephine Jackson, Keeley Lauer, Madelyn Rosner, Lauren Tiedt**

**Saint Charles West - Mya Buehrle, Sylvia Carroll, Stella Garrison, Kenzie Gosa, Molley Grieb, Addie Nichols**

**2022-2023**

**SOUTH DIVISION GIRLS SWIMMING**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

[RED=GAC Record, BLUE-GAC South record]

**200 yard Medley Relay [GAC Record: 1:50.25, Francis Howell, 2018]**

**200 yard Medley Relay [GAC Record: 1:50.25, Francis Howell, 2018]**

<b>1st</b>	Audrey Wagner	Fort Zumwalt West	1:56.93
	Molly Wardrop		
	Kaseena Mamroth		
	Karsyn McDaniel		
<b>2nd</b>	Jessica Wagner	Wentzville Liberty	1:57.74
	Laura Bonds		
	Brooke Suftko		
	Leilani Green		
<b>3rd</b>	Emily Frazier	Francis Howell	2:01.07
	Rayna Welek		
	Peyton Nyguen		
	Katy Faulkner		
<b>4th</b>	Hannah Shaw	Fort Zumwalt North	2:06.84
	Callie James		
	Clarisse Woods		
	Jadyn Ross		

**200 yard Freestyle [GAC Record: 1:53.41, Taylor Wohrley, Wentzville  
Timberland, 2009]**

**200 yard Freestyle [GAC SOUTH Record: 1:53.41, Taylor Wohrley, Wentzville  
Timberland, 2009]**

<b>1st</b>	Lilli Dempewolf	Francis Howell	2:06.00
<b>2nd</b>	Audtey Wagner	Fort Zumwalt West	2:08.51
<b>3rd</b>	Olivia DeBerge	Wentzville Timberland	2:10.29
<b>4th</b>	Maddie Taylor	Wentzville Timberland	2:11.39

**200 yard Individual Medley [GAC Record: 2:03.88, Haley Spencer, Ft. Zumwalt  
West, 2007]**

**200 yard Individual Medley [GAC SOUTH Record: 2:03.88, Haley Spencer, Ft.  
Zumwalt West, 2007]**

<b>1st</b>	Brooke Gustafson	Wentzville Timberland	2:15.73
<b>2nd</b>	Emma Thornburgh	Wentzville Timberland	2:23.55
<b>3rd</b>	Rayna Welek	Francis Howell	2:30.60
<b>4th</b>	Emily Frazier	Francis Howell	2:30.79

**50 yard Freestyle [GAC Record: 23.71, Courtney Harris, Fort Zumwalt West,  
2019]**

**50 yard Freestyle [GAC SOUTH Record: 23.71, Courtney Harris, Fort Zumwalt  
West, 2019]**

<b>1st</b>	Molly Wardrop	Fort Zumwalt West	24.81
<b>2nd</b>	Allison Schoene	Wentzville Timberland	25.49

<b>3rd</b>	Callie James	Fort Zumwalt North	25.60
<b>4th</b>	Brooke Suftko	Wentzville Liberty	25.98

**1 meter Springboard Diving [GAC Record: 540.20, Sarah Bathe, Saint Charles, 2017]**

**1 meter Springboard Diving [GAC SOUTH Record: 539.20, Marissa Green, Ft. Zumwalt West, 2014]**

<b>1st</b>	Savannah Maier	Fort Zumwalt North	325.95
<b>2nd</b>	Larissa Garbarini	Francis Howell	350.55
<b>3rd</b>	Marysa Allen	Fort Zumwalt North	333.70
<b>4th</b>	Sophia Arnold	Francis Howell North	298.75

**100 yard Butterfly [GAC Record: 55.08, Autumn Looney, Saint Charles, 2018]**

**100 yard Butterfly [GAC SOUTH Record: 56.53, Courtney Coe, Ft. Zumwalt West, 2013]**

<b>1st</b>	Izzy Ackley	Wentzville Timberland	0:58.18
<b>2nd</b>	Brooke Gusafson	Wentzville Timberland	1:00.54
<b>3rd</b>	Brooke Suftko	Wentzville Liberty	1:01.35
<b>4th</b>	Xime Avila	Francis Howell Central	1:01.46

**100 yard Freestyle [GAC Record: 51.56, Autumn Looney, Saint Charles, 2018]**

**100 yard Freestyle [GAC SOUTH Record: 51.60, Courtney Harris, Fort Zumwalt West, 2019]**

<b>1st</b>	Emma Wisker	Wentzville Timberland	53.42
<b>2nd</b>	Molly Wardrop	Fort Zumwalt West	54.93
<b>3rd</b>	Callie James	Fort Zumwalt North	56.18
<b>4th</b>	Alison Schoene	Wentzville Timberland	57.35

**500 yard Freestyle [GAC Record: 5:05.72, Joanna Dohrman, Francis Howell North, 2020]**

**500 yard Freestyle [GAC SOUTH Record:5:05.72, Joanna Dohrman, Francis Howell North, 2020]**

<b>1st</b>	Xime Avila	Francis Howell Central	5:31.97
<b>2nd</b>	Lilli Dempewolf	Francis Howell	5:43.78
<b>3rd</b>	Laura Bonds	Wentzville Liberty	5:46.28
<b>4th</b>	Maddie Taylor	Wentzville Timberland	6:02.47

**200 yard Freestyle Relay [GAC Record: 1:40.76, Francis Howell, 2016]**

**200 yard Freestyle Relay [GAC SOUTH Record: 1:40.76, Francis Howell, 2016]**

<b>1st</b>	Olivia DeBerge	Wentzville Timberland	1:45.54
	Elizabeth Schone		
	Alison Schoene		
	Brooke Gustafson		
<b>2nd</b>	Jessica Wagner	Wentzville Liberty	1:47.13
	Fiona Do		
	Emma Nolan		



	Leilani Green		
<b>3rd</b>	Lucy Leahy	Francis Howell	1:48.89
	Kate Jansen		
	Lilli Dempewolf		
	Katy Faulkner		
<b>4th</b>	Callie James	Fort Zumwalt North	1:50.30
	Jadyn Ross		
	Clarisse Woods		
	Hannah Shaw		

**100 yard Backstroke [GAC Record: 55.04, Isabelle Ackley, Wentzville  
Timberland, 2023]**

**100 yard Backstroke [GAC SOUTH Record: 55.04, Isabelle Ackley, Wentzville  
Timberland, 2023]**

<b>1st</b>	Isabelle Ackley	Wentzville Timberland	0:55.04
<b>2nd</b>	Audrey Wagner	Frt Zumwalt West	1:02.51
<b>3rd</b>	Emma Thornburgh	Wentzville Timberland	1:05.81
<b>4th</b>	Emily Frazier	Francis Howell	1:07.95

**100 yard Breaststroke [ GAC Record: 1:02.52, Haley Spencer, Ft. Zumwalt  
West, 2009]**

**100 yard Breaststroke [GAC SOUTH Record: 1:02.52, Haley Spencer, Ft.  
Zumwalt West, 2009]**

<b>1st</b>	Emma Wisker	Wentzville Timberland	1:06.67
<b>2nd</b>	Laura Bonds	Wentzville Liberty	1:11.72

<b>3rd</b>	Jessica Wagner	Wentzville Liberty	1:14.58
<b>4th</b>	Rayna Welek	Francis Howell	1:15.59

**400 yard Freestyle Relay [GAC Record: 3:37.17, Francis Howell, 2017]**

**400 yard Freestyle Relay [GAC SOUTH Record: 3:37.17, Francis Howell, 2017]**

<b>1st</b>	Emma Thornburgh	Wentzville Timberland	3:48.02
	Maddie Taylor		
	Izzy Ackley		
	Emma Wisker		
<b>2nd</b>	Leilani Green	Wentzville Liberty	3:55.60
	Jessica Wagner		
	Laura Bonds		
	Brooke Suftko		
<b>3rd</b>	Molly Wardrop	Fort Zumwalt West	3:55.75
	Audrey Wagner		
	Karsyn McDaniel		
	Kaseena Mamroth		
<b>4th</b>	Kate Jansen	Francis Howell	4:04.60
	Emily Frazier		
	Rayna Welek		
	Lilli Dempewolf		

**TEAM SCORES: Wentzville Timberland [453]**

**Francis Howell [353]; Fort Zumwalt West [332]; Wentzville Liberty [307]; Fort Zumwalt North [212]; Francis Howell Central [167]; Francis Howell North [141]**

***Sportsmanship Team***

**Fort Zumwalt North - Riley Bowman**

**Fort Zumwalt West - Audrey Wagner**

**Francis Howell - Emma Bostelmann**

**Francis Howell North - Riley Jansen**

**Francis Howell Central - Sophie Rosser**

**Wentzville Liberty -**

**Wentzville Timberland - Bailey Renfro**

***All-Academic Team***

**Fort Zumwalt North - Marysa Allen, Sophia Bello, Sophia Boren, Riley Bowman, Hailey Boyle, Nataleigh Daleen, Mia Durbin, Emily Emge, Isabella Gettemeier, Kaitlyn Goode, Abby Hixenbaugh, Kamie Hoeman, Callie James, Sophia Kriegesmann, Miriam Linson, Savannah Maier, Elise Martens, Veronica Martin, Satcie Miller, Katherine Murphy, Jadyn Ross, Olivia Ross, Hanna Shaw, Ella Shylanski, Aroa Strange, Amya Volz, Kira Wilson, Clarisse Woods**

**Fort Zumwalt West -**

**Francis Howell -**

**Francis Howell North - Sophia Arnold, Hannah Button, Madeline Dustin, Emily Gantz, Cassidy Hodgkins, Riley Jensen, Alayna Lohaus, Michaela Manfull, Victoria Montgomery, Jasmyne Moody, Manisha Muthukarauppan, Harper Schneider, Sailor Sulin, Lea Wenger**

**Francis Howell Central - Regina Avila, Xime Avila, Alasia Wilson, Alyssa Harrison, Ava Schriber, Elaina Parrent, Finley Brunner, Grace Bannon, Kaylee Wright, Kyndall Steinmeyer, Leia Daughtetee, Meredyth Krupowicz, Quinn Douglas, Alice Landry, Ally Bower, Kylee Call Rolan, Liana Durbin, Liz Foizey, Sophie Rosser, Carrie Bryne, Caroline Kraft, Ava Terry**

**Wentzville Liberty -**

**Wentzville Timberland - Izzy Ackley, Olivia deBerge, Brooke Gustafson, Emma Hildenbrand, Bailey Renfro, Elizabeth Schoene, Maddie Taylor, Emma Thornburgh, Emma Wisker**

**2022-2023**

**GIRLS WRESTLING**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**GAC CHAMPIONSHIPS**

**100**

Zoey Haney [Troy Buchanan]	pinned	Olivia Atkins [Fort Zumwalt South]
Taylor Reiter [Wentzville Timberland]	pinned	MaKenzie Manning [Francis Howell Cent ]

## 105

Kate Cooper [Wentzville Timberland]	decisioned	Alyssa Kingaint [Saint Charles]	4-
Bailey Burbes [Francis Howell]	pinned	Nina Zimmerman [Washington]	2:

## 110

Sophia Miller [Francis Howell Central]	major decisioned	Isabelle Apple [Francis Howell North]	14
Jailyn Ebert [Ft. Zumwalt North]	pinned	Evie Ryan [Francis Howell]	1:

## 115

Kailey Benson [Francis Howell Central]	major decisioned	Kayla Hobday [Fort Zumwalt North]	1
Sarah Bergholdt [Troy Buchanan]	pinned	Caroline Farris [Francis Howell]	0

## 120

Cassidy Benwell [Wentzville North Point]	pinned	Jena Gumahin [Fort Zumwalt South]	3
Ava Griffey [Washington]	pinned	Stevie Lupo [Francis Howell Central]	1

## 125

Kendra Bliss [Washington]	pinned	Savannah Bateman [Fort Zumwalt East]	0
Lillia Clay [Wentzville Liberty]	pinned	Katelyn Guth [Francis Howell Central]	5

## 130

Melissa Sanabria [Wentzville Holt]	major decisioned	Nevaeh Smith [Francis Howell Central]	1 1
Stella Secor [Washington]	decisioned	Emily Sanabria [Wentzville Timberland]	7

## 135

Annelise Obermark [Washington]	pinned	Hayley Newton [Saint Charles]	4:
Bailey Bridges [Francis Howell]	forfeit	Arianna Finn [Wentzville Timberland]	

## 140

Maria Slaughter [Wentzville Holt]	pinned	Brianna James [Washington]	0:
Lydia Henke [Troy Buchanan]	pinned	Gracie McDole [Wentzville Timberland]	4:

## 145

Mina Himmel [Wentzville Timberland]	major decisioned	Kristin Sprung [Washington]	9
Lainey Ferrell [Wentzville Holt]	pinned	Kaliyah Broner [Saint Charles West]	1

## 155

Maria Ignatova [Fort Zumwalt West]	pinned	Dana Thee Sanchez [Francis Howell Central]	4
Maggie Ortmann [Washington]	pinned	Neveah Finn [Wentzville Timberland]	1

## 170

Loren Thurmon [Washington]	pinned	Justice Sebree [Saint Charles West]	
Emlie Medlock [Wentzville Timberland]	pinned	Maddie Palmer [Saint Charles]	

## 190

Caroline Ward [Wentzville Liberty]	pinned	Alanah Braun [Francis Howell Central]	
Rebekah Gray [Troy Buchanan]	pinned	McKenna Dydell [Fort Zumwalt North]	

## 235

Abby Porter [Fort Zumwalt North]	decisioned	Kara Schemkes [Saint Charles]	
Isabella Winigear [Wentzville Holt]	pinned	Riley Kortkamp [Fort Zumwalt East]	

## **TEAM SCORES:**

**WASHINGTON 215**

**FRANCIS HOWELL CENTRAL 206; WENTZVILLE  
TIMBERLAND 175; WENTZVILLE HOLT 162; FORT  
ZUMWALT NORTH 108; TROY BUCHANAN 104;  
FRANCIS HOWELL 89; SAINT CHARLES 84; SAINT  
CHARLES WEST 78; WENTZVILLE NORTH POINT 71;  
FORT ZUMWALT SOUTH 66; WENTZVILLE LIBERTY  
48; FORT ZUMWALT EAST 42; FORT ZUMWALT  
WEST 32; FRANCIS HOWELL NORTH 27; ORCHARD  
FARM 11; WARRENTON 7; WINFIELD 0**

## **GAC NORTH ALL CONFERENCE WRESTLING**

**100 Madison Wilmes North Point/Ceeile Puati St. Charles**  
**105 Alyssa King St. Charles/Dakota Ivancic North Point**  
**110 Hailey Ivancic North Point/Nazia Brown St. Charles**  
**West**  
**115 Alyssa Anderson North Point/Lilian Vargas St.**  
**Chalres**



- 120 Cassidy Benwell North Point/Zorea Shaw St. Charles West**
- 125 Lilly Paige North Point/Katie Elliot St. Charles West**
- 130 Hayley Newuwn St. Charles/Mena Southward North Point**
- 135 Emily Beumel Warrenton/Syria Bell St. Charles**
- 140 Katherine Tyson North Point/Katie Medling St. Charles West**
- 145 Madisen Nash Warrenton/Caroline Frank North Point**
- 155 Charlie Williams Orchard Farm/Allison Vacek Warrenton**
- 170 Justice Sebree St. Charles West/Dannah Matzenbacher North Point**
- 190 Evelyn Isom St. Charles West/Amiyah Brison North Point**
- 235 Kara Schemkes St. Charles/Syd Sprague St. Charles West**

**Coach of the Year: Dennis Kakrah (Wentzville North Point)**

**Wrestler of the Year: Cassidy Benwell (Wentzville North Point)**

## **GAC CENTRAL ALL CONFERENCE WRESTLING**

- 100 Olivia Atkins FZS/Lindsey Mueller Washington**
- 105 Nina Zimmermann Washington/Brianna Everett FZN**

- 110 Julia Donnelly Washington/Jailyn Ebert FZN**
- 115 Kayla Hobday FZN/Johanna Watkins Holt**
- 120 Lily Steigerwald Holt/Ava Griffey Washington**
- 125 Kendra Bliss Washington/Jena Gumahin FZS**
- 130 Marissa Sanabria Holt/Stephanie Gonzalez FZE**
- 135 Annelise Obermark Washington/Brianna Wasser Holt**
- 140 Maria Slaughter Holt/Brianna James Washington**
- 145 Kristin Sprung Washington/Elektra Lowe Liberty**
- 155 Chloe Jones FZN/Maggie Ortmann Washington**
- 170 Loren Thurmon Washington/Ava Mirth FZS**
- 190 Caroline Ward Liberty/McKenna Dydell FZN**
- 235 Abby Porter FZN/Isabella Winingear Holt**

**Coach of the Year: Josh Ohm (Washington)**

**Wrestler of the Year: Marissa Sanabria (Wentzville Holt)**

## **GAC SOUTH ALL CONFERENCE WRESTLING**

- 100 Zoey Haney Troy/Taylor Reiter Timberland**
- 105 Kate Cooper Timberland/Bailey Burbes Francis  
Howell**
- 110 Sophia Miller FHC/Isabell Apple FHN**
- 115 Kailey Benson FHC/Sarah Bergtholdt Troy**

- 120 Stevie Lupo FHC/Liv Gichuhi FH**  
**125 Katelyn Guth FHC/Jenna Smith FH**  
**130 Nevaeh Smith FHC/Aubrey Peterson FHN**  
**135 Bailey Bridges FH/Sophie Johnson FHC**  
**140 Lydia Henke Troy/Graci McDole Timberland**  
**145 Mina Himmel Timberland/Hailey Paul FHC**  
**155 Maria Ignatova FZW/Dana Thee-Sanchez FHC**  
**170 McKenzie Solis FHC/Daevanie Stewart Troy**  
**190 Alanah Braun FHC/Bekah Gray Troy**  
**235 Amelia Raziq FHC/Katie Betz FH**

**Coach of the Year: Kurt Kruse (Francis Howell Central)**

**Wrestler of the Year: Kate Cooper (Wentzville Timberland)**

The following awards were updated on March 28, 2023. Any not listed were not received.

## **ALL ACADEMIC AWARDS**

**Washington - Lindsey Mueller, Nina Zimmermann, Julia Donnelly, Ava Griffey, Kendra Bliss, Stella Secor, Annelise Obermark, Bri James, Maggie Ortmann, Loren Thurmon, Paytin Welsh**

**Wentzville Holt - Johanna Watkins, Eleanor Manning, Marissa Sanabria, Brianna Wasser, Reece Wilmes, Isabella Winingear**

**Wentzville Liberty -**

**Orchard Farm -**

**Saint Charles - Syria Bell, Alyssa King, Caitlyn McCoy, Hayley Newton, Muryn Wallace**

**Wentzville Timberland - Kate Cooper, Alyssa Dietiker, Anna Finn, Neavah Finn, Madison Gore, Lilly Hackworth, Mina Himmel, Aubrey Kaupas, Jessi Koester, Natalie Koester, Gracie McDole, Emilie Medlock, Taylor Reiter**

**Wentzville North Point - Alyssa Anderson, Ava Arrezzo, Cassidy Benwell, Skyelyn Cook, Caroline Frank, Reese Jacobs, Dannah Matzenbacher, Lily Paige, Katherine Tyson, Lucy Ullery, Baylee Wasser**

**Troy Buchanan - Madison Haney, Zoey Haney, Lydia Henke**

**Francis Howell -**

**Francis Howell North -**

**Francis Howell Central - Kailey Benson, Stevie Lupo, Katelyn Guth, Sarah Layton, Sophie Johnson, Makenzie Solis**

**Fort Zumwalt East - Larissa Crandall, Addyson Shepherd**

**Fort Zumwalt North - Deema Abderlkarim, Mikala Ball, Kate Cochran, Kayla Hobday, Chloe Jones, Alexandria Nortrup, Abby Porter, Becca Ridgway**

**Fort Zumwalt West -**

## **SPORTSMANSHIP AWARD**

**Washington - Stella Secor**

**Wentzville Timberland - Taylor Reiter**

**Troy Buchanan - Lydia Henke**

**Warrenton -**

**Saint Charles -**

**Wentzville North Point - Lily Paige**

**Orchard Farm -**

**Wentzville Liberty -**

**Wentzville Holt - Brianna Wasser**

**Fort Zumwalt West -**

**Fort Zumwalt East - Stephanie Gonzalez**

**Fort Zumwalt North - Abby Porter**

**Francis Howell Central - Sophie Johnson**

**2022-23**

**BOYS WRESTLING**

**ALL CONFERENCE INDIVIDUALS**

**ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

**GATEWAY ATHLETIC CONFERENCE**

**2022-23 VARSITY TOURNAMENT**

**ALL SCHOOLS**

## **106**

1st - Emmanuel McCauley of Warrenton pinned Chase Gray of Francis Howell Central (3:09)

3rd - Kanyon Shurtz of Fort Zumwalt South pinned Gannon Kuhn of Wentzville Timberland (3:46)

## **113**

1st - Nathaniel Provost of Fort Zumwalt North decisioned Liam Borgsmiller of Orchard Farm (3-1)

3rd - Carter Barnes of Troy Buchanan decisioned Jeremiah Kassing of Warrenton (6-4)

## **120**

1st - Kaden Purler of Wentzville North Point pinned Brendan Kelly of Wentzville Liberty (3:47)

3rd - Nick Baker of Fort Zumwalt South decisioned Couper Deckard of Washington (4-0)

## **126**

1st - Peyton Shepard of Francis Howell Central decisioned Brayden Eikermann of Francis Howell (4-3)

3rd - Zach Tihen of Fort Zumwalt South decisioned Devon Deckleman of Washington (3-0)

## **132**

1st - Chad Benwell of Wentzville North Point decisioned Noah Keen of Francis Howell Central (3-1)

3rd - Nicholas Chambers of Wentzville Holt decisioned Chevy Rosales of Francis Howell (10-4)

## **138**

1st - Ty Shelton of Wentzville Timberland pinned Joseph Kenny of Fort Zumwalt South (1:29)

3rd - Leo Buchheit of Wentzville North Point by forfeit over Carson Miller

## **144**

1st - David Cross of Francis Howell Central major decisioned Cooper Corley of Francis Howell (10-2)l

3rd - D. J. Dillon of Francis Howell Central pinned Austin Hunter of Fort Zumwalt South (2:50)

## **150**

1st - Jeric Gumahin of Fort Zumwalt South decisioned Mark Matschiner of Troy Buchanan (9-5)

3rd - Cole Aguirre of Fort Zumwalt North decisioned Trystan Blenis of Francis Howell North (7-0)

## **157**

1st - Casey Olszowka of Washington pinned Koen Erickson of Fort Zumwalt South (3:55)

3rd - Chad Blanke of Francis Howell North pinned Michael Higgins of Fort Zumwalt West (0:59)

## **165**

1st - Aidan Hernandez of Francis Howell Central major decisioned Charos Sutton of Troy Buchanan (14-2)

3rd - Jackson Sapp of Wentzville North Point pinned Andrew Peppin of Wentzville Holt (5:42)

## **175**

1st - Brett Smith of Troy Buchanan decisioned Chance Cole of Fort Zumwalt North (5-4)

3rd - Hayden DeVilder of Francis Howell Central decisioned Ethan Wasson of Wentzville Timberland (8-4)

## **190**

1st - Deacon Moran of Fort Zumwalt North decisioned Jacob Ruff Of Warrenton (8-7)

3rd - Irvin Heggermann of Francis Howell pinned Nick Bova of Troy Buchanan (3:07)

## **215**

1st - Richard Meyer of Wentzville Holt decisioned William Pierce of Fort Zumwalt South (4-2)



3rd - Thomas Palmer of Saint Charles decisioned Andrew Rockerbach of Francis Howell (3-1)

**285**

1st - Matthew Craig of Wentzville Liberty pinned Jayden Moffett of Fort Zumwalt South (0:56))

3rd - Spencer Fleming of Francis Howell Central pinned Corey Brock of Winfield (0:09)

## **TEAM SCORES:**

**FORT ZUMWALT SOUTH 217**

**FRANCIS HOWELL CENTRAL [184.5]; WASHINGTON [137.5]; FRANCIS HOWELL [136.5]; TROY BUCHANAN [133]; FORT ZUMWALT NORTH [121.5]; WENTZVILLE NORTH POINT [115.5]; WARRENTON [96.5]; FRANCIS HOWELL NORTH [88]; WENTZVILLE HOLT [77]; WENTZVILLE LIBERTY [74]; WENTZVILLE TIMBERLAND [71]; SAINT CHARLES [31]; FORT ZUMWALT WEST [30]; ORCHARD FARM [22]; WINFIELD [19]; FORT ZUMWALT EAST [9]; SAINT CHARLES WEST [3]**

The following awards were updated on March 28, 2023. Any not listed were not received.

# **ALL ACADEMIC**

**Wentzville Holt - Nick Chambers, Boston Howard, Jacob Ketterman, Gavin Moore, Andrew Peppin, Logan Rubinstein**

**Washington - Parker Kelpé, Couper Deckard, Devon Deckelman, Will Kelpé, Tristen Koehmstedt, Alec Pecka, Casey Olszowka, Steven Smith, McLaine Graham, Nolan Hendrix, Pablo Ballesteros, Tanner Schwoeppe**

**Fort Zumwalt East - Tristan Morrow, Dylan Mueller**

**Fort Zumwalt North - Jacob Bals, Chance Cole, Zachary Davis, Troy Emge, Alex Goeke, Gabe Huber, Drew Mayton, Jackson Pohlman, Nathan Provost, Drake Weston**

**Fort Zumwalt South - Kanon Shurtz, Ben Rush, Zach Tihen, Jeric Gumahin, J. D. Dunn, Junior Rudd, Mason Clark**

**Francis Howell Central - Peyton Shepard, Noah Keen, Owen McCracken, David Cross, Enzo Hernandez, Aiden Hernandez, Hayden DeVilder, Eddie Fawcett, Lucas Meredith**

**Troy Buchanan - Austin Amos, Nicholas Bova, Aiden Dunn-Villinger, Brett Smith, Blake Tharp, Joshua Whitebread**

**Wentzville Timberland - Ryan Bakota, Aaron Bell, Stephen Bell, Luke Ferrell, Jeffrey Fetterhoff, Gannon Kuhn, Nathan Martin, Cole Matlick, Caleb Murray, Jacob Paige, Ty Shelton, Jamison Shrum, Zachary Thornburgh**

**Fort Zumwalt West -**

**Francis Howell North -**

**Francis Howell - Ethan Becker, Michael Coletti, Gavin Collum, Cooper Corley, Diogo Freiria, Camden Galati, Irvin Heggemann, Carson Miller, Tanner Sprouse, Jack Tilton, Will Worobec**

**Orchard Farm - Russell Dunkmann**

**Saint Charles - Thomas Palmer, Levi Perry-South, Charlie Reid, Taylor Souders**

**Warrenton - Jacob Ruff, Jeremiah Kassing, Josh Kassing, Noah Lohrmann**

**Wentzville North Point - Kaden Purler, Chad Benwell, Logan Redel, Charlie Stanfill, Brody Wilmes, Domenic Colombatto, Evan Berkbuegler, Ben Barfield, Reid Struckmann**

## **SPORTSMANSHIP**

**Francis Howell - Carson Miller**

**Francis Howell Central - Eddie Fawcett**

**Francis Howell North -**

**Wentzville Timberland - Nathan Martin**

**Troy Buchanan - Nicholas Bova**

**Fort Zumwalt East - Caleb Artz**

**Fort Zumwalt North - Alex Goeke**

**Fort Zumwalt South - Koen Erickson**

**Washington - Will Kelp**

**Wentzville Holt - Logan Rubinstein**

**Fort Zumwalt West -**

**Orchard Farm - Tyler Farrell**

**Saint Charles - Charlie Reid**

**Warrenton - Anthony Lombardo**

**Wentzville North Point - Brody Williams**

# **GAC NORTH ALL CONFERENCE WRESTLING**

- 106 Emanuel McCauley Warrenton/Russell Dunkmann  
Orchard Farm**
- 113 Jeremiah Kassing Warrenton/Liam Borgsmiller  
Orchard Farm**
- 120 Kaden Purler North Point/Josh Kassing Warrenton**
- 126 Noah Lohrmann Warrenton/Charlie Reid St. Charles**
- 132 Chad Benwell North Point/Levi Perry-South St.  
Charles**
- 138 Leo Buchheit North Point/Ayden Amos Winfield**
- 145 David McCauley Warrenton/Logan Redel North Point**
- 150 Ken Hughes St. Charles/John Behrens St. Charles  
West**
- 157 Anthony Lombardo Warrenton/Brody Wilmes North  
Point**
- 165 Jackson Sapp North Point/Jacob Gurley St. Charles  
West**
- 175 Nick Slover St. Charles West/Brody Williams North  
Point**
- 190 Jacob Ruff Warrenton/Domenic Colombatto North  
Point**
- 215 Thomas Palmer St. Charles/Corey Brock Winfield**
- 285**

**Coach of the Year: Todd Sanker (Fort Zumwalt South)**

**Wrestler of the Year: Logan Rubenstein (Wentzville Holt)**

## **GAC CENTRAL ALL CONFERENCE WRESTLING**

- 106 Kanyon Shurtz FZS/Jacob Bals FZN**
- 113 Nate Provost FZN/Parker Kelp Washington**
- 120 Nick Baker FZS/Brendan Kelly Liberty**
- 126 Zack Tihen FZS/Devon Deckelman Washington**
- 132 Nick Chambers Holt/Cameron Clark FZS**
- 138 Joseph Kenny FZS/Tristen Koehmstedt Washington**
- 144 Logan Rubenstein Holt/Cole Aguirre FZN**
- 150 Jeric Gumahin FZS/Boston Howard Holt**
- 157 Casey Olszowka Washington/Koen Erickson FZS**
- 165 Andrew Peppin Holt/Trenton Williams Liberty**
- 175 Chance Cole FZN/Aiden Summers Liberty**
- 190 Deacon Moran FZN/David Glenn FZE**
- 215 Richard Meyer Holt/Will Pierce FZS**
- 285 Matt Craig Liberty/Jayden Moffett FZS**

**Coach of the Year: Todd Sanker (Fort Zumwalt South)**

**Wrestler of the Year: Logan Rubenstein (Wentzville Holt)**

# **GAC SOUTH ALL CONFERENCE WRESTLING**

- 103 Chase Gray FHC/Gannon Kuhn Timberland**
- 113 Carter Barnes Troy/Chaz Mitchell FHC**
- 120 Cole Dillon FHN/Dylan Myers FHC**
- 126 Peyton Shepard FHC/Brayden Eikermann FH**
- 132 Noah Keen FHC/Chevy Rosales FH**
- 138 Ty Shelton Timberland/Owen McCracken**
- 144 David Cross FHC/Cooper Corley FH**
- 150 DJ Dillion FHN/Mark Matschiner Troy**
- 157 Thomas Stuhlman FHC/Trystan Blenis FHN**
- 165 Aiden Hernandez FHC/Charos Sutton Troy**
- 175 Brett Smith Troy/Ethan Wasson Timberland**
- 190 Irvin Heggemann FH/Eddie Fawcett FHC**
- 215 Nick Bova Troy/Andrew Rockenbach FH**
- 285 Spencer Fleming FHC**

**Coach of the Year: Steve Cross (FHC)**

**Co-Wrestler of the Year: Aiden Hernandez (FHC) & Brett Smith (Troy)**

# **SCHOLAR BOWL 2023**

**GATEWAY ATHLETIC CONFERENCE CHAMPION :**

**WASHINGTON**

**CONGRATULATIONS TO THE BLUE JAYS TEAM**

**AUSTIN GOBER**

**VINCENT HOANG**

**GRACE NOCKOLLS**

**C. SCHENKEL**

# SPRING BASEBALL

## 2023

### 2023 North Baseball All Conference

#### Pitcher

	Player	School	Year
1st TEAM	Ben Peth	Warrenton	Junior
	Colin Morse	Winfield	Sophomore
2nd TEAM	Ethan Villemarette	Wentzville North Point	Senior
	Brandon McQuerry	Wentzville North Point	Junior

#### Catcher

	Player	School	Year
1st TEAM	Dominic Ohlms	Winfield	Senior
2nd TEAM	Austin Haas	Warrenton	Sophomore

#### Utility Player



	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st TEAM</b>	Jack Cowling	Wentzville North Point	Sophomore
	Alex Kinne	Winfield	Junior
<b>2nd TEAM</b>	Kyle Quinn	Saint Charles West	Senior
	Carter Dorlaue	Saint Charles	Junior

## Infielders

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st TEAM</b>	Kannon Hibbs	Warrenton	Senior
	Brenan Goering	Saint Charles West	Sophomore
	Brady Creech	Winfield	Junior
	Toby Goodwin	Saint Charles	Senior
	Kevin Mangrum	Wentzville North Point	Sophomore
<b>2nd TEAM</b>	Tyler Oliver	Warrenton	Junior
	Michall Wehde	Winfield	Senior
	Kaiden Hammer	Saint Charles	Sophomore
	Karson Quinn	Saint Charles West	Junior
	Garrett Sutton	Orchard Farm	Senior

## Outfielders

	<b>Player</b>	<b>School</b>	<b>Year</b>
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<b>1st TEAM</b>	Maddox Meier	Saint Charles	Senior
	Noah Gramling	Saint Charles West	Junior
	Matt Box	Saint Charles West	Sophomore
	Andy Trupiano	Orchadr Farm	Senior
<b>2nd TEAM</b>	Warren Conrad	Winfield	Sophomore
	Mason Thompson	Warrenton	Sophomore
	Logan Havican	Winfield	Junior
	Mason Hickerson	Saint Charles	Sophomore

**Player of The Year: Kannon Hibbs, Warrenton, Senior**

**Coach of the Year Jamie Stokes, Winfield**

## **ALL ACADEMIC**

**Orchard Farm – Charlie Grunwaldt, Garrett Sutton, Andy Trupiano, Jonah Fisher, Collin Simmons, Caden Tipton, Matt Lambeck, Blake Ditmeyer, Max Kelch, Collin Sinclair**

**Saint Charles – Hunter Broad, Toby Goodwin, Kaiden Hammer, Mason Hickerson, Aaron Keene, Maddox Meier, Caleb Mertz, Nate Moseley, Jacob Myers, Nik Pugh, Braden Reed, Gavin Vaughn**

**Saint Charles West – Brodie Anderson, Jrue Blassingame, Matt Box, Luke Buehler, Nick Buehler, Adam Caulk, Justin Caulk, Barrett Disselhorst, Brady Kilker, Jackson Meers, Rolen Moore, Karson Quinn, Kyle Quinn, Dylan Schooler, Lucas Stahlschmidt, Andrew Voelkl**

**Warrenton – Blake Gerland, Joseph Goldsmith, Austin Haas, Kannon Hibbs, Halen Locastro, Keegan Mellegaard, Bryce Phillips, Sam Wortham**

**Wentzville North Point - Brody Balcom, Carter Briddell, Peyton Briddell, Braden Clohessy, Tyler Clohessy, Joseph Gonzales**

**Winfield – Warren Conrad, Brady Creech, Logan Havican, Cooper Martin, Peter Nicholl, Dominic Ohlms, Cayden Palmer, Camden Palmer, Benjamin Pruitt, Mitchell Wehde**

## **SPORTSMANSHIP**

**Orchard Farm – Collin Simmons**

**Saint Charles – Nik Pugh**

**Saint Charles West – Justin Caulk**

**Warrenton – Kannon Hibbs**

**Wentzville North Point - Christian Padberg**

**Winfield - Logan Havican**

## **2023 Central Baseball All Conference**

### **Pitcher**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st TEAM</b>	Grant Trentmann	Washington	Senior
	Connor Henke	Fort Zumwalt South	Junior
<b>2nd TEAM</b>	Alex Jung	Wentzville Liberty	Junior

	Lukas McGill	Fort Zumwalt East	Senior
	Dalton Hosack	Wentzville Holt	Junior

## Catcher

	Player	School	Year
<b>1st TEAM</b>	Connor Mendell	Fort Zumwalt South	Junior
<b>2nd TEAM</b>	Jackson Penn	Fort Zumwalt East	Senior

## Utility Player

	Player	School	Year
<b>1st TEAM</b>	Carter Cox	Fort Zumwalt South	Junior
<b>2nd TEAM</b>	Gavin Mitchell	Washington	Senior
	Aidan Cole	Wentzville Liberty	Senior

## Designated Hitter

	Player	School	Year
<b>1st TEAM</b>	Jacob Reynolds	Fort Zumwalt South	Junior
<b>2nd TEAM</b>	Peyton Braile	Wentzville Liberty	Senior

## Infielders

	Player	School	Year
<b>1st TEAM</b>	Connor Seibert	Wentzville Holt	Senior
	Brendan Pyle	Fort Zumwalt East	Freshman
	Jacksen Tankersley	Fort Zumwalt South	Junior
	Sam Paule	Washington	Senior
	Hanon Jarvis	Washington	Senior
<b>2nd TEAM</b>	Jackson Bauers	Wentzville Holt	Senior
	Carter Adkins	Fort Zumwalt South	Junior
	Holden Karl	Fort Zumwalt South	Senior
	Camerson Huddleston	Fort Zumwalt North	Senior
	Drew Smith	Wentzville Liberty	Junior

## Outfielders

	Player	School	Year
<b>1st TEAM</b>	Kyle Edgar	Wentzville Holt	Junior
	Evan Fulhorst	Fort Zumwalt South	Junior
	Aden Pecka	Washington	Senior
	Cohen Waldren	Wentzville Liberty	Junior
<b>2nd TEAM</b>	Jackson Carter	Fort Zumwalt East	Junior
	Josh Whiteside	Fort Zumwalt North	Senior
	Ryan Weidle	Washington	Senior
	Sam Alles	Fort Zumwalt South	Junior

**Player of the Year: Sam Paule, [Washington](#), Senior**

**Coach of the Year: Dane Gough of [Washington](#)**

## **ALL ACADEMIC**

**Fort Zumwalt East – Maverick Shultz, Cody Rust, Noah Foster, Braden Weber, Grant Spies, Carter Hollingsworth, Tyler Schmidt, Brady Davis, Brendan Pyle, Aiden Wheeler, Ryan Kliethermes, Erix Williams**

**Fort Zumwalt North – Austin Bauer, Nolan Bohannon, Bryce Craden, Joey Linneman, Tanner Paschke, Jackson Pohlman, Drew Riley, Landon Seerey, Logan Seerey, Macerick Shelp, Josh Whiteside**

**Fort Zumwalt South – Sam Alles, Evan Fulhorst, Will Gailey, Tyler Godat, Connor Henke, Holden Karl, Connor Mendell, Gabe Smith**

**Washington – Weston Meyer, Hayden Burns, Ben Poesing, Bonny Laughlin, Hunter Bakameyer, Jacob Weidle, Hannon Jarvis, Drew Bunge, Gavin Mitchell, Ian Junkin, Quentin Parker**

**Wentzville Holt - Ben Brickey, Hunter Brickson, Nate Crews, Kyle Edgar, Mark Hunt, Jacob Ketterman, Chase Lasater, Ethan Melton, Gavin Poindexter**

**Wentville Liberty - Peyton Braile, Colin Doniff, Connor Gillam, Alex Jung, Aidan Cole, Domenic Nordmann, Ethan Griffith, Austin Capizzi**

## **Sportsmanship**

**Fort Zumwalt East – Grant Spies**

**Fort Zumwalt North – Josh Whiteside**

**Fort Zumwalt South – Daniel Hoffman**

**Washington – Weston Meyer**

**Wentzville Holt - Carson Houran**

**Wentzville Liberty - Colin Doniff**

## **2023 South Baseball All Conference**

### **Pitcher**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st TEAM</b>	Kenton Deverman	Fort Zumwalt West	Senior
	Brysen Nepute	Francis Howell	Senior
	Ryan McDonald	Troy Buchanan	Senior
	Carson Clark	Fort Zumwalt West	Senior
<b>2nd TEAM</b>	Lane Harris	Francis Howell Central	Senior
	Trey Schneider	Fancis Howell North	Senior
	Josh Wiedemann	Troy Buchanan	Junior
	Brayden Rubel	Francis Howell Central	Senior

### **Catcher**

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st TEAM</b>	Carson McCaleb	Wentzville Timberland	Senior
	Cooper Robertson	Fort Zumwalt West	Senior
<b>2nd TEAM</b>	Patrick Martinez	Francis Howell North	Senior
	Aidan Hernandez	Francis Howell Central	Senior

## Utility Player

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st TEAM</b>	Jackson Yarberry	Wentzville Timberland	Senior
<b>2nd TEAM</b>	Caleb Miller	Francis Howell	Senior

## Designated Hitter

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st TEAM</b>	Brett Norfleet	Francis Howell	Senior
<b>2nd TEAM</b>	Aven Weaver	Troy Buchanan	Junior

## Infielders

	<b>Player</b>	<b>School</b>	<b>Year</b>
<b>1st TEAM</b>	Tytus Cissell	Francis Howell	Junior



	Wyatt Miller	Francis Howell Central	Senior
	Nolan Sissom	Fort Zumwalt West	Freshman
	Cam Casso	Troy Buchanan	Junior
	Aden Johnson	Francis Howell	Senior
<b>2nd TEAM</b>	Will Muench	Wentzville Timberland	Senior
	Lucas Pearson	Francis Howell Central	Junior
	Nick Alagna	Fort Zumwalt West	Junior
	Cody Gough	Fort Zumwalt West	Senior
	Ryan Wilson	Francis Howell North	Senior
	Brady Wilson	Francis Howell	Senior

## Outfielders

	Player	School	Year
<b>1st TEAM</b>	Leo Humbert	Francis Howell	Sophomore
	Quentin Kluesner	Francis Howell Central	Senior
	Jackson Vaughn	Francis Howell	Sophomore
	Drew Schulte	Troy Buchanan	Senior
<b>2nd TEAM</b>	Mikey Ludwig	Fort Zumwalt West	Senior
	Ethan Callsion	Francis Howell Central	Sophomore
	Brennan Wibbenmeyer	Francis Howell	Junior
	Carter Stover	Francis Howell North	Sophomore

**Player of The Year: Kenton Deverman of Fort Zumwalt West, Senior**

## **Coach of the Year: Justin Rogers of **Troy Buchanan****

### **ALL ACADEMIC**

**Fort Zumwalt West – Aidan Copeland, Logan Cowick, Kenton Deverman, Cody Gough, Collin Greiner, Cole Harris, Peyton Kraus, Michael Ludwig, Cooper Robertson, Jeter Rupp, Brendan Shane, Tanner Sullivan, Nolan Whiteside**

**Francis Howell – Alex Bryan, Leo Humbert, Caleb Miller, Aiden Montgomery, Brett Norfleet, Evan Piwowarski, Garrett Puckett, Cole Schultz, Adam Shipley, Eli Skidmore, Jackson Vaughn, Brennon Wibbenmeyer**

**Francis Howell Central – Ethan Callison, Aidan Hernandez, Nick Ortinau, Benjain Henthorn, Aidan Adams, Caleb Cheatham, Braden Rubel, Tayden Harlow, Lane Harris, Quentin Kluesner, Wyatt Miller, Landan Cann, Joey Durham, Bryan Forbes, Nate Rush, Brock Slinkard, Gabe Duncan, Lucas Pearson**

**Francis Howell North – Austin Bitter, Joseph Borgschulte, Peyton Caples, Carter DuMont, Blake Ermeling, Luke Hewlett, Chase Just, Patrick Martinez, Kyler Moring, Trey Schneider, Carter Stover, Ryan Wilson**

**Wentzville Timberland - Caiden Bish, Jackson Carlton, Parker Fenton, Dominic Horn, Jaxson Kury, Cade Manner, Carson McCaleb, Connor McCaleb, Will Muench, Brad Stumpf, Jackson Yarberry**

**Troy Buchanan – Braden Brown, Jackson Carroll, Camron Casso, Caleb Eisenbath, Cameron Huddleston, Ryan McDonald, John Reiter, Drew Schulte, Brent Smith, Lance Stuckey, Mason Torminio, Caron Twellman, Aiden Vaccaro, Joshua Wiedemann**

# **SPORTSMANSHIP**

**Fort Zumwalt West – Peyton Kraus**

**Francis Howell - Evan Piwowarski**

**Francis Howell Central – Caleb Cheatham**

**Francis Howell North - Austin Bitter**

**Wentzville Timberland - Jackson Carlton**

**Troy Buchanan – Jackson Carroll**

## **SPRING BOY'S GOLF**

**2023**

### **NORTH DIVISION**

#### **1st TEAM All Conference**

**Ian Hollander [SR]- Saint Charles West**

**Owen Shy [SO] - Saint Charles West**

**Troy Anderson [JR] - Warrenton**

**Oliver Gorski [?] - Winfield**

**Nick Compton [FR] - Wentzville North Point**

## **2nd TEAM All Conference**

**John Howle [JR] - Saint Charles West**

**Oliver Dunkmann [JR] -Orchard Farm**

**Max Melkus [SR] - Saint Charles West**

**Owen Thompson [JR] - Warrenton**

**Drew Hines [?] - Winfield**

**Nathan Sanders [SR] -Wentzville North Point - Honorable Mention**

**Ethan Leavitt [SO] - Warrenton - Honorable Mention**

## **PLAYER OF THE YEAR:**

**IAN HOLLANDER [SR] - SAINT  
CHARLES WEST**

# **GAC NORTH FINAL STANDINGS**

**Saint Charles West 113**

**Warrenton 88**

**Orchard Farm 69.5**

**Winfield 53.5**

**Wentzville North Point 20.5**

**Saint Charles 10.5**

## **SPORTSMANSHIP**

**Saint Charles -**

**Saint Charles West -**

## **ALL ACADEMIC TEAM**

**Saint Charles - Brayden Pallardy, Ashleigh Reed**

**Saint Charles West -**

# **CENTRAL DIVISION**

## **1st TEAM All Conference**

**Trey Rusthoven (SR) of Fort Zumwalt East**

**Cole Packingham (FR) of Wentzville Liberty**

**Aidan Steinmetz (JR) of Fort Zumwalt East**

**Braden Prenger (SO) of Wentzville Holt**

**Ben McCaffery (SR) of Wentzville Liberty**

## **2nd TEAM All Conference**

**Reese Wilson (SR) of Fort Zumwalt North**

**Zach Mesplay (JR) of Fort Zumwalt South**

**Alex Bresler (SO) of Fort Zumwalt South**

**Haiden Bean (SR) of Washington**

**Ian Wilson (SR) of Fort Zumwalt South**

**Jake Rhodes (SR) of Washington - Honorable Mention**

**Alex Fregalette (JR) of Washington - Honorable Mention**

## **PLAYER OF THE YEAR:**

**Trey Rusthoven (SR) of Fort Zumwalt East**

## **GAC CENTRAL FINAL STANDINGS**

**Wentzville Liberty 106.5**

**Fort Zumwalt South 80.5**

**Fort Zumwalt East 79.5**

**Washington 60.5**

**Wentzville Holt 31.5**

**Fort Zumwalt North 16.5**

## **ALL ACADEMIC**

**Washington - Jake Rhodes, Devon Deckelman**

# **SPORTSMANSHIP**

Washington - Jake Rhodes

## **SOUTH DIVISION**

### **1st TEAM All Conference**

**Brody Vondera (SR) of Francis Howell**

**Ian McDermott (SR) of Francis Howell North**

**Carter White (SR) of Francis Howell**

**Colin Pini (JR) of Francis Howell**

**Bryce Renz (SO) of Francis Howell North**

### **2nd TEAM All Conference**

**Benjamin Berger (SR) of Francis Howell Central**

**Augie Johnson (SR) of Francis Howell**

**Evan Erickson (SR) of Francis Howell Central**

**Dan Ursul (JR) of Wentzville Timberland**



**Trenton Hubbard (FR) of Troy Buchanan**

**Cohen Vierling (FR) of Francis Howell - Honorable Mention**

**Sean Borgschulte (SO) of Francis Howell North - Honorable Mention**

## **PLAYER OF THE YEAR:**

**Brody Vondera (SR) of Francis Howell**

## **GAC SOUTH FINAL STANDINGS**

**Francis Howell 110**

**Francis Howell North 84.5**

**Wentzville Timberland 58.5**

**Fort Zumwalt West 46.5**

**Troy Buchanan 43**

**Francis Howell Central 32.5**

## **ACADEMIC**

**Fort Zumwalt West -**

**Troy Buchanan - John Askey, Jack Fessenden, Gavin Harris, Cooper Hooton, Braden Lebegue, Andrew Moore, Tyler Moore, Charles Nett, Ethan Troutman**

**Fort Zumwalt South -**

**Wentzville Holt - Griffin Berg, Boston Howard, Braden Prenger**

**Francis Howell North - Ryan Bechard, Cole Bell, Sean Borgschulte, Jiyeon Choi, Mason Clark, John Grabowski, Noah Hemmer, Logan Johnson, Ayden Larson, Ian McDermott, Jackson McGowen, Dominic Mueller, Bryce Renz, Carson Riggs**

## **SPORTSMANSHIP :**

**Fort Zumwalt West:**

**Troy Buchanan - Steven Schormann**

**Wentzville Holt - Scottie Nicotra**

## **WOMEN'S SPRING SOCCER**

**2023**

**2023 North Women's Soccer Division**

## Forwards

	Player	Year	School
<b>1st TEAM</b>	Gia Zerface	Sophomore	Wentzville North Point
	Hannah Ramsey	Sophomore	Orchard Farm
	Jaden Luckett	Senior	Winfield
<b>2nd TEAM</b>	Mya Barr	Sophomore	Wentzville North Point
	Charlotte Anderson	Sophomore	Saint Charles
	Riley McGuire	Sophomore	Saint Charles West

## Midfielders

	Player	Year	School
<b>1st TEAM</b>	Miranda Silvinski	Freshman	Wentzville North Point
	Brooke Williams	Sophomore	Orchard Farm
	Anna White	Sophomore	Saint Charles West
<b>2nd TEAM</b>	Kylie Machens	Senior	Orchard Farm
	Quinn Orrick	Sophomore	Saint Charles
	Bailey Wisniewski	Sophomore	Winfield
	Kylie Overkamp	Junior	Warrenton

## Defenders

	Player	Year	School
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<b>1st TEAM</b>	Aubrey Coe	Sophomore	Wentzville North Point
	Addison Brown	Junior	Orchard Farm
	Grace Skeen	Senior	Saint Charles
	Hayley Newton	Senior	Saint Charles
	Coryn Higby	Senior	Warrenton
<b>2nd TEAM</b>	Sam Hunt	Freshman	Wentzville North Point
	Sophie Hayes	Freshman	Wentzville North Point
	Bailey Goeke	Junior	Orchard Farm
	Taylor Birkenmeier	Senior	Saint Charles
	Emilie Pellow	Senior	Saint Charles West
	Abby Brown	Junior	Winfield

## Keeper

	<b>Player</b>	<b>Year</b>	<b>School</b>
<b>1st TEAM</b>	none named		
<b>2nd TEAM</b>	Charlize Williams	Senior	Orchard Farm
	Sequoia Ross	Junior	Saint Charles West

**PLAYER OF THE YEAR NORTH DIVISION:**

**Devin Tracy, Sophomore, Wentzville North Point**

**COACH THE YEAR NORTH DIVISION:**

# **Courtney Washburn of Orchard Farm**

## **All Academic Team**

**Orchard Farm: Brooke Williams, Aubri Salinas, Maria Steimel, Stacey Machens, Roxanna Dinkins, Avery Zenke, Devon Sharp, Cioni Stdko, Bailey Goeke, Ashlyn Ohlms, Ellie Smith, Olivia Goeke, Camryn Nelson, Payton Meyers, Kylie Machens, Gretchen Schuster, Chloe Westerfeld, Addison Brown, Jessica Ruffing, Ava Grunwaldt**

**St. Charles: Charlotte Anderson, Jewel Archie, Peyton Birkenmeier, Taylor Birkenmeier, Alyssa Birkenmeier, Maddie Bunch, Abby Cross, Eleanor Curtis, Rony Jackson, Kenzie Laughman, Heather Moore, Chase Nagel, Hayley Newton, Quinn Orrick, Renata Restrepo, Olivia Sewell, Grace Skeen**

**St. Charles West: Sequoia Ross, Bella Herrera, Claire Horstmann, Addie Miller, Chloe O'Driscoll, Addie Nichols, Riley McGuire, Genna Wacker, Anna White, Abby Loftus, Emilie Pellow, Lucy Voelkl, Danielle Lovell, Alex Nicastro, Mary Loftus, Alison Loftus**

**Warrenton: Autumn Beldsoe, Princess Cullom, Coryn Higby, Allison Duncan, Zoe Klaus, Camryn Petersmeyer, Lana Le, Morgan Marschel, Isabelle Morris, Haley Rausch, Meredith Donovan, Emma Duncan,**

**Winfield: Moa Blomster, Abby Brown, Allie Brown, Adalynn Cassinger, Kennedy Gebert, Jaden Luckett, Kynlee Malloy, Alexa Nickles, Elsa Pierre, Caidyn Pund, Colbie Rau, Brooklyn Schott, Bailey Wisniewski**

**Wentzville North Point - Gia Zerface, Devin Tracy, Aubrey Coe, Catherine Hunn, Sam Hunt, Morgan Gaudy, Paige Bahr, Miranda Silvinski, Dannah Matzenbacher, Kaiden Stearn, Olivia Christopher, Sophie Hayes, Brooklyn Guccione**

## **Sportsmanship**

**Orchard Farm: Camryn Nelson**

**St. Charles: Peyton Birkenmeier**

**St. Charles West: Mary Loftus**

**Warrenton: Zoe Klaus**

**Winfield: Brooklyn Schott**

**Wentzville North Point - Kylie Mueller**

## **2023 Central Women's Soccer Division**

### **Forwards**

	<b>Player</b>	<b>Year</b>	<b>School</b>
<b>1st TEAM</b>	Mackenzie Compton	Junior	Wentzville Holt
	Gabby Starman	Senior	Fort Zumwalt North
	Morgan Struttmann	Senior	Wentzville Liberty
<b>2nd TEAM</b>	Eastin Colyer	Junior	Wentzville Holt
	Lola Gianino	Junior	Wentzville Liberty

### **Midfielders**

	<b>Player</b>	<b>Year</b>	<b>School</b>
<b>1st TEAM</b>	Ella Rosenberg	Junior	Fort Zumwalt North
	Rachel Skyberg	Senior	Wentzville Liberty
	Brooke Catoor	Senior	Fort Zumwalt South
	Ashley Miller	Junior	Fort Zumwalt South
	Hailey Morgan	Junior	Fort Zumwalt East
<b>2nd TEAM</b>	Avery Lanemann	Junior	Washington
	Isabel Montileone	Senior	Fort Zumwalt South
	Addsion Vodnansky	Sophomore	Washington
	Ashley Klaus	Senior	Fort Zumwalt East
	Caty Schmidt	Sophomore	Fort Zumwalt East
	Grace Ratica	Senior	Wentzville Holt

## Defenders

	<b>Player</b>	<b>Year</b>	<b>School</b>
<b>1st TEAM</b>	Alexis Shuster	Senior	Wentzville Liberty
	Ava Lewis	Junior	Wentzville Holt
	Mia Knobbe	Junior	Wentzville Liberty
<b>2nd TEAM</b>	Jailyn Brownlee	Junior	Fort Zumwalt South
	Maya Gaines	Freshman	Fort Zumwalt East
	Shea Nortrup	Junior	Fort Zumwalt North
	Courtnee Hoff	Senior	Fort Zumwalt North
	Maddy Kuhn	Junior	Wentzville Liberty

	Mia Brown	Senior	Fort Zumwalt South
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## Keeper

	Player	Year	School
<b>1st TEAM</b>	none named		
<b>2nd TEAM</b>	Sydney Strassemeier	Junior	Wentzville Liberty
	Ally Moore	Senior	Fort Zumwalt South

### PLAYER OF THE YEAR CENTRAL DIVISION:

**Audrey Smith, Junior, Forward, Fort Zumwalt South**

### COACH OF THE YEAR CENTRAL DIVISION:

**Heidi Kleekamp of Wentzville Liberty**

## All Academic Team

**Fort Zumwalt East: Lily Steinmetz, Haley Kocher, Caitlyn Schmidt, Ava Mossinghoff, Caitlyn Boyle, Hailey Morgan, Lexi Savage, Mackenzie Hayes, Kennedy Schneider, Emma Skinner, Camille Dutt, Maya Gaines, Ashley Klaus**

**Fort Zumwalt North: Rihanna Blanchard, Divana Hearne, Anna Kolkmeier, Sophia Kriegsmann, Kayla Mislark, Alexandria Nortrup, Shea Nortrup, Sophie Peine, Ella Rosenberg, Leah Rosenberg, Ava Sachs, Lily Selvy, Fiona Shelp, Matilyn Skelton, Gabriella Starman, Giulianna Starman**



**Fort Zumwalt South: Skylar Atienza, Mackenzie Buss, Brooke Catoor, Megan Daniel, Lauren Heath, Bridget Herweck, Allyson Lam, Emma Markert, Isabel Monteleone, Allison More, Mary Morrison, Brooke Muehling, Hannah Schultz, Isabelle Schumacher, Jenna Skeeters, Audrey Smith, Abigail Truscott, Abigail Vorweck, Olivia Woodworth**

**Washington: Madeline Grimes, Maci Rohlfing, Addison Vodnansky, Madison Moore, Susie Heggemann, Avery Lanemann, Ava Staples, Preseley Kiser, Jersey Tinsley, Addyson Meyer**

**Wentzville Holt - Samantha Beattie, Elizabeth Corcoran, Claire Goldstein, Jordyn Holland, Ava Lewis, Callie Logsdon, Grace Ratica, Kayley Russell, Elizabeth Shaw, Isabel Tiemann, Sarah Vanderbol, Brooke Vogelsang, Samantha Wainscott, Kaci Weller, Sofia Whitelaw**

**Wentzville Liberty: Makena Bahr, Alivia Bartlow, Sadie Bruce, Lola Gianino, Kennadi Green, Claire Hauk, Eve Howard, Kylie Johnson, Abigail Kuhn, Madelyn Kuhn, Molly Linck, Hallie Seaton, Alexis Shuster, Rachel Skyberg, Sydeney, Strassemeier, Morgan Struttman**

## **Sportsmanship**

**Fort Zumwalt East: Kennedy Schneider**

**Fort Zumwalt North: Sophia Kriegesmann**

**Fort Zumwalt South: Ally Moore**

**Washington: Madeline Grimes**

**Wentzville Holt: Samantha Wainscott**

**Wentzville Liberty: Maddy Kuhn**

## **2023 South Women's Soccer Division**

-an \* indicates the player was named in more than one category

## Forwards

	Player	Year	School
<b>1st TEAM</b>	Kennedy Newman*	Senior	Francis Howell
<b>2nd TEAM</b>	Cassie Durban	Sophomore	Francis Howell Central
	Kylie Callison	Senior	Francis Howell
	Reagan Hagarty	Senior	Wentzville Timberland

## Midfielders

	Player	Year	School
<b>1st TEAM</b>	Ava Lunders	Junior	Francis Howell Central
	Riley Hendedrson	Sophomore	Francis Howell Central
	Adelaide Green	Senior	Francis Howell Central
	Kennedy Newman*	Senior	Francis Howell
	Madison Puszkar	Sophomore	Wentzville Timberland
<b>2nd TEAM</b>	Ali Cauley	Junior	Fort Zumwalt West
	Lyla Karolczak	Sophomore	Francis Howell
	Aubrey Kaupas	Senior	Wentzville Timberland
	Ava Dew	Sophomore	Troy Buchanan
	Samantha Wilson	Senior	Francis Howell North

# Defenders

	Player	Year	School
<b>1st TEAM</b>	Katie Steinhoff	Senior	Fort Zumwalt West
	Peyton Duffing	Sophomore	Fort Zumwalt West
	Addison Baldwin	Sophomore	Fort Zumwalt West
	Allison Wickenhauser	Sophomore	Francis Howell Central
	Kennedy Newman*	Senior	Francis Howell
	Madilyn Riege	Junior	Francis Howell
	Gabby Tucker	Sophomore	Wentzville Timberland
<b>2nd TEAM</b>	Morgan Davis	Sophomore	Francis Howell Central
	Gianna Bruenning	Senior	Francis Howell Central
	Alyssa Schulte	Sophomore	Troy Buchanan
	Brooke Dollard	Sophomore	Troy Buchanan
	Taylor Taykowski	Junior	Francis Howell
	Alysse Lamb	Sophomore	Wentzville Timberland
	AnnaRose Eldred	Senior	Francis Howell North

# Keeper

	Player	Year	School
<b>1st TEAM</b>	Madi Valenti	Senior	Francis Howell Central
<b>2nd TEAM</b>	Hayleigh Martin	Senior	Francis Howell

## **PLAYER OF THE YEAR SOUTH DIVISION:**

**Josie Maddox, Senior, M/F, [Francis Howell](#)**

## **COACH OF THE YEAR SOUTH DIVISION:**

**Eddie Mulholland of [Francis Howell Central](#)**

## **All Academic Team**

**Fort Zumwalt West: Addison Baldwin, Cydney Beckmann, Kennedy Bernsen, Madison Blomenkamp, Tori Bockstadter, Aubrey Bray, Alice Cauley, Lily Cushman, Riley Cushman, Alivia Daniel, Peyton Duffing, Aubrey Eagan, Maddie Frank, Allison Glenn, Lydia Kotsisi, Audrey Lotspeich, Olivia Ott, Lexi Rademeyer, Alex Schwartz, Kylie Sherrill, Katie Steinhoff, Victoria Vaughan**

**Francis Howell: Macy Bowles, Kylie Callison, Taylor Colmo, Claire Cross, Lia D'Afonseca, Madalyn Everly, Hailey Hilson, Lylan Karolczak, Calli LaBaerera, Josie Maddox, Hayleigh Martin, Kennedy Newman,**

**Francis Howell Central: Abigail Hester, Madi Valenti, Madison McGowan, Rhyan Pierce, Adelaide Green, Ava Lunders, Riley Henderson, Finley Brunner, Ava Sheehan, Maya Radeke, Cassie Durbin, Morgan Davis, Claire Sanders, Claudia Penicke, Kayla Fettig, Delaynie Brown, Allison Wickenhauser, Kylee Gundaker**

**Francis Howell North: Isabelle Apple, Madelyn Brewer, Addison Butler, Cameron Chapple, Amari Cunningham, AnaRose Eldred, Cassidy Hodgkins, Hailey Jenkins, Jacqueline Jolly, Alexaxandra Kime, Olivia Krazl, Ellie McCoy, Alexis Morlen, Shalini Sharma, Morgan Smith, Sailor Sullin, Kate Vernon, Samantha Wilson**

**Troy Buchanan: Esmeralda Capilla, Kaylin Dennis, Ava Dew, Brooke Dollard, Chloe Fister, Emilt Forbeck, Laney Headrick, Madison Holl, Mollie Holl, Abigale Jones, Reagan Menne, Jori Reiter, Alyssa Schulte, Isabella Slusser, Morgan Toedebusch, Morgan Twellman, Audrie Wells, Saige Zemek**

**Wentzville Timberland: Rowyn Blanke, Ava Cerrano, Brooke Clark, Kate Cooper, Addison Curtis, Haley Harting, Reagan Hegarty, Aubrey Kaupas, Alysse Lamb, Madison Puszkar, Morgan Puszkar, Taylor Reiter, Tommie Roberts, Gabrelle Tucker, Macie Vincent, Riley Walkenhorst**

## **SPORTSMANSHIP**

**Fort Zumwalt West: Allison Geln**

**Francis Howell: Raye: Kennedy Newman**

**Francis Howell Central: Kayla Fettig**

**Francis Howell North: Jacqueline Jolly**

**Troy Buchanan: Molly Holl**

**Wentzville Timberland: Haley Harting**

## **SPRING MEN'S TENNIS**

**2023**

## **North-Central All Conference**

## **#1 SINGLES**

**1st: Lund of Fort Zumwalt South def. Goodyear of Fort Zumwalt East 7-6, 6-4**

**3rd: Nelson of Wentzville Holt def. Lovelace of Wentzville North Point 8-0**

## **#2 SINGLES**

**1st: Madden of Holt def. Salamone of Saint Charles 6-3, 6-1**

**3rd: Foster of Fort Zumwalt East def. Jarvis of Saint Charles West 8-3**

## **#3 SINGLES**

**1st: Stillman of Wentzville Holt def. Cassidy of Saint Charles 6-3, 6-2**

**3rd: Behan of Fort Zumwalt East def. Lubiewski of Fort Zumwalt North 8-6**

## **#4 SINGLES**

**1st: Evans of Wentzville Holt def Russell of Saint Charles 7-5, 7-6, TB 9-7**

**3rd: Malinofsky of Wentzville North Point def. Reasons of Fort Zumwalt East 8-6**

## **#5 SINGLES**

**1st: Engelage of Wentzville Holt def Vermillion of Ft. Zumwalt South 6-3, 7-6, TB 7-5**

**3rd: Schott of Wentzville North Point def. Kopel of Fort Zumwalt East 8-4**

## **#6 SINGLES**

**1st: Maslin of Fort Zumwalt South def. Schoolfield of Wentzville Holt 6-3, 6-2**

**3rd: Khanamuenwai of Wentzville North Point def. Ventimiglia of Fort Zumwalt East 8-7**

## **#7 SINGLES**

**1st: Evans of Wentzville Holt def. Mishra of Fort Zumwalt South 8-7**

**3rd: Koester of Fort Zumwalt East def. Fisher of Wentzville  
North Point 8-1**

## **#8 SINGLES**

**1st: Driggers of Wentzville Holt def. Waller of Wentzville  
North Point 8-4**

**3rd: Kozhikal of Fort Zumwalt South def. Cross of Saint  
Charles 8-0**

## **#1 DOUBLES**

**1st: Madden/Stillman of W Holt def. Lund/Allen of F Z  
South 8-5**

**3rd: Salamone/Cassidy of Saint Charles def. Jaco/Schwalb  
of F Z North 8-6**

## **#2 DOUBLES**

**1st: Goodyear/Ventimiglia of F Z East def. Nelson/Englage  
of W Holt 8-4**



**3rd: Hirschbuehler/Malinofsky def Bourgeade/Sewell of Saint Charles 8-2**

### **#3 DOUBLES**

**1st: Schoolfield/K. Evans of W Holt def. Maslin/Wong of F Z South 8-2**

**3rd: Russell/House of S C def. Schott/ Khanamuenwai of W North Point 8-4**

### **#4 DOUBLES**

**1st: Moore/Murphy of W Holt def. Chatman/Whitten of F Z South 8-7**

**3rd: Karr/Sontheimer of F Z East def. Mavetty/Phillips of W North Point 8-1**

### **#5 DOUBLES**

**1st: Razor/Romero of Saint Charles def. Johnson/Enturt of F Z South 8-1**

**3rd: McCullough/Chipley of W North Point def. Harmon/Shortt of F Z East 8-7**

# TEAM SCORES

**WENTZVILLE HOLT [57.5];**

**FORT ZUMWALT SOUTH [33.5]; ZUMWALT EAST [28.75]; SAINT CHARLES [28]; WENTZVILLE NORTH POINT [24.25]; FORT ZUMWALT NORTH [ 4.5]; SAINT CHARLES WEST [2]**

# ACADEMIC

**Saint Charles - Luc Bourgeade, Ben Cross, Caleb Elliot, Elijah Leonard, Connor Russell, Ethan Sewell, Isiac Salamone**

**Saint Charles West - Sai Singirikonda, Michael Jarvis, Dominic Mettlach, Andrew Leach Jr., Tyler Horn, Shivansh Neuli, Henry Ho, Jacob Graczyk, Quinn Kennedy**

**Fort Zumwalt East - Jacob Rojano, Jaq Foster, Kyle Koester, Zach Karr, Gabe Kopel, Adnan Ali, Michael Antwi, Will Behan, Kaden Goodyear, Nico Pruitt**

**Wentzville Holt -Braden Engleage, Jace Evans, James Goforth, Mabry Madden, Jeremiah Nelson, Jack Stillman**

**Wentzville North Point - Julian Cohen, Ian Malinofsky, Giacomo Menditto, Ethan Schott, Ezra Khanamuenwai, Landon Waller, Jake Phillips, Bryce McCullough, Luke Chipley**

# **SPORTSMANSHIP**

**Saint Charles - Connor Russell**

**Saint Charles West - Andrew Leach Jr.**

**Fort Zumwalt East -Garrett Reasons**

**Wentzville Holt - Kaden Evans**

**Wentzville North Point - Colin Lovelace**

## **2023 Men's Tennis**

### **South-Central All Conference**

#### **#1 Singles**

**1st: Cheema of Wentzville Liberty def. Fisk of Francis Howell North, 6-1, 6-2**

**3rd: Eslinger of Francis Howell Central def. Palaniappian of Fort Zumwalt West, score?**

## **#2 Singles**

**1st: Meyer of Wentzville Liberty def. Aryan of Fort Zumwalt West, 6-2, 6-2**

**3rd: Gustafson of Francis Howell North def. Padilia of Francis Howell Central, 8-3**

## **#3 Singles**

**1st: Reece of Fort Zumwalt West def. Konduru of Francis Howell North, 6-1, 6-2**

**3rd: Gonzales of Wentzville Liberty def. Peimann of Wentzville Timberland 6-0, 6-2**

## **#4 Singles**

**1st: T. Jones of Francis Howell Central def. Bartek of Wentzville Liberty 7-5, 2-6, TB 10-8**

**3rd: McDonald of Forth Zumwalt West def. Reuter of Francis Howell, 9-7**

## **#5 Singles**

**1st: Nimmich of Fort Zumwalt West def. R. Silzle of Francis Howell North, 6-3, 6-2**

**3rd: Ives of Wentzville Timberland def. Tucker of Francis Howell Central 8-6**

## **#6 Singles**

**1st: Serio of Fort Zumwalt West def. McCabe of Wentzville Timberland, no scores**

**3rd: Kelley of Francis Howell def. Weisser of Wentzville Liberty, 8-2**

## **#7 Singles**

**1st: Vaughn of Fort Zumwalt West def. Taouil of Wentzville Timberland, 8-4**

**3rd: Troyer of Francis Howell def. Giraud of Francis Howell North, 8-5**

## **#8 Singles**

**1st: Harper of Francis Howell def. Ben K of Fort Zumwalt West, 8-6**

**3rd: Corrigan of Wentzville Timberland def. Reitz of Francis Howell Central, 8-4**

## **#1 Doubles**

**1st: Cheema/Meyer of Wentzville Liberty def.  
Fisk/Gustafson F H North 8-6**

**3rd: Pranav/Aryan of F Z West def. Eslinger/Padilia of F H  
Central, 8-5**

## **#2 Doubles**

**1st: Gonzales/Bartek of W Liberty def. Tanner/Leeke of F Z  
West 8-4**

**3rd: Lytle/Kelley of Francis Howell def. Goethe/Jones of F H  
Central, 9-8, TB 7-4**

## **#3 Doubles**

**1st: NimnichSerio of F Z West def. Payne/May of W Liberty,  
8-5**

**3rd: Bick/Tucker of F H Central def. Blake/Ives of W,  
Timberland 8-3**

## **#4 Doubles**

**1st: Curran/Nguyen of Francis Howell def. Schulte/Schulte  
of W Timberland 8-5**

**3rd: Miller/Wilson of F H North def. Shepard/Wright of F H Central 8-2**

## **#5 Doubles**

**1st: Tripp/Bahm of Francis Howell def. Anooj/Adithian of F Z West 8-6**

**3rd: Wyatt/Levitt of W Liberty def. Taylor/Ferrell of W Timberland 8-4**

### **TEAM SCORES:**

**FORT ZUMWALT WEST [51.5];**

**WENTZVILLE LIBERTY [43.25]; FRANCIS HOWELL [26.5]; FRANCIS HOWELL CENTRAL [23.5]; WENTZVILLE TIMBERLAND [19.5]; FRANCIS HOWELL NORTH [19.25]; TROY BUCHANAN [0]**

## **ACADEMIC ALL CONFERENCE**

**Francis Howell - Cole Bahm, Anderson Brown, Ian Curran, Caden Harper, Rishabh Jain, Jack Kelley, Vinay Konduru, Jason Lytle, Westan Tripp, Wesley Troyer, Preston reuter, Jon Nguyen**

**Troy Buchanan - Levi Caldwell, Evan Denison, Jackson Graeler, Lane Hamlett, Landon Hupper, Tucker Huster, Levi Jeffers, Jacob Latta, Carter Lockey, Reid Lorenz, Logan Niederer, Garrett Rust, Cooper Tignor**

**Wentzville Timberland - Caeden Blake, Reed Corrigan, Luke Ferrell, Dane Ives, Angelo Malek, Miles McCabe, Gavin Peimann, Andrew Schulte, Austin Schulte, Dalio Taouil, Callen Taylor, Luke Wortmann**

**Francis Howell North - Caleb Couch, Gavin Davidson, Jose De La Paz, Kyle Fisk, Maximus Fitzsimmons, Thomas Forth, Kia Gustafson, Benjamin Henry, John Jameson, Grant Kilen, Owen Miller, Christian Portell, Brayden Prouhet, Jonah sevier, Robeet Silzle, Beckett Silzle, Yuvraj Singh, Carter Steutermann, Samuel Wilson**

## **SPORTSMANSHIP**

**Troy Buchanan - Jacob Latta**

**Francis Howell - Jason Lytle**

**Wentzville Timberland - Danes Ives**

## **2023 North Varsity Men Track and Field**

### **100 meter dash**

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
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Jason Williams	Orchard Farm	JR	11.25
Maddox Meier	Saint Charles	SR	11.66
Myles Murphy	Orchard Farm	JR	11.77
Trey Trennepohl	Wentzville North Point	JR	11.83

## 200 meter dash

Name	School	Year	Time
Jason Williams	Orchard Farm	JR	22.85
Zachariah Bristol	Warrenton	SR	23.38
Mitchell Pyat	Wentzville North Point	JR	23.60
Braedyn Politte	Saint Charles West	SR	24.04

## 400 meter dash

Name	School	Year	Time
Zachariah Bristol	Warrenton	SR	50.76
Jadon Salamone	Saint Charles	SO	51.27
Alex Lacke	Wentzville North Point	SO	51.30
Jalen Kennedy	Orchard Farm	SR	52.29

## 800 meter run

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Luke Nottmeyer	Saint Charles	JR	2:01.69
Alex Lacke	Wentzville North Point	SO	2:02.44
Phillip Kackley	Warrenton	JR	2:05.08
Samuel Bland	Saint Charles	JR	2:06.74

## 1600 meter run

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Luke Nottmeyer	Saint Charles	JR	4:31.93
Nate Maples	Saint Charles	JR	4:34.29
Wyatt Claiborne	Warrenton	JR	4:37.44
Phillip Kackley	Warrenton	JR	4:44.71

## 3200 meter run

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Nate Maples	Saint Charles	JR	10:00.59
Wyatt Claiborne	Warrenton	JR	10:24.47
Elijah Case	Saint Charles	FR	10:33.50
Hunter Stahl	Wentzville North Point	FR	10:34.17

## 110 meter hurdles

Name	School	Year	Time
Matthew Hyde	Winfield	JR	15.56
Charles Davis	Orchard Farm	JR	16.75
Nathan Fischer	Orchard Farm	SR	16.89
Issac Black	Saint Charles	FR	17.74

## 300 meter hurdles

Name	School	Year	Time
Matthew Hyde	Winfield	JR	41.98
James Warner	Saint Charles	JR	43.47
Dylan Paul	Wentzville North Point	SO	44.62
Issac Black	Wentzville North Point	SO	44.64

## 4 x 100 meter relay

School	Relay Member	Time
Orchard Farm	Christopher Medlock	44.94
	Myles Murphy	
	Jorden Medlock	
	Jason Williams	
Warrenton	Peyton Dawson	45.55

	Colton Brosenne	
	Anthony Lombardo	
	Zachariah Bristol	
Wentzville North Point	No names presented	45.70
Saint Charles West	Aerion Williams	45.76
	Derek Montalvo	
	Chase Buehrle	
	Braedyn Politte	

## 4 x 200 meter relay

School	Relay Member	Time
Wentzville North Point	No names presented	1:32.76
Saint Charles	Seth Richard	1:32.82
	Sita Puati	
	Blake Wiggs	
	Jadon Salamone	
Warrenton	Zachariah Bristol	1:35.15

	Peyton Dawson	
	Anthony Lombardo	
	Colton Brosenne	
Saint Charles West	Aerion Williams	1:36.47
	Derek Montalvo	
	Josh Spraul	
	Braedyn Politte	

## 4 x 400 meter relay

School	Relay Member	Time
Wentzville North Point	No names presented	3:31.85
Saint Charles	Jadon Salamone	3:37.62
	Charles Reid	
	Jack Case	
	James Warner	
Orchard Farm	Nathan Henke	3:40.74
	Jalen Kennedy	
	Myles Murphy	
	Adam Ruffing	
No other team entered		


## 4 x 800 meter relay

School	Relay Member	Time
Saint Charles	Charles Reid	8:47.98
	Samuel Bland	
	Jack Case	
	James Warner	
Warrenton	Phillip Kackley	8:57.04
	Bryan Guerrero	
	Deacon Forrest	
	Wyatt Claiborne	
Orchard Farm	Andrew Gee	5:59.24
	Andrew Ahley	
	Ganon Dody	
	Nicholas Porter	
Wentzville North Point	Mitchell Lerner	9:46.68
	Logan Blase	
	Hunter Stahl	
	Jeremy Bushman	

# High Jump

Name	School	Year	Height
Deacon Forrest	Warrneton	SR	1.79 m
James Warner	Saint Charles	JR	1.76 m
Lucas Stopke	Orchard Farm	SR	1.73 m
Blake Wiggs	Saint Charles	SR	1.67 m

# Pole Vault

Name	School	Year	Height
Chase Buehrle	Saint Charles West	SO	3.45 m
Josh Spraul	Saint Charles West	SO	3.30 m
Cole Kirks	Orchard Farm	JR	3.30 m
Brent Weiss	Orchard Farm	JR	3.15 m

# Long Jump

Name	School	Year	Distance
Jason Williams	Orchard Farm	JR	6.77 m
Bailey Riley	Winfield	JR	6.21 m
Nathan Logan	Wentzville North Point	SO	5.98 m
Collin Sams	Winfield	JR	5.96 m

## Triple Jump

Name	School	Year	Distance
Colton Brosenne	Warrenton	SR	13.05 m
Bailey Riley	Winfield	JR	12.53 m
Issac Black	Saint Charles	FR	11.94 m
Jorden Matlock	Orchard Farm	SO	11.93 m

## Shot Put

Name	School	Year	Distance
Louis Dieckmann	Saint Charles West	SR	14.54 m
Lukas Carroll	Wentzville North Point	JR	11.96 m
Corey Brock	Winfield	SR	11.93 m
Brody Clemons	Wentzville North Point	FR	11.44 m

## Discus

Name	School	Year	Distance
Louis Dieckmann	Saint Charles West	SR	48.34 m
Clay Johnson	Orchard Farm	SR	36.76 m
Garrison Allen	Warrenton	JR	35.10 m



Erik Sullivan	Saint Charles West	SR	33.48 m
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## JAVELIN

Name	School	Year	Distance
Kyle Cotton	Saint Charles West	SO	48.41 m
Colby Sanchez	Orchard Farm	JR	41.76 m
Vinny Hunsperger	Saint Charles West	JR	36.79 m
Garrison Allen	Warrenton	JR	36.51 m

**TEAM SCORES: Saint Charles [126]**

**Orchard Farm [117]; Wentzville North Point [106],  
Warrenton [99]; Saint Charles West [74]; Winfield [52]**

## ALL ACADEMIC

**Saint Charles - Brody Adams, Jack Case, Elijah Case, Jack Jones, Chris Ketchum, Slade Nagel, Luke Nottmeyer, Charlie Reid, Seth Richard, Jadon Salamone, DeMarco Smith, Cole Sulwer, James Warner, Huter Wells, Blake Wiggs, Caiden Wright, Jacob Wulfert**

**Saint Charles West -**

# SPORTSMANSHIP

Saint Charles -

Saint Charles West -

## 2023 Central Varsity Men Track and Field

### 100 meter dash

Name	School	Year	Time
Jackson Carter	Fort Zumwalt East	JR	10.89
Marq Futrell	Fort Zumwalt North	JR	11.14
Tony Beck	Fort Zumwalt South	SR	11.29
Marquis Williams	Wentzville Liberty	JR	11.46

### 200 meter dash

Name	School	Year	Time
Jackson Carter	Fort Zumwalt East	JR	22.92
Tony Beck	Fort Zumwalt South	SR	23.11

Landon Boston	Washington	JR	23.34
Marq Futrell	Fort Zumwalt North	JR	23.40

## 400 meter dash

Name	School	Year	Time
Brayden Miller	Fort Zumwalt North	SR	50.44
Tyler Anderson	Fort Zumwalt East	JR	51.23
Nolan Schlattman	Wentzville Liberty	JR	52.00
Landon Boston	Washington	JR	52.53

## 800 meter dash

Name	School	Year	Time
Tyler Andeson	Fort Zumwalt East	JR	1:59.05
Landon Jones	Wentzville Liberty	SO	2:01.21
Logan Luttrell	Washington	JR	2:03.38
Zenida El Farissi	Fort Zumwalt East	SR	2:07.31

## 1600 meter run

Name	School	Year	Time
Tyler Anderson	Fort Zumwalt East	JR	4:27.24
Taylor Mason	Fort Zumwalt North	SR	4:28.99
Ayden Taylor	Wentzville Liberty	SO	4:29.10
Cale Eldredge	Wentzville Liberty	SO	4:33.93

## 3200 meter run

Name	School	Year	Time
Taylor Mason	Fort Zumwalt North	SR	10:13.84
Cale Eldredge	Wentzville Liberty	So	10:13.89
Daniel McClellan	Fort Zumwalt East	JR	10:21.48
Steven Broadbent	Washington	FR	10:44.41

## 110 meter hurdles

Name	School	Year	Time
Xander Dewitt	Fort Zumwalt South	JR	15.34
Matthew Mauck	Wentzville Liberty	SO	16.00
Thomas Stahl	Washington	SR	16.06

Jack Curran	Wentzville Holt	SO	16.47
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## 300 meter hurdles

Name	School	Year	Time
Xander Dewitt	Fort Zumwalt South	JR	40.53
Thomas Stahl	Washington	SR	41.02
Matthew Mauck	Wentzville Liberty	SO	42.88
Jack Curran	Wentzville Holt	SO	44.50

## 4 x 100 meter relay

Name	Relay member	Time
Wentzville Holt	Deontae Rickmon	44.76
	Inioluwa Akano	
	Xavier Adams	
	Kason Hartweck	
Washington	Dylan Bartlett	44.96
	Landon Boston	
	Connor Peterson	
	Thomas Stahl	
Fort Zumwalt North	D. J. Jones	44.97
	Marq Futrell	

	P. J. Henderson	
	Shane Pruitt	
Wentzville Liberty	Caiden Galati	45.46
	Courtney Jefferson	
	Marquis Williams	
	Jaylen Mack	

## 4 x 200 meter relay

School	Relay Member	Time
Fort Zumwalt North	Marq Futrell	1:32.40
	Brayden Miller	
	Shane Pruitt	
	Mckell Baker	
Wentzville Holt	Mikah Mozee	1:34.38
	Joseph Deanda	
	Deonte Rickmon	
	Kason Hartweck	
Wentzville Liberty	Dominic Holdeefield	1:36.34
	Kaden Kargacin	
	Grey Wilkes	
	Cannon Cunnigham	
Washington	William Amlong	1:38.86
	Dylan Bartlett	

	Connor Peterson	
	Andrew Peterson	

## 4 x 400 meter relay

Name	Relay Member	Time
Washington	Landon Boston	3:36.65
	Clyde Hendrix	
	Logan Luttrell	
	Kellen Schiermeier	
Wentzville Liberty	Cannon Cunningham	3:38.55
	Nolan Schlattman	
	Kaden Kargacin	
	Landon Jones	
Fort Zumwalt South	Luke Bass	3:36.65
	Xander Dewitt	
	Adam Walker	
	Tony Beck	
Fort Zumwalt North	Brayden Miller	DQ'd for pacing
	Antwon Friend	
	Chase Ostmann	
	Noah Page	

## 4 x 800 meter relay

School	Relay Member	Time
Fort Zumwalt East	Ethan Wilmes	8:34.99
	Tyler Borger	
	Zenidene El Farissi	
	Tyler Anderson	
Wentzville Liberty	Landon Jones	8:42.20
	Austin Rogers	
	Henry Carlson	
	Cale Eldredge	
Washington	Steven Broadbent	8:46.21
	Weston Hewlett	
	Logan Luttrell	
	Kellen Schiermeier	
Fort Zumwalt North	Ayden Figg	9:02.16
	Blake Margerum	
	Ethan Glenn	
	Taylor Mason	

## High Jump

Name	School	Year	Height
Cameron Liddell	Wentzville Liberty	JR	1.80 m
Gabri Cunningham	Wentzville Holt	SO	1.75 m



Luke Bass	Fort Zumwalt South	JR	1.75 m
Shane Pruitt	Fort Zumwalt North	JR	1.70 m

## Pole Vault

Name	School	Year	Height
Payton Guffey	Wentzville Liberty	SR	3.81 m
Caiah Stull	Fort Zumwalt South	JR	3.20 m
D. Westbrook Jr.	Wentzville Holt	SR	3.05 m
Brady Eggering	Wentzville Holt	FR	2.44 m

## Long Jump

Name	School	Year	Distance
Christian Williams	Wentzville Liberty	FR	6.16 m
Xavier Adams	Wentzville Holt	SO	6.09 m
Conner Place	Wentzville Liberty	JR	5.97 m
Malcom Moore	Fort Zumwalt South	JR	5.67 m

## Triple Jump

Name	School	Year	Distance
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Cameron Liddell	Wentzville Liberty	JR	12.53 m
Conner Place	Wentzville Liberty	JR	12.47 m
Xavier Adams	Wentzville Holt	SO	12.25 m
Malcom Moore	Fort Zumwalt South	JR	12.17 m

## Shot Put

Name	School	Year	Distance
Kenan Miller	Wentzville Holt	JR	13.12 m
Seth Alexander	Wentzville Liberty	JR	12.88 m
Alex Goeke	Fort Zumwalt North	SR	12.36 m
Isaac Burr	Washington	SR	12.19 m

## Discus

Name	School	Year	Distance
Ty Rudd	Fort Zumwalt East	SR	37.43 m
Cannon Cunningham	Wentzville Liberty	JR	34.96 m
Ryan Schmerold	Wentzville Liberty	JR	34.33 m
Kenan Miller	Wentzville Holt	JR	33.02 m

## JAVELIN

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Distance</b>
Clyde Hendrix	Washington	SR	52.55 m
Nolan Hendrix	Washington	SO	44.93 m
Jackson Ryan	Wentzville Liberty	SO	43.77 m
Zakkary Kach	Wentzville Liberty	JR	41.05 m

## **TEAM RESULTS: **Wentzville Liberty [167]****

**Washington [93]; Wentzville Holt [84]; Fort Zumwalt East [84]; Fort Zumwalt North [78]; Fort Zumwalt South [63]**

## **ACADEMIC ALL CONFERENCE**

**Wentzville Timberland -**

**Washington - William Amlong, Landon Boston, Steven Broadbent, Isaac Burr, Clyde Hendrix, Nolan Hendrix, Weston Hewlett, Evan Maurer, Donovan McKenzie, Andrew Peterson, Connor Peterson, Kellen Schiermeier, Thomas Stahl**

**Fort Zumwalt South -**

# SPORTSMANSHIP

Wentzville Holt -

Washington - Kellen Schiermeier

## 2023 South Varsity Men Track and Field

### 100 meter dash

Name	School	Year	Time
Nicholas Moore	Troy Buchanan	SO	11.02
Marquavious Green	Fort Zumwalt West	JR	11.11
Jy'Ren Green	Fort Zumwalt West	SO	11.15
Jaylen Ballard	Francis Howell	FR	11.37

### 200 meter dash

Name	School	Year	Time
Nicholas Moore	Troy Buchanan	SO	22.37
Marquavious Green	Fort Zumwalt West	JR	22.52

Taj Gurley	Francis Howell	SR	23.08
Devante Ballard	Francis Howell	SO	23.60

## 400 meter dash

Name	School	Year	Time
Marquavious Green	Fort Zumwalt West	JR	50.86
Jaxson Copelin	Fort Zumwalt West	SR	51.71
Reid Williams	Francis Howell	SO	52.04
Cemron Cason	Francis Howell	SO	52.13

## 800 meter dash

Name	School	Year	Time
Alex Jones	Fort Zumwalt West	JR	1:58.32
Dominic St. Jean	Fort Zumwalt West	JR	1:58.74
Maddox Riley	Wentzville Timberland	SO	2:01.58
Nathan Krisby	Francis Howell	JR	2:03.41

## 1600 meter run

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Jaxson Copelin	Fort Zumwalt West	SR	4:17.53
Maddox Riley	Wentzville Timberland	SO	4:28.24
Graham Black	Francis Howell	SR	4:35.40
Salvador Zepeda	Francis Howell	SO	4:41.04

## 3200 meter run

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Graham Black	Francis Howell	SR	10:06.87
Sterling Holloman	Francis Howell	JR	10:16.37
Evan Schleef	Troy Buchanan	SO	10:44.75
Jack O'Brien	Fort Zumwalt West	JR	10:45.97

## 110 meter hurdles

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Jaylen Pearson	Francis Howell	SR	15.63
Darius Jones	Fort Zumwalt West	JR	15.68
Curtiss Witt	Francis Howell	FR	15.82
Harrison Edwards	Troy Buchanan	Sr	16.51

## 300 meter hurdles

Name	School	Year	Time
Ethan Milam	Francis Howell	SR	41.40
Lucius Garavaglia	Fort Zumwalt West	SR	42.41
Lucas LaRue	Troy Buchanan	JR	42.42
Darius Jones	Fort Zumwalt West	JR	43.31

## 4 x 100 meter relay

Name	Relay member	Time
Troy Buchanan	Myles Freeman	43.70
	Shane Hopmann	
	Providence Hall	
	Nicholas Moore	
Francis Howell	No names presented	44.44
Wentzville Timberland	Creighton Ervin	DQ'd - out of zone
	August Billings	
	Travis Reeves	
	James Whitehead	
No fourth team entered		


## 4 x 200 meter relay

School	Relay Member	Time
Troy Buchanan	Myles Freeman	1:31.00
	Hunter Keene	
	Lucas LaRue	
	Nicholas Moore	
Fort Zumwalt West	No names presented	1:31.02
Fancis Howell	no names presented	1:31.87
Francis Howell North	Jordan Minter	1:34.46
	Ethan Scott	
	Ian Kelly	
	Jordan Allen	



## 4 x 400 meter relay

Name	Relay Member	Time
Francis Howell	No names presented	3:27.33
Fort Zumwalt West	No names presented	3:27.95
Francis Howell Central	Andrew Martin	3:39.51
	Rolan McDevitt	
	Landen Kinion	
	Zach Morris	
Troy Buchanan	Myles Freeman	3:40.68
	Hunter Keene	
	Thomas Mahler	
	Lucas LaRue	

## 4 x 800 meter relay

School	Relay Member	Time
Fort Zumwalt West	No names presented	8:18.60

Francis Howell	No names presented	8:24.34
Francis Howell Central	Matt Jones	8:55.11
	Landon Kinion	
	Zach Morris	
	Drew Yawitz	
Francis Howell North	Andrew Head	8:59.00
	Kevin McGuire	
	Peter Swoboda	
	Nolan Walters	

## High Jump

Name	School	Year	Height
August Billings	Wentzville Timberland	SR	1.88 m
Kyler Land	Fort Zumwalt West	SR	1.78 m
Carter Dowell	Troy Buchanan	FR	1.78 m
Rolen McDevitt	Francis Howell Central	SR	1.78 m

## Pole Vault

Name	School	Year	Height
Andy Thomason	Wentzville Timberland	SR	4.11 m
Trevor Espenschied	Wentzville Timberland	JR	3.50 m
Tanner Sprouse	Francis Howell	SR	3.50 m
Ethan Scott	Francis Howell North	FR	3.35 m

## Long Jump

Name	School	Year	Distance
Kyle Harris	Fort Zumwalt West	SR	6.32 m
Cameron Cason	Francis Howell	SO	6.30 m
Kyler Land	Fort Zumwalt West	SR	6.20 m
Brandon Edwards	Troy Buchanan	SR	6.15 m

## Triple Jump

Name	School	Year	Distance
Cameron Cason	Francis Howell	SO	13.77 m
Jayden Eiland	Francis Howell North	JR	12.90 m
Kyler Land	Fort Zumwalt West	SR	12.69 m
Shane Hopmann	Troy Buchanan	JR	12.55 m

## Shot Put

Name	School	Year	Distance
Logan Scrivner	Francis Howell	JR	15.02 m
Nicholas Johnson	Troy Buchanan	JR	13.64 m
Chase Gabarini	Francis Howell	JR	13.56 m
Kaiden Johns	Troy Buchanan	JR	13.44 m

## Discus

Name	School	Year	Distance
Zavier Winton	Troy Buchanan	SO	48.42 m
Wyatt Caldwell	Troy Buchanan	SO	41.39 m
Wyatt Sirimatuross	Francis Howell	SR	40.28 m
Darien Mayers	Francis Howell Central	SR	36.96 m

## Javelin

Name	School	Year	Distance
Nichomas Littlejohn	Francis Howell	JR	46.55 m
Beckett Frye	Francis Howell	SO	43.92 m
Wyatt Caldwell	Troy Buchanan	SO	43.77 m

Jeremy Woelfel	Francis Howell Central	JR	43.16 m
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**100 m dash Para Wheelchair - Jeremy Kuhn/FHCentral  
20.23**

**TEAM RESULTS: Francis Howell [186.33];**

**Fort Zumwalt West [156.33]; Troy Buchanan [124];  
Wentzville Timberland [52]; Francis Howell Central  
[29.33]; Francis Howell North [29]**

## **ACADEMIC ALL CONFERENCE**

**Fort Zumwalt West -**

**Troy Buchanan - Wyatt Caldwell, Lane Dillow, Carter Dowell, Brandon Edwards, Harrison Edwards, Michael Edwards, Myles Freeman, Providence Hall, Kaiden Johns, Avery Johnson, Hunter Keene, John Kliewer, Lucas LaRue, Scott Letendre, Jesse McGhee, Nicholas Moore, Braeden Perry, Evan Schleaf, Zavier Winton, Zane Wortmann, Jacob Wyble**

**Francis Howell North - Zain Abusoud, Alan Bautista, Trenton Brooks, Jackson Cultan, Gilbren Dowdy, Jack Engelhard, Luis Esscobar, Jerecho Fajardo, Ethan Gietl, Sean Hartly, Andrew Head, Joseph Ingracia, Ian Kelly, Skyler Lashley, Kevin McGuire, Jordan Minter, Arik Parker, Ethan scott, Peter Swoboda, Calvin Von Arb, Nolan Walters, Aaron Wohlberg**

**Wentzville Holt - Hunter Adams, Jack Curran, Kason Hartweck, Kenan Miller**

## **SPORTSMANSHIP**

**Fort Zumwalt West -**

**Troy Buchanan - Providence Hall**

**Wentzville Holt - David Westbrook**

## **2023 North Varsity Women Track and Field**

### **100 Meter Dash**

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Alyssa Anderson	Wentzville North Point	SO	12.59
Makayla Myers	Saint CharlesWest	SR	12.71
Gabrielle Robinson	Wentzville North Point	FR	13.06
Kylie Overkamp	Warrenton	SR	13.56

## 200 Meter Dash

Name	School	Year	Time
Alyssa Anderson	Wentzville North Point	SO	25.77
Makayla Myers	Saint Charles West	SR	26.24
Gabrielle Robinson	Wentzville North Point	FR	26.63
Bella Jones	Orchard Farm	SO	27.38

## 400 Meter Dash

Name	School	Year	Time
Morgan Marschel	Warrenton	SO	0:59.94
Atty O'Keefe	Saint Charles	SO	1:01.22
Ayamba Abunaw	Wentzville North Point	FR	1:02.69
Nakiya Walker	Saint Charles	JR	1:03.84

## 800 Meter Run

Name	School	Year	Time
Kade Berry	Winfield	SR	2:27.69
Madelyn Marschel	Warrenton	SR	2:30.84
Alivia Zeier	Saint Charles West	JR	2:42.12
Avery Jackson	Saint Charles West	JR	2:47.35

## 1600 Meter Run

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Kade Berry	Winfield	SR	5:43.55
Miley Jackson	Saint Charles West	FR	5:50.81
Claire Horstmann	Saint Charles West	SO	5:51.96
Ana Schroeder	Wentzville North Point	FR	5:52.14

## **3200 Meter Run**

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Kade Berry	Winfield	SR	12:13.12
Miley Jackson	Saint Charles West	FR	12:21.54
Ana Schroeder	Wentzville North Point	FR	12:50.39
Kelley Lauer	Saint Charles	JR	13:56.76

## **100 Meter Hurdles**

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Jersy Nelke	Winfield	SO	15.59
Sarah Saunders	Wentzville North Point	SO	16.64
Syria Bell	Saint Charles	FR	18.12
Bonnie Swafford	Wentzville North Point	SO	18.19

## **300 Meter Hurdles**

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Jersy Nelke	Winfield	SO	46.58



Cecile Puati	Saint Charles	FR	51.84
Bonnie Swafford	Wentzville North Point	SR	53.19
Kiera Daniel	Warrenton	SO	55.97

## 4 x 100 Meter Relay

School	Relay Member	Time
Winfield	Jersy Nelke	51.58
	Evelyn Stark	
	Isabel Reinebach	
	Grace Reinebach	
Wentzville North Point	Ayamba Abunaw	51.61
	Bethany Toulou	
	Elena Pender	
	Gabrielle Robinson	
Warrenton	Evangeline Rhama	53.58
	Kiera Daniel	
	Kylie Overkamp	
	Morgan Marschel	
Orchard Farm	Olivia Nicolay	53.62
	Bella Jones	
	Dyamond Jewell	
	Sophia Ditmeyer	

## 4 x 200 Meter Relay

School	Relay Member	Time
Wentzville North Point	Ayamba Abunaw	1:48.79
	Morgan Robinson	
	Elena Pender	
	Sarah Saunders	
Saint Charles	Nakiya Walker	1:54.27
	Jenna Hollrah	
	Lorelei Oetting	
	Teriyah Long	
Winfield	Evelyn Stark	2:00.61
	Elsa Pierre	
	Isabel Reinebach	
	Sophia White	
No fourth team entered		

## 4 x 400 Meter Relay

Name	Relay Member	Time
Wentzville North Point	Alyssa Anderson	4:11.36
	Elena Pender	
	Sarah Saunders	
	Gabrielle Robinson	
Saint Charles West	Vivian Jones	4:17.26

	Anabelle Prost	
	Makayla Myers	
	Alivia Zeier	
Warrenton	Madelyn Marschel	4:21.95
	Brianna Grooms	
	Evangeline Rhama	
	Morgan Marschel	
Saint Charles	Nakiyah Walker	4:24.14
	Lorelei Oetting	
	Emma gilikson	
	Atty O"Keefe	

## 4 x 800 Meter Relay

School	Relay Member	Time
Saint Charles West	Claire Horstmann	10:38.38
	Avery Jackson	
	Vivian Jones	
	Alivia Zeier	
Warrenton	Madelyn Marschel	10:50.63
	Brianna Grooms	
	Isabelle Morris	
	Morgan Marschel	
Saint Charles	Emma Gilikson	11:20.45
	Ella Nottmeyer	
	Kelley Lauer	

	Atty O'Keefe	
Winfield	Lily Boschert	13:52.55
	Elsa Pierre	
	Sophia White	
	Hailey Burris	

## High Jump

Name	School	Year	Height
Bella Jones	Orchard Farm	SO	1.44 m
Faith Jones	Wentzville North Point	SO	1.41 m
Morgan Robinson	Wentzville North Point	FR	1.35 m
Lorelei Oetting	Saint Charles	JR	1.35 m

## Pole Vault

Name	School	Year	Height
Bethany Toulou	Wentzville North Point	SO	2.70 m
Olivia Nicolay	Orchard farm	FR	2.25 m
Mariah Robinson	Wentzville North Point	JR	2.10 m
Erin Hulbert	Orchard Farm	SR	1.95 m

## Long Jump

Name	School	Year	Distance
Alyssa Anderson	Wentzville North Point	SO	5.23 m

Isabel Reinbach	Winfield	SO	5.19 m
Grace Reinebach	Winfield	SR	4.74 m
Ellie Busch	Orchard Farm JR	JR	4.59 m

## Triple Jump

Name	School	Year	Distance
Isabel Reinebach	Winfield	SO	10.30 m
Jersey Nelke	Winfield	SO	10.17 m
Tess Bauer	Orchard Farm	SO	9.53 m
Isabella Pritchett	Wentzville North Point	SO	9.45 m

03.00

## Shot Put

Name	School	Year	Distance
Avery Shaw	Warrenton	SO	10.44 m
Elena Scheve	Saint Charles West	SR	9.12 m
Charlize Williams	Orchard Farm	SR	8.84 m
Zoe Klaus	Warrenton	SR	8.65 m

## Discus

Name	School	Year	Distance
Karly Tinker	Wentzville North Point	SO	29.79 m
Avery Shaw	Warrenton	SO	26.14

Mya Buehrle	Saint Charles West	SO	24.64 m
Kaitlyn Rose	Orchard Farm	SR	23.42 m

## JAVELIN

Name	School	Year	Distance
Brytem Kendrick	Saint Charles	SO	33.26 m
Amelia Miller	Orchard Farm	SR	30.12 m
Avery Shaw	Warrenton	SO	29.64 m
Morgan Robinson	Wentzville North Point	FR	27.39 m

**TEAM SCORES: Wentzville North Point [159];**

**Winfield [108]; Saint Charles West [89]; Warrenton [78];  
Saint Charles [69]; Orchard Farm [66]**

## ALL ACADEMIC

**Saint Charles - Syria Bell, Jackeline Cortes-Lopez, Emma Gilikson, Hailee Hester, Molly Hoffmann, Jenna Hollrah, Bryten Kendrick, Charlotte Kulma, Keeley Lauer, Violet Lewis, Brooklyn McAlister, Jessie Moorehead, Ella Nottmeyer, Lorelei Oetting, Attyson O'Keeffe**

**Saint Charles West -**

# SPORTSMANSHIP

Saint Charles -

Saint Charles West -

## 2023 Central Varsity Women Track and Field

### 100 meter dash

Name	School	Year	Time
Triniti Douglas	Fort Zumwalt South	SR	12.55
Aiyah Kimble	Fort Zumwalt North	SO	12.87
Asiyanna McGee	Washington	FR	13.18
Sydney Lynch	Wentzville Liberty	SR	13.25

### 200 meter dash

Name	School	Year	Time
Abigail Gilliatt	Washington	JR	26.86
Asiyanna McGee	Washington	FR	27.24

Sanaa Woods	Wentzville Liberty	FR	27.65
Sidney Crockett	Wentzville Holt	SO	27.68

## 400 meter dash

Name	School	Year	Time
Abigail Gilliatt	Washington	JR	0:59.88
Isabella Von Behren	Washington	SO	1:01.54
Peyton Jones	Fort Zumwalt North	SO	1:02.90
Leilani Green	Wentzville Liberty	JR	1:03.10

## 800 meter dash

Name	School	Year	Time
Josie Keiser	Washington	FR	2:23.98
Imane Larhdiri	Wentzville Liberty	JR	2:25.50
Isabella Von Behren	Washington	SO	2:28.22
Bryn Pawlik	Fort Zumwalt South	SR	2:28.54

## 1600 meter run

Name	School	Year	Time
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Imane Larhdiri	Wentzville Liberty	JR	5:26.31
Julla Donnelly	Washington	SR	5:33.18
Jillian Kalbac	Wentzville Liberty	SO	5:44.79
Madison Modde	Fort Zumwalt North	FR	5:58.37

## 3200 meter run

Name	School	Year	Time
Julia Donnelly	Washington	SR	11:51.18
Kailey Lawrence	Wentzville Liberty	FR	12:05.85
Jillian Kalbac	Wentzville Liberty	SO	12:25.90
Lukah Sandine	Fort Zumwalt North	FR	12:40.29

## 100 meter hurdles

Name	School	Year	Time
Triniti Douglas	Fort Zumwalt South	SR	14.67
Kennedy Smith	Fort Zumwalt North	FR	17.30
Audrey Beckhardt	Wentzville Liberty	SR	17.54
Ella Kroeter	Washington	SR	17.69

## 300 meter hurdles

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Audrey Beckhardt	Wentzville Liberty	SR	49.31
Triniti Douglas	Fort Zumwalt South	SR	50.70
Lillian Nelson	Wentzville Liberty	JR	52.80
Savannah Maier	Fort Zumwalt North	JR	54.38

## **4 x 100 meter relay**

<b>Name</b>	<b>Relay member</b>	<b>Time</b>
Fort Zumwalt North	Grace Michel	51.90
	Alylah Kimble	
	Shamia Hamilton	
	Kiana Noel	
Washington	Liberty Cragun	52.48
	Maddie Guevara	
	Ella Kroeter	
	Asiyanna McGee	
Wentzville Holt	Johanna Watkins	52.94
	Joy Rayner	
	Sidney Crockett	
	Superior Payne	
Fort Zumwalt South	Kennedy Moller	56.81
	Jada Hendrix	
	Kennedy Byrd	

	Alauna Moore	
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## 4 x 200 meter relay

School	Relay Member	Time
Fort Zumwalt North	Cadence Dunlap	1:52.21
	Taylah Kimble	
	Shamia hamilton	
	Kiana Noel	
Wentzville Holt	Johanna Watkins	1:54.92
	Joy Rayner	
	Sidney Crockett	
	Superior Payne	
Wentzville Liberty	Caitlin Omara	1:59.56
	Aryana Helm	
	Raigan Barnes	
	Marlo Bailey	
Fort Zumwalt South	Kennedy Moller	2:01.80
	Jada Hendriz	
	Kennedy Byrd	
	Alauna Moore	

## 4 x 400 meter relay

<b>Name</b>	<b>Relay Member</b>	<b>Time</b>
Washington	Abigail Gilliatt	4:12.37
	Josie Keiser	
	Brianna James	
	Annelise Obermark	
Wentzville Liberty	Imane Larhdiri	4:18.44
	Alexi Omara	
	Aryana Helm	
	Leilani Green	
Fort Zumwalt North	Shamia Hamilton	4:21.61
	Deema Abdelkarim	
	Savannah Maier	
	Peyton Jones	
Fort Zumwalt South	Bryn Pawlik	DQ'd for pacing
	Lainey Fenton	
	Leah Rau	
	Tess Harper	

## **4 x 800 meter relay**

<b>School</b>	<b>Relay Member</b>	<b>Time</b>
Wentzville Liberty	Alexis Omara	10:00.84
	Jillian Kalbac	
	Kailey Lawrence	

	Imane Larhdiri	
Washington	Julia Donnelly	10:05.53
	Kosie Keiser	
	Isabella Von Behren	
	Leah Wheeler	
Fort Zumwalt North	Amanda Bredenkamp	11:04.36
	Madison Modde	
	Hannah Vandermark	
	Zoe Johnson	
No other team entered		

## High Jump

Name	School	Year	Height
Marysa Allen	Fort Zumwalt North	SO	1.50 m
Savannah Maier	Fort Zumwalt North	JR	1.50 m
Johanna Watkins	Wentzville Holt	SO	1.45 m
Annelis Obermark	Washington	JR	1.45 m

## Pole Vault

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Height</b>
Ella Kroeter	Washington	SR	3.05 m
Meredith Washburn	Wentzville Liberty	JR	3.05 m
Elizabeth Arnold	Fort Zumwalt North	SR	2.44 m
Victori Ferguson	Fort Zumwalt East	SR	2.29 m

## Long Jump

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Distance</b>
Triniti Douglas	Fort Zumwalt South	SR	4.99 m
Bryn Pawlik	Fort Zumwalt South	SR	4.70 m
Maysa Allen	Fort Zumwalt North	SO	4.54 m
Deema Abdelkarim	Fort Zumwalt North	SR	4.46 m

## Triple Jump

<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Distance</b>
Bryn Pawlik	Fort Zumwalt South	SR	10.21 m
Audrey Beckhardt	Wentzville Liberty	SR	10.13 m
Johanna Watkins	Wentzville Holt	SO	9.95 m
Deema Abdelkarim	Fort Zumwalt North	SR	9.89 m

## Shot Put

Name	School	Year	Distance
Ashley Rusthoven	Fort Zumwalt East	JR	11.71 m
Maddie Guevara	Washington	JR	10.74 m
Landon Vick	Fort Zumwalt East	JR	10.56 m
MacKenzie Ragan	Wentzville Holt	SO	10.37 m

## Discus

Name	School	Year	Distance
Alyssa Repke	Washington	SR	37.02 m
Ashley Rusthoven	Fort Zumwalt East	JR	34.43 m
Saran Kone	Fort Zumwalt South	SR	32.79 m
Kait Frankenberg	Washington	SR	30.19 m

## JAVELIN

Name	School	Year	Distance
Maddie Guevara	Washington	JR	32.89 m
Joselyn Roe	Wentzville Holt	SR	31.86 m
Crystal McFerren	Fort Zumwalt North	SO	28.69 m
Carlie Albers	Fort Zumwalt East	SR	28.20 m

## **TEAM RESULTS: Washington [160];**

**Fort Zumwalt North [123]; Wentzville Liberty [120]; Fort Zumwalt South [84]; F; Fort Zumwalt East [36]**

## **ACADEMIC ALL CONFERENCE**

**Wentzville Timberland -**

**Washington - Emma Braun, Liberty Cragun, Trinity Cragun, Julia Donnelly, Kaitlyn Frankenberg, Abigail Gilliat, Abbigail Grafarth, Maddie Guevara, Brianna James, Josie keiser, Ella Kroeter, Mia Mahon, Abigail Meyer, Ao Nomura, Annelise Obermark, Alexis Perriman, Alyssa Repke, Cheyanne Robinson, Matilde Spada, Isabella Von Behren, Leah Wheeler, Teagan Zeh, Zoey Ziegler**

**Fort Zumwalt South -**

## **SPORTSMANSHIP**

**Wentzville Timberland -**

**Washington - Abigail Gilliat**

# **2023 South Varsity Women Track and Field**



## 100 meter dash

Name	School	Year	Time
Alexa Adams	Wentzville Timberland	SO	12.50
Gabrelle Tucker	Wentzville Timberland	SO	12.70
Amelia Ward	Francis Howell	FR	12.88
Tijaria Anthony	Francis Howell Central	SO	13.00

## 200 meter dash

Name	School	Year	Time
Alexa Adams	Wentzville Timberland	SO	25.94
Knia Graham	Wentzville Timberland	FR	26.15
Reagan Peters	Troy Buchanan	FR	26.20
Amelia Ward	Francis Howell	FR	26.92

## 400 meter dash

Name	School	Year	Time
Oakley Anderson	Fort Zumwalt West	SO	1:02.48
Lucy Grier	Francis Howell	SR	1:02.94
Sheridan Utley	Wentzville Timberland	JR	1:03.21

Sarah Moran	Francis Howell	JR	1:03.70
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## 800 meter dash

Name	School	Year	Time
Jocelyn Haynes	Troy Buchanan	FR	2:24.84
Sophia Maupin	Fort Zumwalt West	JR	2:26.87
Evyn Humphrey	Francis Howell	JR	2:27.42
Aslyn Sherwood	Francis Howell	SO	2:27.90

## 1600 meter run

Name	School	Year	Time
Jocelyn Haynes	Troy Buchanan	FR	5:23.17
Evyn Humphrey	Francis Howell	JR	5:24.66
Riley Linville	Fort Zumwalt West	JR	5:27.24
Reese Snyder	Fort Zumwalt West	SO	5:27.46

## 3200 meter run

Name	School	Year	Time
Riley Linville	Fort Zumwalt West	JR	11:59.99

Ella Coulter	Francis Howell	JR	12:13.67
Natalie Sollors	Francis Howell	JR	12:16.45
Cienna Genta	Wentzville Timberland	SO	12:28.95

## 100 meter hurdles

Name	School	Year	Time
Hailey Smith	Wentzville Timberland	SR	16.47
Samantha Hantack	Francis Howell Central	JR	17.31
Brooke Clark	Wentzville Timberland	SO	17.87
Amari Gonzales	Francis Howell	JR	17.90

## 300 meter hurdles

Name	School	Year	Time
Hailey Smith	Wentzville Timberland	SR	47.72
Madison Washington	Fort Zumwalt West	SO	50.36
Brooke Clark	Wentzville Timberland	SO	50.73
Amari Gonzales	Francis Howell	JR	50.96

## 4 x 100 meter relay

<b>Name</b>	<b>Relay member</b>	<b>Time</b>
Wentzville Timberland	Alexa Adams	48.87
	Knia Graham	
	Paityn Slezak	
	Gabrelle Tucker	
Francis Howell	Peyton Nguyen	51.55
	Kylie Poinsett	
	Tanise Lewis	
	Marissa Sidewell	
Troy Buchanan	Reagan Peters	51.57
	Mya Robinson	
	Macie Hunolt	
	Alexis Ellison	
Francis Howell Central	Cameryn Logan	51.86
	Kristian Williams	
	Alexandria Johnson	
	Tijaria Anthony	

## **4 x 200 meter relay**

<b>School</b>	<b>Relay Member</b>	<b>Time</b>
Wentzville Timberland	Sheridan Utley	1:44.82
	Knia Graham	
	Paityn Slezak	

	Gabrelle Tucker	
Francis Howell Central	Cameryn Loagan	1:48.60
	Kristian Williams	
	Alexandria Johnson	
	Tijaria Anthony	
Francis Howell	Amari Gonzales	1:49.08
	Peyton Nguyen	
	Tanise Lewis	
	Marissa Sidewell	
Troy Buchanan	Teryn Brown	1:53.96
	Alexis Ellison	
	Brynna Getz	
	Macie Hunolt	

## 4 x 400 meter relay

Name	Relay Member	Time
Francis Howell	Amelia Ward	4:12.94
	Ashlyn Sherwood	
	Abby Meyer	
	Lucy Grier	
Fort Zumwalt West	Lyla Rider	4:15.92
	Karsyn McDaniel	
	Sophia Maupin	

	Oakley Anderson	
Francis Howell Central	Hannah Halterman	4:33.33
	Reese McDevitt	
	Sydney Belter	
	McKenzie Myers	
Wentzville Timberland	Sheridan Utley	4:35.19
	Elaina Schoene	
	Brooke Clark	
	Aubrey Kaupas	

## 4 x 800 meter relay

School	Relay Member	Time
Fort Zumwalt West	Riley Linville	9:48.39
	Katherine McGrath	
	Oakley Anderson	
	Sophia Maupin	
Francis Howell	Ashlyn Sherwood	9:49.81
	Evyn Humphrey	
	Paige Shinabery	
	Abby Meyer	
Wentzville Timberland	Morgan Puszkas	10:29.96
	Cienna Genta	
	Aubrey Kaupas	

	Kate Cooper	
Francis Howell Central	Madison McGowan	10:46.86
	Ava Breuer	
	Laney Parmaley	
	Camrin Watkins	

## High Jump

Name	School	Year	Height
Linzy Williams	Francis Howell	SR	1.67 m
Resse McDevitt	Francis Howell Central	SO	1.52 m
Mya Robinson	Troy Buchanan	FR	1.52 m
Elinor Weaver	Troy Buchanan	JR	1.47 m

## Pole Vault

Name	School	Year	Height
Lily Arndt	Troy Buchanan	SR	2.89 m
Rebecca McGuire	Francis Howell North	FR	2.89 m
McKenzie Myers	Francis Howell Central	SO	2.29 m
Aubrey Webb	Francis Howell Central	SO	2.29 m

## Long Jump

Name	School	Year	Distance
Breanna Pruitt	Wentzville Timberland	FR	5.03 m
Autumn Trower	Troy Buchanan	JR	4.89 m
Linzy Williams	Francis Howell	SR	4.87 m
Tanise Lewis	Francis Howell	SO	4.80 m

## Triple Jump

Name	School	Year	Distance
Hailey Smith	Wentzville Timberland	SR	10.72 m
Linzy Williams	Francis Howell	SR	10.05 m
Breanna Prewitt	Wentzville Timberland	FR	10.00 m
Lillian Starkey	Troy Buchanan	FR	9.71 m

## Shot Put

Name	School	Year	Distance
Emilia Labruyere	Wentzville Timberland	SR	11.32 m
Ansley Jones	Wenzville Timberland	SR	10.76 m
Addyson Brown	Francis Howell	SO	10.58 m
Kamryn Dixon	Fort Zumwalt West	SR	10.05 m



## Discus

Name	School	Year	Distance
Emilia Labruyere	Wentzville Timberland	SR	41.85 m
Jlynn Humphrey	Troy Buchanan	JR	35.25 m
Addyson Brown	Francis Howell	SO	32.08 m
Gracie Johns	Troy Buchanan	JR	30.69 m

## Javelin

Name	School	Year	Distance
Lauren Rowland	Fort Zumwalt West	JR	38.68 m
Linzy Williams	Francis Howell	SR	31.76 m
Hannah Entwistle	Fort Zumwalt West	SO	28.64 m
Allison McCallum	Wentzville Timberland	FR	27.43 m

**100 m dash Para Wheelchair Angelica Willett/ Francis Howell SR 18.10**

**200 m dash Para Wheelchair Angelica Willett/ Francis Howell SR 39.40**

# **TEAM RESULTS: Wentzville Timberland [171];**

**Francis Howell [154]; Fort Zumwalt West [91]; Troy Buchanan [85]; Francis Howell Central [60]; Francis Howell North [22]**

## **ACADEMIC ALL CONFERENCE**

**Fort Zumwalt West -**

**Francis Howell North - Christian Anderson, Sara Ausbury, Anna Bauer, Rachel Bruemmer, Madeline Dustin, Grace Gaghen, Olivia Gietl, Katelyn Head, Moya Jefferson, Brittany McBain, Rebecca McGuire, Chloe Murray, Ara perez, Autumn Roth, Jayden Slusser, Kayla Spoons, Sydney Staten, Megan Steutermann, Delaney St. John**

**Troy Buchanan - Lily Arndt, Teryn Brown, Madeline Cook, Lauren Diemer, Bryanna Getz, Brooke Gilbert, Abby Goerke, Jocelyn Haynes, Aubrey Higgins, Jlynn Humphrey, Macie Hunolt, Gracie Johns, Alyssa Johnson, Kalea Lewis, Reagan Peters, Lilly Robinson, Mya Robinson, Bella Skibinski, Lillian Starkey, Autumn Trower, Elinor Waever, Angelia Witt**

**Washington -**

**Wentzville Holt - Emma Grace Hieke, Natalie Kiehl, Yulissa Morales, Elizabeth New, Sara Tudor, Lydia Turley, Johanna Watkins, Mariah Zeuschel**

## **SPORTSMANSHIP**

**Fort Zumwalt West -**

**Francis Howell North -**

**Troy Buchanan - Alexis Ellison**

**Washington -**

**Wentzville Holt - Jocelyn Roe**

# **SPRING MEN'S VOLLEYBALL**

## **2023**

### **FIRST TEAM**

<b>FIRST TEAM</b>	<b>SCHOOL</b>
<b>CALEB SMITH</b>	<b>FORT ZUMWALT SOUTH</b>
<b>ANDREW GEIL</b>	<b>FRANCIS HOWELL CENTRAL</b>
<b>CHASE WILLIAMS</b>	<b>FRANCIS HOWELL CENTRAL</b>
<b>JACKSON CAMPBELL</b>	<b>FRANCIS HOWELL CENTRAL</b>
<b>CALEB WHITE</b>	<b>FORT ZUMWALT NORTH</b>
<b>BRADEN POWELSON</b>	<b>FRANCIS HOWELL NORTH</b>
<b>WALTER HAMMOND</b>	<b>FRANCIS HOWELL NORTH</b>

# SECOND TEAM

SECOND TEAM	SCHOOL
LUCAS ULRICH	FORT ZUMWALT SOUTH
SAM MORRISON	FORT ZUMWALT SOUTH
BRADEN HORTON	FRANCIS HOWELL CENTRAL
JACK STOVER	FRANCIS HOWELL NORTH
MASON POINSETT	FRANCIS HOWELL
PRESTON STIEBEL	FORT ZUMWALT WEST
GAVIN RALSTON	FORT ZUMWALT EAST

## PLAYER OF THE YEAR:

CHASE WILLIAMS of FRANCIS HOWELL CENTRAL

## COACH OF THE YEAR:

STEVE LE of FRANCIS HOWELL CENTRAL

# **ALL ACADEMIC**

**Fort Zumwalt East - Etha Tieney, Gavin Ralston, Nick Ostrander, Brayden Philips**

**Fort Zumwalt North - Zachary Bauer, Jeremiah Bender, Jace Davis, Pierce Drakesmith, Connor Hahn, Logan Havermann, Kristian Hnrikson, John Jackson, Jacob Miklas, Caleb White**

**Fort Zumwalt South - Nicholas Branham, Joseph Huez, Connor James, Jacob Kovach, Samuel Morrison, William Orf, Caden Smith, Jared Smith**

**Fort Zumwalt West - Cody Hurt, Jake Johnson, Dominic Tenga-Ramos, Jaydn Stock, Spencer Springmann, Brady Willman, Lewis Wedberg, Josh Lange, Preston Stiebel**

**Francis Howell - Jackson Brady, Cole Bange, Joe Celeste, Benjamin Toebben, Eli Ayers, Mason Poinsett, Michael Nelson, Thomas Thoman**

**Francis Howell Central - Andrew Geil, Connor Myers, Jackson Campbell, Chase Williams, Jason Campbell, Braden Harton, Nolan Fitzpatrick, Andrew Milliken, Colin Schneider, Liam Stover, Trent Adkerson**

**Francis Howell North - Brendan Curtis, Jayden Le, Drake Morris, Braden Powelson, Carter Schroeder, Matthew "Parker"Smith, Jack Stover**

# **SPORTSMANSHIP**

**Fort Zumwalt East - Gavin Ralston**

**Fort Zumwalt North - Logan Havermann**

**Fort Zumwalt South - Jacob Kovach**

**Fort Zumwalt West - Cody Hurt**

**Francis Howell - Joe Celeste**

**Francis Howell Central - T. K. Hardge**

**Francis Howell North - Brendan Curtis**



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# **Dance and Cheer Academics**

**2022 - 2023**

**DANCE**

**Academic**

**FORT ZUMWALT NORTH -**

**WENTZVILLE HOLT - [FALL] --> Shelby Brock, Ava Conway, Madyson Gaudy, Jillian Paddock, Ava Ruble, Mariah Schulz, Hannah Shorts**

**FORT ZUMWALT WEST -**

**WASHINGTON - Isabella Fitzgerald, Ashley Frick, Ava Hackmann, Camille Junkin, Cecilia Maurer, Addyson Meyer, Danielle Newhouse, Emma Page Jillian Witt, Gabrielle Ziglin**

**WENTZVILLE HOLT - Shelby Brock, Ava Conway, Madyson, Gaudy, Adria Heppermann, Madelyn Heuser, Jillian Paddock, Ava Ruble, Mariah Schulz, Hannah Shorts**

**TROY BUCHANAN -**

**FRANCIS HOWELL CENTRAL -**

**SAINT CHARLES WEST -**

## **Sportsmanship**

**WASHINGTON - Gabrielle Ziglin**

**TROY BUCHANAN -**

**SAINT CHARLES WEST -**

## **CHEERLEADING**

### **Academic**

**FORT ZUMWALT NORTH -**

**WENTZVILLE HOLT - [FALL] --> Mia Barbero, Madelyn Christel, Molly Hunn, Erris McLain, Courtney Rikard, Brooke Schottel,**

**Audrey Stanfill, Alexis Vohsen, Callie Waltz, Brianna Wasser,  
Sarak White, Reece Wilmes**

**WENTZVILLE HOLT [WINTER]--> Mia Barbero, Madelyn Christel,  
Molly Hunn, Erris McLain, Courtney Rikard, Brooke Schottel,  
Audrey Stanfill, Alexis Vohsen, Callie Walz, Brianna Wasser, Sarah  
White, Reece Wilmes**

**FORT ZUMWALT WEST -**

**WASHINGTON - Brooke Holtmeyer, Carly Hamlyn, Brooklyn  
Holdmeier, Ruby Mitchum, Maureen Groppe, Holly Lottmann,  
Hailey Barton, Olivia Jensen, Mackenzie Helms, Hazel Koper**

**WENTZVILLE HOLT -**

**TROY BUCHANAN -**

**FRANCIS HOWELL CENTRAL -**

**FORT ZUMWALT SOUTH -**

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## **Sportsmanship**

**WASHINGTON - Carly Hamlyn**

**TROY BUCHANAN -**

**-END-**

