



GATEWAY ATHLETIC CONFERENCE

Duchesne Fort Zumwalt East Fort Zumwalt North Fort Zumwalt South Fort Zumwalt West
 Francis Howell Francis Howell Central Francis Howell North
 Saint Charles Saint Charles West Troy Buchanan Warrenton
 Washington Wentzville Holt Wentzville Timberland

2007 FALL CONFERENCE CHAMPIONS

SPORT

Boys Cross Country
Girls Cross Country
Football
Boys Soccer
Softball
Girls Volleyball

North Division

Washington
 Washington
 FZ North/Timberland/Washington
 Duchesne/St. Charles West
 Wentzville Timberland
 Duchesne

South Division

Francis Howell North
 Ft. Zumwalt South
 Ft. Zumwalt West
 Ft. Zumwalt West
 Wentzville Holt
 Howell/FHN/FHC

SPORT

Girls Golf
Boys Swimming
Girls Tennis

Conference Champion

Francis Howell Central
 Ft. Zumwalt West
 Francis Howell North

2007 North Boys Soccer

FORWARDS

1st Team	Brandon Sudbrock	Jr.	St. Charles
	Johnny O'Mara	Sr.	Duchesne
2nd Team	R. B. Beekley		St. Charles West
	Keith Williams		Ft. Zumwalt North
H.M.	Alex Thebeau		St. Charles West

Ethan Garcia
Dan Logan

Warrenton
Washington

MIDFIELDERS

1st Team	Greg Pardo	Sr.	Duchesne
	P. C. Frauen	Sr.	St. Charles West
	Sam Farris	Sr.	Washington
	Kory Kohlmann	Sr.	St. Charles
2nd team	Josh Bennett		Duchesne
	Spencer Cope		Duchesne
	Travis Sparks		Timberland
	Donny Gesell		St. Charles West
H.M.	Ryan Woolf		Warrenton
	Tim Hanify		Washington
	Mark Houchins		Ft. Zumwalt North
	John Shannahan		St. Charles

DEFENDERS

1st Team	Brad Leonard	Sr.	Timberland
	Nick Mummert	Sr.	St. Charles West
	Tim Ayres	Sr.	Duchesne
	Clayton Graham	Jr.	Duchesne
2nd Team	Adam Dwiggin		St. Charles
	Shawn Williams		Ft. Zumwalt North
	Alex Durham		Duchesne
	Mike Turner		St. Charles West
H.M.	Ryan Mitchell		Duchesne
	Dan Dreyer		Warrenton
	Derek Rehagen		Timberland
	Tim Wallace		Washington
	Cody O'Brien		Ft. Zumwalt North
	Tony Carlo		Ft. Zumwalt North
	Sam Plummer		St. Charles

KEEPER

1st Team	Jake Becher	So.	Duchesne
2nd Team	Clayton Kolkmeier		Timberland
	John Patrico		St. Charles

Sportsmanship Award

Duchesne	Ryan Mitchell
Warrenton	Justin Vierdag
Washington	Danny DiFatta
St. Charles	Joe Buse
Timberland	Rob Coe
Ft. Zumwalt North	Tony Carlo
St. Charles West	Seth Strege

All-Academic Team

Duchesne – Paul Amiri, Tim Ayres, Matt Barrow, Jake Becher, Josh Bennett, Gerard Choinka, Spencer Cope, Brenden Covilli, Sean Dougherty, Alex Durham, Ryan Mitchell, Greg Pardo

Warrenton – Chris McCulloch, Willy Hawley, Daniel Dreyer, Mike Niederer, Sam Hargrove, Ethan Garcia, Matt Wheeler, Hung Trieu, Ryan Woolf, Adam Nickelson, Garrett Brewes

Washington – Tim Hanify, Nick Leslie, Lucas Bigford, Cooper Thurston, Nate Kalish,, Andrew Schull, Tom Evertsson, Danny DiFatta, Joe Zehnle, Adam Bugele, Tim Wallace, Eric Grisham, Alex Havermann

St. Charles – Joe Buse, Matt Cathey, Nathan Cathey, Adam Dwigins, John Patrico,, Albert Preli, Sam Plummer, John Shanahan, Nick Wootten, Joel Zahner

Timberland – Jon Canada, Zach Carmichael, Rob Coe, Ian Fields, Dexter Fingers, Chris Godwin, Clayton Kolkmeier, Josh Lanier, Chad Lionberger, Derek Rehagen, Travis Sparks, Eddie Tokraks, Jack Walsh, Brady Williams

Ft. Zumwalt North – Joe Hessel, Andrew Sneed, Eric Stoll, Cody O'Brien, Tony Carlo, Paul Bruening, Joey Duvall, Shawn Williams, Kevin Bean, Alex Kersting, Daylen Fink, Jeremy Keoning, Keith Williams, Jeff Smith, Matt Teffer, Mark Houchins, Scott Purcel

St. Charles West – Aaron DeForest, PC Frauen, Oscar Fuentes, Donnie Gesell, Joe Hallemeier, Sam Hallemeier, Andrew Heien, Joe Larson, Nick Mummert, Seth Strege

2007 South Boys Soccer

FORWARDS

1st Team	David Scwer	Sr.	Ft. Zumwalt West
	Kalen Rau	Sr.	Troy Buchanan
	Alioune Gueye	Sr.	Ft. Zumwalt South
2nd Team	Tim Toolen	Sr.	Wentzville Holt
	Andrew Chapman	Jr.	Ft. Zumwalt South
H.M.	Nathan Branham	Sr.	Troy Buchanan
	Scott Hunter	Jr.	Francis Howell

MIDFIELDERS

1st Team	Dan Moyers	Sr.	Francis Howell North
	Danny Towers	Sr.	Ft. Zumwalt South
	Jared Gain	Jr.	Ft. Zumwalt West
	Josh Funke	So.	Ft. Zumwalt West
2nd Team	Nate Heryford	Sr.	Francis Howell
	Matt Seago	Sr.	Troy Buchanan
	Osumane Gueye	So.	Ft. Zumwalt South
	Providence Tucker	Sr.	Francis Howell
H.M.	Dylan Carter	So.	Ft. Zumwalt West
	Jared Ray	So.	Troy Buchanan
	Logan North	So.	Francis Howell North
	Robbie Bajier	So.	Ft. Zumwalt West

DEFENDERS

1st Team	Dan Frohock	Jr.	Ft. Zumwalt West
	Eric Hutson	Sr.	Francis Howell North
	Lane Pagano	Sr.	Troy Buchanan
2nd Team	Austin Michelson	Jr.	Francis Howell

	Joe Macke	So.	Francis Howell Central
	Jon Schreiber	So.	Ft. Zumwalt South
	Tim Fry	Sr.	Francis Howell North
H.M.	Brian Oechsner	Sr.	Troy Buchanan
	Tom Vincenc	Jr.	Ft. Zumwalt West
	Jarek Main	Sr.	Wentzville Holt
	Ben Glover	Jr.	Ft. Zumwalt West

KEEPER

1st Team	Eric Stanowski	Jr.	Francis Howell North
2nd Team	Shane Myers	Sr.	Troy Buchanan
H.M.	Andrew Riggs	So.	Ft. Zumwalt South

Sportsmanship Award

Francis Howell North	Andrew Klump
Ft. Zumwalt west	Dan Brinkmeyer
Francis Howell Central	Dan Duhadway
Ft. Zumwalt South	Andrew Riggs
Wentzville Holt	Jarek Main
Francis Howell	Caleb Wuertenberg
Troy Buchanan	Brett Oeschner

All-Academic Team

Ft. Zumwalt West – Robbie Bajier, Taylor Barthels, Jason Dorn, Dan Frohock, Jared Gain, Ben Glover, Brad Jacobsen, Alex Luetkemeyer, Kyle Merry, Kyle Morris, Patrick Morris, Ricky Morris, David Schwer, Alex Tichy, Tom Vincene

Ft. Zumwalt South – Brian Aubuchon, Andrew Chapman, Joseph Cicerelli, Kyle Fagan, Ethan Gilkey, Justin Gomez, Zachary Gomez, Alioune Gueye, Ousmane Gueye,

Timothy Lambing, Francis Lamzik, Dane O'Keefe, Kevin Randazzo, Andrew Riggs, Jonathan Schreiber

Francis Howell – Kyle Gault , Josh Kerns, Nathan Heryford, Providence Tucker, Winston Wolf, Cory Herweck , Tim Holmes, Austin Michelson, Jake O'Neill, Grant Rabus, Justin Williams

Francis Howell North - Nick Berra, Tyler Bolte, Matt Clohessy, Ryan Firle, Thomas Flack , Robbie Friedlein, Tim Fry, Luke Griesenauer, Ryan Harney, Eric Hutson, Kyle Kingston, Daniel Kirkpatrick, Andrew Klump, Max Nagel, Logan North, Etienne Perrault, Brian Peth, Zack Short, Eric Stanowski, Kyle Morse

Francis Howell Central – Zach Rascher, Mike Sprague, Dan Duhadway, Dan Hurst, Mike Rozycki, David Sanford, Jeff Shadrach, Jake Voss, Josh Walters, Paul Haluszczak, Matt Kiley, Joe Macke

Troy – Nathan Branham, Lane Pagano, Shane Myers, Matt Seago, Jamie Hawkins, Brian Oechsner, Ryan Chapman, Matt Graviett, Dirk Pueters, Aaron Lacy, Jacob Brown , Brad Howell, Kelsey Flynn

Holt – Mark Andrew , Steve Dickherber, Kyle Haas, Cullen Halpin, Danny Jack, Josh Linton, Danny Magnin, Jarek Main, Colin Park , Jared Park , Eric Schierbecker, Kory Wagner, Josh Ward, Eric Warrington

2007 North Boys Cross Country

NAME	TIME	SCHOOL
Shawn Goebel	16:45	Washington
Josh Buschling	16:57	Washington
Matt Cathey	16:58	St. Charles
Kolby Dennis	16:59	Wentzville Timberland
Zach Lhamon	17:02	Ft. Zumwalt East
Derrick McKee	17:02	Wentzville Timberland
Matt Wilkinson	17:03	Ft. Zumwalt East
Josh Janisse	17:06	Ft. Zumwalt North
Brett Klosterhoff	17:07	St. Charles West
Joel Shortt	17:09	Warrenton

Jake Benton	17:14	Ft. Zumwalt North
Daniel Mann	17:17	Washington

Sportsmanship Award

Duchesne
Warrenton
Washington
St. Charles
Timberland
Ft. Zumwalt North
St. Charles West

All-Academic Team

Duchesne – missing

Warrenton – missing

Washington – missing

St. Charles – Beau Hanmore, Scott Auchly, Andrew Nuemann, Matt Cathey, Kevin Dudley

Timberland – missing

Ft. Zumwalt North – Barrett Smith, Jacob Benton, Joshua Janisse, Daniel Wortman, Alexander Berich, Zachary Mueller

St. Charles West – Kameron Broeker, Weston Cundiff, Daniel Duncan, Michael Easton, Brett Klosterhoff, Matthew Pence, Ryan Schmidt, Taylor Shaeffer

2007 South Boys Cross Country

NAME	TIME	SCHOOL
Matt Schwab	15:48.8	Francis Howell North
Nick Happe	15:54.7	Francis Howell North
Patrick Keeley	16:19.6	Francis Howell
Nate Shipley	16:20.8	Francis Howell North
Tyler Mullen	16:36.9	Ft. Zumwalt South
Eric Schulte	17:00.9	Ft. Zumwalt South
Nick Dunn	17:27.7	Francis Howell
Tre Barnes	17:30.6	Ft. Zumwalt West
Zach Nichols	17:38.4	Francis Howell North
Zach Shollar	17:40.8	Francis Howell North
Eric Schulte	17:42.5	Francis Howell Central
Ryan Caldwell	17:42.9	Ft. Zumwalt South

Sportsmanship Award

Francis Howell North

Ft. Zumwalt west

Francis Howell Central

Ft. Zumwalt South

Wentzville Holt

Francis Howell

Troy Buchanan

Shane Watts

All-Academic Team

Ft. Zumwalt West – missing

Ft. Zumwalt South – Zachary Anderson, Michael Burleson, Travis Grasser, Tyler Mullen

Francis Howell – missing

Francis Howell North - Tom Curran, Nick Happe, Matt Lane, Andrew Schwab, Matt Schwab, Zach Shollar, Zach Nichols

Francis Howell Central – missing

Troy – missing

Holt – missing

2007 North Girls Cross Country

NAME	TIME	SCHOOL
Lauren Collette	19:48	Ft. Zumwalt North
Hannah Colter	20:01	Washington
Megan Wood	20:05	Washington
Mackenzie Cely	20:15	St. Charles West
Meghan Stark	20:27	Warrenton
Nicole Arnold	20:30	Warrenton
Celia Venezia	20:39	Washington
Jade Clarice	20:45	Wentzville Timberland
Talia Youngstrom	20:46	Ft. Zumwalt North
Emily Marlow	20:48	Washington
Ali Slusher	20:54	Ft. Zumwalt North
Micah Haynes	21:01	Washington

Sportsmanship Award

Duchesne
Warrenton
Washington
St. Charles
Timberland
Ft. Zumwalt North
St. Charles West

All-Academic Team

Duchesne – missing

Warrenton – missing

Washington – missing

St. Charles – Heather Adair, Moira Smyth, Kelly Smyth, Kirstie Lassanske, Joanna Shelton

Timberland – missing

Ft. Zumwalt North – Erin Benne, Lauren Collette, Samantha Hill, Talia Youngstrom, Alexandra Slusher

St. Charles West – Kimberly Allen, Maggie Cely, Makenzie Cely, Erica Easton, Katelyn Fitter, Cynthia Fyfe, Brook Huddleston, Bethany Hutchins, Tara Jamison, Madison Malloy, Courtney Mason, Rachel McDonnell, Carrie Morris, Kasey Neville, Cassandra Orf, Kelsey Ricketts, Katie Schlichter, Christine Schmid, Laurie Schmidt, Mary Wade, Lynna Ward, Elise Widaman

2007 South Girls Cross Country

NAME	TIME	SCHOOL
Rikke Watts	19:56.3	Ft. Zumwalt South

Kaitlin Neurohr	20:16.8	Ft. Zumwalt South
Noel Burke	20:27.3	Ft. Zumwalt South
Lily Bremer	20:37.8	Francis Howell Central
Miranda Eckhardt	20:38.7	Francis Howell
Kayla Scott	20:39.7	Francis Howell Central
Kristin Jennings	20:40.9	Ft. Zumwalt South
Christy Hazel	20:52.1	Francis Howell Central
Raylyn Nuss	20:57.5	Ft. Zumwalt West
Kathryn Byrne	21:00.7	Ft. Zumwalt South
Lori Binder	21:03.2	Ft. Zumwalt South
Kayla Noble	21:05.5	Francis Howell North

Sportsmanship Award

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

Karen Fackler

All-Academic Team

Ft. Zumwalt West – missing

Ft. Zumwalt South – Lori Binder, Noel Burke, Kathryn Byrne, Kristen Jennings, Kaitlin Neurohr, Kara Rood, Rikki Watts, Lauren Welsch

Francis Howell – missing

Francis Howell North - Betsy Blanchard, Jessica Heupel, Elizabeth Johnson, Diana Prost, Kayla Noble, Erin Martin

Francis Howell Central – missing

Troy – missing

Holt – missing

2007 Girls Golf Medallists

SPORTSMANSHIP

Troy Buchanan

Constance Berneking

All-Academic Team

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Ft. Zumwalt West – missing

Ft. Zumwalt South – Brooke Ball, Kenna Bogue, Madeline Conlin, Amanda Mueller

Francis Howell – Taylor Daub, Haley Minahan, Cheryl Heger

Francis Howell North – Rebeka Kleinsmith, Claire Schwab, Alexis Strouse, Ashlee Schneider

Francis Howell Central – missing

Troy – missing

Holt – missing

2007 Girls Tennis

#1 SINGLES

1st	McElheny	Francis Howell North
2nd	Hawkins	Troy Buchanan
3rd	Hays	Francis Howell

#2 SINGLES

1st	Zielinski	Francis Howell North
2nd	Cryus	Wentzville Holt
3rd	Viau	Francis Howell Central

#3 SINGLES

1st	Roberts	Francis Howell North
2nd	Smith	Troy Buchanan
3rd	Smith	Ft. Zumwalt South

#4 SINGLES

1st	Rhea	Troy Buchanan
2nd	Street	Francis Howell North
3rd	Rosales	Francis Howell

#1 DOUBLES

1st	Alderson-Alderson	Francis Howell North
2nd	Phillips-Hacker	Wentzville Holt
3rd	Anderson-Hyde	Ft. Zumwalt West

#2 DOUBLES

1st	Baniak-Payne	Francis Howell North
2nd	Baluyut-Wolf	Ft. Zumwalt West
3rd	Bugler-Weller	Duchesne

#3 DOUBLES

1st	Bland-Chandel	Francis Howell North
2nd	Barrob-Jenkins	Troy Buchanan
3rd	Avdagic-Fieser	Ft. Zumwalt West

SPORTSMANSHIP

Troy Buchanan Lauren Lacey

All-Academic Team

Duchesne – Holly Schmidt, Megan Schmidt, Katie Hogan, Lauren Bellm, Kim Baker, Jessica Collins, Theresa Baker, Sydney Bugler, Audrey Mecklenburg, Megan Stein

Francis Howell – Becky Volle, Ashleigh McMasters, Krista Carmon, Lindsey Hays, Betsy Phelps, Kayla Rosales, Katie Brown, Jamie Porter

Wentzville Holt– missing

Ft. Zumwalt South – Hanna Bratcher, Alicia Dolbashian, Roxann Elder, Melissa Mahoney, Jordan McElligot, Alexandra Nemece, Elaine Smith, Brittney Vigna, Nicole Vigna

Troy Buchanan – missing

Ft. Zumwalt West – missing

Francis Howell North – missing

Francis Howell Central - missing

2007 North Girls Volleyball

1st Team	Andrea Beaty	Washington
	Mary Cunningham	St. Charles West
	Andi Neff	Duchesne
	Danielle Fuchs	Duchesne
	Erin Bekebrede	St. Charles
	Kelsey Kennedy	Timberland
2nd Team	Allison Naumann	St. Charles West
	Melanie Pieper	Duchesne
	Holly Lammert	Duchesne
	Caitlin Quinn	Warrenton
	Madison Kelly	Timberland
	Brianne Boland	Washington

H.M.	Katie Saettele	Duchesne
	Erika Holmes	St. Charles West
	Briann Joslin	St. Charles
	Katy Nickols	Timberland
	Alisha Skaggs	Washington
	Casey Knaust	Ft. Zumwalt North

Sportsmanship Award

Duchesne	Allison Blase
Warrenton	Caroline Wood
Washington	Olivia Kimminau
St. Charles	Chelsey Prost
Timberland	Molly Marroquin
Ft. Zumwalt North	Rebecca Vehige
St. Charles West	Chassity Davis

All-Academic Team

Duchesne – Andi neff, Danielle Fuchs, Melanie Pieper, Holly Lammert, Allison Blase, Kara Trader, Megan Brandt, Katie Saettele, Jenny Howard, Talia Fields, Abbie O'Mara

Warrenton – missing

Washington – Andrea Beaty, Hannah Seitter, Anna Holtermann, Olivia Kimminau, Melinda Smith, Brianne Boland, Jordan Dietl, Kayla Bierbaum, Erica Sumner, Tiffany Borgerding

St. Charles – Briann Joslin, Erin Bekebrede, Tori Fenemor, Nicole Bruening, Katie Bryan, Jenna Budde, Morgan Wootten

Timberland – missing

Ft. Zumwalt North – Samantha Hundelt, Kristy Dickbernd, Mollie Jackman, Taryn Ballmann, Rebecca Vehige, Jill Rothermich, Casey Knaust, Bridget Lamb, Alayna Hitz

St. Charles West – Bri Baldwin, Alicia Bearden, Mary Cunningham, Brooke Dudley, Andrea Haney, Ericka Holmes, Clare Judge, Allison Naumann, Ali Pieper, Kelsey Ring, Emily Svoboda

2007 South Girls Volleyball

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1st Team	Calli Norman	Francis Howell Central
	Kristy Dreisewerd	Francis Howell
	Kayla Jensen	Wentzville Holt
	Jessica Boyd	Troy Buchanan
	Anna Snider	Francis Howell North
	Abby McAllister	Ft. Zumwalt West
2nd Team	Chrysa Goris	Francis Howell North
	Hilarie Dieckhaus	Francis Howell
	Brianna Bernardy	Francis Howell Central
	Laci Lutz	Francis Howell
	Kathryn Leetch	Ft. Zumwalt West
	Kendall Blanzzy	Francis Howell North
H. M.	Kathryn Ingerslew	Ft. Zumwalt South
	Emily Sieb	Francis Howell Central
	Danielle Fetsch	Ft. Zumwalt West
	Taylor Bixby	Wentzville Holt
	Nicole Hopp	Francis Howell North
	Megan Mennemeyer	Troy Buchanan

Sportsmanship Award

Ft. Zumwalt South	Cait Beckett
Ft. Zumwalt West	Paife Zimmermann
Francis Howell	Ashleigh Stear
Francis Howell Central	Lisa Priaulx
Francis Howell North	Katie Gallagher
Troy Buchanan	Sara Mennemeier
Wentzville Holt	Tara Williams

All-Academic Team

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Ft. Zumwalt West – Julia Duran, Paige Echimovich, Ashley Eining, Danielle Fetsch, C. J. Herrman, Kathryn Leetch, Abby McAllister, Laura Mingue, Amber Mosley, Megan Venneman, Devinne Walters, Paige Zimmermann

Ft. Zumwalt South – Rae Wheeler, Sarah Tegarden, Kathryn Ingerslew, Cait Beckett, Sydney Kroupa, Madison Farrier, Jessie LeChance, Jamie Bethmann, Emily Mills, Emily Pellegrino, Megan Kramer

Francis Howell – Kristy Dreisewerd, Hilarie Dieckhaus, Laci Lutz, Ashleigh Stear, Lindsey Schreck, Casey Reynolds, Ashleigh Rodrigues, Kristen Stermon

Francis Howell North – Anna Snider, Nicole Hopp, Lauren Ritter, Katie Galagher, Kara Hammann, Chelsea Eifert, Kendall Blanz, Kim Doerhoff, Kaitlyn Fouch, Chrysa Goris, Jana Huebner

Francis Howell Central – Kara Sackman, Katie O'Leary, Brianna Bernardy, Call Norman, Lisa Prilaux, Megan Dillon, Lindsay Halbert, Emily Sieb, Lauren Ruhmann

Troy – Betsy Bouldin, Jessica Boyd, Becky Brown, Elizabeth Crane, Maggie Flynn, DeAnna Lindemann, Sara Mennemeier, Becky Mennemeyer, Megan Menneneyer, Katie Pryor

Holt – Taylor Bixby, Cristen Clay, Lauren Corbett, Sammie Heppermann, Kayla Jensen, Danielle Promaroli, Marley Schwendemann, Tara Williams

2007 North Softball

PITCHERS

1st Team	Jessica Eicholz	Sr.	Washington
	Bailey Dockery	Sr.	Timberland
2nd Team	Wendy Macias	Fr.	Duchesne
	Stephanie Rasch	Sr.	St. Charles West
H.M.	Lauren Grotpeter	Jr.	Warrenton
	Tyler Lilja	So.	Ft. Zumwalt North

CATCHERS

1st Team	Brittany Rozier	So.	Timberland
2nd Team	Emily Zull	Fr.	St. Charles West
H.M.	Catie Josten	Jr.	Duchesne

UTILITY PLAYER

1st Team	Logan Stapp	Jr.	Washington
	Melissa DeCosty	Jr.	Duchesne
2nd Team	Lauren Wilkins	Sr.	St. Charles
	Bri Raterman	Sr.	Warrenton
H.M.	Abby Smith	So.	Ft. Zumwalt North
	Madeline Brown	Jr.	Duchesne

INFIELDERS

1st Team	Whitney Eufinger	Sr.	St. Charles
	Erica Bruns	Jr.	Washington
	Jessica Long	Sr.	Timberland
	Chanese Witt	Sr.	Timberland
	Brittany Pauley	Sr.	Warrenton

2nd Team	Danielle Mallinckrodt	Sr.	St. Charles West
	Andrea McNair	Jr.	Timberland
	Riley Zull	Jr.	St. Charles West
	Emily Kersting	Jr.	Ft. Zumwalt North
	Samantha Burkart	Jr.	Duchesne

H.M.	Lacey Laird	Sr.	Warrenton
	Morgan Shipley	Jr.	St. Charles
	Sarah Vanhooser	So.	Ft. Zumwalt North
	Jordan Denker	So.	St. Charles West
	Meredith Schoene	Sr.	Duchesne

OUTFIELDERS

1st Team	Sarah Harris	Jr.	St. Charles West
	Jenna Clayton	Jr.	Washington
	Abbie Albietz	Sr.	Timberland
	Tara Macias	Jr.	Duchesne

2nd Team	Kelsey Riner	Jr.	St. Charles
	Kathryn Steimel	Sr.	Duchesne
	Sarah Meyers	Sr.	Warrenton
	Melissa Searle	So.	Timberland

H.M.	Ashley Burton	Sr.	St. Charles West
	Juli Horsford	So.	St. Charles West
	Emily Ernst	Jr.	Ft. Zumwalt North
	Brittany Reimer	Sr.	Duchesne

Sportsmanship Award

Duchesne	Kathryn Steimel
Warrenton	Casey Witthaus
Washington	Jill Griffin
St. Charles	Angela Trupiano
Timberland	Shelby Zytko
Ft. Zumwalt North	Emily Kersting, Sarah Vanhooser
St. Charles West	Ashley Burton

All-Academic Team

Duchesne – Meredith Schoene, Melissa DeCosty, Samantha Burkhart, Tara Macias, Catie Josten, Jessica Zahner, Lisa Weber, Kathryn Steimel

Warrenton – Bri Raterman, Debbie Heggemann, Lauren Grotpeter, Michael Grotpeter, Brooke Kassing, Amy Bonstell, Ashley Smith, Krista Smith, Lacey Laird, Kerri Cunningham, Brittany Pauley, Sarah Meyers, Becca Etcher, Casey Witthaus

Washington – Megan Westhoff, Erica Bruns, Stephanie Sherman, Erin Hellebusch, Allison Enderle, Jill Griffin, Rachel Rohlfing, Samantha Swaim, Sam Zumsteg, Ellen Hoffman, Logan Stapp, Jessica Eichholz

St. Charles – Erin Bradley, Whitney Eufinger, Danielle Helderle, Rachelle Kiel, Elesha Klinghammer, Kayla Lash, Tara Muehlbauer, Taylor Riner, Morgan Shipley, Angela Trupiano, Lauren Wilkins

Timberland – Andrea McNair, Kristy Kelly, Brittany Rozier, Jessica Long, Melissa Searle, Morgan Hawk, Bailey Dockery

Ft. Zumwalt North – Kirstin Brzycki, Alexis Cook, Emily Ernst, Emily Kersting, Tyler Lilja, Kelsey Ponder, Jennifer Rank, Abby Smith, Sarah Vanhouser

St. Charles West – Ashley Burton, Jordan Denker, Juli Horsford, Danielle Mallinckrodt, Stephanie Rasch, Courtney Staggemeier

2007 South Softball

PITCHERS

1st Team	Ashley Bolda	Sr.	Holt
	Kristen Felker	Jr.	Francis Howell
2nd Team	Kinsey Melchior	Sr.	Ft. Zumwalt West
	Liz Grover	Jr.	Troy
H.M.	Jessica Tierney	Jr.	Ft. Zumwalt West
	Melanie Urbaniak	Sr.	Ft. Zumwalt South

CATCHERS

1st Team	Aly Watson	Jr.	Ft. Zumwalt South
2nd Team	Brooke Whiteside	Jr.	Francis Howell North
H.M.	Angi Freeborn	Sr.	Ft. Zumwalt West
	Alyssa Baumbach	Jr.	Troy

UTILITY PLAYER

1st Team	Joanna Leath	Sr.	Francis Howell Central
	Molli Updegraff	Sr.	Ft. Zumwalt South
2nd Team	Chelsea Zerrer	Jr.	Troy
	Emily Struempf	Sr.	Francis Howell
H.M.	Sarah Shanika	So.	Francis Howell Central
	Blythe Clubb	Jr.	Ft. Zumwalt West
	Ashley Peters	Jr.	Holt

INFIELDERS

1st Team	Courtney Locke	Jr.	Ft. Zumwalt West
	Randi Yousey	So.	Francis Howell North

	Ashley Huecker	So.	Holt
	Alexa Grubb	So.	Francis Howell Central
	Jackey Branham	Jr.	Troy
2nd Team	Destiny Politte	Sr.	Ft. Zumwalt West
	Lindsey Craig	So.	Francis Howell North
	Kelly Kroeger	Sr.	Ft. Zumwalt South
	Kayla Short	So.	Francis Howell
	Kelsey Johnley	Sr.	Troy

H.M.	Nicole Crain	Sr.	Holt
	Cate Simpson	Fr.	Ft. Zumwalt South
	Michelle Folta	Sr.	Troy
	Jackie Griffin	Sr.	Francis Howell North
	Alexis Baez	Jr.	Francis Howell Central
	Shea Dean	Fr.	Francis Howell

OUTFIELDERS

1st Team	Chelsie Crain	Jr.	Holt
	Mary Kate Townley	So.	Ft. Zumwalt West
	Kathryn Gaehle	Sr.	Francis Howell Central
	Erica Struempf	Sr.	Francis Howell

2nd Team	Sarah Henke	So.	Francis Howell North
	Cassie Boehm	Jr.	Troy
	Jordan Dollar	Jr.	Francis Howell Central
	Abbie Harcourt	Jr.	Holt

H.M.	Katie Janis	Jr.	Ft. Zumwalt South
	Rachel Rhode	Jr.	Ft. Zumwalt West
	Nikki Dunard	JR.	Troy
	Michelle Richardson	Jr.	Troy

Sportsmanship Award

Ft. Zumwalt West	Rachel Rhode
Ft. Zumwalt South	Molly Boevers
Francis Howell	Jen Schalk
Francis Howell North	Jackie Griffin
Francis Howell Central	Brittany Mirth
Troy Buchanan	Kathryn Wiss
Wentzville Holt	Margaret Hunn

All-Academic Team

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Ft. Zumwalt West – Lauren Berkbueglar, Blythe Clubb, Angela Freeborn, Melanie Hager, Courtney Locke, Kinsey Melchior, Katie Moore, Destiny Politte, Rachel Rhode, Chelsey Snead, Jessica Tierney, Mary Kate Townley

Ft. Zumwalt South – Molly Boevers, Katie Janis, Kelly Kroeger, Kayla Leeser, Chelsea Nemec, Kacey Scharnhorst, Brittany Schmidt, Cate Simon, Melanie Urbaniak, Aly Watson, Samantha Hellman, Mandy Smith

Francis Howell – Erica Struempf, Brittney Joseph, Ashley Belcher, Kristen Felker, Paige Leible, Allison Belcher, Emily Struempf, Emily Johnson, Courtney Kiel, Jen Schalk, Samantha Cleveland

Francis Howell North – Randi Yousey, Sarah Henke, Jackie Griffin, Torie Stepanek, Holly Cracraft, Katie Stock

Francis Howell Central – Alexis Baez, Jordan Dollar, Allison Francis, Joanna Leath, Brittany Mirth, Kate McDevitt, Christine Ulses

Troy – Cassie Boehm, Alyssa Baumbach, Michelle Richardson, Kayla Calvin, Nichole Dunard, Chelsea Zerrer, Kathryn Wiss, Jackelleyn Branham, Elizabeth Grover, Michelle Folta, Kelsey Johnley, Kaitlyn Williams

Holt – Ashley Bolda, Chelsie Crain, Nicole Crain, Abbie Harcourt, Margaret Hunn, Aubriana Perez, Ashley Peters, Chelsea Tossing, Ellen Wilson

2007 BOYS SWIMMING CHAMPIONS

200 yard Medley Relay [Record: 1:40.81, FZS, 2000]

1st	Joe Schroeder Steve Wood Ryan Tschannen Chris Jordan	Francis Howell	1:43.08
2nd	Matt Friedhoff Trace Curvey Cody Friedhoff Tom Gannon	Ft. Zumwalt South	1:44.95
3rd	Stephen Grimm Jerod Simek Andrew Simek Jonathan Washko	Ft. Zumwalt West	1:44.97

200 yard Freestyle [Record: 1:47.34, Ben Mamroth, FZW, 2006]

1st	Chris Jordan	Francis Howell	1:50.08
2nd	Kyle Renne	Timberland	1:50.87
3rd	Nate Weiss	Francis Howell North	1:51.84

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

1st	Steve Wood	Francis Howell	2:01.03
2nd	Cody Friedhoff	Ft. Zumwalt South	2:04.62
3rd	Matt Friedhoff	Ft. Zumwalt South	2:05.22

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

1st	Tom Gannon	Ft. Zumwalt South	22.95
2nd	Kevin Bennett	Ft. Zumwalt South	23.02
3rd	Adam Seiler	Ft. Zumwalt South	23.50

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

1st	Nick Graeser	Ft. Zumwalt West	326.00
2nd	Garrett Slezak	Ft. Zumwalt West	319.45
3rd	Danny Zammit	Ft. Zumwalt South	313.65

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

1st	Andrew Simek	Ft. Zumwalt West	54.43
2nd	Kyle Renne	Timberland	55.44
3rd	Dan Zagaja	Holt	58.52

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

1st	Chris Jordan	Francis Howell	48.96
2nd	Tom Gannon	Ft. Zumwalt South	49.61
3rd	Adam Seiler	Ft. Zumwalt South	52.53

500 yard Freestyle [Record: 4:47.25, Ben Mamroth, FZW, 2006]

1st	Cody Friedhoff	Ft. Zumwalt South	4:56.52
2nd	Jerod Simek	Ft. Zumwalt West	4:56.96
3rd	Matt Owens	Timberland	5:10.60

200 yard Freestyle Relay [Record: 1:32.05, FZS, 2005]

1st	Matt Friedhoff Kevin Bennett Cody Friedhoff Tom Gannon	Ft. Zumwalt South	1:34.85
2nd	Jonathan Washko Dennis Cody Kyle Hoffner Rhys Jewett	Ft. Zumwalt West	1:38.25
3rd	Mason Meyer Adam Hockman Matte Owens Kyle Renee	Timberland	1:38.63

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

1st	Nate Weiss	Francis Howell North	56.11
2nd	Matt Friedhoff	Ft. Zumwalt South	58.41
3rd	Joe Schroeder	Francis Howell	58.83

100 yard Breaststroke [Record: 1:00.85, Steve Wood, 2007]

1st	Steve Wood	Francis Howell	1:00.85
2nd	Andrew Simek	Ft. Zumwalt West	1:02.10
3rd	Trace Curvey	Ft. Zumwalt South	1:04.74

400 yard Freestyle Relay [Record: 3:21.38, FZS, 1998]

1st	Ryan Tschannen Joe Schroeder Steve Wood Chris Jordan	Francis Howell	3:26.81
2nd	Kevin Bennett Matthew Wacker Adam Seiler Trace Curvey	Ft. Zumwalt South	3:29.54
3rd	Stephen Grimm Rhys Jewett Jerod Simek Andrew Simek	Ft. Zumwalt West	3:37.05

All-Academic Team

Ft. Zumwalt South - Kevin Bennett, William Findlay, Tom Gannon, Daniel Meinershagen, Eric Roberts, Matthew Wacker, Tyler Wirkus, Ryan Yarber, Danny Zammit

Francis Howell North - Brad Rapert, Nate Weiss

Ft. Zumwalt North - Michael Reagan, Justin Boker, Daniel price, Tim Banowetz, Joe Veal-Briscoe, Justin Byers, Joshua Geusz, Brandon Herman