



## Overview of RH Athletics Achievements 2011-12

RH Seniors who have participated in three seasons (We had 17 this year.)

Aiken,Patrick	M	12	Rush Henrietta	Cross Country
			JV/Varsity	
			Rush Henrietta	Indoor Track
Behnk,Peter	M	12	JV/Varsity	
			Rush Henrietta	Track
			JV/Varsity	
Blair,Tanzania	M	12	Rush Henrietta	Soccer
			Varsity	
			Rush Henrietta	Indoor Track
Blair,Tanzania	F	12	JV/Varsity	
			Rush Henrietta	Track
			JV/Varsity	
Burke,Colby	M	12	Rush Henrietta	Cross Country
			JV/Varsity	
			Rush Henrietta	Indoor Track
Cochrane,Jordan	M	12	JV/Varsity	
			Rush Henrietta	Track
			Varsity	Soccer
Cole,Shane	M	12	Rush Henrietta	Bowling
			Varsity	
			Rush Henrietta	Lacrosse
Durfee,Mitchell	M	12	Varsity	
			Rush Henrietta	Football
			Varsity	Wrestling
Durfee,Mitchell	M	12	Rush Henrietta	Lacrosse
			JV/Varsity	
			Rush Henrietta	Cross Country
Durfee,Mitchell	M	12	Varsity	
			Rush Henrietta	Bowling
			Varsity	
Durfee,Mitchell	M	12	Rush Henrietta	Track
			Varsity	
			Rush Henrietta	

Greiner,Elizabeth	F	12	Rush Henrietta	Cross Country
			JV/Varsity	
			Rush Henrietta	Indoor Track
Greiner,Rebecca	F	12	Rush Henrietta	Cross Country
			JV/Varsity	
			Rush Henrietta	Indoor Track
Greiner III,John	M	12	Rush Henrietta	Cross Country
			JV/Varsity	
			Rush Henrietta	Swimming
Harris,Christian	M	12	Varsity	
			Rush Henrietta	Track
			Varsity	Football
Kaiser,Kerri	F	12	Rush Henrietta	Basketball
			JV/Varsity	
			Rush Henrietta	Baseball
Kozyra,Nathaniel	M	12	Varsity	
			Rush Henrietta	Track
			JV/Varsity	Cross Country
Martin,Kyle	M	12	Rush Henrietta	Indoor Track
			JV/Varsity	
			Rush Henrietta	Track
Raymond,Alexander	M	12	Rush Henrietta	Cross Country
			JV/Varsity	
			Rush Henrietta	Indoor Track
Shaffer,Victoria	F	12	Rush Henrietta	Track
			JV/Varsity	
			Rush Henrietta	Cross Country
			Rush Henrietta	Indoor Track
			JV/Varsity	
			Rush Henrietta	Track

Smith, Brandon	M	12	Rush Henrietta Varsity	Football
			Rush Henrietta Varsity	Wrestling
			Rush Henrietta	Lacrosse

Overall, we had **89** -3sport athletes in the HS program, JV and V!  
In our entire program, grades 7-12, we had **116** -3 sport athletes!

We also had as many combinations of three sports athletes as could be imagined—from ice hockey to baseball to swimming to lacrosse, track, etc.

What a year for R-H athletics! 1,615 student athletes, grades 7-12.

- 3 county championship teams
- Football, Boys' Bowling, and Girls' Track
- 5 section 5 championship teams (Boys' XC, Football, Boys' Indoor Track, Girls' Indoor Track, and Girls' Spring Track)
- We also had 45 individual sectional champions and 47 state qualifiers!

**We had Four players/athletes of the year, as well as three coaches of the year...**

Players/athletes of the Year: Laura Dingman was the Monroe County D1 Female Bowler of the Year. Kenny Peacock was the Monroe County D1 Male Bowler of the Year. Tori Shaffer was the AGR Indoor Track Athlete of the Year, as well as the Section V Sportsmanship Award Winner at the NYSPHSAA State Indoor Track and Field Championships. Alyssa Saxon was the Section 5 Class A Girls' Lacrosse Player of the Year. Alyssa was also a USA LAX High School All American.

We also had Megan Burns named the Section 5 Swimmer of the Meet in this year's Sectionals. Megan had 4 Section 5 gold medals. She also had All American qualifying times.

Coach of the year: Steve Shepanski and Chris Daley were our Monroe County D1 Coaches of the Year, in girls' basketball and boys' bowling. Mike DeMay was named AGR Coach of the Year twice (so far) in Boys' XC and Girls' Indoor.

## **Section 5 Champions:**

*The fall sectional champions are as follows:*

### **Girls' Swimming:**

Sophomore Megan Burns won the 50 freestyle (**her third year in a row**) and the 100 freestyle (her second in a row). Our 200 freestyle team also won the Section 5 title—second in a row (Rose Louk, Julie Holloway, Melissa Holloway, and Megan Burns), as well as the 400 freestyle relay—second in a row (Rose Louk, Julie Holloway, Melissa Holloway, Megan Burns).

### **Boys' XC:**

Nate Kozyra was the individual Section 5 Boys' XC Champion. The Team had the first three place finishers—1-2-3 in Nate, Mickey Burke and Andrew Sweeney. The boys' team took 2nd in the state championships. They lost by 1 point to national powerhouse Fayetteville-Manlius

## **Winter Section 5 Champs**

Winter Season:

### **Indoor Track:**

Colby Burke, 1000m

Chauncey Scissum, triple jump

1600m relay of Josh Wray, Peter Behnk, Colby Burke and Andrew Sweeney

3200m relay of Mike Schantz, Brennan Root, Mickey Burke and Pat Aiken

Alana MacDonald, 600m

Ayanna Sanchez-Jones, shot put

Tori Shaffer, high jump

1600m relay of Emily Zeafla, Elvira Martinez, Ceara Watson and Alana MacDonald

**Wrestling:**

John Northrup

**Spring Section 5 Champs**

**Spring Track & Field:**

Boys 800m: Colby Burke

Boys Pole Vault: Kris Molinari

Girls 1600m relay: Emily Zeafla, Tatiana Quinn, Elvira Martinez, Alana MacDonald

Girls 3200m relay: Alex Cooper, Sammy Watson, Lizzie Greiner, Alana MacDonald

Boys 1600m relay: Kyle Martin, Pat Aiken, Alex Raymond, Colby Burke

Boys 3200m relay: Alex Raymond, Nate Kozyra, Mickey Burke, Colby Burke

**Section 5 Team Champion: (5)**

Boys' XC (3<sup>rd</sup> title in a row), Football, Boys' Indoor Track, Girls' Indoor Track, and Girls' Outdoor Track. Football lost in the state Regional Finals to eventual champion Orchard Park, and our boys' XC team finished 1 point behind the state champion Fayetteville-Manlius 63-64. However, in the merged results, RH was number 1, beating FM 89-102. (XC scores are like golf scores, the lower the #, the better.) In the sectional meet, RH crushed everyone—we had 23 points and the second place team (Victor) had 100.

***We had 47 student athletes qualify for the state championships:***

Fall:

The Boys' XC team, lead by Mickey Burke, Nate Kozyra, Andrew Sweeney, Colby Burke, Alex Raymond, Brennan Root, Mike Schantz, and Pat Aiken.

(Girls swimming) Melissa Holloway, Julie Holloway, Megan Burns, Rose Louk 200 Free and 400 Free Relays, Julie Holloway

50 Free, Megan Burns 50 Free, 100 Free, Rose Louk 50 free, 100 freestyle.

**Winter:**

(Winter Track) Mickey Burke, 3200m, 3200m relay, Colby Burke, 1000m, 3200m relay, Chauncey Scissum, triple jump, Josh Wray, 300m, Peter Behnk, 300m, Pat Aiken, 3200m relay, Alex Raymond, 3200m relay, Brennan Root, 3200m relay, Mike Schantz, 3200m relay, Alana MacDonald, 1000m, 1600m relay, Victoria Shaffer, high jump, Ayanna Sanchez-Jones, shot put, Tatiana Quinn, 1600m relay, Elvira Martinez, 1600m relay, Zannah Francis, 1600m relay, Emily Zeafla, 1600m relay, Ceara Watson, 1600m relay

(Boys' Swimming) Jordan Gay, Tommy Kirch, Mike Loucks, Mike Shenal 400 Free Relay and Tommy Kirch 200 IM 100 Breast

(Wrestling) John Northrup

(Girls' Gymnastics) Kaleen Heigl qualified on Floor and competed as an alternate on Vault.

**Spring:**

(Spring Track—going to Cicero North Syracuse HS this weekend) Colby Burke, Peter Behnk, Pat Aiken, Pat Shenal, Josh Wray, Alex Raymond, Emily Zeafla, Samantha Watson, Ceara Watson, Alana MacDonald, Elvira Martinez, and Tatiana Quinn.

**21 teams were recognized for the NYS Team Scholar Award:**

(It is based on a combined team GPA of 90 or above)

Football

Boys' XC

Girls' XC

Girls' Soccer

Girls' Swimming

Girls' VB

Boys' VB

Girls' Gymnastics

Girls' Indoor Track

Boys' Indoor Track  
Girls' Basketball  
Boys' Bowling  
Girls' Bowling  
Boys' Swimming  
Softball  
Boys' Track & Field  
Girls' Track & Field  
Golf  
Baseball  
Boys' Tennis  
Girls' LAX

**Major Athletic Awards were presented by our coaching staff at the Royal Comet Dinner in June 2012.**

**Our Awards for Exceptional Achievement**

**Principal's Award:** Alexis Mynio and Nate Kozyra

**Sportsmanship:** Olivia Keirn and Alex Raymond

**Leadership:** Sarah Petersen and Alex Griffith

**Service:** Lauren Watt and Shane Nelson

**Outstanding Athlete in an Individual Sport:** Megan Burns, Tori Shaffer, and John Northrup.

**Outstanding Athlete in an Team Sport:** Alyssa Saxon and Derick Peters

**Coaches Award:** Brian Benjamin and Christa Morrison

**Senior All-Around:** Leigh Ann Stouffer and Christian Harris

**Werner Kleemann Award:** Jessica Sterns, Peter Diak, and Colby Burke

**Scholarships (presented at the Royal Comet Dinner)**

**Carol Mancari Scholarship**

John Northrup

**Marcel Modeste Scholarship**

Christian Harris

**R-H Coaches Scholarships:**

Jessica Sterns, Victoria Shaffer, John Northrup, and Eric Nestler