



## Overview of Awards 2010-11

What a year for R-H athletics! **1,780 student athletes, grades 7-12**

- 5 county championship teams (Boys' VB, Football, Boys' Basketball, Boys' Bowling, and Boys' Track)
- 6 section 5 championship teams (Boys' XC, Football, Boys' Basketball, Boys' Indoor Track, Boys' Spring Track, and Girls' Spring Track)
- And of course a NYS Championship team—Football, also ranked in the top 100 in the United States (#90)
- We also had 30 individual sectional champions!

In 2010-11, we had 20 senior 3 sport athletes!

Overall, we had 87 3-sport athletes in the HS program, JV and V!

In our entire program, grades 7-12, we had 274 3 sport athletes!

We also had quite a combination of three sport athletes as could be imagined—from ice hockey to baseball to swimming to lacrosse, etc.

**We had four players of the year, as well as six coaches of the year...**

Players of the Year: Ashton Broyld was the MC, AAA Offensive, AGR and NYS Player of the Year. He was also MVP of the Section 5 Championships, Far West Regionals, and NYS AA Tournament. Ashton set a state record with the longest run from scrimmage of 95 yds. Mandell Thomas was the MC Player of the Year (2<sup>nd</sup> year in a row) and the AGR Player of the Year (also second team all state). Ryan Reed was MC Wrestler of the Year, and Chris Swanson was AAA Defensive Player of the Year.

**Coach of the year:** Joe Montesano (All Greater Rochester and NYS Coach of the Year), Joe Bellanca (Section 5 Coach of the Year) and Mike DeMay (XC County Coach of the Year) Coach DeMay won four sectional titles this year, (and three last year). He was also named All Greater Rochester Boys' Spring Track Coach of the Year. Jason Mancari and Caril Mancari were Co-Coaches of the Year for Section 5 Girls' Gymnastics.

**Section 5 Champions:**

*First--*

*Individual Sectional Champions:*

**Girls' Swimming:**

Megan Burns won four titles starting with the 50 and 100. freestyle, as well as 200 freestyle relay with Rose Louk, Julie Holloway, and Melissa Holloway; and the 400 freestyle relay with Rose Louk, Julie Holloway, and Sarah Mack.

**Boys' XC:**

Mickey Burke became the first freshman to ever win the large school division in Section 5 history.

**Indoor Track:**

Alana McDonald (G 1000m)

Victoria Shaffer (high jump, second year in a row)

Mike Lawson (shot put)

Justin Shenal, Mickey Burke, Colby Burke, Paul Repka (Boys' 4x800 relay)

**Wrestling:**

Ryan Reed

Pat Byrne

**Spring Track & Field:**

Mike Lawson (Shot Put), Mickey Burke, Alex Raymond, Colby Burke, and Andrew Sweeney (Boys' 4 x 800 M Relay)

Lizzie Greiner (2000 M Steeplechase), Tyra Jones (Shot Put) Ayanna Sanchez-Jones (Discus)

**Section 5 Team Champions: (6)**

Boys' XC, Football, Boys' Basketball, Boys' Indoor Track, Boys' Outdoor and Girls' Outdoor Track. We also had 3 teams finish runner-up in the Section 5 Championships—Boys' VB, Boys' Bowling, and Baseball.

***We had 35 student athletes qualify for the state championships:***

The Boys' XC team, lead by Mickey Burke, Nate Kozyra,, Nick Watson, Andrew Sweeney, Alex Raymond, Jared Jones, and Colby Burke, as well as girls XC participants Lizzie Griener and Alana McDonald. Winter Track participants Pat Aiken, and our boys relay team: Nick Watson, Alex Raymond, Colby Burke, Andrew Sweeney, Nate Kozyra (Alt) and Mickey Burke (Alt), as well as Victoria Shaffer and Alana McDonald.

(Girls' swimming) Melissa Holloway, Rose Louk, Julie Holloway, and Megan Burns

(Wrestling) Ryan Reed

(Girls' Gymnastics) Alyssa Posner

(Boys' Swimming) Tom Kirch and Kyle Callan

(Spring Track) Ayanna Sanchez-Jones, Discus, Tyra Jones, Shot Put, Victoria Shaffer, High Jump, 4x800 with Mickey Burke, Colby Burke, Alex Raymond, Andrew Sweeney. Alt. Pat Aiken & Nate Kozyra

The NYSPHSAA Outdoor Track & Field State Championships were held at Caledonia-Mumford HS. The R-H 4 x 800 relay team broke one of the oldest Section V records(1975), placing 2<sup>nd</sup> in the NYSPHSAA, and 3<sup>rd</sup> in Federations. Their time was 7:43.66. In the national (4 x 800) rankings RH was #10. Victoria Shaffer placed 3<sup>rd</sup> in both the NYSPHSAA and Federation.

**17 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' Gymnastics

Girls' Soccer

Girls' Swimming  
Girls' VB  
Girls' Indoor Track  
Boys' Indoor Track  
Girls' Basketball  
Boys' Bowling  
Girls' Bowling  
Boys' Swimming  
Softball  
Boys' Track & Field  
Girls' Track & Field  
Golf

**(Season Award Winners- Royal Comet, Most Improved, and Scholar Athlete listed on last page)**

**Major Athletic Awards were presented by our coaching staff at the Royal Comet Dinner on June 1, 2011.**

**Our Awards for Exceptional Achievement**

**Principal's Award:** Haley Putnam and Greg Bishoping

**Sportsmanship:** Alexis MacMillan and Zach Marchand

**Leadership:** Angelica Wisniewski) and Torry Witcher

**Service:** Emily Guelzow and Kevin Aekerle

**Outstanding Athlete in an Individual Sport:** Megan Burns and Ryan Reed

**Outstanding Athlete in an Team Sport:** Victoria Shaffer, Mandell Thomas and Ashton Broyld

**Coaches Award:** Brad Williams and Sara Strzyzynski

**Senior All-Around:** Meghan Ermi, Chris Swanson and Devon Maio

**Werner Kleemann Award:** Ashley Roperti and Devin Wofford