



## Overview of Athletic Accomplishments 2007-08

What a year for R-H athletics! 1,785 student athletes, grades 7-12.

- **4 county championship teams**  
Boys' Basketball, Boys' Bowling, Girls' Bowling and Boys' Track & Field
- **4 section V championship teams (We had a sectional championship team in every season)**  
Football, Boys' Basketball, Girls' Basketball, and Girls' LAX
- **1 regional and state championship team** (Girls' Basketball)

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

Players of the Year: Nate Delone, Dane Miller, Shenise Johnson (Shenise and Dane are the only Male/Female AGR Player of the Year from the same school in Section 5 Basketball history.) Shenise, of course, was the state player of the year, along with a tremendous amount of awards.

Coach of the year: Joe Montesano, Peter Dietz, Joe Bellanca, Steve Shepanski (Steve was also All Greater Rochester Coach of the year, as well as NYS Coach of the Year)

### **Section 5 MVPs**

In the Sectional Football Championships, we had the Most Valuable Offensive Lineman (Tim Demersman), Defensive Lineman (Mike Milazzo) and sportsmanship winner (Jon Marlowe). We also had the MVP of the Section Five Football Tournament (Clay Harris—Clay had 176 yards rushing in the final), and the MVP of both the girls' and boys' Section 5 basketball Championships (Shenise and Dane). Nate Delone was the MVP of the AA/AAA Crossover football game vs. Canadaigua.

### **Section 5 Players of the week (Monroe County Division 1):**

Football: Nate Delone (twice), Clay Harris (twice), Jon Roberts (twice), Nick Condello

Boys' Basketball: Dezrick Brooks (twice), Dane Miller (twice)

Girls' Basketball: Shenise Johnson (3x), Ladonya Rolle

Baseball: Brandon Phelps, John Bersales

Softball: Amanda Pratt

### **5 Sportsmanship Team Awards:**

Girls' Soccer

Boys' XC

Girls' XC

Girls' Basketball

Softball

**NYS Team Scholar Award:**

(12 teams won the award. It is based on a combined team GPA of 90 or above)

Boys' XC

Girls' XC

Girls' Soccer

Girls' Gymnastics

Girls' Swimming

Girls' VB

Girls' Indoor Track

Boys' Indoor Track

Girls' Basketball

Softball

Boys' Track & Field

Girls' Track & Field

**Section 5 Champions:**

***Individual Sectional Champions:***

**Girls' Swimming:**

Mallory Morrell (50 m. freestyle)

**Indoor Track:**

Jodi Robinson (G 1500m)

Zarah Quinn, Rachel Zoyhofski, Jodi Robinson, and Cassie DiMarino (G 4x800 relay)

Crystal Hercules, Jamie Varble, Dominique Richardson, and Laura Varble (G 4x200 relay)

Odosa Aghayere (B triple jump—second year in a row)

**Spring Track & Field:**

Tim Daniels (100M)

Odosa Aghayere (triple jump)

Cassie DiMarino, Lela Stanley, Jamie Varble and Laura Varble (G 4x400 relay)

Laura Varble, Zarah Quinn, Jodi Robinson and Jamie Varble (G 4x800 relay)

***We also had 22 student athletes qualify for the state championships:***

Jodi Robinson: (Girls' XC) Second year in a row—Jodi is a sophomore by the way

Mallory Morrell, Caitlin Moran, Kelly Lalonde, and Liz Grillo (Girls' swimming)

Mel Germeroth (Girls' Bowling)

Bobby Dingman (Boys' swimming)

Rachel Zohofski, Chris Shaefer, Odosa Aghayere, Laura Varble, Jamie Varble, Jodi Robinson,

Cassie DiMarino, and alternates Zarah Quinn and Melissa Ingram (all for indoor track)

Laura Varble, Zarah Quinn, Jodi Robinson, Jamie Varble, Odosa Aghayere, and Crystal

Hercules (all for spring track)

## **Section 5 Championship Teams:**

- Football, coached by Joe Montesano
- Boys' Basketball, coached by Chris Reed
- Girls' basketball, coached by Steve Shepanski
- Girls' LAX, coached by Tom MacMillan

## **All County Selections**

### **Football**

We had 5 all-county first team players and 5 all-county second team players. We also had 5 Eddie Meath All Star Nominees (senior game to be played July 6).

#### 1st team:

Nate Delone  
Mike Milazzo  
Clay Harris  
Nick Condello  
John Marlowe

#### 2nd team:

Eddie Rogers  
Jon Roberts  
Matt Kaplan  
Tim Demersman  
Kameron Johnson

#### Eddie Meath All Star:

Nate Delone  
Mike Milazzo  
Nick Condello  
John Marlowe  
Tim Demersman

### **Boys Soccer**

#### 1st team:

Benson Pearson  
Justin Gmeinweiser  
Chris Proukou

#### 2nd team:

Craig Wagner

### **Girls Soccer**

#### 1st team:

Kelly Kuhn  
Alyssa Hewitt

#### 2nd team:

Stacey Hooper

### **Boys Volleyball**

#### 1st team:

Mike VanTyne

#### 2nd team:

Gabe Cartagena  
Jerry Olmeda

### **Girls Volleyball**

#### 2<sup>nd</sup> team:

Kourtni Pratt

**Boys XC**

1st team:  
Brian Hotchkiss

2nd team:  
Sean Day  
Brad Sauln  
Mike Krenzer  
Nick Line  
Corey Steppenbeck

**Girls XC**

1st team:  
Jodi Robinson  
Rachel Zoyhofski  
Cassie DiMarino  
Laura Varble

2nd team:  
Zarah Quinn  
Jamie Varble  
Laura Gauthier

**Girls' Tennis**

2<sup>nd</sup> Team All County Singles  
Victoria Tsaryk

2<sup>nd</sup> Team All County Doubles  
Ally Keirn/Olga Tkachenko  
Stephanie Bucci/Alex Giuliano

**Girls' Basketball**

1<sup>st</sup> team:  
Sneise Johnson

2<sup>nd</sup> team:  
Angelica Simmons  
LaDonya Rolle

**Boys' Basketball**

First team:  
Dane Miller  
Dezrick Brooks

**Bowling**

Girls 1<sup>st</sup> String All County  
Amanda Pratt  
Kourtni Pratt  
Mandy Florack  
Melanie Germeroth

Girls 2<sup>nd</sup> String  
Sarah Kaiser

Boys 1<sup>st</sup> String  
Joe Freese  
Evan Youngman  
Tim Diederich

2<sup>nd</sup> String  
Travis Cody  
Josh Robison

**Boys Swimming**

2<sup>nd</sup> team:  
Nick DuBois  
Bobby Dingman

**Wrestling**

1<sup>st</sup> team:  
Andrew Lembaris  
Ben Johnstone

2nd team:  
Jon Roberts  
Phil Moore  
Ian Schoenberger

**Baseball**

1<sup>st</sup> team : Aaron Barley  
2<sup>nd</sup> team: Brandon Phelp

**Girls' LAX**

1<sup>st</sup> team: Ally Keirn  
Lauren Tomkinson  
Casey Denk  
Leah Paris  
2<sup>nd</sup> team: Kelly Lalonde  
Jessica Lincoln  
Vicki Smith  
Heather Zicarelli

**Golf**

1<sup>st</sup> team:  
Kevin Lewis

**Boys LAX**

2<sup>nd</sup> team: Nate Delone  
Hon. Mention:  
Robby Pattridge  
Colin Cornaire  
Ryan Leonard  
Jon Neri

**Boys' Tennis**

1<sup>st</sup> team Clayton Tontarski  
Alex Principino  
2<sup>nd</sup> team: Mike VanTyne

**Softball**

1<sup>st</sup> team: Amanda Pratt  
2<sup>nd</sup> team: Kaitlyn Murray  
Suzanne Benjamin  
Jo Jo Dzielski

**Track County Champions****Girls**

Crystal Hercules, 100M, 200M  
Girls 4x100M  
Girls 4x800M

**Boys**

Jay Hutto, 100M  
4x100M

**Major Athletic Awards presented at the Royal Comet Dinner 6/4/08  
(Awards for Exceptional Achievement)**

**Principals' Award:**

Amanda Pratt  
John Neri

**Sportsmanship:**

Laura, Jamie Varble  
John Bersales

**Leadership:**

Kelly Kuhn  
Tim Demersman

**Service:**

Jessica Lincoln  
Mike VanTyne

**Outstanding Athlete in an Individual Sport:**

Mallory Morrell  
Odosia Aghayerere

**Outstanding Athlete in a Team Sport:**

Shenise Johnson  
Dane Miller

**Coaches Award:**

Cassie DiMarino  
Corey McAllister

**Senior All-Around:**

Heather Zicarelli  
Nate Delone

**Werner Kleemann Award:**

Alyssa Hewitt  
Jon Marlowe