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. Canandaigua.

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 Sportmanship 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: 2nd team: Eddie Meath All Star:
Nate Delone Eddie Rogers Nate Delone
Mike Milazzo Jon Roberts Mike Milazzo
Clay Harris Matt Kaplan Nick Condello
Nick Condello Tim Demersman John Marlowe
John Marlowe Kameron Johnson Tim Demersman

Boys Soccer
1st team: 2nd team:
Benson Pearson Craig Wagner
Justin Gmeinweiser
Chris Proukou

Girls Soccer
1st team: 2nd team:
Kelly Kuhn Stacey Hooper
Alyssa Hewitt

Boys Volleyball
1st team: 2nd team:
Mike VanTyne Gabe Cartagena
Jerry Olmeda

Girls Volleyball
2nd 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
2nd team: Zarah Quinn
          Rachel Zoyhofski
          Jamie Varble
          Cassie DiMarino
          Laura Gauthier
          Laura Varble

Girls’ Tennis
2nd Team All County Singles
Victoria Tsaryk
2nd Team All County Doubles
Ally Keirn/Olga Tkachenko
Stephanie Bucci/Alex Giuliano

Girls’ Basketball
1st team: Sneise Johnson
2nd team: Angelica Simmons
          LaDonya Rolle

Boys’ Basketball
First team:
Dane Miller
Dezrick Brooks

Boys’ Basketball
First team:
Dane Miller
Dezrick Brooks

Boys Swimming
2nd team:
Nick DuBois
Bobby Dingman

Wrestling
1st team:
Andrew Lembaris
Ben Johnstone
2nd team:
Jon Roberts
Phil Moore
Ian Schoenberger
Baseball
1st team: 2nd team:
Aaron Barley Brandon Phelp

Girls’ LAX
1st team: 2nd team:
Ally Keirn Kelly Lalonde
Lauren Tomkinson Jessica Lincoln
Casey Denk Vicki Smith
Leah Paris Heather Ziccarelli

Golf
1st team:
Kevin Lewis

Boys LAX
2nd team:
Nate Delone Robby Pattridge
Colin Cornaire Ryan Leonard
Jon Neri

Boys’ Tennis
1st team 2nd team:
Clayton Tontarski Mike VanTyne
Alex Principino

Softball
1st team: 2nd team:
Amanda Pratt 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
Odosa Aghayere

**Outstanding Athlete in a Team Sport:**
Shenise Johnson
Dane Miller

**Coaches Award:**
Cassie DiMarino
Corey McAllister

**Senior All-Around:**
Heather Ziccarelli
Nate Delone

**Werner Kleemann Award:**
Alyssa Hewitt
Jon Marlowe