

## **2013 End of Season Awards**

### **All-Conference**

Girls – Katie Dillie, Lindsey Smits, Alexa Trakalo

Boys – Andrew Anyaogu, Ben Krynski

### **All-Conference Honorable Mention**

Girls – Eavan McBride, Kendall Naatjes, Emily Okins, Taylor Perkins

Boys – Nirvan Dharampaul, Justin Hanson, Chris Peterson, Nick Valentini

### **Academic All-State**

Girls – Emily Okins, Alexa Trakalo, Taylor Perkins, Lindsey Smits, Lorna Meyer, Claire Seivert, Courtney Earle, Kendall Naatjes, Katie Dillie, Eavan McBride, Emily Wilson, Melina Lynn

Boys – Benjamin Krynski, Kyrell Newell, Michaela Beuning

### **State Participants**

Girls – Taylor Perkins (3200), Katie Dillie (High Jump), Emily Okins (100, 4x100), Michaela Preachuk (100 HH), Lindsey Smits(100 HH), Kendall Naatjes (4x100), Claire Seivert (4x100), Alexa Trakalo (4x100)

Boys – Ben Krynski (Shot Put, Discus), Justin Greene (100, 4x100), Nick Valentini (4x100), Kyrell Newell (4x100), Michaela Beuning (4x100)

### **All-State**

Girls

Katie Dillie – High Jump

Michaela Preachuk – 100 HH

Lindsey Smits – 100 HH

Emily Okins – 100, 4x100

Kendall Naatjes – 4x100

Claire Seivert – 4x100

Alexa Trakalo – 4x100

Boys

Ben Krynski – Shot Put

### **Team Awards (voted on by their peers)**

Girls

**Best Work Ethic** – Courtney Earle

**Best 1st year performer** – Danielle Bellino

**Most Improved** – Lorna Meyer

**Most Inspirational** – Taylor Perkins

**MVP Field** – Katie Dillie

**MVP Track** – Taylor perkins

Boys

**Best Work Ethic** – Noah Omdal

**Best 1st year performer** – Duncan Ince

**Most Improved** – David Blackstad

**Most Inspirational** – Noah Omdal

**MVP Field** – Ben Krynski

**MVP Track** – Andrew Anyaogu

### **2013 Captains**

Taylor Perkins, Amy Ferguson

Evan Hink, Ben Krynski, Kyell Newell, Chris Peterson

### **2014 Captains**

Lorna Meyer, Lindsey Smits, Kendall Naatjes

Mason Crowley, Noah Omdal, Nathan McMillon