# 2008-9 North Boys Basketball

## 1st Team
- Alex Bazzell, Sr., St. Charles West
- Christian Kirk, So., St. Charles West
- Tyler Loewenstein, Jr., Duchesne
- Brandon Sudbrock, Sr., St. Charles
- Kyle Turner, Sr., Ft. Zumwalt North

## 2nd Team
- Brannon Champagne, Sr., St. Charles West
- Andrew Laske, Sr., Warrenton
- Kris Robinson, Sr., Ft. Zumwalt North
- Skyler Suggs, Jr., Washington
- Joe Vehige, Sr., Duchesne

## H.M.
- Danny Crenshaw, Sr., St. Charles West
- Chase Cresong, Jr., Wentzville Timberland
- Jordan Genenbacher, Jr., Duchesne
- Brian Grote, Sr., St. Charles West
- Nick Pallardy, Jr., Ft. Zumwalt East
- Keith Terry, Sr., Warrenton
### Sportsmanship Award

<table>
<thead>
<tr>
<th>School</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duchesne</td>
<td>Nick Reilly</td>
</tr>
<tr>
<td>Warrenton</td>
<td>Ben Tappmeyer</td>
</tr>
<tr>
<td>Washington</td>
<td>Matt McCarthy</td>
</tr>
<tr>
<td>St. Charles</td>
<td>Shawn Brown</td>
</tr>
<tr>
<td>Timberland</td>
<td>Ian Hanson</td>
</tr>
<tr>
<td>Ft. Zumwalt North</td>
<td>Randall Brown</td>
</tr>
<tr>
<td>Ft. Zumwalt East</td>
<td>Dante Bailey</td>
</tr>
</tbody>
</table>

### All-Academic Team

**Duchesne** – Chris Boyer, Keenan Kness, Tyler Loewenstein, Mitch Pryor, Nick Reilly, Brian Smith, Jeff Swann, Trevor Tune, Jake Tweet, Joe Vehige, Jake Woltering

**Warrenton** – Andrew Laske, Ben Tappmeyer, Keith Terry, A. J. Wallace

**Washington** – Ross Althage, Max Bigford, Jack Borcherding, Nick Eaton, Blake Haberberger, Carter Hamai, Matt McCarthy, Kellen Nowack, Tyler Siem, Aaron Spurgeon, Jordan Stapp

**St. Charles** – Lendon Ehlmann, John Patrico, Brandon Sudbrock

**Timberland** – Ian Hanson, Michael Lockett, Cory Matlock, Brandon Mueller

**Ft. Zumwalt North** – Blake Carter, Kris Robinson, Wade Rothermich

**St. Charles West** – Alex Bazzell, Alex Bruns, Brannon Champagne, Daniel Crenshaw, Brendan Ehlmann, Brian Grote, Andy Heifner, Jarod Honey, Christian Kirk, Ryan Olive, Jeremy Percy, Blake Whiteside

**Ft. Zumwalt East** - Tyler Brunner, Anthony Davis David Frazier, Cory Hofmeister, Nick pallardy, Collin Zurweller
2008-9 South Boys Basketball

1st Team
- Dantiel Daniels, So., Wentzville Holt
- Brandon Graham, Jr., Ft. Zumwalt West
- Kyle Peasel, Sr., Troy Buchanan
- Cody Sorenson, Sr., Francis Howell
- Jim Thomas, Sr., Ft. Zumwalt South

2nd Team
- Dylan Briscoe, Sr., Francis Howell Central
- Camron Cathcart, Sr., Francis Howell
- Steven Harris, Jr., Ft. Zumwalt West
- Josh Kane, Sr., Francis Howell North
- Frank Lamzik, Sr., Ft. Zumwalt South

H. M.
- Justin Cockrell, Sr., Troy Buchanan
- Jordan Lasater, Sr., Troy Buchanan
- Allen McKinney, Jr., Troy Buchanan
- Brian Midden, Jr., Francis Howell Central
- Donald Stribling, Sr., Wentzville Holt
- Gavin Wiss, Sr., Ft. Zumwalt West
**Sportsmanship Award**

- **Ft. Zumwalt South** – Justin King
- **Ft. Zumwalt West** – Jacob Geiersbach
- **Francis Howell** – Austin Michelson
- **Francis Howell Central** – Shayne Heskin
- **Francis Howell North** – Dan Kirkpatrick
- **Troy Buchanan** – Jordan Lasater
- **Wentzville Holt** – Sean Lanham

**All-Academic Team**

- **Ft. Zumwalt West** – Jacob Geiersbach, Brandon Graham, Andrew Hare, Steven Harris, Jackson Jewkes, Devonte Majors, T. J. Moe, Zachary Ohl, Kyle Tennant, Dexter Walker, Adam Wright
- **Ft. Zumwalt South** – Myron Alexander, Daniel Brennan, George Cater, Richard Hinchsliff, Frank Lamzik, Ryan Nelson, Andrew Riggs, Zachary Sebacher
- **Francis Howell** – Jake Dodd, Logan Hepburn, Austin Michelson, Ross Smith, Michael Stark
- **Francis Howell North** – Sam Baker, Josh Kane, Dan Kirkpatrick, Jake Schneider, Andre Wooten
- **Francis Howell Central** – Jake Banas, Chad Denney, Paul Haluszcek, Shayne Heskin, Shane Kozlowski, Ryan Penrose, Jake Powers, Casey Tebeau, Kyle Watts
- **Troy Buchanan** – Neil Branham, Josh Crow, Derek Deters, Landon Hood, Jordan Lasater, Justin Nichols, Kyle Peasel
- **Wentzville Holt** – Sean Lanham, Mike Simpson, Nate Wadsworth
## 2008-9 North Girls Basketball

### 1st Team
- **Erin Andres**
  - Sr.
  - Ft. Zumwalt North
- **Bri Baldwin**
  - Sr.
  - St. Charles West
- **Taylor Haymes**
  - Sr.
  - Wentzville Timberland
- **Kayla Bierbaum**
  - Jr.
  - Washington
- **Alli Reimer**
  - Sr.
  - Duchesne

### 2nd Team
- **Emily Ernest**
  - Sr.
  - Ft. Zumwalt North
- **Blake French**
  - So.
  - St. Charles West
- **Chelsey Freymuth**
  - Jr.
  - Wentzville Timberland
- **Allison Hu**
  - Sr.
  - Duchesne
- **Patsi Huebner**
  - Sr.
  - Washington

### H.M.
- **Melisa Beste**
  - Jr.
  - Washington
- **Jenna Budde**
  - So.
  - St. Charles
- **Melanie Luna**
  - So.
  - Ft. Zumwalt East
- **Courtney Mason**
  - Sr.
  - St. Charles West
- **Lauren Musec**
  - Sr.
  - Duchesne
- **Caitlin Nickols**
  - Sr.
  - Wentzville Timberland
- **Malory Toebben**
  - Sr.
  - Warrenton
**Sportsmanship Award**

- **Duchesne**
  - Kelli Knobbe
- **Warrenton**
  - Meghan Stark
- **Washington**
  - Erica Sumner
- **St. Charles**
  - Maddie Ruse
- **Timberland**
  - Caitlin Nickols
- **Ft. Zumwalt North**
  - Ashley Barczewski
- **St. Charles West**
  - Carrie Morris
- **Ft. Zumwalt East**
  - Melanie Luna

**All-Academic Team**

**Duchesne** — Melissa Eisenbath, Megan Elmendorf, Jenna Friedel, Allison Hu, Lauren Meyer, Lauren Musec, Alli Reimer, Alex Rohlfing, Abby Schroeder

**Warrenton** — Morgan Barton, Kerri Cunningham, Jami Lee, Kelsey Luecke, Amy Raterman, Ashley Schroeder, Meghan Stark, Malory Toebben

**Washington** — Melissa Beste, Kayla Bierbaum, Kate Brinker, Jessica Katz, Jaimie Kuddes, Kelsey Lamb, Jessica Moffitt, Erica Sumner, Alaina Triplett, Megan Wood

**St. Charles** — Bree Barton, Jenna Budde, Amy Hotchkiss, Bailey Kohrs, Gianna Ocello, Taylor Reiner, Maddie Ruse, Amanda Shelton, Ashley Sudbrock

**Wentzville Timberland** — Gabriella Follmer, Chelsey Freyimuth, Alyssa Gau, Sierra Haymes, Taylor Haymes, Caitlin Nickols, Kelsey Sikes, Taylor Willer

**Ft. Zumwalt North** — Erin Andres, Ashley Barczewski, Emily Ernest, Ellen Vehige

**St. Charles West** — Ava Anderson, Bri Baldwin, Aisha Buxcel, Blake French, Shae French, Juli Horsford, Abbey Lauer, Courtney Mason, Carrie Morris, Jennifer Rogers, Taylor Staggemeier, Kelsey Tennison

**Ft. Zumwalt East** — Brittany Brown, Nikki Callanan, Megan Hawkins, Lauren Keppel, Nicole Kinze, Melanie Luna, Jessica Mues
# 2008-9 South Girls Basketball

## 1st Team
- Stephanie Agre, Jr., Francis Howell North
- Raven Cockrell, Sr., Francis Howell Central
- Maggie Flynn, Jr., Troy Buchanan
- Julie Hlinak, So., Ft. Zumwalt South
- Raylyn Nuss, Sr., Ft. Zumwalt West

## 2nd Team
- Anna Hackman, Sr., Ft. Zumwalt West
- Lauren Capuana, Sr., Francis Howell Central
- Sharese Jones, Fr., Francis Howell Central
- Megan Venneman, Sr., Ft. Zumwalt West
- Kaci Weston, Sr., Wentzville Holt

## H. M.
- Lexie Cartee, Jr., Ft. Zumwalt South
- Maxie Johnson, Sr., Francis Howell
- Katelyn Kingsborough, Jr., Ft. Zumwalt West
- Chelsea McClaran, Sr., Francis Howell
- Shannon McKenzie, So., Ft. Zumwalt South
- Janna Swopshire, So., Ft. Zumwalt West
# Sportsmanship Award

<table>
<thead>
<tr>
<th>School</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ft. Zumwalt South</td>
<td>Lexie Cartee</td>
</tr>
<tr>
<td>Ft. Zumwalt West</td>
<td>Megan Venneman</td>
</tr>
<tr>
<td>Francis Howell</td>
<td>Brittany Joseph</td>
</tr>
<tr>
<td>Francis Howell Central</td>
<td>Allie Jennings</td>
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<tr>
<td>Francis Howell North</td>
<td>Lauren Cooke</td>
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<tr>
<td>Troy Buchanan</td>
<td>Brittany Brazil</td>
</tr>
<tr>
<td>Wentzville Holt</td>
<td>Danielle Rhubart</td>
</tr>
</tbody>
</table>

# All-Academic Team

- **Ft. Zumwalt West** – Devon Anzalone, Kylie Ellison, Kelsey Jones, Katelyn Kingsborough, Raylyn Nuss, Megan Venneman, Paige Westbrook, Taylor Westbrook, Allison Wilson

- **Ft. Zumwalt South** – Lexie Cartee, Abby Clark, Ariel Good, Julie Hlinak, Shannon McKenzie, Emily Pellegrino, Kara Rood, Caitlin Simon

- **Francis Howell** – Emily Brisso, Lindsay Count, Courtney Diel, Allison Faron, Maritza Hayes, Ashley Heryford, C. J. Hoffman, Melanie Hunt, Brittany Joseph, Chelsea McClaran, Sara Shell

- **Francis Howell North** – Stephanie Agre, Kendall Blanzy, Emily Brady, Fiona Brooks, Lauren Cooke, Kelsey Fouch, Kelsey Hieb, Emma Nicolli, Brooke Oostendorp, Aramis Owens, Dianna Prost, Lauren Viehmann

- **Francis Howell Central** – Lauren Capuana, Raven Cockrell, Shelly Hassall

- **Troy Buchanan** – Tara Bailey, Brittany Brazill, Taylor Dietz, Rachel Duvall, Maggie Flynn, Rachel Lowery, Shana Reed, Julie Reisinger, Megan Turpin

- **Wentzville Holt** – Amanda Boswell, Julie Buckles, Megan Gatschenberger, Jennifer McKelphin, Danielle Rhubart, Brianne Rigg, Kaci Weston
2008-9 GIRLS SWIMMING CHAMPIONS

200 yard Medley Relay [Record: 1:52.10, Timberland, 2007]

1st  Lexi Webb  Ft. Zumwalt West  1:52.51
     Aly Coleman
     Haley Spencer
     Michelle Tipton

2nd  Sam Holliday  Wentzville Holt  1:58.36
     Lauren Lyons
     Tori Bolton
     Kelsey Bopp

3rd  Krystle DeCastillo  Francis Howell  1:58.49
     Abby Hempen
     Maddie Burnett
     Emma Tracy

200 yard Freestyle [Record: 1:52.92, Taylor Wohrley Timberland, 2009]

1st  Taylor Wohrley  Timberland  1:52.92

2nd  Michelle Tipton  Ft. Zumwalt West  1:55.98

3rd  Moira Smyth  St. Charles  2:01.63

200 yard Individual Medley [Record: 2:03.88, Haley Spencer, FZW, 2007]

1st  Haley Spencer  Ft. Zumwalt West  2:05.62

2nd  Abby Hempen  Francis Howell  2:16.05

3rd  Lauren Trasher  Francis Howell North  2:17.93

50 yard Freestyle [Record: 24.22, Taylor Wohrley, Timberland, 2006]

1st  Angela Bussey  Wentzville Timberland  24.98

2nd  Sam Holliday  Wentzville Holt  26.06
3rd Alyssa Cradic Ft. Zumwalt South 26.09

1 meter Springboard Diving [Record: 480.15, Anna Larsen, Francis Howell, 2006]
1st Tori Bolton Wentzville Holt 358.42
2nd Katie Larkin Wentzville Holt 336.55
3rd Crystal Canedy Wentzville Timberland 313.85

100 yard Butterfly [Record: 58.46, Taylor Wohrley, Timberland, 2008]
1st Michelle Tipton Ft. Zumwalt West 59.02
2nd Tori Bolton Wentzville Holt 1:02.21
3rd Alyssa Cradic Ft. Zumwalt South 1:02.98

100 yard Freestyle [Record: 52.30, Taylor Wohrley, Timberland, 2006]
1st Taylor Wohrley Wentzville Timberland 52.67
2nd Evyn Spencer Ft. Zumwalt West 55.87
3rd Shannon Schulte Ft. Zumwalt North 57.53

500 yard Freestyle [Record: 5:17.37, Brenda Gannon, FZS, 2006]
1st Glora Westlake Ft. Zumwalt East 5:25.69
2nd Lexi Webb Ft. Zumwalt West 5:38.51
3rd Kelly Smyth St. Charles 5:42.23

200 yard Freestyle Relay [Record: 1:41.59, Timberland, 2007]
1st Evyn Spencer Ft. Zumwalt West 1:42.05
   Aly Coleman
Michelle Tipton
Haley Spencer

**2nd**  
Angela Bussey  
Ellie Prinster  
Joelynn Lauterwasser  
Taylor Wohrley

**3rd**  
Sam Holliday  
Sammy Jo Taylor  
Kelsey Bopp  
Tori Bolton

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**100 yard Backstroke [Record: 57.72, Taylor Wohrley, Timberland, 2006]**

**1st**  
Lexi Webb  
Ft. Zumwalt West  
1:01.80

**2nd**  
Evyn Spencer  
Ft. Zumwalt West  
1:02.05

**3rd**  
Moira Smyth  
St. Charles  
1:02.95

---

**100 yard Breaststroke [Record: 1:03.45, Haley Spencer, FZW, 2009]**

**1st**  
Haley Spencer  
Ft. Zumwalt West  
1:03.55

**2nd**  
Aly Coleman  
Ft. Zumwalt West  
1:07.92

**3rd**  
Abby Hempen  
Francis Howell  
1:08.30

---

**400 yard Freestyle Relay [Record: 3:40.51, Timberland, 2008]**

**1st**  
Emma Tracy  
Francis Howell  
Madison Catalano  
Krystle DelCastillo  
Abby Hempen  
3:53.55

**2nd**  
Lexi Webb  
Ft Zumwalt West  
Michelle Rojo  
Jamie Whalen  
Evyn Spencer  
3:56.80
3rd  Rachel Graves  
     Ft. Zumwalt South  3:57.99  
     Jessie Kolisch  
     Mandy Smith  
     Alyssa Cradic

**Sportsmanship Team**

**Duchesne** - Sarah Thone

**All-Academic Team**

**Duchesne** - Natalie Henson, De Hollandsworth, Nikki Olenski, Anna Preis, Megan Schmidt, Mary Glosier, Ellen Jackson  
**Ft. Zumwalt South** - Kaitlin Bean, Amanda Bell, Ashley Brady, Emily Cassimatis, Nicole Cochran, Melissa Compton, Lydia Conkin, Alyssa Cradic, Caroline Franzoi, Alyssa Gerke, Amanda Granos, Rachel Graves, Jessica Kolisch, Kathryn Kotraba, Katie Parks, Kelly Schelich, Mandy Smith, Emily Stephan, Samantha Stisi, Oliva Stone, Emily Swartzwelder, Stephanie Toland, Rachel Volz, Emily Weber  
**St. Charles** -  
**St. Charles West** -  
**Ft. Zumwalt North** - Nicole Ackermann, Margaret Beckmann, Bridget Berich, Kathryn Deavilla, Megan Lamb, Shelby, Markum, Stephanie Miller, Latasha Nuzum, Abbigail Schulte, Shannon Schulte, Megan Vallance, Kellie Wilp

**WINTER CONFERENCE CHAMPIONS**

**2008-2009**

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<th>SPORT</th>
<th>North</th>
<th>South</th>
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<td>Boys Basketball</td>
<td>St. Charles West</td>
<td>Troy Buchanan</td>
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<tr>
<td>Girls Basketball</td>
<td>Duchesne</td>
<td>Fort Zumwalt West</td>
</tr>
</tbody>
</table>
2008-9 North Wrestling Champions

103

1st  Zach Nelson  Ft. Zumwalt North
2nd  Spencer Neptune  Washington
3rd  Kris Wood  St. Charles West
4th  Colton Orlando  Wentzville Timberland

112

1st  Cody Orr  Wentzville Timberland
2nd  Zach Schall  Warrenton
3rd  Jake Hawks  Wentzville Timberland
4th  Mike Loaiza  St. Charles

119

1st  Ryan Hanmore  St. Charles
2nd  Joey Herold  St. Charles West
3rd  Doug Hanify  Washington
4th  Dakota Ivanhoff  Ft. Zumwalt East

125

1st  Alex Larson  Ft. Zumwalt East
2nd Josh Hall Ft. Zumwalt North
3rd Jake Manaska St. Charles West
4th Robert Hanmore St. Charles

130

1st Tyler Knickmeyer Washington
2nd Matt Hodges St. Charles
3rd Anthony Wall Wentzville Timberland
4th Michael Koch Ft. Zumwalt North

135

1st Dan Hanify Washington
2nd Steven Wallace Warrenton
3rd Tony Gillespie St. Charles
4th Tyler Alvarez Ft. Zumwalt East

140

1st Cole Reedy Ft. Zumwalt North
2nd Bobby Broadhurst St. Charles West
3rd Jeremy Belsher Washington
4th Charlie Ross Wentzville Timberland

145

1st Jake Cook Wentzville Timberland
2nd Landon Reading Ft. Zumwalt East
3rd Carl Ramsour St. Charles
4th Christian Buchanan St. Charles West

152

1st Dakota Magrew Wentzville Timberland
2nd Jacob Ruesch Ft. Zumwalt North
3rd Zach Forestmann Washington
4th Andrew Moore Ft. Zumwalt East
160

1st  Damien Eichelberger  St. Charles West
2nd  Jesse Adams        Ft. Zumwalt North
3rd  Conor Vorthems     Ft. Zumwalt East
4th  Scott Jacquin      Washington

171

1st  Chad Thompson      St. Charles
2nd  Mike McMahon       Ft. Zumwalt East
3rd  Thomas Travis      Warrenton
4th  Zach McGee         Ft. Zumwalt North

189

1st  Mark Russell       Ft. Zumwalt East
2nd  John Meyer         Warrenton
3rd  Tobias Lee         St. Charles West
4th  Tony Post          Washington

215

1st  Zach Pitts         St. Charles
2nd  Cody Lee           Ft. Zumwalt North
3rd  William Filipek    Warrenton
4th  Nick Shanders      Washington

285

1st  J. T. Young        Ft. Zumwalt East
2nd  Neal Mahoney       St. Charles West
3rd  Justin Ellerton    Wentzville Timberland
4th  Reece Berry        Warrenton

TEAM SCORES: FZN [143]; FZE [129]; SCHS [113]; Wash [113]; SCW [103]; WT [96]; Warr [83]
Sportsmanship Award

Duchesne
Warrenton
Washington
St. Charles
Timberland
Ft. Zumwalt North
St. Charles West

All-Academic Team

Duchesne – missing
Warrenton – missing
Washington – Andy Broeder, Tyler Knickmeyer, Jeremy Belsher, Scott Jacquin, Tyler Jackson, Robert Luck, Nick Shanders, Joe Martin
St. Charles –
Timberland – missing
Ft. Zumwalt North – Tyler Bernhardt, Mark Miller, Kyle Moore, Zach Nelson, Cody Orr, Cole Reedy, Jared Wood
St. Charles West – missing

2008-9 South Wrestling Champions

103
1st  Tim Younger         Wentzville Holt
2nd  Kyle Hussey        Ft. Zumwalt West
3rd  Skylar Weber       Troy Buchanan
4th  Ryan Porter        Francis Howell

112

1st  Nick Baker         Francis Howell
2nd  Terrel Wilbourn    Francis Howell Central
3rd  Taylor Strobie     Wentzville Holt
4th  Ben Richards       Ft. Zumwalt West

119

1st  Kyle Chebela       Francis Howell
2nd  Timmy Mannino      Ft. Zumwalt West
3rd  Alex Bremer        Francis Howell Central
4th  Ryan Kiethline    Ft. Zumwalt South

125

1st  Taylor Bolin       Ft. Zumwalt West
2nd  Devin LeGarce      Troy Buchanan
3rd  Ben Henson         Francis Howell Central
4th  Matt Kalhorn       Francis Howell

130

1st  Cameron Ream       Wentzville Holt
2nd  Jason Shell        Francis Howell North
3rd  Cort Dalton        Troy Buchanan
4th  Tyler Austin       Francis Howell

135

1st  Tony James         Wentzville Holt
2nd  Sean Kennedy       Francis Howell Central
3rd  Alex Cassetta      Francis Howell North
4th  Nick Weible  Ft. Zumwalt West

140
  1st  Kyle Bradley  Francis Howell Central
  2nd  Drake Houdashelt  Ft. Zumwalt West
  3rd  Ryan Younger  Wentzville Holt
  4th  Tyler Lotz  Francis Howell North

145
  1st  Greg Amos  Wentzville Holt
  2nd  Alex Lankford  Francis Howell
  3rd  Andy Ehman  Francis Howell Central
  4th  Rob Evans  Ft. Zumwalt South

152
  1st  Brandon Wilbourn  Francis Howell Central
  2nd  Justin Rootz  Ft. Zumwalt South
  3rd  Chase Houdashelt  Ft. Zumwalt South
  4th  Nick Homan  Troy Buchanan

160
  1st  Jordan Gagliano  Wentzville Holt
  2nd  Jeff Shell  Francis Howell North
  3rd  Andrew Buffa  Francis Howell Central
  4th  Charlie Zessinger  Ft. Zumwalt West

171
  1st  Nathan Downs  Troy Buchanan
  2nd  Thomas Conner  Ft. Zumwalt West
  3rd  Caleb Anthonis  Francis Howell
  4th  Luke Short  Ft. Zumwalt South

189
1st  Tommy Tuck  Ft. Zumwalt West
2nd  Andrew Lazalier  Wentzville Holt
3rd  Zane Westfall  Francis Howell Central
4th  Brandon Harms  Francis Howell North

**215**

1st  Blake Schoeniger  Wentzville Holt
2nd  Issac LeBlanc  Ft. Zumwalt West
3rd  John Westerman  Troy Buchanan
4th  Brian Paur  Francis Howell Central

**285**

1st  Malach Radigan  Francis Howell
2nd  Joe Jennings  Ft. Zumwalt South
3rd  Wil Johnson  Wentzville Holt
4th  Thomas Foley  Francis Howell North

TEAM SCORES: WH [176]; FHC [149]; FZW [149]; FH [112]; TB [82]; FHN [73.5]; FZS [49]

**Sportsmanship Award**

Francis Howell North
Ft. Zumwalt west
Francis Howell Central
Ft. Zumwalt South
Wentzville Holt
Francis Howell
Troy Buchanan

Cort Dalton
All-Academic Team

Ft. Zumwalt West – missing

Ft. Zumwalt South – Kyler Castillo, Justin Chrisco, Aaron Heumphreus, Caleb Hull, Joe Jennings, Tyler Juengst, Eric Kaesser, Tasha Soto, Matt Whitwell, Will Zerr

Francis Howell – missing

Francis Howell North -

Francis Howell Central – missing

Troy – Cort Dalton, Nathan Downs, Steven Duffie-Woodfin, Mason McDonald, Timothy Rosenthal, Cody Witt, Skylar Weber

Holt – missing

2008 - 2009 Winter Dance and Cheer Academics

All-Academic Dance Team

Duchesne – missing

Francis Howell – missing

Wentzville Holt – missing

Ft. Zumwalt South – Brittany Bardol, Emily Brands, Brittany Brown, Jamie Elmendorf, Lyndsay Gore, Kayla Melton, Morgan Schell, Heather Schuler, Kathryn Sindelar, Cassandra Stacy, Bridget Witwer, Jaimie Zaitz

Troy Buchanan – Shelbie Brooks, Shelby Huber, Casandra Kriegmeier, Savannah Rowe, Alisha Moseley, Shelby Schupmann, Meagan Spalding, Kaleigh Whiston, Kaitlin Hain, Taryn Kreder
Ft. Zumwalt West – missing

Francis Howell North – missing

Francis Howell Central - missing

Ft. Zumwalt North - Courtney Beck, Ashley Douglas, Michelle Drakesmith, Tayla Drows, Chelsey Duncan, Kenisha Fullerton, Amelia Hodge, Rebecca Hodge, Karah Loftin, Kathleen Mueller, Kaylee Pruitt, Mandy Richard, Elizabeth Rowe, Andrea Smith, Melanie Strunk

All-Academic Cheer Team

Duchesne – missing

Francis Howell – missing

Wentzville Holt– missing

Ft. Zumwalt South – Marissa Balmas, Brianna Brokaw, Heather Cain, Breanne Callaway, Diana Carter, Kaitlyn Coburn, Emily Faulkner, Ashley Gettemeier, Katherine Hageman, Kelsi Hale, Lauren Hartnett, Melissa Jaggie, Mitch Johnson, Katherine Jordan, Jessica Kaelin, Rebecca Stock, Rachel VanAcker

Troy Buchanan – Charlie Abercrombie, Emily Buescher, Adreanna Clements, Cornelia Creech, Heather Heisse, Samantha Humphrey, Samantha Kehoe, Alyssa Seely, Jessica Vance

Ft. Zumwalt West – missing

Francis Howell North – missing

Francis Howell Central - missing

Ft. Zumwalt North - Nicole Greenemay, Jessica Henson, Kaycee LaGarce, Karen Platzer, Lauren Reyland, Kristen Salyer, Kathleen Vancil, Rebecca Watkins