



Mt Spokane High School
2016 - 2017 Fall Season ~ Team Results



Volleyball

~ **Congratulations to Coach Dave Whitehead ~ GSL Coach of the Year ~**

3A STATE (Nov 12th) **2nd Place Finish - tied Best Finish in School History**
defeated North Thurston 3-0, defeated Squalicum 3-0, defeated Mercer Island 3-2, lost to Lakeside 0-3
3A Playoffs (Nov 8th) **STATE bound** defeated Garfield(Seattle) 3-0
Regionals (Nov 3rd) **Regional 3A Champions** defeated Shadle 3-0
3A Districts (Oct 29th) **District 3A Champions** defeated Southridge 3-1

Boys Cross Country

STATE (Nov 7th) State Placers ~ **Hayden Dressel 2nd & Michael Hoyt-wheelchair 2nd**
Regionals (Oct 27th) 2 State qualifiers
3A Districts (Oct 22nd) 4th Place - 2 qualified for Regionals

Girls Cross Country

~ **Congratulations to Joanie Pringle-Jones ~ *GSL "Life Time Contribution" ~**

*to recognize her contribution to the GSL XC community as an assistant coach over the past 2 decades

STATE (Nov 7th) State Placer ~ **Shawnee Konrad 13th**
Regionals (Oct 27th) 1 State qualifier
3A Districts (Oct 22nd) 3rd Place - 2 qualified for Regionals (Shawnee & Anna Chapel)

Football

3A Playoffs (Nov 5th) Lost to Eastside Catholic
3A Districts (Oct 27th) **GSL 3A Champions** (Back~2Back~2Back Champs)

~ **Freshman Football had another perfect ~ UNDEFEATED SEASON ~**

Girls Soccer

3A Playoffs (Nov 5th) Lost to Mercer Island
3A Districts (Oct 21st) defeated Kamiakin in double OT 1-0

Slow Pitch Softball

2nd time earning a Playoff Berth (Oct 25th) ~ **"Final Four"** Lost to U-High
3A Districts (Oct 21st)

The WIAA State Academic Awards for our Fall teams have been calculated and the Mt Spokane HS teams did very well, again this year. **This season we have 17 teams competing with 310 student-athletes. Of those 17 teams, 16 were awarded WIAA Scholastic Awards** for academic excellence based on their combined team GPAs. Which were determined by their June, 2nd semester grades.

Congratulations to the student-athletes and their coaches for a job well done. Thank you to the coaching staff for encouraging and emphasizing the importance of academic success and thank you to ALL of the teachers & staff who support these student-athletes each and every day. Keep up the great work Wildcats ~ both in the classroom and with athletics!

Outstanding Awards

*A team with an average of **3.50 - 4.00** qualifies for the **Outstanding Team Award**.

Cross Country (Girls) **3.744** ~ Coach Andy Sonneland
JV/F Cross Country (Girls) **3.468** ~ Coaches Andy Sonneland & Joanie Pringle-Jones & Bryanna Petrie
Cross Country (Boys) **3.613** ~ Coach Pat Kostecka
Varsity Volleyball **3.617** ~ Coach Dave Whitehead
JV Volleyball **3.653** ~ Coaches Dave Whitehead & Nicki Banger
9th Varsity (Navy) Volleyball **4.00** ~ Coaches Dave Whitehead & Steve Rupe
9th JV (Cardinal) Volleyball **3.754** ~ Coaches Dave Whitehead & Annie Arnzen & Kaprina Goodwin
C-Team Volleyball **3.617** ~ Coaches Dave Whitehead & Robin Haws
Varsity Soccer (Girls) **3.757** ~ Coach Ryan Campanella
JV Soccer (Girls) **3.591** ~ Coaches Ryan Campanella & Logan Georgeadis
9th Soccer (Girls) **3.693** ~ Coaches Ryan Campanella & Darin Branting
JV Slow-Pitch Softball **3.602** ~ Coaches Carl Adams & Trek Davis (no WIAA recognition for SP Softball)

Distinguished Awards

*A team with an average of **3.00 - 3.49** qualifies for the **Distinguished Team Award**.

JV/F Cross Country (Boys) **3.354** ~ Coaches Pat Kostecka, Shawn Gumke, Stephan Fritsch
Varsity Football **3.109** ~ Coach Terry Cloer
JV Football **DNQ** ~ Coaches Terry Cloer & Justin King
Freshman Football **3.270** ~ Coaches Terry Cloer & Josh Cowart
Varsity Slow-Pitch Softball **3.432** ~ Coach Carl Adams (no WIAA recognition for SP Softball)

