

# 2008-2009 YEAR END REPORT



Notre Dame Athletics  
July 2009

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*Notre Dame Prep is a Catholic, college prep school committed to academic excellence and the moral foundation of its students. The athletic program is intended to reinforce the aims and goals of the academic program and is an integral part of the educational system designed to promote the physical, moral, spiritual, emotional, and social development of the individual student. As stated in the school mission, "With God...we form Christian People, Upright Citizens, and Academic Scholars."*

# NOTRE DAME ATHLETICS

2008



2009

## ATHLETIC DEPARTMENT OVERVIEW

<b>Ms. Betty Wroubel</b>	<b>Athletic Director NDP/MA</b> <b>Head Varsity Volleyball Coach</b> <b>Head Varsity Softball Coach</b> <b>Assistant Principal</b> <b>Department Chair, Health and Physical Education</b>
<b>Mr. Marty Simmonds</b>	<b>Assistant Athletic Director NDP/MA</b> <b>Scheduling Coordinator NDP/MA</b>
<b>Ms. Megan Thayer</b>	<b>Assistant Athletic Director NDP/MA</b> <b>School Calendar Coordinator</b> <b>Head Girls and Boys Varsity Track Coach</b>
<b>Ms. Mary Jo Leseman</b>	<b>Administrative Assistant for Athletics</b>
<b>Mr. Chris Polsinelli</b>	<b>Certified Athletic Trainer</b>
<b>Mr. Duane Holmes</b>	<b>Athletic Assistant</b>

### Department Initiatives/Advancements

- **Michigan Exemplary Athletic Program** - Submitted application and received approval for a site visit in fall of 2009 to determine status.
- **National Interscholastic Athletic Administrators Association (NIAAA) Leadership Training** – all three athletic directors now have title of Certified Athletic Administrator as of July 2009.
- **NDP/MA Coaches Retreat** – Planned a coaching retreat for the fall of 2009 to bring together coaches from all levels for a weekend of coaching education, sharing of ideas, brainstorming, and camaraderie.
- **Advisory Councils** – started a Student Advisory Council and held several meetings during lunch periods. Held Parent Advisory Council and Coaches Advisory Council meetings.
- **Student Leadership Initiative** – started planning ways to improve the quality of student leadership on athletic teams.

### 2008-2009 BY THE NUMBERS

1 State Championship...Frozen Four Team...Elite Eight Team...CHSL Individual Champion  
 2 Operation Friendship Scholar-Athletes... First Team All County Athletes  
 3 Individual Regional Champions... State Finals Team Qualifiers...CHSL Championships  
 4 MHSAA Team Regional Championships  
 5 First Team All State Athletes  
 6 MHSAA District Championships  
 7 Coaches of the Year  
 8 Academic All State Teams  
 9 Regular Season Tournament Championships  
 11 CHSL Division Championships  
 14 MHSAA State Finals Individual Qualifiers  
 16 Academic All State Athletes  
 20 All Region Athletes  
 25 All District Athletes  
 26 New School Records  
 45 All Catholic Athletes

# NOTRE DAME ATHLETICS

2008



2009

## PARTICIPATION

- Sponsored 48 interscholastic high school athletic programs
- Sponsored 3 interscholastic high school athletic clubs (sideline cheer, dance/pom, equestrian)
- Sponsored 26 interscholastic middle school athletic programs
- Notre Dame Prep and Notre Dame Marist athletes participated in 1201 contests (470 Home, 731 Away)
- Staffed 114 coaching positions at Notre Dame Prep and Notre Dame Marist
- 25 volunteer coaching positions at Notre Dame Prep and Notre Dame Marist
- 470 athletes in grades 9-12 participated in at least one sport/club sport (67.2%) (470/699 of the students enrolled at Notre Dame Prep)
- 227 athletes in grades 4-8 participated in at least one sport/club activity (79%) (227/287 of the students enrolled in grades 4-8 at Notre Dame Marist Academy Middle and Lower divisions) \* This figure includes non-Marist football players who paid a fee to participate and one third grader.

## TOURNAMENTS HOSTED

- MHSAA Volleyball District
- MHSAA Volleyball Regional
- MHSAA Girls Basketball District
- MHSAA Boys Lacrosse Regional
- MHSAA Girls Lacrosse Regional
- MHSAA Girls Soccer District
- CHSL Boys Soccer Semifinal
- CHSL Boys Soccer Finals
- CHSL Girls Ski Championship
- CHSL Boys Ski Championship
- CHSL Boys Lacrosse Finals
- CHSL Girls Lacrosse Finals
- CYO Football Regional
- CYO Volleyball Regional
- CYO Boys Basketball Regional
- CYO Girls Basketball Regional
- NDP Boys Soccer Invite

# NOTRE DAME ATHLETICS

2008



2009

## PARTICIPATION NUMBERS BY GENDER

### HIGH SCHOOL

#### Number of Participants

(counts multiple sport athletes each time)

Male	377	51.50 %
Female	<u>355</u>	48.50 %
	<b>732</b>	

#### Actual Number of Student Athletes

Male	242
Female	228

#### Two Sport Athletes

Male	100
Female	78

#### Three Sport Athletes

Male	17
Female	26

#### Number of Sports

Male	12
Female	12 (15 with clubs)

#### Number of Teams

Male	21
Female	21 (25 with clubs)

#### Paid Coaches

Male	47
Female	30

#### On Staff Coaches

Male	10
Female	11

### MIDDLE SCHOOL

#### Number of Participants

(counts multiple sport athletes each time)

Male	197 *	50.90%
Female	<u>190</u>	49.10%
	<b>387</b>	

#### Actual Number of Student Athletes

Male	115 *
Female	112

#### Two Sport Athletes

Male	38
Female	35

#### Three Sport Athletes

Male	22
Female	33

#### Number of Sports

Male	8
Female	8

#### Number of Teams

Male	13
Female	15

#### Paid Coaches

Male	28
Female	9

#### On Staff Coaches

Male	4
Female	0

\* Figure includes non-Marist football players who paid fee

**ATHLETIC PARTICIPATION FIGURES (2007-2009)**

**NOTRE DAME PREPARATORY**

	MALE		FEMALE		TOTAL				
	2007	2008	2007	2008	2007	2008			
Number of Participants (counts multiple sports athletes each time)	372	363	377	365	388	355	737	751	732
Actual Number of Student Athletes	240	227	242	239	253	228	479	480	470
Two Sport Athletes	83	84	100	82	87	78	165	171	178
Three Sport Athletes	26	26	17	23	23	26	49	49	43
On Staff Coaches	9	8	10	8	9	11	17	17	21

**MARIST ACADEMY**

	MALE		FEMALE		TOTAL				
	2007	2008	2009	2007	2008	2009	2007	2008	2009
Number of Participants (counts multiple sports athletes each time)	214	221	197	198	180	190	412	401	387
Actual Number of Student Athletes	132	124	115	120	102	112	252	226	227
Two Sport Athletes	36	48	38	35	38	35	71	86	73
Three Sport Athletes	25	24	22	19	20	33	44	44	55
On Staff Coaches	2	4	4	4	2	0	6	6	4

# NOTRE DAME ATHLETICS

2008



2009

## TEAM ACCOMPLISHMENTS

### State Champions

Boys Golf

### Frozen Four

Hockey

### Elite Eight

Volleyball

### Sweet Sixteen

Girls Basketball

Girls Soccer

Boys Basketball

### Regional Champions

Volleyball

Hockey

Girls Ski

Boys Golf



### District Champions

Volleyball

Girls Basketball

Girls Soccer

Boys Basketball

Boys Golf

Softball

### State Qualifiers

Boys Cross Country (2nd at regional)

Girls Cross Country (2nd at regional)

Girls Ski (1st at regional, 7th at state finals)



### Academic All State

Boys Tennis (5th consecutive year)

Volleyball (every year in school history)

Competitive Cheer (#1 in Division 3)

Hockey

Wrestling

Boys Ski (#1 in Division 2)

Girls Ski (#6 in Division 2)

Softball

### CHSL Champions

Boys Lacrosse

Girls Lacrosse

Girls Tennis (Co-Champions)

### CHSL Sectional Champions

Boys Soccer

JV Boys Soccer

JV Volleyball

Freshman Volleyball

JV Boys Basketball

Freshman Boys Basketball

Freshman Girls Basketball

Varsity Girls Lacrosse

Varsity Boys Lacrosse

JV Boys Lacrosse

Varsity Girls Soccer

### Tournament/Relay Champions

Girls Swim/Dive—Royal Oak Relays, Romeo Relays

JV Volleyball—Detroit Country Day Tournament

Freshman Volleyball—Waterford Kettering Tournament

Competitive Cheer—CCCAM @ Wyandotte Roosevelt,

Lapeer East Classic, Marine City Invitational

Girls Tennis—Warren Woods Tower Invitational

Softball—Corunna Invitational



# NOTRE DAME ATHLETICS

2008



2009

## INDIVIDUAL ACCOMPLISHMENTS

NDP Athletes of the Year	NDP Scholar-Athletes of the Year
Lauryn Hammond	Elizabeth Barron
Joseph Koterba	John Gulvezan

### Dirty Dozen Award (12 separate seasons of participation)

Lauryn Hammond

Weston Lawson

Michael Morrison

### Juniors with 9 separate seasons of participation

Kara Dal Bianco

Nick Hafner

Chad Powers

Maddie Duggan

Clare Lilek

Parker Via

Neil Dwivedi

### Sophomores with 6 separate seasons of participation

Taylor Aiello

Jane Fountain

Marisa Mancinotti

Stephanie Appruzzese

Brandon Katta

Molly Mulcahy

Tom Constand

Desiree Kpadenou

Mary Kate Zinn

Natalie DeLave

Brett Kramer

### Freshman with 3 separate seasons of participation

Mary Bellinger

Daniel Durkin

Angela Munaco

Laura Billings

Christa Guest

Julie Pieciak

Robert Boniface

Gabrielle Guzzardo

Lizzie Simon

Jacklyn Borgiel

Andrew Lauer

Tyler Yanik

Erin Collins

Luke Moriguchi

Geoff Zinn

### MHSAA Scholar-Athlete Award Nominees

Paige Aiello

Miles Foster

Elizabeth Barron

Emily Gray

### CHSL Scholar-Athlete Leader Award Winners

Cheerleading Award

Molly Hall

Edith Glusac Volleyball Award

Lauryn Hammond

### Detroit Free Press Scholar Athlete

Lauryn Hammond

### Wendy's High School Heisman School Winners

Paige Aiello

Weston Lawson



*Dirty Dozen award winners Weston Lawson, Lauryn Hammond and Michael Morrison*



# NOTRE DAME ATHLETICS

2008



2009

## INDIVIDUAL ACCOMPLISHMENTS

### All State

Boys Soccer	Neil Al-attar (3rd Team) Sean Grogan (Hon. Mention)
Volleyball	Destiny Tolliver (2nd Team) Catherine Wieczorek (Hon. Mention)
Girls Basketball	Brooke Borowski (Hon. Mention)
Girls Ski	Morganne Matheis (3rd Team Slalom & Giant Slalom) Katrina Stencil (Hon. Mention)
Hockey	Kevin Michelcavage (1st Team) Tom Sardelli (1st Team) Anthony Casali (2nd Team)
Boys Golf	Brendan Hanley (1st Team)
Boys Lacrosse	Tom Sardelli (2nd Team) Nick Garippa (2nd Team) Brandon Beauregard (3rd Team)
Girls Lacrosse	Lauryn Hammond (2nd Team)
Girls Soccer	Kacie Steinbrecher (1st Team) Paige Aiello (2nd Team) Celia Horak (2nd Team) Emily Gray (Honorable Mention)
Boys Track	Chris Burns (1st Team)

### MHSAA State Finals Individual Qualifiers

Swim/Dive	Jackelyn Adams, Elizabeth Barron, Mackenzie Chesley, Kaleigh Mullins, Sarah Novotney, Lauren Rao, Alyssa Varsanik, Jaclyn Wilson
Boys Skiing	John Gulvezan
Wrestling	Josh Romeo (145 lbs) <i>Top 12 in state</i>
Boys Track	Chris Burns <i>3rd in state in 2 mile</i>
Girls Track	Elizabeth Barron, Sara Barron, Emily Wade, Jaclyn Wilson

### Academic All State

Volleyball	Lauryn Hammond, Hannah Ziegler
Boys Soccer	Sean Grogan, Weston Lawson, Bradford Woelke
Comp. Cheer	Molly Hall, Jenny DeLaere
Hockey	Anthony Casali, Zachary Clarke, Christopher Elston, Miles Foster, John Nida, Philip Sakalian, Joseph Veltri, Matthew White
Wrestling	Joshua Romeo
Softball	Anne Autio, Sarah Dulapa, Liz Elias
Boys Track	Chris Burns

### Regional Champions

Girls Ski	Morganne Matheis (slalom)
Boys Track	Chris Burns (1 mile and 2 mile)

### All Region

Boys Soccer	Neil Al-attar, Sean Grogan
Volleyball	Katie Bloomgren, Lauryn Hammond, Lindsay Kander, Dalton Tolliver, Destiny Tolliver, Catherine Wieczorek
Comp. Cheer	Kristina Eurick (2nd Team) Megan Mulrenin (Hon. Mention)
Girls Ski	Michelle Kolkmeier, Morganne Matheis, Katrina Stencil
Boys Ski	John Gulvezan
Softball	Ann Autio, Kara Dal Bianco
Girls Soccer	Paige Aiello, Emily Gray, Celia Horak, Kacie Steinbrecher, Hannah Ziegler

### All District

Boys Soccer	Neil Al-attar Sean Grogan Weston Lawson
Comp. Cheer	Kristina Eurick (1st Team) Clare Lilek (1st Team) Megan Mulrenin (1st Team) Molly Hall (2nd Team) Jessica Karlewski (2nd Team) Kara Dal Bianco (Hon. Mention) Parker Via (Hon. Mention)
Baseball	Tom Constand Mike Morrison Dan Owenby Joe Veltri
Girls Soccer	Paige Aiello Emily Gray Celia Horak Lauren Jbara Kelly O'Masta Kacie Steinbrecher Hannah Ziegler
Softball	Anne Autio Kara Dal Bianco Sarah Dulapa Stephanie Karlewski Molly Winowiecki

# NOTRE DAME ATHLETICS

2008



2009

## INDIVIDUAL ACCOMPLISHMENTS

### CHSL Champion

Wrestling

Josh Romeo (145 lbs)

### CHSL All Catholic

Boys Soccer

Neil Al-attar  
Sean Grogan  
Nicholas Hafner  
Bradford Woelke

Football

Volleyball

Chad Powers  
Destiny Tolliver  
Catherine Wieczorek

Boys Cross Country

Chris Burns  
Brad Lorant

Girls Cross Country

Sara Barron  
Alex Lallier

Girls Golf

Competitive Cheer

Marisa Stroster  
Kristina Eurick  
Molly Hall  
Clare Lilek

Girls Basketball

Boys Basketball

Hockey

Wrestling

Baseball

Megan Mulrenin  
Brooke Borowski  
Mikal Spann  
Kevin Michelcavage

Boys Golf

Josh Romeo  
Thomas Constand

Girls Lacrosse

Joe Veltri

Matt Sheperd  
Aaron Knutson  
Gina Carnago  
Lauryn Hammond  
Brooke Ingraham

Boys Lacrosse

Shivani Radia  
Brandon Beauregard

Girls Soccer

Nick Garippa  
Joe Koterba  
Tom SardelliPaige Aiello  
Emily Gray  
Lauren Jbara  
Kacie Steinbrecher

Softball

Kara Dal Bianco  
Sarah Dulapa

Girls Tennis

Boys Track &amp; Field

Girls Track &amp; Field

Lisa Savagian  
Chris BurnsLiz Barron  
Sara Barron  
Natalie DeLave  
Emily Wade  
Jaelyn Wilson

### CHSL All League

Football

Chad Powers

Branch Kampe

Alex Horak

John Gulvezan

William Kaniut

Lawrence Navarre

Francisco Padilla

Katie Bloomgren

Lindsay Kander

Jane Fountain

Justin Scollin

Anthony Casali

Michael Morrison

Daniel Owenby

Madeline Dugan

Alayna Lekosiotis

Clare Lilek

Carley Palmer

P.J. Barron

Joe Gifford

Tim Robertson

Chris Thieda

Stephanie Accurso

Celia Horak

Katie Hynan

Kelly O'Masta

Molly Winowiecki

Alison Ho

Volleyball

Girls Basketball

Boys Basketball

Hockey

Baseball

Girls Lacrosse

Boys Lacrosse

Girls Soccer

Softball

Girls Tennis

### CHSL All Academic

Boys Soccer

Weston Lawson

Football

Joe Koterba

Boys Tennis

Andrew Anderson

Volleyball

Lauryn Hammond

Girls Basketball

Lauryn Hammond

Boys Basketball

Bradford Woelke

Hockey

Matthew White

Baseball

Kevin Azoury

Girls Lacrosse

Rebecca Sidor

Boys Lacrosse

Miles Foster

Girls Soccer

Kacie Steinbrecher

Softball

Anne Autio

Girls Tennis

Alison Ho

### CHSL Honorable Mention

Volleyball

Dalton Tolliver

Hannah Ziegler

Anne Autio

Liz Elias

Softball

# NOTRE DAME ATHLETICS

2008



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## INDIVIDUAL ACCOMPLISHMENTS

### All Oakland County

Boys Soccer	Neil Al-attar (Hon. Mention) Sean Grogan (Hon. Mention)
Football	Chad Powers (Hon. Mention)
Volleyball	Destiny Tolliver (Second Team) Katie Bloomgren (Hon. Mention) Lindsay Kander (Hon. Mention) Dalton Tolliver (Hon. Mention) Catherine Wieczorek (Hon. Mention)
Hockey	Kevin Michelcavage (Second Team) Tom Sardelli (Second Team) Anthony Casali (Hon. Mention)
Girls Ski	Morganne Matheis (Hon. Mention)
Wrestling	Josh Romeo (Hon. Mention)
Baseball	Joe Veltri (Hon. Mention)
Boys Golf	Brendan Hanley (1st Team) Matt Sheperd (2nd Team)
Girls Lacrosse	Lauryn Hammond (1st Team)
Girls Soccer	Kacie Steinbrecher (2nd Team) Paige Aiello (Hon. Mention) Emily Gray (Hon. Mention) Celia Horak (Hon. Mention)
Softball	Sarah Dulapa (2nd Team) Kara Dal Bianco (Hon. Mention) Molly Winowiecki (Hon. Mention)
Boys Track	Chris Burns (Hon. Mention)

### Detroit Free Press All North Boys Basketball Team

Mikal Spann (Hon. Mention)

### Detroit Free Press All North Girls Basketball Team

Brooke Borowski (Hon. Mention)

### US Lacrosse Michigan Chapter Scholarship

Gina Carnago  
Shivani Radia

### Dr. Pepper/Oakland Press Student-Athlete of the Week

Wrestling	Josh Romeo (January 8, 2009)
Boys Track	Chris Burns (June 4, 2009)

### Michigan High School Hockey Coaches' Association Player of the Week

Kevin Michelcavage (Week of February 9th, 2009)

### Girls Lacrosse All Star Game

Shivani Radia

### Softball All Star Game

Sarah Dulapa

### Hobie Baker Award (Hockey)

Anthony Casali

## COACHING HONORS

### State Coach of the Year

Hockey Randy Campana

### Regional Coach of the Year

Girls Ski Kim Stencil

### District Coach of the Year

Girls Soccer Marc Frankland  
Softball Betty Wroubel

### Catholic League Coach of the Year

Jenny Fischer  
Ben Ingram  
Peter Riley

# NOTRE DAME ATHLETICS

2008



2009

## NDP ATHLETES OF THE YEAR

### LAURYN HAMMOND

NDP Dirty Dozen Award Winner for 12 separate seasons of participation  
 CHSL Volleyball Edith Glusac Scholar Athlete Leader Award Winner  
 CHSL Girls Basketball Frank Connolly Scholar Athlete Leader Award Nominee  
 CHSL Girls Lacrosse Scholar Athlete Leader Award Nominee  
 Detroit Free Press Scholar Athlete  
 Girls Lacrosse All State Second Team  
 Girls Lacrosse All Oakland County  
 Girls Lacrosse CHSL All Catholic  
 Volleyball Academic All State  
 Volleyball All Region  
 Volleyball CHSL All Academic  
 Girls Basketball CHSL All Academic  
 Student Council Treasurer



### JOSEPH KOTERBA

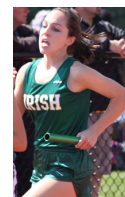
CHSL Boys Lacrosse Mike Jolly Scholar Athlete Leader Award Nominee  
 CHSL Football John Shada Scholar Athlete Leader Award Nominee  
 Boys Lacrosse CHSL All Catholic  
 Football CHSL All Academic



## NDP SCHOLAR ATHLETES OF THE YEAR

### ELIZABETH BARRON

CHSL Girls Track Sr. M.L. Affholter Scholar Athlete Leader Award Nominee  
 Michigan High School Athletic Association Scholar Athlete Award Nominee  
 MHSAA Swimming & Diving State Finals Qualifier  
 MHSAA Track & Field State Finals Qualifier  
 Girls Track & Field CHSL All Catholic



### JOHN GULVEZAN

CHSL Boys Soccer Bro. George Synan Scholar Athlete Leader Award Nominee  
 CHSL Boys Skiing Scholar Athlete Leader Award Nominee  
 MHSAA Boys Skiing State Finals Qualifier  
 Boys Soccer CHSL All League



# NOTRE DAME ATHLETICS

2008



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## SENIORS PLAYING IN COLLEGE

<b>Elizabeth Barron</b>	Cross Country/Track and Field	University of Notre Dame
<b>Sara Chrzanowski</b>	Figure Skating	Michigan State University
<b>Elizabeth Elias</b>	Softball	Albion College
<b>Emily Gray</b>	Soccer	Kalamazoo College
<b>David Owenby</b>	Football/Baseball	Benedictine University
<b>Lauren Rao</b>	Swimming and Diving	Albion College
<b>Joshua Romeo</b>	Cheerleading	University of Miami
<b>Christina Ruggeri</b>	Volleyball	Northwood University
<b>Justin Scollin</b>	Basketball	Aquinas College
<b>Joe Veltri</b>	Baseball	John Carroll University
<b>Brad Woelke</b>	Basketball	Kalamazoo College

## ATHLETIC PROGRAM HIGHLIGHTS

- Boys cross country qualified as a team for the MHSAA state finals for the first time in school history.
- Boys soccer won their 8th CHSL division title in school history.
- Girls swimming and diving won the Royal Oak Relays and Romeo Relays for the second consecutive year.
- Volleyball won their 11th district title and 5th regional title in school history.
- Boys and girls basketball both won district titles. It was the 5th district title for the boys and 4th for the girls in school history.
- Competitive cheer took home championships from three tournaments during the regular season—CCCAM @ Wyandotte Roosevelt, the Lapeer East Classic and the Marine City Invitational.
- Boys ice hockey advanced to the Frozen Four for the first time in school history and won their 2nd regional title in school history.
- Girls ski won their 4th regional title in school history and qualified for the state finals as a team for the 5th time in school history.
- Boys golf won their first state championship and the first state championship in a boys sport in school history.
- Girls and boys lacrosse both won the CHSL championship and CHSL division titles for the second consecutive year. It was the first ever CHSL championship for the girls and 4th in school history for the boys.
- Girls soccer won their 4th district title and their 3rd CHSL division title in school history.
- Girls tennis won the CHSL co-championship. It was the 4th time in school history they have won a CHSL championship.
- Boys track and field had their first ever all state athlete in junior Chris Burns who placed third in the 2 mile with a time of 9:31.28.

# NOTRE DAME ATHLETICS

2008



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## NOTRE DAME MARIST TEAM ACCOMPLISHMENTS

### CYO District Champions

Varsity Boys Basketball

### Tournament Champions

Varsity Boys Basketball—St. Genevieve Thanksgiving Tournament

### 2009 CYO Spirit Award (Division 3)

Cheerleading



## NOTRE DAME MARIST INDIVIDUAL ACCOLADES

### Marist Fall Scholar Athletes

Kianna Eurick  
Francesco Munaco

### Marist Winter Scholar Athletes

Michael Daenzer  
Kianna Eurick

### Marist Spring Scholar Athletes

Alex Kurrie  
Eileen Plunkett

### Marist Athletes of the Year

Connor Cervone  
Eileen Plunkett

### Marist Scholar Athletes of the Year

Kianna Eurick  
Francesco Munaco

### CYO Track & Field Championship

Karissa Gawronski (3rd in High Jump)

# NOTRE DAME ATHLETICS

2008



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## NEW SCHOOL RECORDS

### Notre Dame Prep Girls Golf

9 hole score	42	Lexi Cipa (9th Grade)
18 hole score	86	Marisa Stroster (12th Grade)

### Notre Dame Prep Competitive Cheer

Round 1 Score	224.8	MHSAA Regional
Round 3 Score	303.3	Lapeer East Invite
Total Score	736.7552	MHSAA Regional

### Notre Dame Prep Girls Basketball

Most Blocks in a Game	8	Adrianna Drake (11th Grade)
Most Steals in a Game	9	Lauryn Hammond (12th Grade)
Most Assists in a Game	9	Brooke Borowski (10th Grade)
Most Blocks in a Season	73	Adrianna Drake (11th Grade)
Most Blocks in a Game (Team)	11	vs. Armada
Most Blocks in a Season	115	
Most Rebounds in a Game	55	vs. Cardinal Mooney
Most Rebounds in a Season	865	

### Notre Dame Prep Wrestling

Most Takedowns in a Season	94	Josh Romeo (12th Grade)
Most 2 Point Near Falls in a Season	25	Josh Romeo (12th Grade)
Most Team Points in a Season	228	Josh Romeo (12th Grade)
Most Points Scored in a Season	397	Josh Romeo (12th Grade)

### Notre Dame Prep Girls Track and Field

3200 Meter Relay	9:54.38	Elizabeth Barron (12th Grade) Emily Wade (11th Grade) Jaclyn Wilson (12th Grade) Sara Barron (9th Grade)
100 Meter Hurdles	16.69	Natalie DeLave (10th Grade)
800 Meter Run	2:25.1	Sara Barron (9th Grade)
1600 Meter Run	5:24.21	Sara Barron (9th Grade)
Shot Put	33'11"	Jane Fountain (10th Grade)

### Notre Dame Prep Boys Track and Field

1600 Meter Run	4:29.31	Chris Burns (11th Grade)
3200 Meter Run	9:31.28	Chris Burns (11th Grade)

### Notre Dame Marist Girls Track and Field

High Jump	4'8"	Karissa Gawronski (7th Grade)
3200 Meter Relay	11:57.4	Ellen Green (7th Grade) Jessica Green (7th Grade) Maddie Riley (8th Grade) Karissa Gawronski (7th Grade)