

# Winter Sports Awards Night

## Tuesday, March 15, 2011

Welcome	Ellen Cwick
C.A.B.	Dennis Donelon
Introduction of Assistant Coaches and All-Academic Selections	Chris Curry
Highlight Video	Sandra Flinchum-Martin Bo Warmbold
Introduction of Head Coaches	Brian McDonald

### HEAD COACHES COMMENTS

Shaunna Rivera	Paul Brettner
Jerry Miceli	Matt McCarty
Denise Caton	Ron Long
Brittany Redig	Andra Hjelm
Adam Lueken	Brian McDonald

### BREAKOUT LOCATIONS

Cheerleading	Library
Wrestling	Competition Gym
Girls' Bowling	Room 1201
Boys' Basketball	I.R.C.
	Library Classroom
	Fieldhouse A
Girls' Gymnastics	Conference Room 1516
Girls' Basketball	Studio Theatre
Boys' Swimming/Diving	Gymnastics Gym
Boys' Bowling	Wrestling Gym
Varsity Pom Pons	Choir Room
JV Pom Pons	Room 1211

**VHHS WINTER COACHING STAFF  
2010-2011**

**CHEERLEADING**

Shaunna Rivera  
Teri Moree

**GIRLS' BOWLING**

Andra Hjelm  
Jim Cogar

**GYMNASTICS**

Denise Caton  
Jesse Piland

**GIRLS' BASKETBALL**

Paul Brettner  
Rachael Blanton  
Avelino Cortez  
Rob Nardini  
Jennifer Fijalkowski  
Laura Nardini

**BOYS' BOWLING**

Ron Long  
Bill Spigner

**POM PONS**

Brittany Redig  
Michelle Sawicki

**BOYS' BASKETBALL**

Matt McCarty  
Colin Mason  
Tom Bahnick  
Brett Hill  
Adam McCloud

**BOYS' SWIMMING & DIVING**

Adam Lueken  
Patrick Costello  
Jim Pardun  
Toni Pastorino

**WRESTLING**

Jerry Miceli  
Erik Noriega  
Matt Erlenbaugh  
Manny Perez  
Mike Duffley  
Joe Maltese

**HOCKEY**

Efren Heredia  
Drew Heredia  
Dave Schlagetter  
JJ Heredia

**ATHLETIC DIRECTOR**

Brian McDonald

**ASSISTANT ATHLETIC DIRECTOR**

Chris Curry

**ATHLETIC TRAINERS**

Kirsten Rous  
Joe Payawal

**ATHLETIC DEPARTMENT ASSISTANTS**

Kathy Catanzaro  
Suzanne Richert

**VERNON HILLS HIGH SCHOOL  
CELEBRATES ITS  
ALL-ACADEMIC SELECTIONS**

The following Juniors and Seniors have achieved a 3.5 G.P.A. (on a 4.0 weighted or unweighted scale) in addition to earning a Varsity Letter in their respective sports.

**Congratulations to:**

**Boys' Basketball**

Christopher Argianas  
MJ Crowley  
Nicholas Escanilla  
Darren Hoveydai  
Ryan Lane

**Cheerleading**

Nitya Bhagavatula  
Megan Meline  
Meghan Morehead  
Ellie Silver

**Boys' Bowling**

David Goldberg  
Scott Somers  
Jeremy Steininger

**Girls' Bowling**

Lindsey Gallagher  
Taylor Rigwood

**Pom Pons**

Jaclyn Bernas  
Elizabeth Chapman  
Marli Levin  
Michelle Nussbaum

**Girls' Basketball**

Danielle Binder  
Rebecca Feld  
Kelly Firnbach  
Erin Keller  
Julie Pecht  
Abigail Springer

**Boys' Swimming & Diving**

Daniel Faia  
Mark Genchanok  
Daniel Kocoj  
David Kocoj  
Chan Gu Lee  
Nathan Lightman  
Marc Madore  
Adnan Meskic  
Peter Schultz  
Kyle Small

**Hockey**

Jack Rieke

**Wrestling**

Timothy Claussen  
Jeremy Sullivan  
Gideon Yim

**WINTER SPORTS  
INDIVIDUAL AWARDS  
2010-2011**

**BOYS' BASKETBALL**

Chris Argianas

All-North Suburban Conference Selection  
All-Area Honorable Mention, *Daily Herald*

DaVaris Daniels

All-North Suburban Conference Selection  
All-Area Selection, *Daily Herald*  
*Chicago Sun Times*, All-Area Special Mention

**GIRLS' BASKETBALL**

Meredith Bennett-Swanson

All-North Suburban Conference Selection  
All-Area Selection, *Daily Herald*

Sydney Smith

All-North Suburban Conference Selection  
All-Area Honorable Mention, *Daily Herald*

Lauren Webb

All-North Suburban Conference Honorable Mention  
All-Area Honorable Mention, *Daily Herald*

**BOYS' BOWLING**

Nick Garpow

Northern Illinois Boys' Bowling All-Conference Selection-1<sup>st</sup> team  
IHSA State- 19<sup>th</sup> Place Finish

Steven Linda

Northern Illinois Boys' Bowling All-Conference Selection-2<sup>nd</sup> team

Eric Swanson

Northern Illinois Boys' Bowling All-Conference Selection-1<sup>st</sup> team  
IHSA Sectional- 3<sup>rd</sup> Place Medalist

**GYMNASTICS**

Sarah Lopez

IHSA Regional 3<sup>rd</sup> Place Medalist- All-Around  
IHSA State Qualifier- Vault

Alli Tran

North Suburban Conference- 4<sup>th</sup> Place Medalist- Bars  
IHSA Regional Champion- Vault  
IHSA Regional 4<sup>th</sup> Place Medalist- Beam  
IHSA Regional 2<sup>nd</sup> Place Medalist- All-Around  
IHSA Sectional 2<sup>nd</sup> Place Medalist- Bars  
IHSA State 6<sup>th</sup> Place Finish- Bars  
IHSA State 10<sup>th</sup> Place Finish- All-Around

**GIRLS' BOWLING**

Taylor Rigwood

North Suburban Conference 9<sup>th</sup> Place Medalist

Randi Stone

North Suburban Conference 14<sup>th</sup> Place Medalist

IHSA Sectional Champion

IHSA State Qualifier- 40<sup>th</sup> Place Finish

**HOCKEY**

Brad Feinman

Metro Central Varsity All-Star team

Metro Varsity All-Star team

Joseph VanderMey

Metro Central Varsity All-Star team

**WINTER SPORTS  
INDIVIDUAL AWARDS  
2010-2011**

**BOYS' SWIMMING & DIVING**

Alex Argast	North Suburban Conference 6 <sup>th</sup> Place Medalist- 200 Medley Relay
Danny Faia	North Suburban Conference 5 <sup>th</sup> Place Medalist- 400 Free Relay
Mark Genchanok	North Suburban Conference 5 <sup>th</sup> Place Medalist- 200 Free Relay
	North Suburban Conference 5 <sup>th</sup> Place Medalist- 400 Free Relay
	IHSA Sectional 6 <sup>th</sup> Place Medalist- 200 Medley Relay
	IHSA Sectional 5 <sup>th</sup> Place Medalist- 200 Free Relay
David Kocoj	North Suburban Conference 6 <sup>th</sup> Place Medalist- 200 Medley Relay
	North Suburban Conference 5 <sup>th</sup> Place Medalist- 200 Free Relay
	North Suburban Conference 5 <sup>th</sup> Place Medalist- 400 Free Relay
	IHSA Sectional 5 <sup>th</sup> Place Medalist- 200 Free Relay
Kevin Lenz	North Suburban Conference 6 <sup>th</sup> Place Medalist- 200 Medley Relay
	North Suburban Conference Champion- 50 Yard Freestyle
	North Suburban Conference 5 <sup>th</sup> Place Medalist- 200 Free Relay
	North Suburban Conference Champion- 100 Yard Breaststroke
	IHSA Sectional 6 <sup>th</sup> Place Medalist- 200 Medley Relay
	IHSA Sectional 2 <sup>nd</sup> Place Medalist- 50 Yard Freestyle
	IHSA Sectional 5 <sup>th</sup> Place Medalist- 200 Free Relay
	IHSA Sectional 2 <sup>nd</sup> Place Medalist- 100 Yard Breaststroke
	IHSA State Qualifier- 50 Freestyle- 16 <sup>th</sup> Place Finish
	IHSA State Qualifier- 100 Breaststroke- 13 <sup>th</sup> Place Finish
Marc Madore	North Suburban Conference 6 <sup>th</sup> Place Medalist- 200 Medley Relay
	North Suburban Conference 5 <sup>th</sup> Place Medalist- 400 Free Relay
	IHSA Sectional 6 <sup>th</sup> Place Medalist- 200 Medley Relay
	IHSA Sectional 6 <sup>th</sup> Place Medalist- 500 Yard Freestyle
	IHSA Sectional 5 <sup>th</sup> Place Medalist- 200 Free Relay
Adnan Meskic	North Suburban Conference 5 <sup>th</sup> Place Medalist- 200 Free Relay
	IHSA Sectional 6 <sup>th</sup> Place Medalist- 200 Medley Relay
Alex Zuniga	North Suburban Conference 5 <sup>th</sup> Place Medalist- Diving
	IHSA Sectional 4 <sup>th</sup> Place Medalist- Diving
	IHSA State Qualifier- Diving- 30 <sup>th</sup> Place Finish

**WRESTLING**

Jeremy Brazil	North Suburban Conference Champion (HWT)
	IHSA Regional 3 <sup>rd</sup> Place Medalist (HWT)
	IHSA Sectional Champion (HWT)
	IHSA All-State- 2 <sup>nd</sup> Place Medalist (HWT)
Connor Bryson	North Suburban Conference 5 <sup>th</sup> Place Medalist (189)
Dan Klema	North Suburban Conference 4 <sup>th</sup> Place Medalist (145)
	IHSA Regional Champion (145)
	IHSA Sectional 3 <sup>rd</sup> Place Medalist (145)
	IHSA State Qualifier (145)
David Pierce	IHSA Regional 2 <sup>nd</sup> Place Medalist (140)
	IHSA Sectional 3 <sup>rd</sup> Place Medalist (140)
	IHSA State Qualifier (140)
Jonathan Ramirez	IHSA Regional 3 <sup>rd</sup> Place Medalist (135)
	IHSA Sectional Qualifier
Gideon Yim	IHSA Regional Champion (125)
	IHSA Sectional Champion (125)
	IHSA All-State- 2 <sup>nd</sup> Place Medalist (125)

VERNON HILLS HIGH SCHOOL  
CELEBRATES ITS  
NSC SPORTSMANSHIP SELECTIONS

These athletes show great pride in representing their school and community. They demonstrate respect for their opponents, teammates, coaches and officials and consistently compete with at team first attitude. They are, without fail and without prompting, unselfish, team-first Cougar athletes.

Congratulations to:

BOYS' BASKETBALL

Chris Argianas

GIRLS' BASKETBALL

Becca Feld

GIRLS' BOWLING

Taylor Rigwood

CHEERLEADING

Allisa Menotti

GIRLS' GYMNASTICS

Jessica Echales

BOYS' SWIM & DIVE

Kevin Lenz

WRESTLING

Connor Bryson



VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Varsity Boys' Basketball**

Coaches: Matt McCarty Colin Mason	Season Record:	Won 17	Lost 11
	Division Record:	Won 10	Lost 2

Date	School	VHHS	Opponent
11/22/10- 11/27/10	Battle at the Ridge Tournament		
	Maine East	72	40
	Guerin Prep	51	29
	Northridge Prep	46	26
	Evergreen Park	71	35
12/01/10	Carmel	76	71
12/03/10	Antioch	72	47
12/07/10	Lakes Community	64	34
12/11/10	Grant	63	59
12/17/10	Wauconda	65	49
12/21/10	Elmwood Park	52	45
12/27/10- 12/30/10	Wheeling Hardwood Classic		
	Wheeling	44	49
	Carmel	55	65
	Streamwood	60	64(2OT)
	Deerfield	45	61
01/07/11	Round Lake	45	27
01/08/11	North Chicago	71	80
01/14/11	Palatine	44	49
01/21/11	Antioch	62	57
01/26/11	Lakes Community	60	46
01/29/11	Grant	59	70
02/04/11	Wauconda	61	38
02/11/11	Round Lake	52	47
02/12/11	North Chicago	75	60
02/15/11	Grayslake Central	50	56
02/19/11	Warren	30	44
02/23/11	Mundelein	52	67
03/02/11	IHSA Regional vs. Chicago Amundsen	60	44
03/04/11	IHSA Regional vs. Grayslake Central	39	50

Roster

Robbie Appelbaum  
Chris Argianas  
Brian Berzanski  
MJ Crowley  
Stephen Curry  
DaVaris Daniels  
Nico Escanilla  
John Foley  
Darren Hoveydai  
Ryan Lane  
Nate Rathod  
Dustin Rusch  
Jarrett Wood

Taylor Krue, mgr.  
Evan Siegel, mgr.

The Cougars had an unprecedented beginning to the season. It began with an outstanding showing at the Northridge Prep Thanksgiving tourney and a ten game win streak. The boys battled through a tough stretch and showed a lot of resiliency by laying claim to a first ever title run. The team finished 10-2 in conference play which ended with a thrilling 75-60 victory over rival North Chicago. The coaching staff would like to thank the seniors for their efforts in making this a memorable season. They were a great group to coach and we wish them the best of luck in their future endeavors.

Coach McCarty and Coach Mason

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

JV Boys' Basketball

Coach: Colin Mason	Season Record:	Won 4	Lost 4
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<u>Date</u>	<u>School</u>	<u>VHHS</u>	<u>Opponent</u>
12/04/10	Antioch	45	25
12/08/10	Grayslake North	55	59
12/13/10	Grant	53	57
01/08/11	Round Lake	42	35
01/15/11	Grayslake Central	49	56
01/22/11	Antioch	41	30
01/24/11	North Chicago	60	47
01/31/11	Grant	39	49



VERNON HILLS HIGH SCHOOL  
2010 - 2011  
WINTER SEASON SUMMARY  
Sophomore Boys' Basketball

Coach: Tom Bahnick	Season Record:	Won 17	Lost 10
	Division Record:	Won 9	Lost 3

Date	School	VHHS	Opponent
11/22/10- 11/27/10	Battle at the Ridge Tournament		
	Maine East	52	36
	Northridge Prep	29	41
	Guerin Prep	47	11
	Deerfield	37	39
12/01/10	Carmel	48	53
12/03/10	Antioch	67	19
12/07/10	Lakes Community	49	42
12/08/10	Grayslake North (Soph. B)	48	24
12/11/10	Grant	42	44
12/06/10- 12/15/10	Niles North Tournament		
	Fenton	57	45
	Stevenson	53	63
	Niles North	43	38
12/17/10	Wauconda	44	37
12/21/10	Elmwood Park	58	29
01/07/11	Round Lake	39	23
01/08/11	North Chicago	30	39
01/14/11	Palatine	39	36
01/15/11	Grayslake Central (Soph. B)	39	27
01/21/11	Antioch	45	31
01/26/11	Lakes Community	50	43
01/29/11	Grant	47	49 (OT)
02/04/11	Wauconda	40	30
02/11/11	Round Lake	59	24
02/12/11	North Chicago	53	45
02/15/11	Grayslake Central	37	43
02/19/11	Warren	37	44
02/23/11	Mundelein	58	60

Roster

Evan Borden  
Kevin Davis  
Connor Dickman  
Tyler Feece  
TJ Flis  
Trent Fulton  
Dylan McNamara  
Brett Peterson  
Danny Rosenstock  
Nate Wells

The 2010-2011 Sophomore Boys' Basketball team had an outstanding season. The team took second place in the Prairie Division with a record of 9-3 and finished just shy of their season goal of reaching 20 wins. Five of this year's ten losses were by five points or fewer and two of those losses came in overtime. This year's team had a great relationship with one another which contributed to our high level of team camaraderie. I am very proud of the hard work and effort the boys put forth all the way through the season. They competed each and everyday and we continuously got better throughout the year.

Coach Bahnick

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Freshman A Boys' Basketball**

Coach: Brett Hill Adam McCloud	Season Record:	Won 14	Lost 9
	Division Record:	Won 7	Lost 5

<u>D/ate</u>	<u>School</u>	<u>VHHS</u>	<u>Opponent</u>
11/23/10	Ridgewood	55	30
11/24/10	Guerin Prep	50	45
11/26/10	Maine East	41	19
12/01/10	Carmel	40	43
12/03/10	Antioch	44	33
12/04/10	Johnsburg	51	45
12/04/10	Carmel	41	49
12/06/10	Marian	38	36
12/11/10	Lakes	27	37
12/13/10	Grant	28	49
12/18/10	Wauconda	39	34
01/08/11	Round Lake	71	41
01/14/11	Palatine	52	49
01/17/11	Warren	24	35
01/22/11	Antioch	45	8
01/24/11	North Chicago	45	52
01/29/11	Lakes	39	36
01/31/11	Grant	34	42
02/07/11	Wauconda	37	30
02/12/11	Round Lake	49	34
02/14/11	North Chicago	56	58 (OT)
02/15/11	Grayslake Central	28	50
02/21/11	Mundelein	58	41

**Roster**

Jeremy Babicz  
Jason Bowen  
Jacob Boyer  
Patrick Crowley  
Kyle Erchinger  
Ryan Erchinger  
Jacob Feece  
Jordan Flaherty  
Tyler Jacobson  
Matthew Kahn  
Tristan Klintworth  
Juan Maldonado  
Michael Mariella  
Nicholas Papini  
Quinn Patke  
Kiran Pendyala  
Tristan Petschow  
Nirvik Roy  
David White  
Tyler Wood

The 2010-2011 version of the Freshman Basketball Cougars was a fun group to coach. Like any basketball team, they loved to score and our offense caters to that mentality. However, they all know how much their coaches love defense and we saw great strides throughout the year in their commitment to improving their defensive skills while gaining a greater understanding of the dribble drive offense. This group also showed a strong ability to bounce back after tough games and play well. Their ability to handle adversity will take them a long way in life. It was a fun group to coach and we look forward to seeing them grow not only as basketball players but more importantly as young men over the next 3 years. Thanks for an outstanding year!

Coach Hill and Coach McCloud

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Freshman B Boys' Basketball**

Coach: Adam McCloud Brett Hill	Season Record:	Won 9	Lost 15
	Division Record:	Won 8	Lost 4

Date	School	VHHS	Opponent
11/22/10	Ridgewood	42	28
11/22/10	Maine East	27	28
11/23/10	Buffalo Grove	30	53
12/01/10	Carmel	30	40
12/03/10	Antioch	31	25
12/11/10	Lakes Community	32	23
12/13/10	Grant	26	41
12/15/10	Buffalo Grove	15	35
12/15/10	Palatine	33	40
12/16/10	Stevenson	32	33
12/18/10	Wauconda	52	31
12/21/10	Elmwood Park	25	46
01/08/11	Round Lake	32	20
01/14/11	Palatine	23	34
01/17/11	Warren	30	39
01/22/11	Antioch	50	19
01/24/11	North Chicago	34	41
01/29/11	Lakes Community	37	29
01/31/11	Grant	28	33
02/07/11	Wauconda	25	45
02/12/11	Round Lake	40	29
02/14/11	North Chicago	60	33
02/15/11	Grayslake Central	22	55
02/21/11	Mundelein	51	53(2OT)

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Varsity Girls' Basketball**

Coaches: Paul Brettner Rachael Blanton	Season Record:	Won 16	Lost 12
	Division Record:	Won 9	Lost 3

Date	School	VHHS	Opponent
11/15/10	Cougar Classic Lake Forest Academy	49	28
11/18/10	Ridgewood	46	12
11/22/10	Maine East	52	23
11/24/10	Woodstock North	31	38
11/30/10	Antioch	61	52
12/02/10	North Chicago	62	45
12/04/10	Lakes Community	62	46
12/08/10	Grant	38	40
12/10/10	Wauconda	37	41
12/14/10	Trinity	29	59
12/17/10	Grayslake Central	40	61
12/11/10	Mundelein Tournament – Rolling Meadows	37	42
12/18/10	Waukegan	44	41
12/21/10	Lake Park	35	41
12/23/10	Conant	32	56
01/06/11	Round Lake	60	35
01/08/11	Warren	20	34
01/13/11	Antioch	31	44
01/15/11	Lakes Community	45	39
01/17/11	Grant	40	33
01/22/11	Wauconda	38	28
01/26/11	Deerfield	54	38
01/28/11	Round Lake	55	31
01/31/11	Highland Park	54	64
02/4/11	North Chicago	69	59
02/08/11	Mundelein	58	48
02/15/11	IHSA Regional vs. Regina Dominican	48	26
02/17/11	IHSA Regional Final vs. Wauconda	37	42 (3OT)

**Roster**

Bri Bahlmann  
Meri Bennett-Swanson  
Danielle Binder  
Amber Bolke  
Becca Feld  
Kelly Firnbach  
Erin Keller  
Ikie Ostrovsky  
Julie Pecht  
Sydney Smith  
Abby Springer  
Lauren Webb

Tyler Alper, mgr.  
Krishna Mundada, mgr.  
Brian Sher, mgr.

The Varsity Girls' Basketball team finished second in the Prairie Division at 9-3, and our overall record was 16-12 which is the third best record in our history. We very nearly won our first regional title but came up a bit short losing in triple overtime in the regional championship. Every player made contributions to this team that had amazing team chemistry which allowed us to finish the season by winning 8 of our last 10 games. We lose some high quality individuals through graduation, and those kids will be missed. We also retain many high quality individuals which makes next season promising.

Coach Brettner

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Sophomore Girls' Basketball**

Coach: Avelino Cortez Laura Nardini	Season Record:	Won 19	Lost 6
	Division Record:	Won 9	Lost 3

Date	School	VHHS	Opponent
11/19/10- 11/20/10	Lake Forest Tournament - Lake Forest High School	40	11
	Grayslake Central	22	32
	Regina	34	21
11/30/10	Antioch	36	17
12/02/10	North Chicago	35	17
12/04/10	Lakes Community	53	41
12/08/10	Grant	20	21
12/10/10	Wauconda	29	24
12/14/10	Trinity	19	35
12/17/10	Grayslake Central	44	25
12/29/10- 12/30/10	Lake Zurich Tournament - Mundelein	27	21
	Lake Zurich	29	33
	Cary Grove	40	27
	Jacobs	41	30
01/06/11	Round Lake	28	16
01/08/11	Warren	32	16
01/13/11	Antioch	40	34
01/15/11	Lakes Community	36	17
01/17/11	Grant	23	25
01/22/11	Wauconda	37	24
01/26/11	Deerfield	29	24
01/28/11	Round Lake	25	29
01/31/11	Highland Park	25	14
02/4/11	North Chicago	43	24
02/08/11	Mundelein	39	27

**Roster**

Catherine Boulos  
Alyssa Burrows  
Jasmine Carter  
Ana Cifuentes  
Ashley Cohen  
Alexandra Knopoff  
Alina Lehocky  
Abigail Levy  
Kayla Marvin  
Alissa Miller  
Paige Powell  
Megan Riehm  
Madelyn Roberts

The Sophomore Girls' Basketball team proved their resilience, dedication, and perseverance throughout the course of the 2010-2011 season. Their record is a testament to their hard work and incessant desire to achieve the goals set at the beginning of the season. Each player came to understand that our program is built on teamwork and a positive attitude, and they rose to the occasion time and time again to prove this. In the Lake Zurich Tournament, several girls stepped up to play big minutes and helped the team come out with a 3-1 record—the best record for VHHS sophomore girls since being invited to the tournament. The team took 2<sup>nd</sup> place in the Lake Forest High School Thanksgiving Tournament—their only loss was to Grayslake Central, whom they would eventually defeat by 19 later in the season. Finally, the team finished second in conference with a 9-3 record. Congratulations to the Sophomore Girls' Basketball team—remember, continue to set goals that seem to be just out of your reach! Great season girls!

Coach Cortez

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Freshman A Girls' Basketball**

Coaches: Rob Nardini Jennifer Fijalkowski	Season Record:	Won 15	Lost 10
	Division Record:	Won 7	Lost 5

Date	School	VHHS	Opponent
11/20/10	Hoffman Estates Tournament		
	Maine South	11	23
11/26/10	Naperville Central	32	23
11/27/10	Hoffman Estates	23	14
11/30/10	Antioch	28	34 (OT)
12/02/10	North Chicago	32	21
12/03/10	Lakes Community	28	26
12/08/10	Grant	22	28
12/10/10	Wauconda	25	34
12/14/10	Trinity	33	35
12/17/10	Grayslake Central	16	22
	Lake Zurich Tournament		
	Mundelein	28	18
12/29/10	Lake Zurich	23	20
12/30/10	Cary Grove	22	53
	Jacobs	42	21
01/06/11	Round Lake	42	18
01/08/11	Warren	26	32
01/13/11	Antioch	26	36
01/15/11	Lakes Community	38	36
01/17/11	Grant	29	42
01/22/11	Wauconda	26	12
01/26/11	Deerfield	31	30
01/28/11	Round Lake	36	16
01/31/11	Highland Park	37	28
02/4/11	North Chicago	39	17
02/08/11	Mundelein	27	22

**Roster**

Madi Binder  
Annalisa Cooper  
Steffany Froman  
Jesse Gaimari  
Sara Gehrett  
Gina Greenlee  
Shannon Healey  
Emilia Jaskowska  
Sloane Kahalnik  
Bridget Kalsch  
Emily Katz  
Kristina Kliver  
Katherine Koczvara  
Rianna Roos

The Freshman Girls' Basketball teams enjoyed another solid season during the 2010-2011 campaign. Both the A and B teams continued to progress and improve their basketball skills throughout the season. As a group, the girls produced 21 wins. The A team finished 15-10. The B team worked hard every day, fought through some injuries to post six wins for the season. The girls are ready to take their freshman basketball experience and have promised to work hard and improve their game to better the record they've attained during their Freshman season.

Coach Nardini and Coach Fijalkowski

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Freshman B Girls' Basketball**

Coaches: Rob Nardini Jen Fijalkowski	Season Record:	Won 6	Lost 11
	Division Record:	Won 4	Lost 5

Date	School	VHHS	Opponent
11/20/10	Hoffman Estates Tournament		
	Glenbrook North	32	23
11/26/10	Naperville Central	14	33
11/27/10	Hersey	19	33
11/30/10	Antioch	17	3
12/03/10	Lakes Community	17	18
12/08/10	Grant	L	
12/14/10	Trinity	L	
12/17/10	Grayslake Central	L	
01/06/11	Round Lake	31	2
01/08/11	Warren	17	19
01/13/11	Antioch	37	23
01/15/11	Lakes Community	34	14
01/17/11	Grant	24	27
01/26/11	Deerfield	14	26
01/28/11	Round Lake	26	8
01/31/11	Highland Park	30	27
02/08/11	Mundelein	22	25



VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Varsity Boys' Bowling**

Coaches: Ron Long Bill Spigner	Season Record: 1 <sup>st</sup> in Conference 2 <sup>nd</sup> in Sectionals 2 <sup>nd</sup> in State	Won 11	Lost 1
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Date	School	VHHS	Opponent
11/08/10	McHenry	2928	2509
11/15/10	New Trier	2922	2556
11/18/10	Deerfield	3104	2984
11/20/10	Rockford Guilford Survivor Tournament	14th	
11/23/10	Libertyville	2673	2619
12/01/10	Lake Zurich	3164	2942
12/03/10	Stevenson	3251	3081
12/04/10	Cougar Classic	2nd	
12/07/10	New Trier	3084	2754
12/09/10	Deerfield	3080	2893
12/11/10	Rockford Invite	2 <sup>nd</sup>	
12/13/10	Evanston	2906	2381
12/14/10	Libertyville	3073	2670
12/15/10	Lake Zurich	3039	3096
12/23/10	Morgan Park Invite	1st	
12/28/10	Brother Rice Tournament	1st	
12/30/10	Andrew Tournament	3rd	
01/06/11	Stevenson	2999	2897
01/08/11	Plainfield North Invite	5th	
01/14/11	Evanston	2906	2381
01/15/11	Lake Zurich Invite	2nd	
01/22/11	IHSA Sectional	2nd	
01/28/11	IHSA State Tournament	2nd	
01/29/11			

**Roster**

Parish Ashford  
Justin Becker  
Eric Doerhoefer  
Smith Donelon  
Sean Ennis  
Sam Fink  
Max Fisher  
Brandon Flora  
Zack Furlett  
Nick Garpow  
David Goldberg  
Joshua Hallendorff  
Shariq Kaka  
Spencer La Buda  
Steven Linda  
Mason Madej  
Noah Melcer  
Patrick Quinn  
Scott Somers  
Jeremy Steininger  
Eric Swanson  
Jimmy Tyrcha  
Alex Winter  
Brandon Young

On January 29<sup>th</sup>, the Vernon Hills Boys' Bowling team made school history by receiving 2<sup>nd</sup> place at State as a team. This is the 2<sup>nd</sup> IHSA trophy in the school's possession from the boys' team. The team received 3<sup>rd</sup> place in the 2005 season. During the season the team placed 1<sup>st</sup> at the Morgan Park and Brother Rice tournaments and finished 1<sup>st</sup> in the NIBBC Conference. The team went on to place 2<sup>nd</sup> at Sectionals and qualified for the State competition.

At State, the team held 1<sup>st</sup> place after the first day of competition and held a series record of 3302 in the afternoon series. On Saturday, the Cougars placed 2<sup>nd</sup> overall with a very remarkable pin count of 12,387 for 12 games of competition. Nick Garpow, team captain, placed 18<sup>th</sup> overall, Eric Swanson 30<sup>th</sup> overall, and Mason Madej 39<sup>th</sup> overall. The other contributing members were: Jeremy Steininger (702 series), Steven Linda (667 series), Jimmy Tyrcha, David Goldberg, and Patrick Quinn. What a fantastic year and a great team to be part of, coached by Ron Long and Bill Spigner who are in their 8<sup>th</sup> year together.

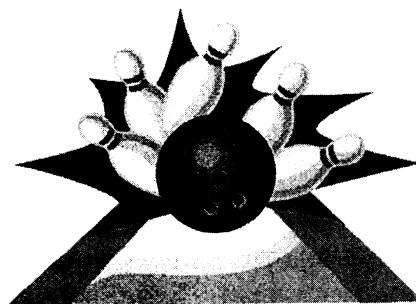
Coach Long and Coach Spigner

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**JV Boys' Bowling**

Coaches: Ron Long Bill Spigner	JV Season Record: 2 <sup>nd</sup> in Conference	Won 9	Lost 3
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<u>Date</u>	<u>School</u>	<u>VHHS</u>	<u>Opponent</u>
11/08/10	McHenry	2750	2380
11/15/10	New Trier	3074	2419
11/18/10	Deerfield	2626	2118
11/23/10	Libertyville	2472	2206
12/01/10	Lake Zurich	2664	2691
12/03/10	Stevenson	2763	2847
12/04/10	Cougar Classic	4th	
12/07/10	New Trier	2755	2719
12/09/10	Deerfield	3034	1961
12/11/10	Rockford Invite	4th	
12/14/10	Libertyville	2823	2456
12/15/10	Lake Zurich	3037	2819
01/06/11	Stevenson	2573	2716
01/14/11	Evanston	2497	2016
01/15/11	Lake Zurich Invite	1st	



VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Varsity Girls' Bowling**

Coaches: Andra Hjelm Jim Cogar	Varsity Season Record:	Won 6	Lost 6
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Date	School	VHHS	Opponent
11/30/10	Wauconda	0	9
12/01/10	Stevenson	4	5
12/04/10	Fremd Invite	14 <sup>th</sup>	
12/07/10	Antioch	0	9
12/08/10	Round Lake	7	2
12/11/10	Plainfield North Tournament	39 <sup>th</sup>	
12/13/10	North Chicago	9	0
12/14/10	Buffalo Grove	L	W
12/15/10	Zion Benton	0	9
12/30/10	Grayslake North Tournament	3 <sup>rd</sup>	
01/08/11	Prospect Tournament	21 <sup>st</sup>	
01/10/11	Warren	7	2
01/13/11	Lakes Community	9	0
01/20/11	Lake Zurich	0	9
01/22/11	Rockford Guilford Invite	26 <sup>th</sup>	
01/26/11	Libertyville	7	2
01/27/11	Grant	9	0
01/28/11	NSC Championship	6 <sup>th</sup>	
02/02/10	Grayslake North	cancelled	
02/05/11	IHSA Sectionals	3 <sup>rd</sup>	
02/11/11	IHSA State - Randi Stone	40 <sup>th</sup>	
02/12/11			

**Roster**

Hayley Altemese  
Meghan Calderone  
Lindsey Gallagher  
Griselda Jaimes  
Karolina Jaskowska  
Kelly Kalsch  
Brooke Laskowski  
Taylor Rigwood  
Rebecca Rubenstein  
Svetlana Sadovskaya  
Randi Stone  
Rebecca Whalen  
Stephanie Wilson  
Briana Wolf

This season our varsity team had an overall record of 6-6 and a conference record of 6-5. At the North Suburban Conference tournament, the varsity team finished in 6<sup>th</sup> place. Two bowlers were awarded All-Conference honors: Taylor Rigwood and Randi Stone. The following weekend, the team finished 3<sup>rd</sup> at the IHSA Sectional Tournament. Senior Randi Stone was the individual sectional champion and qualified for the IHSA State Finals as an individual. At the State Finals, Randi placed 40<sup>th</sup> individually. Congratulations to all of the girls and good luck to our seniors!

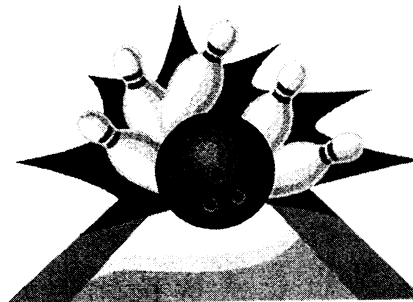
Coach Hjelm

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**JV Girls' Bowling**

Coaches: Andra Hjelm Jim Cogar	JV Season Record:	Won 7	Lost 5
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Date	School	VHHS	Opponent
11/30/10	Wauconda	0	9
12/01/10	Stevenson	9	0
12/04/10	Fremd Invite	16 <sup>th</sup>	
12/07/10	Antioch	0	9
12/08/10	Round Lake	9	0
12/13/10	North Chicago	9	0
12/14/10	Buffalo Grove	W	L
12/15/10	Zion Benton	0	9
01/08/11	Palatine Invite	21 <sup>st</sup>	
01/10/11	Warren	2	7
01/13/11	Lakes Community	9	0
01/15/11	Buffalo Grove Invite	16 <sup>th</sup>	
01/20/11	Lake Zurich	9	0
01/25/11	Libertyville	0	9
01/27/11	Grant	6	3
01/28/11	NSC Championship	4 <sup>th</sup>	
02/02/11	Grayslake North	cancelled	



VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Cheerleading**

Coaching Staff:	Varsity	Shaunna Rivera
	JV	Teri Moree

Varsity Roster

Agnes Antczak  
Karin Berzanski  
Nitya Bhagavatula  
Ann Breitenfield  
Natalie Chiarello  
Nicole Dinelli  
Lauren Gobelman  
Kyle Kazanjian  
Jessica Mahan  
Paige Mahrenholz  
Megan Meline  
Allisa Menotti  
Meg Morehead  
Taylor Pearson  
Tara Rooney  
Mia Rubin  
Kara Sage  
Alison Salazar  
Ellie Silver  
Melanie Wolf  
Lauren Yacullo

JV Roster

Caitlin Amidei  
Lisa Breitenfield  
Sabrina Counselbaum  
Haley Ehrlich  
Nicole Goldwater  
Meagan Hayes  
Amanda Hershman  
Haylee Himel  
Brittani Koza  
Courtney Lawless  
Lily Mularz  
Alexandrya Pearson  
Hunter Ruder  
Danielle Sernett  
Hannah Tow  
Rianna Weil  
Emma Yao

The winter season proved to be very successful for the VHHS Cheerleaders. In addition to cheering on the Vernon Hills basketball teams, the cheerleaders also competed at local invitationals, the NSC Conference Championship, the IHSA Sectional competition and the IHSA State Finals. Our JV team participated in a total of three competitions this season, placing within the top five in two competitions. The girls completed their competitive season with a 1<sup>st</sup> place finish at the Grayslake Invitational. The Varsity team finished within the top five places at four local invitationals in which they competed this season. They also finished third in the Prairie Division at the NSC Conference Championships. Additionally, the Varsity team placed second at their Sectional, landing them a trip to the State Finals. Twenty-five teams competed at State in the Medium division. Our varsity team survived the preliminary round and finished 8<sup>th</sup> in the state after the final round! Congratulations to both teams on a job well done!

The cheerleaders also hosted a Jr. Cougar cheer clinic this season, coaching almost fifty future Cougar Cheerleaders ranging in age from pre-kindergarten to eighth grade!

We are very proud of every one of our athletes!

As always, thank you very much to all of the parents for your continued support of our program. We have enjoyed being a part of the VHHS community and having the opportunity to work with your athletes this season.

Coach Rivera and Coach Moree

VERNON HILLS HIGH SCHOOL  
2010-2011  
WINTER SEASON SUMMARY

**Girls' Gymnastics**

**Coaches: Denise Caton  
Jesse Piland**

<u>Date</u>	<u>School</u>	<u>VHHS</u>	<u>Opponent</u>
11/23/10	Wheeling- Varsity JV	119.15 64.25	88.05 40.1
11/23/10	Carmel- Varsity JV	119.15 64.25	149.2 80.15
11/30/10	Deerfield- Varsity JV	119.8 63.65	131.15 84.9
12/01/10	Mundelein- Varsity JV	119.05 63.6	127.3 71.9
12/03/10	Wheeling Invite – Varsity	2 <sup>nd</sup> Place/6	
12/08/10	Warren- Varsity JV	126.5 56.65	136.55 84.25
12/10/10	Libertyville Invite – JV	6 <sup>th</sup> Place/6	
12/11/10	Hersey Candy Cane Invite – Var	8 <sup>th</sup> Place/12	
12/13/10	Barrington- Varsity JV	122.25 66.1	129.4 84.1
12/15/10	Stevenson- Varsity JV	121.75 56.25	141.3 66.7
01/05/11	Libertyville- Varsity JV	124.65 61.4	144.25 77.4
01/08/11	Lake Forest Invite – Varsity	11 <sup>th</sup> Place/12	
01/15/11	Lake County Invite – Varsity	119.85	
01/19/11	Lake Forest- Varsity JV		
01/22/11	Niles West – Varsity	60.10	12 <sup>th</sup> / 16
01/28/11	NSC Championship	129.225	6 teams
01/29/11	Prairie Lake Invite	62.3	
01/31/11	IHSA Regional Sarah Lopez- 3 <sup>rd</sup> in AA (35.775) Alli Tran- 2 <sup>nd</sup> in AA (36.35) 4 <sup>th</sup> Beam (9.1) 1 <sup>st</sup> Vault (9.40)	127.825	Sarah Lopez and Alli Tran advance to Sectionals
02/07/11	IHSA Sectional Sarah Lopez- 3 <sup>rd</sup> in AA (35.775) Alli Tran- 2 <sup>nd</sup> Bars (9.65) 4 <sup>th</sup> Beam (9.1) 1 <sup>st</sup> Vault (9.40)	Sarah Lopez advanced to State on Vault	Alli Tran advanced on AA, Vault, Bars, and Beam
02/18/11- 02/19/11	IHSA State Finals	Sarah Lopez- Vault 14 <sup>th</sup> (9.525)	Alli Tran- AA 10 <sup>th</sup> (37.05) Bars 6 <sup>th</sup> (9.525)

**Roster**

Ari Agosto  
Dana Alsamsam  
Sarah Clute  
Lauren Dantes  
Lindsey Dantes  
Jessica Echales  
Amber Egan  
Julia Gartsman  
Polly Kalantzis  
Katie Lea  
Alexandra Lebiezinski  
Abbie Letts  
Sarah Lopez  
Kaitlin Neff  
Amanda O'Malley  
Isabel Patt  
Jasmine Rathod  
Rachel Roberman  
Mallory Rose  
Jessica Tomback  
Alli Tran  
Allison Winn

Katie Oi, mgr.  
Samantha Sreniawski, mgr.

## Gymnastics (cont'd)

Looking back on our season, the Cougar gymnasts had a GREAT season! I couldn't be more proud of where we started out the season to where we finished, my girls continue to amaze me each day in the gym and on the competition floor! I feel like a repeat each year but once again this is the largest team of girls I have coached in my 7 years here at VHHS as the Head Coach! I can only hope our numbers will continue to grow. This winter just like any other team had our share of injuries and illness, but with our depth in numbers we were able to keep a full lineup each meet which turned into success for the Cougar Gymnasts. We start each year learning basics and continue to learn many skills throughout the season, which in turn produce routines for the girls to compete. By the end of our season, every gymnast competed to represent Vernon Hills. We, as a Cougar team, set out to improve; we wanted to finish the season stronger than when we started out. Each student-athlete came into season with the will to improve and succeed, and that we did. With each meet the girls not only improved personal bests but improved our team score, too! I couldn't be more honored to coach such an amazing and hard working group of girls!

To the Cougar gymnasts and their parents,

Thank you very much for a great season! I am very proud of every single one of the girls. Their hard work and dedication each day in the gym is what makes our program succeed and I am thankful to have each one on my team! To my parents, we got the chance to host the North Suburban Conference meet, and I couldn't have put it together without your help! It has been a pleasure coaching and working with everyone this season! I can't wait to see what the Cougar Gymnasts do next year! Thank you for all your support!!

Coach Caton

