



HERITAGE ATHLETICS
NEWSLETTER
Volume 2
Issue 3

ESTABLISHED IN 1972
HERITAGE HIGH SCHOOL
HOME OF THE EAGLES

*For the most updated practice
schedules and game schedules [CLICK
HERE to go to the rSchool Calendar.*](#)

FALL SEASON LEAGUE AWARDS

Cross Country

- [Lila Crowley](#) – 1st Team
- [Connor Kennedy](#) – 1st Team
- [Anna Jacobs](#) – 2nd Team
- [Lauryn Wojcik](#) – 2nd Team
- [Gavin Batron](#) – Honorable Mention

Football

- [Logan Frederick](#) – 1st Team
- [Cade Kunz](#) – 1st Team
- [Zach Shilliday](#) – 1st Team
- [Zach Siegler](#) – 1st Team
- [Vincent West](#) – 1st Team
- [Blane Brakemeier](#) – 2nd Team
- [Jesse Fennelly](#) – 2nd Team
- [Rex Guthrie](#) – 2nd Team
- [Eric Price](#) – 2nd Team
- [Will Shefte](#) – 2nd Team
- [Ethan Spilsbury](#) – 2nd Team

Boys Golf

- [Gavin Crowley](#) – 2nd Team
- [Sebastian Hein](#) – 2nd Team
- [Brody Mackey](#) – Honorable Mention

Gymnastics

- [Kate Bryant](#) – 1st Team (Floor, Vault, Beam, Uneven Bars, All-Around)
- [Michaela Cain](#) – Honorable Mention (Vault)
- [Morgan Divita](#) – Honorable Mention (Floor)

Boys Soccer

- [Greyson Walker](#) – 1st Team
- [Edson Cooper](#) – 2nd Team
- [Henry Cyran](#) – Honorable Mention

Softball

- [Darby Kramp](#) – 1st Team
- [Jovina Gladu](#) – 2nd Team
- [Avery Fritz](#) – Honorable Mention
- [Sophie Mangiameli](#) – Honorable Mention
- [Madison Pacheco](#) – Honorable Mention
- [Ashlyn Porter](#) – Honorable Mention

Boys Tennis

- [Lars Lundberg](#) – 1st Team
- [Caleb Jessen](#) – 1st Team
- [Trevor Landen](#) – 1st Team
- [Will Langston](#) – 2nd Team
- [Josh Warehime](#) – 2nd Team
- [Mason Helms](#) – Honorable Mention

Volleyball

- [Annika Sokol](#) – 1st Team
- [Abigail Balkema](#) – 2nd Team
- [Jenna Sisneros](#) – 2nd Team

COLLEGE COMMITMENTS

- [Darby Kramp](#) – Softball
- Yavapai College
- [Greyson Mitchell](#) – Soccer
- Brown University
- [Walker Schwabauer](#) – Soccer
- Bard College
- [Danika Sedivy](#) – Lacrosse
- St. Bonaventure
- [Peter Weinstein](#) – Swimming
- Loyola University, MD



FALL SEASON

ACCOMPLISHMENTS



Cross Country

Our Cross Country team had another successful season finishing in the top 10 in the state. The girls placed 8th overall and the boys placed 9th overall. Senior Connor Kennedy placed 6th individually with a time of 16:08.



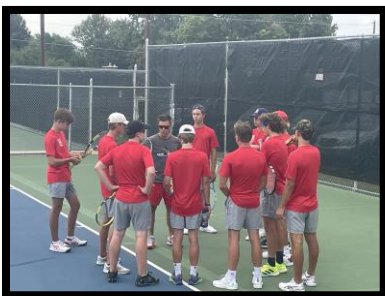
Gymnastics

The Heritage Gymnastics team (made up of athletes from AHS, HHS, and LHS) made it to the State competition where they placed 9th overall! Heritage junior Kate Bryant is the new State Champion for the Vault and Floor. She also placed 3rd in the All-Around. It has been almost 40 years since Heritage has had any gymnast win at the State meet.



Softball

For the first time in over 5 years our Heritage Softball team made it to the playoffs. The girls had an incredible end to their season. Senior Darby Kramp set the school record for Career Homeruns with a total of 21. Darby was also named Second Team All-State by CHSAA.



Boys Tennis

Our Boys Tennis program continues to show success on the court, sending 6 of our 7 teams to State. The boys finished the season 9th overall.





CELEBRATING OUR FALL SENIORS

Football



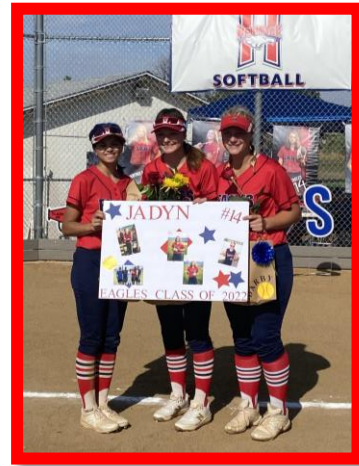
Boys Soccer



Gymnastics



Softball



Belles



Volleyball



"We are so proud of our athletes and appreciate that every time they stepped on the field or court they represented Heritage with 'Pride, Character and Excellence'".



A Word From Your Athletic Director:

As you can see from this newsletter, Heritage had a very successful Fall season. We are so proud of our athletes and appreciate that every time they stepped on the field or court they represented Heritage with "Pride, Character and Excellence." We also want to thank the parents for their support and going with the flow when it came to COVID protocols.

The Winter season is upon us! Tryouts for Boys and Girls Basketball, Ice Hockey, Girls Swim and Dive, and Boys and Girls Wrestling start Monday, November 15. So far, each sport has had a great turn out for preseason practices. With spectators being allowed to be in our school again for events, the Athletic Department has created a Family Pass that will get you and all members of your family into all of the home games here during the Winter Season. For \$100, families will have the opportunity to watch boys and girls basketball, swimming and wrestling without having to pay each time you attend an event. If you decide to purchase a pass, the money will go directly to help support the program of your choice. Please contact Megan Peters (mpeters@lps.k12.co.us) with any questions or if you would like to purchase one.

Our new "Eagle Nation" t-shirt is ready for purchase at the price of \$15. If there is a high demand and we run out of inventory, we will order more. Please either contact me (jschrader@lps.k12.co.us) or Megan Peters if you would like to purchase one!

Looking forward to seeing you in either the Gym, Pool or Rink! GO EAGLES!

~ Jill Schrader



WINTER SPORTS SCHEDULES

* Click on the sport below for their season schedule*

Boys Basketball

Girls Basketball

Ice Hockey

Girls Swim/Dive

Wrestling