



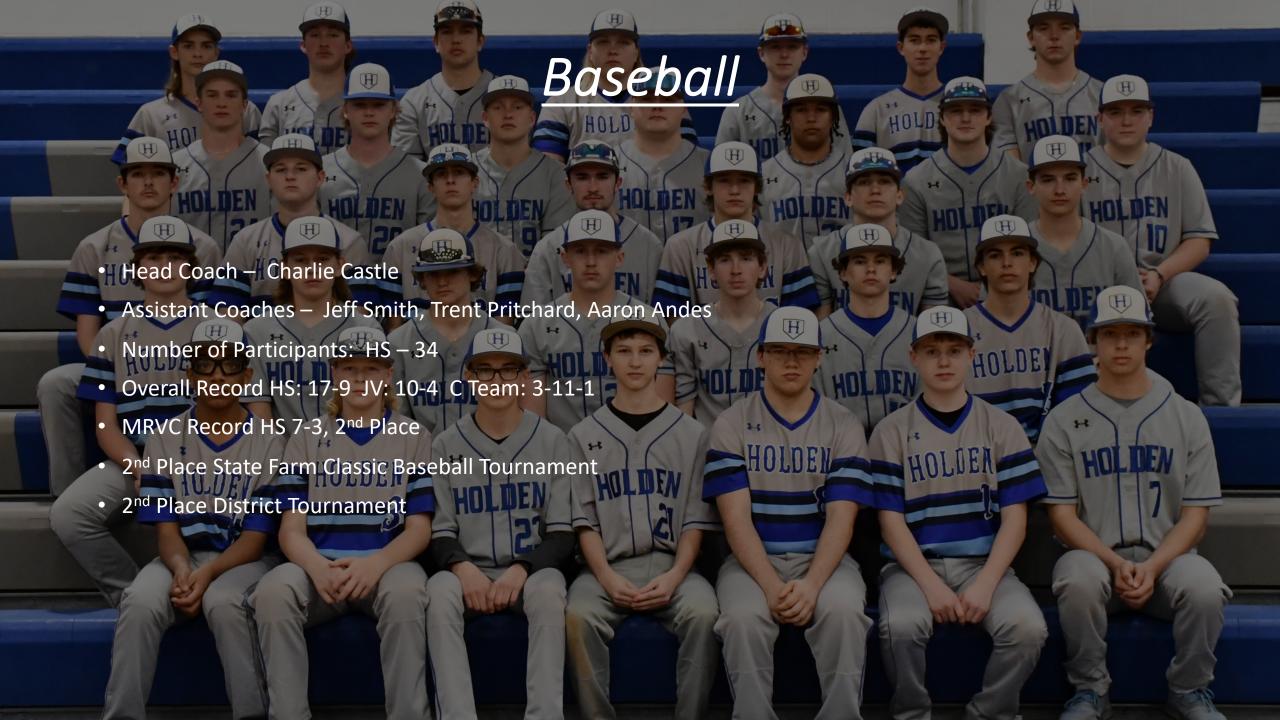
### **ACTIVITIES DEPARTMENT**

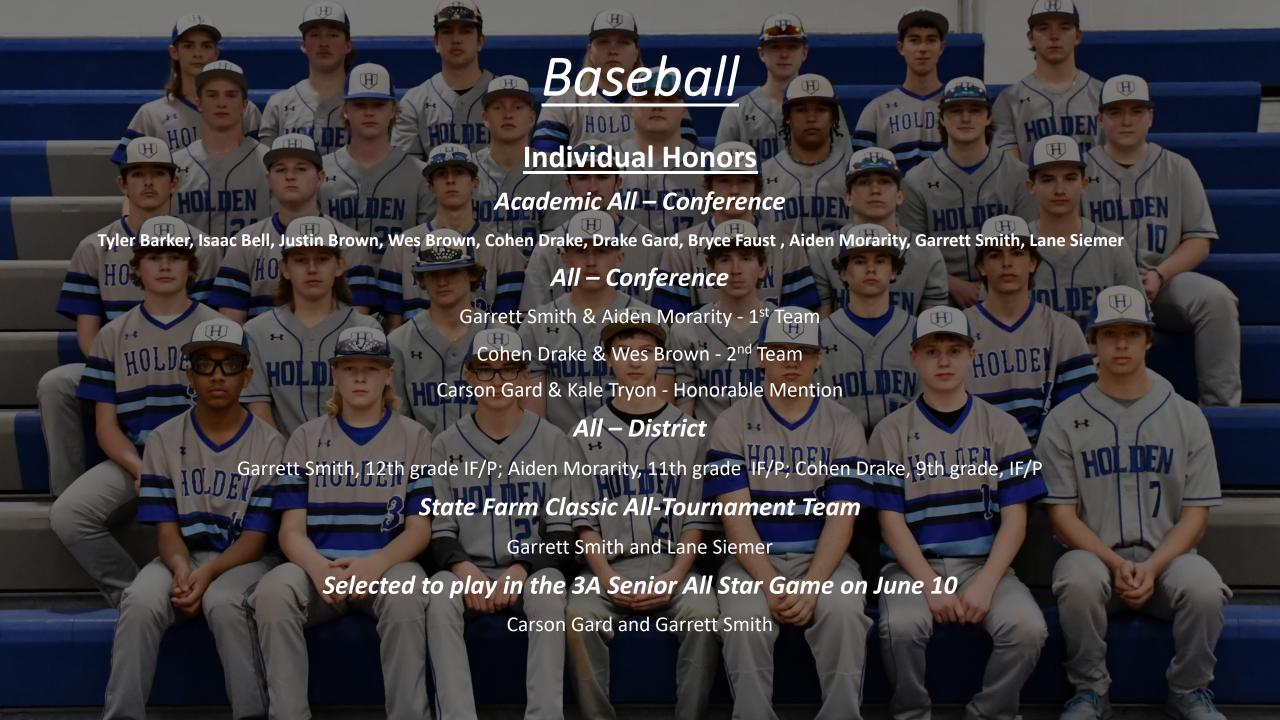
The Holden R-III School District activities programs are a significant part of the total educational experience available to students. These programs enhance learning in the school and contribute to a positive school climate. Participation in extracurricular activities is strongly encouraged because students learn teamwork, develop physically and emotionally, develop a sense of belonging and enhance their self-image.

Participation in activities is a privilege and differs from a student's right to a general high school education. Rules and regulations governing each of the various athletic programs have been established to ensure fairness to all students and to guarantee that the school image resulting from the students who represent their school is a positive one.

The ultimate purpose of extra-curricular activities is to provide a maximum number of students an opportunity to grow as young adults within the structure and framework of organized and disciplined programs. Extra-curricular activities offer a positive and meaningful experience that will enhance the growth and development of all young men and women who participate. The Holden R-III School District is committed to the belief that participation in interscholastic activities is a PRIVILEGE, not a right.

It is our philosophy to take the best student participants and represent Holden Schools to the highest degree. Successful programs are a by-product of commitment, fundamental skills, preparation, training and strength of character. We will strive for success and to win by developing these traits.







# Girls & Boys Track and Field

# **Academic All-State**

### **Boys:**

Zach Willis, Jayden Davis-Hacker, Marshall Doogs, Reco Jenkins, Rett Hankins, Jackson Treece, Kolby Hill

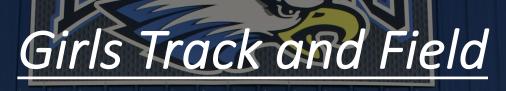
### Girls:

Autumn Cantrell, Gracelyn Carver, Camille Davidson, Lea Heine, Alli Iles, Marah Klover, Kimmie Spring, Alexandria VanHooser, Clara Hernan, Chloe Hernan, Samantha Souza, Rachel Wamsley, Izzy Guinn, Lilee Keller, Grace Kendrick, Ava Young, Loretta Bartkoski, Malea Brewington, Jazmyn Brown, Adalyn Campbell, Lilly Carver, Clara Ferguson, Lindsay Harley, Abby Miller, Riley Snively, K'Lea Westover, Olivia Wooster, Addilyn Wooster

Girls Team: Won Holden Blue and White Invitational, Knob Noster Invitational, Higginsville Invitational

Won MRVC East Conference Meet, Class 3 District 7 Runner Ups

Boys Team: Won Higginsville Invitational, Knob Noster Invitational, MRVC East Conference Runner Ups



## **Season Highlights**

MRVC East Conference Meet Individual Champions

Jazmyn Brown 200m, Adalyn Campbell 400m, Kia Harmon Long Jump, Addilyn Wooster Pole Vault Girls 4x100m Relay Grace Kendrick, Rachel Wamsley, Clara Hernan and Jazmyn Brown Girls 4x400m Relay Adalyn Campbell, K'Lea Westover, Marah Klover and Grace Carver

District Meet Top 4 (Qualify for Sectionals)

Jazmyn Brown 100m 3<sup>rd</sup>, 200m 3<sup>rd</sup>
Adalyn Campbell 400m 1<sup>st</sup>
Lilee Keller 100m Hurdles 1<sup>st</sup>
Kia Harmon Long Jump 1<sup>st</sup>, High Jump 2<sup>nd</sup>

Marah Klover High Jump 3<sup>rd</sup>

Addilyn Wooster Pole Vault 3rd

Izzy Guinn Pole Vault 4th

4x200m Relay 2<sup>nd</sup>, Clara Hernan, Adalyn Campbell, Rachel Wamsley and Grace Carver 4x400m Relay 4<sup>th</sup> Adalyn Campbell, K'Lea Westover, Marah Klover and Grace Carver



## Season Highlights (cont.)

Sectional Meet Top 4 (Qualify for State)

Adalyn Campbell 400m 2<sup>nd</sup>

Kia Harmon Long Jump 1st, High Jump 2nd

Marah Klover High Jump 4th

Izzy Guinn Pole Vault 2nd

Addilyn Wooster Pole Vault 4th

4x200m Relay 2nd, Clara Hernan, Adalyn Campbell, Rachel Wamsley and Jazmyn Brown 4x400m Relay 4th Adalyn Campbell, K'Lea Westover, Marah Klover and Grace Carver

State Meet Results (Top 8 All-State)

Addilyn Wooster Pole Vault 11th

Izzy Guinn Pole Vault 9th

Adalyn Campbell 400m 9th

Kia Harmon Long Jump 7th High Jump 5th

4x200m Relay 7th Clara Hernan, Adalyn Campbell, Rachel Wamsley and Jazmyn Brown

4x400m Relay 7th Adalyn Campbell, K'Lea Westover, Marah Klover and Grace Carver

Marah Klover High Jump 4th

# Boys Track and Field

## Season Highlights

MRVC East Conference Meet Individual Champions

Masyn Powell 110m Hurdles
Tyler Hankins Pole Vault

District Meet Top 4 (Qualify for Sectionals)

Zach Willis 1600m 4th

Masyn Powell 110m Hurdles 2<sup>nd</sup>, 300m Hurdles 3<sup>rd</sup>

Cole Zillner High Jump 2nd

Tyler Hankins High Jump 4th, Pole Vault 2nd

Sauren Folson Javelin 4th

Boys 4x200m Relay 3rd Masyn Powell, Jacob Andes, Sam Comer and Reco Jenkins

Sectional Meet Top 4 (Qualify for State)

Masyn Powell 110m Hurdles 1st, 300m Hurdles 2nd

Cole Zillner High Jump 3rd

Tyler Hankins Pole Vault 3rd



# Three-Year Athletic Review

### 2020-2021

MSHSAA 9-11 HS Enrollment 286

Academic All Conference 83

Participants
HS – 199
MS – 124

Conference Titles 2

District Titles 0

### 2021-2022

MSHSAA 9-11 HS Enrollment 281

Academic All Conference 113

Participants
HS - 252
MS - 139

Conference Titles

District Titles 2

#### 2022-2023

MSHSAA 9-11 HS Enrollment 295

Academic All Conference 116

> Participants HS – 303 MS – 171

Conference Titles
4

District Titles 2