



MISSOURI RIVER  
VALLEY CONFERENCE

**MRVC EAST**

CARROLLTON  
HIGGINSVILLE  
HOLDEN  
KNOB KNOSTER  
LEXINGTON  
RICHMOND

**MRVC WEST**

EXCELSIOR SPRINGS  
GRAIN VALLEY  
HARRISONVILLE  
OAK GROVE  
ODESSA  
PLEASANT HILL

## **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.



# **WINTER CHEERLEADING**



Head Coach – Kristi Gudde  
Assistant Coaches – Molly Loveall & Teresa Littrell  
Number of Participants: HS – 13 MS – 10

## **Comments from Coach Gudde**

We had a successful season and have already moved into the future of next year by having our tryouts. We took 15 members for the High School Squad and we took 19 for the Middle School Squad. We have all 3 coaches staying again to help with next year and we are excited to get started in June!

### **INDIVIDUAL HONORS:**

#### **Academic All Conference**

Kourtne Rohn  
Emily Wester  
Avery Vance  
Jazmyn Baldwin  
Allison Holsey  
Alexus Moreno  
Aria Manor

Transportation Cost – \$ 0 (no travel)

Coaching Salary Cost – \$ 4,696

Equipment Cost – \$ 850

Total Cost of Program-\$ 5,546

# **Boys Basketball**



Head Coach – Mike Hedrick  
Assistant Coach – Russ Hough

Number of Participants: HS - 25 MS- 19  
Overall Record HS 6-12  
MRVC Record HS 2-8

## **All Conference:**

All Conference

2nd Team Rylie Rokusek

Hon. Mention Jayden Brown

## **Academic All Conference**

Daniel Taylor

Jackson tevis

Jayden Brown

Jj Waller

Braden Faust

## **Crestridge All Tournament Team**

Rylie Rokusek

Jayden Brown

Transportation Cost – \$ 1,352.51

Coaching Salary Cost – \$ 16,722

Equipment Cost – \$ 1,000

Total Cost of Program - \$ 19,074.51

# *Girls Basketball*



Head Coach: Charlie Castle

Assistant Coaches: Ben Kiger, Luke Littrell, Lindsey Weikel

Number of Participants: HS – 21 MS – 17

Overall Record: HS 13-10

MRVC Record: HS 7-3

## Awards:

2018-19 Media Honors and Awards:

**Academic All-Conference:** Peyton Corrigan, Makayla Rokusek, Kalie Slack, Valorie Slack, Elizabeth Stout, Delaney VanBlaricon, Abby Wamsley, Maddie West and Emily Wester.

**Stover All-Tournament Team:** Delaney VanBlaricon and Emily Wester

**Archie All-Tournament Team:** Delaney VanBlaricon

**Daily-Star Journal Athlete of the Week Winners/Nominees:** Krista Bruns, Peyton Corrigan, Valorie Slack, Delaney VanBlaricon

**All Conference:** Delaney VanBlaricon on first team. Emily Wester and Peyton Corrigan on

Transportation Cost – \$ 1,439.55

Coaching Salary Cost – \$ 16,667

Equipment Cost – \$ 900

Total Cost of Program - \$ 19,006.55



# Wrestling



## All-Conference & All County & Daily Star Journal Athlete of the Week

Logan Yoder	113	2nd Team All-Conference	All-County HM	
CJ Myers	120	2nd Team All-Conference		
Pake Schmoeger	145	2nd Team All-Conference	All-County HM	
Armani Graybill	152	1st Team All-Conference	All-County HM	DSJ AoW
Jack Sullins	160	1st Team All-Conference	All-County HM	DSJ AoW
Forrest Hertzog	170	1st Team All-Conference		DSJ AoW
Zach Smith	182	2nd Team All-Conference	Academic All-Conference	All-County HM
Trenton Day	195		Academic All-Conference	
Keegan Daniel	285		Academic All-Conference	
Travis Stout	220	2nd Team All-Conference		All-County HM

Head Coach: Jonn Jones  
 Assistant Coach: Kyle Cahill, Rikki Ramirez, Zach Black, Joe Hertzog  
 Number of Participants: HS – 13 MS – 12  
 Record: 6-6 MRVC: 2-2

Transportation Cost – \$ 3,273.18  
 Coaching Salary Cost – \$ 15,651  
 Equipment Cost – \$ 2,900  
 Total Cost of Program - \$ 21,824.18

Coach Jones was published in an article about the differences between a team's racial makeups. The co-author is a coach from Ferguson, MO. It was published in February 2019 Vol. 47, Issue 3 journal of "USA Wrestler."

Combined Fall & Winter **All Sports**  
Records Vs. MRVC East Schools

Richmond 9-4  
Carrollton 8-2  
Lexington 6-6  
Knob Noster 9-4  
Higginsville 8-5



## **Missouri State High School Activities Association**

Holden R-III School District  
Winter Activities

HS Pep Band  
HS & MS Choir  
HS & MS Sideline Cheerleading  
HS & MS Science Olympiad  
HS & MS Scholar Bowl  
HS & MS Student Council  
HS & MS National Honor Society  
HS FBLA  
HS FCCLA  
HS & MS Math Relays  
HS & MS Art Club  
HS & MS Student Ambassadors  
HS & MS Yearbook  
HS FFA  
HS & MS Basketball  
HS & MS Wrestling  
HS & MS Cheerleading