



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.



# DISTRICT WELLNESS PROGRAM



## Wellness Committee Members

Joe Parkhurst, Activities Director

Lisa Baker, Communications Coordinator

Ann Miller, District Accountant

Kristie Daniels, School Nurse

Dale Wescott, Physical Education Teacher

Matt Habermehl, Physical Education Teacher

Spencer Gudde, Parent Member

## PHILOSOPHY

The District Wellness Program recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive District Wellness Program. The Wellness Committee will develop a wellness program and provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.



# ***WINTER CHEERLEADING***



Head Coach – Kristi Gudde

Assistant Coaches – Paige Farmer & Samantha Sodano

Number of Participants: HS – 12 MS – 8

## **Season Highlights – Cheerleading had a very successful year.**

- UCA Team Camp
- Received many superior ribbons and trophies at UCA Team Camp
- Leadership Award voted on by other teams
- Banana Award for being the most spirited at camp given by the camp staff

### INDIVIDUAL HONORS:

#### Academic All Conference

Megan Whitsitt  
Jazmyn Baldwin  
Allison Holsey  
Kourtnie Rohn

Transportation Cost – \$275.75

Coaching Salary Cost – \$5,000

Equipment Cost – \$1,000

Total Cost of Program-\$ 6,275.75



# **Boys Basketball**



Head Coach – Mike Hedrick  
Assistant Coach – Colton McCauley,  
Andrew Wakeman, Dylan Woodall

Number of Participants: HS - 27 MS- 17  
Overall Record HS 2 – 21  
MRVC Record HS – 1 - 9

## **All Conference:**

Second Team: Rylie Rokusek  
Honorable Mention: Jayden Brown

## **Academic All Conference**

Jayden Brown  
Ozzie Bockover  
Braden Faust  
Riker Francis  
Jackson Tevis  
JJ Waller  
Brock Stanfield

Transportation Cost – \$881.82  
Coaching Salary Cost – \$ 16,723  
Equipment Cost – \$ 1,180  
Total Cost of Program - \$18,784.82



# *Girls Basketball*



Head Coach: Charlie Castle

Assistant Coaches: Ben Kiger, Luke Littrell, Eric Stout

Number of Participants: HS – MS –

Overall Record: HS 19 - 6

MRVC Record: HS 9 - 1

MRVC EAST CONFERENCE CHAMPIONS

STOVER TOURNAMENT CHAMPIONS

2<sup>nd</sup> Place Archie Tournament

## Awards:

**Stover All-Tournament Team:** Delaney VanBlaricon (MVP), Kylene Crabtree and Cameron Davidson

**Daily-Star Journal Athlete of the Week Nominees:** Cameron Biddinger, Kylene Crabtree and Delaney VanBlaricon

**Archie All-Tournament Team:** Peyton Corrigan and Delaney VanBlaricon

**All Conference:** Delaney VanBlaricon (POY), Peyton Corrigan, Cameron Davidson and Kylene Crabtree

**All-District -** Delaney VanBlaricon

**Academic All-Conference:** Kylene Crabtree, Ashley Leathers, Leah Robinson, Valorie Slack, Delaney VanBlaricon and Maddie West

**KMZU Dream Team:** Ashley Leathers and Delaney VanBlaricon

**Lion's Club All-Star Game invitees -** Cameron Davidson and Kylene Crabtree

Transportation Cost – \$1,348.44

Coaching Salary Cost – \$ 16,715

Equipment Cost – \$ 1,000

Total Cost of Program - \$ 19,063.44

# Wrestling



Head Coach: John Jones  
Assistant Coach: Tyler Crotty, Rikki Ramirez,  
Number of Participants: HS – 11 MS – 6

Transportation Cost – \$ 2,678.07  
Coaching Salary Cost – \$ 15,307  
Equipment Cost – \$1,100  
Total Cost of Program - \$19,085.07

Finished 3<sup>rd</sup> at Knob Noster  
Finished 2<sup>nd</sup> at Conference  
Finished 5<sup>th</sup> at Regionals  
Finished 12<sup>th</sup> at State  
Qualified 5 for State, 2 of which were All-State,  
one of which was Academic All-State  
State Runner-Up

Coach Jones Career Record of 136-41,  
20 All-State Wrestlers



## **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