



SBLSD Athletic Accomplishments- Fall 2023

BONNEY LAKE HS

CROSS COUNTRY-

Head Coach- Judy Revell, Assistant Coach- Hannah Garza

- **Boys-** Nathan Korth, Ethan Miller, Edrien House, Simon Swai, Luke Brown, Nick Reeve, Camden Nachtsheim, qualified for the West Central District meet and the team finished in 9th place. Nathan Korth was the top BLHS finisher in 16th place. Nathan, Ethan and Edrien ran in the State Meet.
- **Girls-** Latham West, Tegan Holme, Madeline Smith, Raylie Karsten, Reagan Brown and Isabella Manges qualified for the WCD meet and the team finished in 8th place. Latham West was the top BLHS finisher and finished in 2nd place! Tegan finished in 16th. Latham and Tegan moved on to the State meet. Latham finished in 4th place at State!
- Latham West, Nathan Korth, Tegan Holme were 1st team PCL selections.
- Latham was honored as the PCL Girls Cross Country Athlete of the Year and the Boys team was chosen for the PCL sportsmanship award.

WIAA Scholastic Cup:

- Girls- Outstanding Team Award 3.72 team GPA.
- Boys- Distinguished Team Award 3.48 team GPA.

FOOTBALL-

Head Coach- Jason Silbaugh, Assistant Coaches- Jamey Ingersoll, Jay Freeman, Christopher Corliss, Javid Shoemaker, Andrew Foster, James Anderson, Tyler Goff, Sam Oliver, Andrew Romano, Lonnie Powell.

- The team finished in 3rd place in the PCL which qualified them for a pigtail playoff game vs. Bainbridge. They won that game 35-28 earning a spot in the week 10 playoffs. They lost a hard fought game with Monroe 41-24 ending their season.
- Jason Silbaugh was selected as the PCL Coach of the Year. Brayden Palmer was the League MVP, Marcus Lloyd was the Defensive Back of the Year, the Running Back of the Year and 1st team punt returner, Tyler Vance was the Special Teams Player of the Year, Riley Sanderson was the 1st team Tightend and Linebacker, Micah Cournoyer was a 1st team Offensive Line, and Talyn Weir was 1st Defensive Line.

WIAA Scholastic Cup:

- Varsity- Distinguished Team Award 3.41, C team- 3.38 team GPAs.

GOLF-

Coaches Sharon Lovingeand JD Rushton

- The boys team had an undefeated regular season and won the PCL Championship! Kohen Sauer won the PCL Tournament by 9 shots with two rounds of even par 72 and was the league MVP. For his accomplishments Kohen was selected as the WIAA Athlete of the Week for week 7 of the fall season.
- The state tournament is held in the spring.

WIAA Scholastic Cup:

- **Girls- JV Outstanding Team Award 3.9 team GPA. Varsity Outstanding Team Award 3.78 team GPA,**

- **Boys- Varsity- Outstanding Team Award- 3.82 team GPA, JV- Distinguished Team Award 3.56 team GPA.**

GIRLS SOCCER-

Head Coach- Michael Peters, Assistant Coach- Jamie Gadsby

- Finished in 2nd place in the PCL with a 9-0-3 league record. Beat Thomas Jefferson in the West Central District Tournament to qualify for the State Tournament. In the State tournament, they beat Southridge 2-1 before falling to Bellevue 3-0 in round 2.
- Anne Anderson, Jaylee Reynolds and Madison Campbell were selected to 1st team All League.

WIAA Scholastic Cup:

- **C Team- Outstanding Team Award 3.85 team GPA, Varsity- Outstanding Team Award 3.71 team GPA, JV- Outstanding Team Award 3.69 team GPA.**

GIRLS SWIM & DIVE-

Head Coach- Jay Paulson, Assistant Coach- Jerry Turner, Assistant-Victoria Bay

- Maddy Lohse, Sydney Puljan, Mackenzie Bazua, Sakura Boyance, Salome Auriol, Emily Gailushas, Alana Retchless, Brooke Saeteurn, Jordyn Hannah, Mauna Flohr qualified for the West Central District meet. Maddy finished in 5th place in the 200Yd Freestyle, Emily finished 5th in the 100Yd Backstroke, Alana finished in 6th in 1 mtr Diving. Alana dove at the state meet and finished 20th. Maddy and Emily Swam at the State Meet. Maddy finished 16th in the 200 Yard Freestyle.

WIAA Scholastic Cup:

- **Varsity Outstanding Team Award 3.63 team GPA**

BOYS TENNIS

Head Coach- Damon DeLapp, Assistant Coach- Norman Coates

- Team finished in 7th place in the PCL. Gavin Orozco, Jarrett Sroka, Thomas Howard, Jeremiah Mam, Adam Quinto, and Holdan Mann all participated in the league tournament. The was honored with the league sportsmanship award.
- Gavin Orozco was selected to 2nd Team All-League.

WIAA Scholastic Cup:

- **Varsity Outstanding Team Award 3.57 Team GPA**

VOLLEYBALL

Head Coach- Hayley Steinman, Assistant Coaches- Wendie Pavalunas, Cassidy Board

- Finished 4th in the PCL and qualified for the postseason but lost to Bainbridge 3 sets to 2.

WIAA Scholastic Cup:

- Varsity Outstanding Team Award 3.76 Team GPA, JV- Outstanding Team Award 3.74, C Team- Outstanding Team Award, 3.64 team GPA.

SUMNER HS

CROSS COUNTRY

Head Coach- Maurice Dudley, Ryan Jobe

- **Boys-** Lawson Dill qualified for the West Central District meet.
- **Girls-** Violet Dixon, Sophia Mallette, Madilynn Bouton, Evelyn Sousa, Eva Nelson, Amanda Gray, and Stella Garcia qualified for the WCD meet and the team finished in 15th place. Violet was the top SHS finisher in 41st place and ran in the State Meet.

WIAA Scholastic Cup:

- **Girls- Outstanding Team Award 3.78 team GPA.**
- Boys- Distinguished Team Award 3.44 team GPA.

FOOTBALL

Head Coach- Keith Ross, Assistant Coaches- Alec Simmons, Brant Grams, David Sandberg, Zachary Coop, Jason Anderson, Aaron Ledesma, Tim Mensonides, Andrew Reierson.

The team qualified for the playoffs. They beat Battleground 48-6 before falling to Eastlake 21-18.

WIAA Scholastic Cup:

- Distinguished Team Award 3.05 Team GPA

GIRLS GOLF

Head Coach- Dustin Hegge, Assistant Coach- Jay Johnston

Team finished in 4th place in the SPSL and qualified for the district tournament in the spring. Team members are Emree Thompson, Harlyn McNiven, Gianna Wagner, Brooklyn Thorton, Camryn McNiven, Sophia Pistilli. Emree Thompson was the top qualifier finishing in 4th place at the SPSL Tournament.

WIAA Scholastic Cup:

- **Outstanding Team Award 3.51 Team GPA**

GIRLS SOCCER

Head Coach- Robi Turley, Assistant Coaches- Cami Schultz, Russell Goesman

The girls soccer team won the SPSL regular season championship advancing to the West Central District Tournament. They beat Kentwood 2-0, Puyallup 1-0 and Tahoma 1-0 to earn the West Central District Championship and earn a State berth. They beat Kamiak 1-0 before falling to state runner up Woodinville 2-1 in the Quarterfinal Round.

WIAA Scholastic Cup:

- **Outstanding Team Award 3.62 team GPA**

GIRLS SWIM/DIVE

Head Coach- Brian Franchini Assistant Coaches William Haugen, Victoria Bay

Payton Tweit, Iris Collins, Abby Worhatch, Lacey Williams, Mia Wilson, Lexie Johnson, Maya Mendoza, Peyton Anderson, qualified for the West Central District Meet. Lacey Williams finished in 2nd place and Mia Wilson finished in 3rd place in the Girls 1 mtr. Diving competition. Payton Tweit finished in 3rd place in the 500 Yard Freestyle and in 4th place in the Girls 200 Yard IM. Iris Collins finished in 8th in the 500 Yard Freestyle. Lacey and Mia dove at the State Meet. Lacey took 12th place and Mia finished 13th. Payton swam in the 500 Yard Freestyle and finished 12th.

WIAA Scholastic Cup:

- **Outstanding Team Award 3.61 team GPA**

BOYS TENNIS

Head Coach- Michael Hochstatter, Assistant Coach- Flavio Ramos

Qualified 5 players (2 doubles teams & 1 singles player) for the District Tournament. Both doubles teams placed (Eli/Branson 2nd & Thomas/Austin 5th) and singles player Cooper Lubash finished as the first alternate (8th). So, that means Sumner will be taking 5 boys to the State Tournament at the end of May. The Spartans as

a team finished first in their league for their 4th straight league title. They beat Bellarmine in a thrilling come from behind match to win 3-2 to secure another league championship.

WIAA Scholastic Cup:

- **Outstanding Team Award 3.57 team GPA**

VOLLEYBALL

Head Coach- Katlyn Mataya, Assistant Coaches- Kelsie Cornett, Ariana Judson

WIAA Scholastic Cup:

- **Outstanding Team Award 3.60 team GPA**