# Lincoln-Way North High School
# 2013-2014
# Athletic Department Review

## Athletic Participation

- 512 Student Athletes (Fall Season)
- 316 Student Athletes (Winter Season)
- 419 Student Athletes (Spring Season)
- Two Sport Athletes: 316
- Three Sport Athletes: 48

## Athletic Achievement

**Fall Season**

- F/S Girls' Golf – Conference Champions
- Sophomore Girls' Volleyball – Conference Champions
- Varsity Girls' Volleyball – Conference Champions and Regional Champions
- Sophomore Football – Conference Champions
- Varsity Girls' Swimming and Diving – Conference Champions
- Varsity Football – IHSA State Quarterfinals

**Winter Season**

- Varsity Cheerleading – Conference Champions
- Sophomore Cheerleading – Conference Champions
- Varsity Girls' Gymnastics – Conference Champions (Shelby Wiktor and Jaelen Mitchell)
- Varsity Girls' Gymnastics – Regional Champions (Shelby Wiktor and Jaelen Mitchell)
- JV Girls' Gymnastics – Conference Champions
- JV Boys' Swimming and Diving – Conference Champions
- Sophomore Girls' Basketball – Conference Champions
- Varsity Girls' Bowling – State Qualifying Team

**Spring Season**

- Varsity Boys' Gymnastics – Conference Champions
- Varsity Girls' Soccer – Conference Champions, Regional Champions, Sectional Champions, and 4th Place in the IHSA State Final
- Varsity Baseball – Conference Champions and Regional Champions
- Sophomore Baseball – Conference Champions
- Varsity Boys' Volleyball – Regional Champions

**Totals**

- Conference Championships: 15 (92 Titles in School History)
- Regional Titles: 5
- Sectional Titles: 1
- Super-Sectional: 1
- Elite Eight: 1
- State Titles: IHSA 4th Place in Girls' Soccer
- Athletic Commitments: 30

## Academic Achievement

- IHSA All-Academic Team: 28 Varsity Level Teams
- Fall Season: 262 Scholar Athletes
- Winter Season: 110 Scholar Athletes
- Spring: 181 Scholar Athletes
- SWSC All-Academic Team: 79 Seniors
- Number of student athletes academically ineligible for the 2013-2015 school term: 14

**Lincoln-Way North High School**
**2013-2014 "Fall Season"**

**SWSC All-Conference**

**Boys' Soccer**
Osvaldo Salazar
Niko Mavrogiannis

**Girls' Volleyball**
Shannon Murphy
Niki Wagner
Casey Zimmerman

**Girls' Cross Country**
Abby Casey
Carla Casteneda
Carly Marchal
Karen Perez

**Girls' Golf**
Anne Allen
Rachel Cheval

**Boys' Cross Country**
Ian Mayster
Noah Healy
John Chomiak
Nick Niendorf

**Boys' Golf**
Spencer Town
Matt Juskie

**Girls' Swimming and Diving**
Morgan Parkinson
Alex Woehlert
Elyse Pratl
Niki Beringer
Julia Porco

**Girls' Tennis**
Alex Hodges
Emily Hodges

**Football**
Julian Hylton
Erik Eggert
Zach Hoekstra
Kyle Ostrowski
Steve Stremme
Collin Swaim
Ryan Arthur

**Team Recognition**

- F/S Girls' Golf – Conference Champions
- Sophomore Girls' Volleyball – Conference Champions
- Varsity Girls' Volleyball – Conference Champions and Regional Champions
- Sophomore Football – Conference Champions
- Varsity Girls' Swimming and Diving – Conference Champions
- Varsity Football – IHSA State Quarterfinals

**Special Recognition**

- Sam Pietruszynski and Meg Witt – Sectional Champions/State Qualifiers (Girls' Tennis)
- Alex Hodges and Emily Hodges – State Qualifiers (Girls' Tennis)
- Abby Casey – Conference Champion, Regional Champion, and State Qualifier (Girls' Cross Country)
- Carly Marchal – State Qualifier (Girls' Cross Country)
- Osvaldo Salazar – All-State (Boys' Soccer)
- Cassidy DeGraff – State Qualifier (Girls' Swimming – 100yd. Backstroke)
- Cassidy DeGraff, Morgan Parkinson, Elyse Pratl, Alex Woehlert – State Qualifiers (Girls' Swimming – 200yd. Medley Relay)
- Elyse Pratl – State Qualifier (200yd. Individual Medley)
- Alex Woehlert – State Qualifier (100yd. Butterfly)
- Morgan Parkinson – Sectional Champion/State Qualifier (100yd. Breaststroke) and Sectional Champion/State Qualifier (100yd. Freestyle)
- Shannon Murphy – All-Area (Girls' Volleyball)
- Julian Hylton – All-State (Football)

# Lincoln-Way North High School
# 2013-2014 "Winter Season"

## SWSC All-Conference

**Boys' Swimming**
Evan Surma
Shamus Sheilds
Patrick McGuire
Bobby Young
Cole Claypool
Dave Smith

**Girls' Gymnastics**
Shelby Wiktor

**Girls' Basketball**
Kayla Kieklak
Sam Pietruszynski

**Wrestling**
Billy Fett
Tyler Hill

**Cheerleading**
Sarah Smith
Sam Myers
Caitlin Hill
Mallory Moran

**Boys Bowling**
Jack Carlson

**Competitive Dance**
Amanda Kemp
Lizzy Warkocki

**Boys' Basketball**
J.T. Limon

## Team Recognition

- Varsity Cheerleading – Conference Champions
- Sophomore Cheerleading – Conference Champions
- Varsity Girls' Gymnastics – Conference Champions (Shelby Wiktor and Jaelen Mitchell)
- Varsity Girls' Gymnastics – Regional Champions (Shelby Wiktor and Jaelen Mitchell)
- JV Girls' Gymnastics – Conference Champions
- JV Boys' Swimming and Diving – Conference Champions
- Sophomore Girls' Basketball – Conference Champions
- Varsity Girls' Bowling – State Qualifying Team

## Special Recognition

- Kyle Pijarowski – State Qualifier (Boys' Bowling)
- Tyler Hill – Regional Champion (Wrestling)
- Sam Pietruszynski – State Qualifier (IHSA Girls' Basketball – 3 Point Competition)
- Evan Surma, Shamus Shields, Patrick McGuire, and Bobby Young
  Sectional Champions / State Qualifier (Boys' Swimming – Medley Relay)

# Lincoln-Way North High School
# 2013-2014 "Spring Season"

**SWSC All-Conference**

**Baseball:** Kyle Ostrowski, David Calderone, Conor Grove, Ben Troike

**Girls' Water Polo:** Niki Beringer, Cassidy DeGraff, Missy Wortel

**Boys' Water Polo:** Shamus Shields and Evan Surma

**Girls' Soccer:** Brenna Stremlau, Grace Sheetz, Bethany Dombkowski, Lexi Cesario, Bianca Galassini, Rachel Pappas

**Girls' Track and Field:** Brandy Huppert

**Boys' Track and Field:** Julian Hylton, Colten Keenan, Connor Doherty, Demetri Panici

**Softball:** Sam Pietruszynski, Jenna Trojniar, Anne Allen, Taylor Bowman

**Boys' Volleyball:** Jake Walenga, Brad McFarland, Austin Faller

**Boys Gymnastics:** Kaleb Hong

**Special Recognition**

- Kaleb Hong – State Qualifier (Boys' Gymnastics: Still Rings)
- Bethany Dombkowski – All-Sectional (Girls' Soccer)
- Lexi Cesario – All-Sectional (Girls' Soccer)
- Bianca Galissini – All-Sectional (Girls' Soccer)
- Rachel Pappas – All-Sectional (Girls' Soccer)
- Niki Beringer – All-Sectional (Girls' Water Polo)
- Brad McFarland – All-State (Boys' Volleyball)
- Jake Walenga – All-State (Boys' Volleyball)
- Sam Knuth and Norm Palmer – State Qualifiers (Boys' Tennis)
- Julian Hylton – State Qualifier (Boys' Track and Field)
- Kyle Ostrowski – All-Area (Baseball)

**Team Recognition**

- Varsity Boys' Gymnastics – Conference Champions
- Varsity Girls' Soccer – Conference Champions, Regional Champions, Sectional Champions, and Finished in 4th Place at the IHSA State Final
- Varsity Baseball – Conference Champions and Regional Champions
- Sophomore Baseball – Conference Champions
- Varsity Boys' Volleyball – Regional Champions

**Lincoln-Way North High School**
**Commitments**
**2013-2014**

**Girls' Volleyball**

| | |
|---|---|
| Shannon Murphy | Tusculum College |
| Casey Zimmerman | University of Saint Francis |

**Baseball**

| | |
|---|---|
| David Calderon | Morehead State University |
| Derek Lee | Richmond University |
| Matt Strzelczyk | Black Hawk College |
| Matt Kramer | University of Saint Francis |

**Girls' Basketball**

| | |
|---|---|
| Ellen Graham | Lafayette College |

**Girls' Cross Country / Track**

| | |
|---|---|
| Colleen MacDougall | Aurora University |

**Football**

| | |
|---|---|
| Julian Hylton | University of Illinois |
| Steven Stremme | University of Saint Francis |
| Zach Hoekstra | Monmouth College |

**Girls' Swimming**

| | |
|---|---|
| Niki Beringer | Eastern Illinois University |
| Morgan Parkinson | St.Louis University |

**Boys' Volleyball**

| | |
|---|---|
| Jake Walenga | Lewis University |
| Brad McFarland | Dominican University |

**Girls' Soccer**

| | |
|---|---|
| Bethany Dombkowski | University of Saint Francis |
| Brenna Stremlau | Roosevelt University |
| Lexi Cesario | Columbia College |

**Softball**

| | |
|---|---|
| Alyssa Becker | Prairie State Junior College |
| Katie Lowery | Eureka College |
| Kristen Koviekis | Knox College |
| Jennifer Michuda | Carthage College |
| Jenna Trojniar | North Central College |

**Wrestling**

| | |
|---|---|
| Tyler Hill | Harper College |

**Girls' Tennis**

| | |
|---|---|
| Sam Pietruszynski | Loras College |

**Lincoln-Way North High School**
**Commitments**
**2013-2014**
**"Continued"**

**Girls' Bowling**

| | |
|---|---|
| Ariel Beja | University of Saint Francis |
| Katie Utsch | University of Saint Francis |

**Girls' Track and Field**

| | |
|---|---|
| Cathy Maschmeyer | Fontbonne University |

**Boys' Golf**

| | |
|---|---|
| John Orowick | Moraine Valley Community College |

**Boys' Track and Field**

| | |
|---|---|
| Colten Keenan | Augustana College |