

UNION HONORS RAM TRACK TEAM

The Iowa Girls High School Athletic Union honored the Glenwood High School Girls Track Team for their academic achievement. The athletic union has two levels of achievement:

1. Excellence Academic Achievement 3.20 - 3.60
2. Distinguished Academic Achievement 3.61 - 4.00

The achievement is awarded to athletic teams that have a cumulative grade point average in the above ranges. The Rams had a combined GPA of 3.38.

The Team Members were:

RAM TRACK AND FIELD

KATIE LARSEN	12 TH
KASSIE FINN	12 TH
EMILY ROBINSON	12 TH
JORDAN RUHR	12 TH
NATNICHA CHINOESYOTIN	12 TH
FATIMA SALEH	12 TH

ABBY BROWN	11 TH
RACHELLE MARTIN	11 TH
CHLOE HACKETT	11 TH
BROOKE PECKHAM	11 TH
ERIKA SCHWANKE	11 TH
SHELBY BREWSTER	11 TH
KAYLA ANDERSON	11 TH

MERCEDES LIPAROTO	10 TH
MICHAELA STAIERT	10 TH
SHANIECE NOTT	10 TH
OLIVIA METHOD	10 TH
REMY KEIFER	10 TH
MARTHA MONTEJARO	10 TH
LEXI FISHER	10 TH
MERCEDES FAUBLE	10 TH

SAVANNAH PORKORSKI	9 th
HALLIE FITZSIMMONS	9 th
SKYLOR SULLIVAN	9 th
MEGAN MCKERN	9 th
EMILY BLUM	9 th
MADDIE VANSCOY	9 th
KASIE RUHR	9 th
HANNA RINGSDORF	9 th
MACKENZIE DALLAS	9 th
ALEX SIMPSON	9 th
CASSIE KRUSE	9 th
MONTANA CROW	9 th
ASHLEY GRAVE	9 th
DEVIN JACKSON	9 th
SOPHIE THOMAS	9 th
HANNAH NELSON	9 th
MCKENNA HENZE	9 th

COACHES

BRAD RASMUSSEN
DAN JONES
ERIC RASMUSSEN

RAM TRACK AND FIELD AWARD WINNERS

2010 SENIOR TRACK AND FIELD ATHLETES

Katie Larsen	Jordan Ruhr	Kassie Finn
Emily Robinson	Natnicha Chinoesyotin	Fatima Saleh

2010 STATE QUALIFIER ATHLETE

Katie Larsen	Kassie Finn	Abby Brown
Shaniece Nott	Lexi Fisher	Mercedes Liparoto
Devin Jackson	Megan McKern	Ashley Grave
Emily Blum		

2010 STATE ALTERNATES

Maddie VanScoy Shelby Brewster

2010 IOWA SENIOR ALLSTAR TRACK AND FIELD MEET ATHLETE

NONE

2010 GEORGE PETERSON AWARD

Shaniece Nott

HAWKEYE 10 ALL ACADEMIC TEAM

Katie Larsen Kassie Finn Emily Robinson Natnicha Chinoesyotin

ALL STATE

None - Need to be in the Top Two in your Class

STATE ELITE ALL-STATE

None - Need to be in the Top Four overall - All Classes

STATE ALL ACADEMIC TEAM

Katie Larsen

STATE PENTHALON

None

SENIOR ALL-STAR SPOTLIGHT TRACK AND FIELD MEET

None

Ram Track and Field Varsity Awards

ROOKIE OF THE YEAR - Megan McKern

FIELD EVENT ATHLETE OF THE YEAR - HIGH JUMP - Shelby Brewster

MOST IMPROVED HIGH JUMPER - Lexi Fisher

FIELD EVENT ATHLETE OF THE YEAR - LONG JUMP - Abby Brown

MOST IMPROVED LONG JUMPER - Montana Crow

FIELD EVENT ATHLETE OF THE YEAR - SHOT PUT - Cassie Kruse

FIELD EVENT ATHLETE OF THE YEAR - DISCUS - Rachelle Martin

MOST IMPROVED THROWER - DISCUS - Jordan Ruhr

MOST IMPROVED THROWER - SHOT PUT - None

DISTANCE RUNNER OF THE YEAR - Katie Larsen

MOST IMPROVED DISTANCE RUNNER OF THE YEAR - Kayla Anderson

MID-DISTANCE RUNNER OF THE YEAR - Ashley Grave

MOST IMPROVED MID-DISTANCE RUNNER OF THE YEAR - Megan McKern

SPRINTER OF THE YEAR - Shaniece Nott

MOST IMPROVED SPRINTER OF THE YEAR - Mercedes Liparoto

HURDLER OF THE YEAR - Lexi Fisher

MOST IMPROVED HURDLER OF THE YEAR - Mercedes Liparoto

TEAM LEADER - Shaniece Nott Mercedes Liparoto

TEAM SUPPORTER - Shelby Brewster Maddie VanScoy

PENTATHLON ATHLETE OF THE YEAR - None

UTILITY ATHLETE - McKenna Henze

THE COACHES AWARD - Montana Crow

THE WILL TO WIN - Mercedes Liparoto

OUTSTANDING SENIOR ATHLETE Katie Larsen

OUTSTANDING JUNIOR ATHLETE Abby Brown Rachelle Martin

OUTSTANDING SOPHOMORE ATHLETE Shaniece Nott

OUTSTANDING FRESHMEN ATHLETE Megan McKern Devin Jackson

Ram Track and Field Junior Varsity Awards

FIELD EVENT ATHLETE OF THE YEAR - HIGH JUMP - Montana Crow

FIELD EVENT ATHLETE OF THE YEAR - LONG JUMP - Kassie Ruhr

FIELD EVENT ATHLETE OF THE YEAR - SHOT PUT - Sophie Thomas

FIELD EVENT ATHLETE OF THE YEAR - DISCUS - Sophie Thomas

DISTANCE RUNNER OF THE YEAR - Chloe Hackett

MOST IMPROVED DISTANCE RUNNER OF THE YEAR - Remy Keifer

MID-DISTANCE RUNNER OF THE YEAR - Olivia Method

SPRINTER OF THE YEAR - Mercedes Fauble

HURDLER OF THE YEAR - Montana Crow

RAM TRACK AND FIELD STATE WINNERS - 2010

Katie Larsen
State Qualifier
4 X 800 Relay
Glenwood Girls Track and Field
2010

Ashley Grave
State Qualifier
4 X 800 Relay
Glenwood Girls Track and Field
2010

Kassie Finn
State Qualifier
Shuttle Hurdle Relay
Glenwood Girls Track and Field
2010

Mercedes Liparoto
State Qualifier
Shuttle Hurdle Relay
Glenwood Girls Track and Field
2010

Shaniece Nott
State Qualifier
100 Meter Dash
Drake Relay Qualifier 100 M Dash
Glenwood Girls Track and Field
2010

Megan McKern
State Qualifier
4 x 800 Relay
Glenwood Girls Track and Field
2010

Emily Blum
State Qualifier
4 X 800 Relay
Glenwood Girls Track and Field
2010

Devin Jackson
State Qualifier
Shuttle Hurdle Relay
Glenwood Girls Track and Field
2010

Abby Brown
State Qualifier
Shuttle Hurdle Relay
Glenwood Girls Track and Field
2010

Lexi Fisher
State Qualifier
400 Meter Hurdles
Glenwood Girls Track and Field
2010

ALL ACADEMIC STATE AWARD

1. SENIORS ONLY
2. 3.8 G.P.A.
3. 28 ACT
4. STATE QUALIFIER

Katie Larsen - 2010