

GYMNASTICS *Compiled by Abby Mergenmeier*



GYMNAST OF THE YEAR

Sydney Wrighte

Freedom-South Riding / Jr.
(See Page H7)

FIRST TEAM



Juliette Mitrovich
Yorktown / Sr.
Versatile senior scored 9.675 on the balance beam en route to placing second in the Va. 6A North region all-around.



Samantha Simon
McLean / Jr.
Lifted team to Va. 6A state and 6A North region team titles and was second in all-around state meet (37.975).



Lily Smith
Walter Johnson / So.
Placed third in all-around at the Montgomery County meet (35.55) and led the Wildcats to a second-place finish.



Toni Williams
Sherwood / Sr.
Rutgers commit swept the Montgomery County meet with 36.85 points to capture the all-around title.



COACH OF THE YEAR

Courtney Lesson *McLean*
In her eighth year, Lesson's team swept the Conference 6, Virginia 6A North region and Virginia 6A state titles for the second time in three years. The Highlanders posted a final score of 146.575 in the state meet. Lesson coached five gymnasts in the Virginia state individual competition and had at least one place in the top 10 in each event, including the all-around.

HONORABLE MENTION

Julie Armand, Riverside, So.; Alexa Bradley, Herndon, Sr.; Carolyn Brown-Kaiser, McLean, Jr.; Annie Burton, Whitman, Sr.; Courtney Dickerson, Patriot, Fr.; Katie Dooren, Walter Johnson, Jr.; Eleni Gynn, Sherwood, So.; Julia Hays, Yorktown, So.; Emily Ignacio,

Battlefield, Sr.; Caitlyn Lager, T.C. Williams, Sr.; Frances Leadman, Bethesda-Chevy Chase, Fr.; Abbie Levine, West Springfield, Jr.; Danielle Livingstone, Springbrook, Sr.; Ania Pasternak, Sherwood, Sr.; Claire Pettit, Tuscarora, Sr.; Catherine Reynolds, Robinson, Jr.; Tara Stewart, McLean, Fr.; River Stone, Woodgrove, So.; Leah Trepal, Heritage, So.; Olivia Zavrel, Yorktown, Sr.

GIRLS' ROWING *Compiled by Joshua Needelman*

FIRST TEAM



Emma Barrett
Madison / Sr.
Captain and stroke seat of Warhawks' first varsity eight boat that took second at the Va. state championships. Will row at Washington State.



Alyssa Druitt
West Springfield / Sr.
Captain and heart of Spartans' first varsity four, which took fifth place at the Stotesbury Cup Regatta.



Sophie Dunn
National Cathedral / Jr.
Three-time Va. state champion and Stotesbury Cup gold medalist as a coxswain, including with the first varsity eight boat.



Serena Irwin
National Cathedral / Sr.
Anchor of varsity eight boat that captured first place at the Virginia state championships and the Stotesbury Cup Regatta. Will row at Brown.



Freya Keto
Whitman / Jr.
Owner of fastest 2K time (7:13) in school history, led varsity eight boat to gold at Washington Metro Interscholastic Rowing Association.



Eleanor Kinyon
Georgetown Visitation / Sr.
Stroke seat of team's first varsity eight spends offseason bettering her craft at Thompson Boat Center.



Abby Koerner
Wilson / Sr.
Captain and stroke of the first varsity eight elevated program to new heights. Will row at Harvard as a lightweight.



Alexa Liquori
McLean / Sr.
After moving up from the novice boat as a junior, Liquori anchored the team's first varsity eight boat that placed fourth at Va. state championships.



Cecilia Panfil
Washington-Lee / Jr.
Earned a bronze medal in the junior eight at the Stotesbury Cup Regatta, a tribute to her 7:27 2K score and a tireless work ethic.



Quinlyn Spellmeyer
Beth.-Chevy Chase / Sr.
Team captain buoyed first varsity eight to Md. state championship and a fifth-place finish at the Stotesbury Cup Regatta. Will row at Penn.



Hannah Yazdani
National Cathedral / Jr.
Tireless puller helped first varsity eight boat to gold at Stotesbury Cup. Has also had success at the club level with Thompson Boat Center.



COACH OF THE YEAR

Kirk Shipley *Whitman*
Coach since 2006 led Vikings to one of the most successful seasons in their 30-year history. The first varsity eight boat took first at the Washington Metro Interscholastic Regatta Association championships, second at the Stotesbury Cup Regatta and fifth at the Scholastic Rowing Association of America National Championships Regatta.

GIRLS' BEST BOATS

First Eight	National Cathedral
Second Eight	National Cathedral
Light Eight	Yorktown
First Four	West Springfield
Light Four	Langley

HONORABLE MENTION

Nadia Bangura, Wilson, Jr.; Isabella Beckler, Robinson, Sr.; Hailey Carson, Whitman, Sr.; Kelsey Chan, Bethesda-Chevy Chase, Sr.; Kate Cobey, Washington-Lee, Jr.; Erin Dubas, Stuart, Sr.; Hannah Fisher, W.T. Woodson, Sr.; Claire Holmvik, Bethesda-Chevy Chase, Sr.; Natalie Lorca, West Potomac, Sr.; Praskovia McGuigan, Stuart, Jr.; Amelia Parizek, National Cathedral, Jr.; Shu Phua, Wilson, Sr.; Julia Reimer, Madison, Sr.; Isabel Rogers, Yorktown, Sr.; Jenna Rosen, Langley, Sr.; Camilla Ryder, National Cathedral, Jr.; Phoebe Solms, St. Stephens/St. Agnes, Sr.; Medha Uppal, Langley, Sr.; Katie Zarate, Whitman, Jr.; Catherine Zysk, McLean, Sr.