



Mt Spokane High School

2018 - 2019 Fall Season ~ Team Results



Volleyball

~ **Congratulations to Coach Dave Whitehead ~ GSL Coach of the Year ~**

3A STATE (Nov 16th) **STATE CHAMPIONS ~ first time in school history**
 defeated Stadium 3-0, defeated Eastside Catholic 3-0, defeated Capitol 3-1, defeated Lakeside 3-0
3A Districts (Nov 8th) **District 8 CHAMPIONS** defeated Southridge 3-0 → **STATE**
GSL CHAMPIONS ~ UNDEFEATED GSL SEASON

Slow Pitch Softball

3A STATE (Oct 27th) **STATE CHAMPIONS ~ first time in school history**
 defeated Lake Washington 18-0, defeated Central Valley 4-3, defeated University 10-4

Football

~ **Congratulations to Coach Justin Rundle ~ GSL Assistant Coach of the Year ~**

3A STATE (Nov 9th) **"SWEET 16"** lost to Timberline 22-20
3A Playoffs (Nov 2nd) defeated Kennewick 21-14

Girls Soccer

3A STATE (Nov 7th) **"SWEET 16"** lost to Shorewood 1-0
3A Playoffs (Nov 3rd) defeated Shadle 0-1
3A Playoffs (Nov 1st) defeated Southridge 0-1
3A Playoffs (Oct 30th) defeated Kennewick 0-4
3A Playoffs (Oct 27th) lost to Shadle 1-0

Boys Cross Country

3A STATE (Nov 3rd) **2 State qualifiers: Jake Carr & Lukas Brown**
3A Districts (Oct 27th) **4th Place**

Girls Cross Country

3A Districts (Oct 27th) **4th Place**

The WIAA State Academic Awards for our Fall teams have been calculated and the Mt Spokane HS teams did very well, as usual. **This season we have 323 student-athletes competing on 19 teams. All 19 teams were awarded WIAA Scholastic Awards** for academic excellence based on their team GPA, which were determined by their 2nd semester grades from June.

Congratulations to the student-athletes, teachers & the coaches for a job well done. As well as, to our Performing Arts students & instructors. Thank you to the families for encouraging and emphasizing the importance of academic success and thank you to ALL of the teachers & staff who support these students each and every day.

Keep up the great work Wildcats ~ both in the classroom and on the field, court, course, . . . !

Outstanding Awards

Teams with an average GPA of **3.50 - 4.00** qualify for the **Outstanding Team Award**. **no WIAA recognition for SP Softball

Girls Cross Country	3.670 ~ Coach Andy Sonneland
Girls JV/F Cross Country	3.852 ~ Coaches Andy Sonneland, Katie Mann, Abby Muelheim,
Boys Cross Country	3.700 ~ Coach Scott Daratha
Varsity Volleyball	3.630 ~ Coach Dave Whitehead
JV Volleyball	3.833 ~ Coaches Dave Whitehead & Kaprina Goodwin
9th Varsity "Navy" Volleyball	3.950 ~ Coaches Dave Whitehead & Steve Rupe
C1 "Cardinal" Volleyball	3.636 ~ Coaches Dave Whitehead & Robin Haws
Girls Varsity Soccer	3.741 ~ Coach Shannon Stiles
Girls JV Soccer	3.741 ~ Coaches Shannon Stiles & Megan Lindsay
Girls C-Soccer	3.540 ~ Coaches Shannon Stiles & Tyler Brown
JV "Navy" Slow-Pitch Softball**	3.718 ~ Coaches Carl Adams & Trek Davis

Distinguished Awards

Teams with an average GPA of **3.00 - 3.49** qualify for the **Distinguished Team Award**. **no WIAA recognition for SP Softball

Varsity Football	3.331 ~ Coach Terry Cloer
JV Football	3.077 ~ Coaches Terry Cloer & Justin King
Freshman Football	3.365 ~ Coaches Terry Cloer & Josh Cowart
Varsity Slow-Pitch Softball**	3.467 ~ Coach Carl Adams
JV "Red" Slow-Pitch Softball**	3.470 ~ Coaches Carl Adams & Natalie King
9th JV "Cardinal" Volleyball	3.278 ~ Coaches Dave Whitehead & Cassie Hare
C2 "Navy" Volleyball	3.281 ~ Coaches Dave Whitehead & Mitch Whitehead
Boys JV/F Cross Country	3.324 ~ Coaches Scott Daratha, Pat Kostecka, Stephan Fritsch

LOUD. PROUD.
WILDCATS.