



POST SEASON INDIVIDUAL AWARD WINNERS 2018 - 2019

FIELD HOCKEY

Maryland All-State Team

Alexandra Sperling, Sr: Honorable Mention

Washington Post All Met Team

Alexandra Sperling, Sr: 2nd Team

Montgomery County Coaches All-County Selections

Alexandra Sperling, Sr: 1st Team

Lucia Alem, Jr: 1st Team

Cecilia Hu, Sr: 2nd Team

Allison Jacobs, Jr: 2nd Team

Lizzie Hsu, Sr: Honorable Mention

Taylor Slaughter, Sr: Honorable Mention

Montgomery County All-South Division Team

Alexandra Sperling, Jr.: 1st Team

Lizzie Hsu, Sr: 1st Team

Lucia Alem, Jr: 1st Team

Cecilia Hu, Sr: 1st Team

Allison Jacobs, Jr: 1st Team

Taylor Slaughter, Sr: 2nd Team



FOOTBALL

Montgomery County All-Coaches Team

Michael Janis, Sr. QB: Offensive MVP

Nick Smyth, Sr. TE: 1st Team

Rocco Tranquill, Jr. LB: 1st Team

Joe Raab, Sr. OL: 1st Team

Patrick Richardson, Sr. RB: 2nd Team

All-MoCo Football Team

Michael Janis, Sr. QB: Offensive Player of the Year

Patrick Richardson, Sr. RB: 2nd Team

Nick Wagman, Sr. OL: 2nd Team

Rocco Tranquill, Jr. LB: 2nd Team

Joe Raab, Sr. OL: Honorable Mention

Michael Janis – National Football Foundation & College Hall of Fame Scholar Athlete Recipient.

GOLF

Washington Post All Met Team

Kaylin Yeoh, Soph.: Honorable Mention

All-Conference

Kaylin Yeoh, Soph.: 1st Team



BOYS' SOCCER

Maryland All-State Team

Aria Ahadpour, Sr.: 1st Team
Brian Murphy, Sr.: 1st Team
Shawn Diboti, Sr.: Honorable Mention

Washington Post All Met Team

Aria Ahadpour, Sr.: 1st Team

Montgomery County Coaches All-County Selections

Aria Ahadpour, Sr.: 1st Team
Brian Murphy, Sr.: 1st Team
Shawn Diboti, Sr.: 1st Team

Montgomery County All-South Division Team

Aria Ahadpour, Sr.: 1st Team

Montgomery County Senior All-Star Team

Aria Ahadpour
Shawn Diboti
Thomas Young

GIRLS' SOCCER

All-American Team (Top 100 in US)

Jane Olcott, Sr.

All-Region Team (Top 10 in Maryland)

Jane Olcott, Sr.

Maryland All-State Team

Jane Olcott, Sr.: 1st Team

Washington Post All Met Team

Jane Olcott, Sr.: 1st Team

Montgomery County Senior All-Star Team

Eden Max, Ally Ruvo, & Eleni Triantis



GIRLS' VOLLEYBALL

Montgomery County Coaches All-County Selections:
Serena Xu (Jr/S) - 2nd Team

BOYS' BASKETBALL

Governor's Challenge Tournament
John Mbeng- 4th Team
Jomo Goings- Honorable Mention

GIRLS' BASKETBALL

Washington Post All Met Team
Brittini Martin – 4th Team (*Only MoCo player*)
Parker Hill – Honorable Mention

Montgomery County 4A South Division
Brittini Martin – Player of the Year & 1st Team
Parker Hill – 1st Team
Coach Kate Blanken – Coach of the Year

BOYS' SWIMMING & DIVE

Washington Post All Met Team
Steven Mendley – 2nd Team All-Met
Noah Rutberg – 2nd Team All-Met
Ziad Bandak – Honorable Mention All-Met

Metro Champions
Steven Mendley – 50 Free Style Champion



BASEBALL

Washington Post All Met Team

Ben Nardi, SR – Honorable Mention

All – District Team

Ben Nardi, SR, 1B - All District 2 Player

Montgomery County All - Division Players

Ben Nardi, SR, 1B - 1st Team All Division

Michael Janis, SR, OF - 1st Team All Division

Simon Fettig, SR, 2B - 1st Team All Division

Jesse Lacefield, JR, P - 1st Team All Division

Ethan Rindner, JR, OF – 2nd Team All Division

MCPS Senior Baseball All-Stars

Mike Janis, Ben Nardi, Simon Fettig



BOYS' LACROSSE

MCPS Coaches Awards

Ryan Shure - 1st Team All Division
Eliot Dubick - 1st Team All Division
Jack Abel - 1st Team All Division
Jack Butler - 1st Team All Division
Merrick Willeford - 1st Team All Division
Bo Humiston – 2nd Team All Division
Tom Langerman – 2nd Team All Division
Andrew Robinson – 2nd Team All Division
Ian Rosenthal – 2nd Team All Division
Ryan Flax – 2nd Team All Division

MCPS All - County Awards

Ryan Shure - 1st Team All - County
Merrick Willeford - 1st Team All - County
Jack Butler – 2nd Team All - County

Academic All American

Ian Rosenthal
Andrew Robinson

Assistant Coach of the Year

Mike Kubik

Man of the Year

Jeff Fritz



GIRLS' LACROSSE

Washington Post All Met Team

Leah Rubino – Honorable Mention

All – 4A South Division

Emma Sumberg – 1st Team

Lizzie Hsu – 1st Team

Leah Rubino – 1st Team

Kamryn Testa – 1st Team

Emma Shimabukuro – 2nd Team

Sabrina Nusraty – 2nd Team

Emily Feigen – 2nd Team

Sofie Sinai – Honorable Mention

SOFTBALL

Washington Post All Met Team

Daniella Lew – Honorable Mention

4A South All-Division Team

Ryann Storch – 1st Team

Daniella Lew – 1st Team

Sophia Fettig – 2nd Team

Megan Bedingfield – 2nd Team

Mia Schraeder – 2nd Team

BOYS' TENNIS

Washington Post All Met Team

Josh Robinson – Honorable Mention

BOYS' VOLLEYBALL

All-County Team

Justin Jin – 1st Team

Andy Jin – 2nd Team

Aidan Sung – Honorable Mention