

WC BULLDOGS

POST SEASON INDIVIDUAL AWARD

WINNERS 2019 – 2020

FALL 2019

FIELD HOCKEY

- *Maryland All State Team*
Lucia Alem, Sr. - 2nd Team
- *Washington Post All-Met*
Lucia Alem, Sr. - 2nd Team
- *Montgomery County Coaches All County Selections*
Lucia Alem, Sr. - 1st Team
Natalie Heshmat, Jr. - 1st Team
Cecilia Hu, Sr. - 1st Team
Allison Jacobs, Jr. - 1st Team
Grace Jennings, Fr. - Honorable Mention
- *Montgomery County All South Division Team*
Lucia Alem, Sr. - 1st Team
Natalie Heshmat, Jr. - 1st Team
Cecilia Hu, Sr. - 1st Team
Allison Jacobs, Jr. - 1st Team
Grace Jennings, Fr. - 2nd Team
- *National Field Hockey Coaches Association Player of the Month - October 2019*
Grace Jennings, Fr. - Honorable Mention

GOLF

- *Montgomery County Coaches All-Division Team*
Hannah Han-Kim, Jr. – 1st Team

GIRLS SOCCER

- *Maryland All State Team*
Kate Quigley, Sr. - 1st Team
Lauryn Gladd, Sr. - 2nd Team
- *Washington Post All-Met*
Kate Quigley, Sr. – 2nd Team
Lauryn Gladd, Sr. – Honorable Mention

WC BULLDOGS

GIRLS VOLLEYBALL

- *Washington Post All-Met*
Serena Xu, Sr. – Honorable Mention
- *Montgomery County Coaches All-County Team*
Serena Xu, Sr. – 1st Team
Ashley Chen, Sr. – Honorable Mention
Haley Phillips, Jr. – Honorable Mention

WINTER 2019 – 2020

BOYS BASKETBALL

- *Maryland All State Team*
Jomo Goings, Sr. – 3rd Team
- *Washington Post All-Met*
Jomo Goings, Sr. – Honorable Mention
- *Montgomery County Coaches All-County Team*
Jomo Goings, Sr. – 1st Team
- *Washington Post Player of the Week*
Jomo Goings, Sr.
- *Montgomery County Coaches Player of the Week*
Jomo Goings, Sr.

GIRLS BASKETBALL

- *Washington Post All-Met*
Parker Hill, Jr. – 1st Team
Brittini Martin, Sr. – Honorable Mention
- *Montgomery County Coaches All – Division Team*
Parker Hill, Jr. – Co-Player of the Year & Co-Defensive Player of the Year
Brittini Martin, Sr. – Co-Player of the Year, Co-Defensive Player of the Year
Kaila Wilson, Sr. – 2nd Team
- *Montgomery County Player of the Week*
Brittini Martin, Sr. – Two Times
Parker Hill, Jr.

WC BULLDOGS

BOYS SWIMMING & DIVE

All – American

Noah Rutberg, Sr. – 100 Backstroke & 200 IM

Ziad Bandak, Sr. – 500 Freestyle

Charlie Berman – Diving

Quinn Westwood, Sr. – Diving

Ziad Bandak, Alvin Kimwon, Ben Long Zuo, Noah Rutberg – 200 Medley

Relay

Ziad Bandak, Rory Stumpf, Ben Long Zuo, Noah Rutberg – 400 Free

Relay

Washington Post All-Met

Noah Rutberg, Sr. – 1st Team

Ziad Bandak, Sr. – 2nd Team

Ben Long Zuo, Sr. – Honorable Mention

Montgomery County All – Division Team

Noah Rutberg, Sr.

Ziad Bandak, Sr.

Ben Long Zuo, Sr.