

2009 – 2010 Accomplishments

1st – FHSAA Floyd E. Lay Sunshine Cup All Sports Award for Class 6A

1st – Orlando Sentinel Varsity Cup Award

1st – Bob Berry – Metro All Sports Award

Summary

15 Metro Championships
 9 District Championships
 6 Region Championships
 4 State Championships
 2 State Runner Up
 Top 10 Finish in State – 15 teams

Team

Baseball	Record 16-10	4 th in Metro, 5 th in District
Basketball – Boys	Record 28-5	Metro Champion , 2 nd in District, Region, State Champion
Basketball – Girls	Record 12-10	3 rd in Metro, 5 th in District
Bowling – Boys	Record 13-4	2 nd in Metro, 2 nd in District, 17 th in State
Bowling – Girls	Record 13-3	2 nd Metro, 2 nd in District, 5 th in State
Cheerleading		State Champion
Crew		State Champion
Cross Country – Boys		Metro Champion , 3 rd in District, 2 nd in Region, 3rd in State
Cross Country – Girls		Metro, District, Region, State Champion
Flag Football	Record 1-11	9 th in Metro. 8 th in District
Football	Record 11-2	Metro, District Champion , 2 nd in Region, 5th in State
Golf – Boys	Record 12-3	2 nd in Metro, 2 nd in District, 6 th in Region
Golf – Girls	Record 7-7	3 rd in Metro, 2 nd in District, 4 th in Region
Lacrosse – Boys	Record 15-5	2 nd in Metro, District Champion , 2 nd in Region, 5th in State
Lacrosse – Girls	Record 7-6	2 nd in Metro, 3 rd in District
Soccer – Boys	Record 9-4-3	Metro Champion , 3 rd in District
Soccer – Girls	Record 15-3-2	Metro Champion , 3 rd in District
Fast Pitch Softball	Record 11-11	8 th in Metro, 9 th in District
Swimming – Boys		Metro Champion, District, Region Champion, 4th in State
Swimming – Girls		Metro Champion , 2 nd in District, 3 rd in Region, 5th in State
Tennis – Boys	Record 18-1	Metro, District, Region Champions, 6th in State
Tennis – Girls	Record 18-1	Metro, District, Region Champions, 5th in State
Track –Boys		Metro Champion , 2 nd in District, 6 th in Region, 25 th in State
Track – Girls		2 nd in Metro, District Champion , 2 nd in Region, 4th in State
Volleyball – Boys	Record 21-6	Metro Champion , 2 nd in District
Volleyball – Girls	Record 26-7	Metro, District, Region Champion, State Runner Up
Water Polo –Boys	Record 18-4	Metro Champion , 2 nd in District
Water Polo – Girls	Record 18-3	Metro, District Champion, State Runner Up
Weightlifting – Boys		9 th in Metro
Weightlifting – Girls		8 th in Metro
Wrestling	Record	8 th in Metro, 8 th in District, 25 th in Region

Finish in the Orlando Sentinel “Super Six”

Boys’ Basketball – 1 st	Boys’ Swimming – 2 nd	Girls’ Golf – 7 th
Girls’ Cross Country – 1 st	Girls’ Track – 2 nd	Boys’ Track – 7 th
Boys’ Tennis – 1 st	Boys’ Cross Country – 3 rd	Boys’ Bowling – 8 th
Girls’ Tennis – 1 st	Boys’ Lacrosse – 3 rd	Boys’ Golf – 8 th
Girls’ Volleyball – 1 st	Girls’ Swimming – 3 rd	Girls’ Soccer – 9 th
Girls’ Water Polo – 1 st	Boys’ Water Polo – 4 th	
Girls’ Bowling – 2 nd	Football – 6 th	

FHSAA Academic Team Champions

To qualify, the average cumulative GPA for the team must be a 3.0 or above. Here are the teams for Winter Park that qualified and where they placed in their classification.

Basketball (B) – 3.034 – 3 rd
Bowling (G) - 3.557 – 3 rd
Soccer (G) – 3.412 – 3 rd
Swimming (B) - 3.425 – 3 rd
Water Polo (G) – 3.505 – 3 rd
Baseball (B) – 3.268 – 4 th
Soccer (B) – 3.195 – 4 th
Swimming (G) - 3.471 – 4 th
Volleyball (G) - 3.332 – 4 th
Cross Country (G) - 3.470 – 5 th
Softball (G) – 3.307 – 5 th
Basketball (G) – 3.103 – 6 th
Cross Country (B) - 3.220 – 6 th
Volleyball (B) – 3.339 – 7 th
Flag Football (G) – 3.433 – 8 th
Lacrosse (G) – 3.258 – 10 th
Track (G) – 3.127 – 10 th
Cheerleading – 3.275 – 11 th
Tennis (B) – 3.334 – 12 th
Lacrosse (B) – 3.021 – 17 th
Weightlifting (G) – 3.046 – 17 th
Golf (B) - 3.099 – 19 th
Tennis (G) – 3.231 – 19 th
Golf (G) - 3.119 – 23 rd