

The following East High students are recognized for their accomplishments during the Fall season:

Girls Cross Country - MSHSCA Gold Academic Team Award (3.95 Team GPA)

State Meet Qualifiers (8th Place)

Ava Matejcek - MSHSCA Academic All-State

Addison Peed - MSHSCA Academic All State

Ava Matejcek

Abigail Scholtes

Eva Peters

Emmy Schulz

Autumn Seiwert

Lauren Henkels

Madsion Wolle (Alternate)

Nor Javens (Alternate)

Boys Cross Country - MSHSCA Gold Academic Team Award (3.88 Team GPA)

State Meet Qualifiers (8th Place)

Isaiah Anderson - Big 9 Conference Champion

- MSHSCA Academic All- State

- MSHSCA All-State (7th Place Medalist)

Evan MacLean

Luke Scholtes

Nick Brauer

Eddie Nguyen

Mac Rohlk

Christian Wilmes

Joseph Foley (Alternate)

Adam Knauss (Alternate)

Football - MSHSCA Silver Academic Team Award (3.18 Team GPA)

Jacob Eggert - MSHSCA Academic All-State

Girls Soccer

Big 9 Conference Champions

Ella Huettl - MSHSCA All-State Second Team Selection

Julia Fischer - MSHSCA All-State First Team Selection

Izzy Schott - MSHSCA All-State First Team Selection

Volleyball - MSHSCA Silver Academic Team Award (3.68 Team GPA)

Lexi Karge - MSHSCA Academic All-State

Tenley Madson - MSHSCA Academic All-State

Madie Mangulis - MSHSCA Academic All-State

Avery Michels - MSHSCA Academic All-State

Mackenzie Schweim - MSHSCA Academic All-State

Boys Soccer

Sergio Hernandez-Cano - MSHSCA All-State Second Team Selection

Tom Yess - Section 2AA and State Assistant Coach of the Year

Girls Tennis - MSHSCA Gold Academic Team Award (3.85 Team GPA)

Girls Swim and Dive - MSHSCA Gold Academic Team Award (3.68 Team GPA)

Parker Beavens - MSHSCA Academic All-State
Sadie Burns - MSHSCA Academic All-State
Marah Dauk - State Diving Participant
Jayne Satre - 500 Free State Qualifier

ExCel Award

Emmy Schulz
Sean Burns

Triple 'A' Award

Megan Friedrichs
David Wedzina

The following West High students are recognized for their accomplishments during the Fall season:

Girls Cross Country

- MSHSCA Gold Academic Team Award
- Academic All-State: Nicole Swanson
- State Participant: Nicole Swanson

Boys Cross Country

- MSHSCA Silver Academic Team Award (GPA 3.67)

Football

- MSHSCA Gold Academic Team Award
- Section Champions
- Class 5A State Champions
- Big Southeast Red District Champ
- Big Southeast Red Offensive Player of Year-Mekhi Collins
- Big Southeast Red Defensive Player of Year- Ryan Haley
- Big Southeast Red Lineman of the Year-Gannon Rosenfeld
- Big Southeast Red Coach of the Year-JJ Helget
- Minnesota High School Football Showcase Game - Mekhi Collins, Ryan Haley, Gannon Rosenfeld
- Minnesota Vikings Coach of the Week-Week 9 JJ Helget

Girls Soccer

- MSHSCA Gold Team Academic Award - (GPA 3.91)
- MSHSCA First Team All State: Annelise Winch
- Section 2AA Section Champions

Boys Soccer

- MSHSCA First Team All State: Caspar Olseth
- MSHSCA Second Team All State: Jack Raverty

Volleyball

- MSHSCA Gold Academic Team Award - (GPA 3.78)
- MSHSCA Academic All-State: Madelyn Allex, Grace Banse, Brooklyn Brovold, Sydney McGraw, Abigail Olenius, Abigail Stierlen

- MNVBCA All-State Team: Grace Banse

Girls Swim and Dive

- MSHSCA Gold Academic Team Award (GPA 3.75)
- MSHSCA State Academic Senior Award: Lydia Krautkremer, Sophia Leonard, Gabby Schmidt, Claire Simmons, Grace Whitney, Annika Younge
- Section True Team Champions
- State True Team 9th place
- Section 1A Champions
- 200 Med. Relay - 9th place - Sophia Leonard, Catherine Bittner, Ella Lee, Lydia Krautkremer
- 200 IM - 5th Place - Olivia Leonard
- Diving - 25th Place - Jenna Sikel
- 100 Free- 14th Place - Sophia Leonard
- 200 Free Relay - 12th Place - Sophia Leonard, Olivia Leonard, Catherine Bittner, Annika Younge
- 100 Backstroke - 12th Place - Sophia Leonard
- 100 Breaststroke - 7th Place - Catherine Bittner
12th Place - Olivia Leonard
- 400 Free Relay - 17th Place - Lydia Krautkremer, Ella Lee, Olivia Leonard, Annika Younge
- Section 1A Coach of the Year: Dave Burgess

ExCEL Award Winners

- Olivia Koeneman
- Andrew Kim

Triple A Award Winners

- Grace Banse
- Alexander (Xander) Dittbenner