

## REGION / DISTRICT TOP TIGERS

### REGION / DISTRICT CHAMPIONSHIP TEAMS

Year	Sport	Region / District Finish
2025	Women's Cross Country	Region 15 Champions
2024	Women's Cross Country	Region 15 Champions
2022	Women's Tennis	Region 15 Champions
2019	Women's Volleyball	Northeast District B Champions
2019	Women's Tennis	Region 15 Champions
2017-2018	Women's Swimming & Diving	Northeast District Champions
2017	Women's Cross Country	Region 15 Champions
2016	Women's Tennis	Region 15 Champions
2016	Women's Cross Country	Region 15 Champions
2015	Women's Tennis	Region 15 Champions
2014	Women's Cross Country	Region 15 Champions
2014	Women's Tennis	Region 15 Champions
2014	Women's Volleyball	Region 15 Champions
2013	Women's Cross Country	Region 15 Champions
2013	Women's Volleyball	Region 15 Champions
2013	Women's Tennis	Region 15 Champions

### REGION / DISTRICT ATHLETE OF THE YEAR

Year	Sport	Student-Athlete	Award
2025	Women's Volleyball	<a href="#"><u>Juun Shin</u></a>	Region 15 Setter of the Year
2024	Women's Cross Country	<a href="#"><u>Olivia Corabi</u></a>	Northeast District Athlete of the Year
2024	Women's Soccer	<a href="#"><u>True Eggers</u></a>	Region 15 Player of the Year
2023	Women's Soccer	<a href="#"><u>Alexis Kufta</u></a>	Region 15 Player of the Year
2023	Men's Tennis	<a href="#"><u>Joey McBride</u></a>	Region 15 Player of the Year
2019-2020	Women's Swimming & Diving	<a href="#"><u>Samantha Karasinski</u></a>	Northeast District Swimmer of the Year
2019	Women's Volleyball	<a href="#"><u>Stephanie Berdon</u></a>	Region 15 Player of the Year
2019	Women's Volleyball	<a href="#"><u>Stephanie Berdon</u></a>	Region 15 Setter of the Year
2019	Women's Volleyball	<a href="#"><u>Jenna Butler</u></a>	Region 15 Defensive Player of the Year
2018-2019	Women's Swimming & Diving	<a href="#"><u>Samantha Karasinski</u></a>	Northeast District Swimmer of the Year
2018	Women's Soccer	<a href="#"><u>Gabrielle "Gigi" L'Insalata</u></a>	Region 15 Player of the Year
2014	Women's Tennis	Nicole Druzhinsky	Region 15 Player of the Year
2014	Women's Volleyball	Jenna Dickey	Region 15 Player of the Year

2013	Women's Tennis	Kayla Bohnhorst	Region 15 Player of the Year
2013	Women's Volleyball	Megan Houff	Region 15 Player of the Year
2013	Women's Soccer	Hayley Reid	Region 15 Player of the Year

### REGION / DISTRICT COACH OR TEAM OF THE YEAR

Year	Sport	Coach	Award
2025	Women's Cross Country	<a href="#">Howard Lindsay</a>	Region 15 Coach of the Year
2024	Women's Cross Country	<a href="#">Howard Lindsay</a>	Northeast District Coach of the Year
2024	Women's Cross Country	<a href="#">Howard Lindsay</a>	Region 15 Coach of the Year
2023	Women's Soccer	<a href="#">Hatem Gabr</a>	Region 15 Sportsmanship Award
2023	Women's Soccer	<a href="#">Hatem Gabr</a>	Region 15 Coach of the Year
2022	Women's Tennis	<a href="#">Lynn Cabot-Puro</a>	Region 15 Coach of the Year
2019	Women's Volleyball	<a href="#">Deborah Hong</a>	Region 15 Coach of the Year
2019	Women's Tennis	<a href="#">Lynn Cabot-Puro</a>	Region 15 Coach of the Year
2018-2019	Women's Swimming & Diving	<a href="#">Talin Boyadjian</a>	Northeast District Coach of the Year
2017-2018	Women's Swimming & Diving	<a href="#">David Hildebrand</a>	Northeast District Coach of the Year
2016	Women's Tennis	<a href="#">Lynn Cabot-Puro</a>	Region 15 Coach of the Year
2014-2015	Women's Swimming & Diving	<a href="#">David Hildebrand</a>	Northeast District Coach of the Year
2015	Women's Tennis	<a href="#">Lynn Cabot-Puro</a>	Region 15 Coach of the Year
2014	Women's Cross Country	<a href="#">Joseph Plutz</a>	Region 15 Coach of the Year
2014	Women's Tennis	<a href="#">Lynn Cabot-Puro</a>	Region 15 Coach of the Year
2013	Women's Volleyball	Carrie Thomas	Region 15 Coach of the Year
2013	Women's Tennis	<a href="#">Lynn Cabot-Puro</a>	Region 15 Coach of the Year
2012	Women's Soccer	D.J. Bevivino	Region 15 Coach of the Year
2012	Women's Tennis	<a href="#">Lynn Cabot-Puro</a>	Region 15 Coach of the Year
2012	Women's Volleyball	Carrie Thomas	Region 15 Coach of the Year

### REGION 15 INDIVIDUAL AWARDS

Year	Sport	Student-Athlete	Award
2025	Women's Volleyball	<a href="#">Juun Shin</a>	First Team
2025	Women's Volleyball	<a href="#">Gabrielle Buencochillo</a>	Second Team
2025	Women's Soccer	<a href="#">Kendall Fernaays</a>	First Team
2025	Women's Soccer	<a href="#">Scout Vitko</a>	First Team

2025	Women's Soccer	<a href="#">Abby Rufino</a>	Second Team
2025	Women's Soccer	<a href="#">Antonia Renzi</a>	Second Team
2025	Women's Soccer	<a href="#">Rita Gonçalves</a>	Second Team
2025	Women's Soccer	<a href="#">Samantha Habert-Jaques</a>	Second Team
2025	Women's Soccer	<a href="#">Summer Guderian</a>	Second Team
2024	Women's Soccer	<a href="#">True Eggers</a>	First Team
2024	Women's Soccer	<a href="#">Madison Ludwig</a>	First Team
2024	Women's Soccer	<a href="#">Karly Thomas</a>	First Team
2024	Women's Soccer	<a href="#">Scout Vitko</a>	First Team
2024	Women's Soccer	<a href="#">Rita Gonçalves</a>	Second Team
2024	Women's Soccer	<a href="#">Zoe Mullen</a>	Second Team
2024	Women's Soccer	<a href="#">Antonia Renzi</a>	Second Team
2024	Women's Volleyball	<a href="#">Caitlyn Schildhouse</a>	First Team
2024	Women's Volleyball	<a href="#">Mary-Margaret Griffiths</a>	Second Team
2024	Women's Volleyball	<a href="#">Mia Jones</a>	Honorable Mention
2023	Women's Soccer	<a href="#">Alexis Kufra</a>	First Team
2023	Women's Soccer	<a href="#">Massai Salazar</a>	First Team
2023	Women's Soccer	<a href="#">Ivelisse Vargas</a>	First Team
2023	Women's Soccer	<a href="#">Michelle Muratore</a>	Second Team
2023	Women's Soccer	<a href="#">Grace Cooper</a>	Second Team
2023	Women's Soccer	<a href="#">Emma Rathburn</a>	Second Team
2023	Women's Soccer	<a href="#">Josie Whitt</a>	Second Team
2023	Women's Volleyball	<a href="#">Caitlyn Schildhouse</a>	Second Team
2023	Women's Volleyball	<a href="#">Mary-Margaret Griffiths</a>	Honorable Mention
2022	Women's Soccer	<a href="#">Karlee Sklodosky</a>	First Team
2022	Women's Soccer	<a href="#">Michelle Muratore</a>	First Team
2022	Women's Soccer	<a href="#">Emma Rathburn</a>	First Team
2022	Women's Soccer	<a href="#">Brooke Singer</a>	First Team
2022	Women's Volleyball	<a href="#">Madison Nguyen</a>	Second Team
2021	Women's Cross Country	<a href="#">Mariah McKenzie</a>	First Team
2021	Women's Cross Country	<a href="#">Andrea Distefano</a>	Second Team
2021	Women's Cross Country	<a href="#">Luci Hoitink</a>	Second Team
2021	Women's Cross Country	<a href="#">Emma Vielhauer</a>	Second Team
2021	Women's Soccer	<a href="#">Gabrielle D'Elia</a>	First Team
2021	Women's Volleyball	<a href="#">Xheni Doci</a>	First Team
2021	Women's Volleyball	<a href="#">Kristina Kwitzer</a>	Honorable Mention
2019	Women's Volleyball	<a href="#">Stephanie Berdon</a>	First Team

2019	Women's Volleyball	<a href="#">Jenna Butler</a>	First Team
2019	Women's Volleyball	<a href="#">Carly Gallagher</a>	Second Team
2019	Women's Soccer	<a href="#">Gabrielle "Gigi" L'insalata</a>	First Team
2019	Women's Soccer	<a href="#">Sarah Iannella</a>	First Team
2019	Women's Soccer	<a href="#">Morgan Smith</a>	First Team
2019	Women's Soccer	<a href="#">Mary-Addison Davis</a>	Second Team
2019	Women's Soccer	<a href="#">Gabrielle "Brie" D'Elia</a>	Second Team
2019	Women's Soccer	<a href="#">Aubrey Bethon</a>	Second Team
2018	Women's Volleyball	<a href="#">Jenna Butler</a>	First Team
2018	Women's Volleyball	<a href="#">Stephanie Berdon</a>	Second Team
2018	Women's Soccer	<a href="#">Rebeka Bonilla</a>	First Team
2018	Women's Soccer	<a href="#">Isabel Rodela</a>	First Team
2018	Women's Soccer	<a href="#">Katherine Lillis</a>	First Team
2018	Women's Soccer	<a href="#">Domenica Romo</a>	Second Team
2018	Women's Soccer	<a href="#">Nabi Williams</a>	Second Team
2018	Women's Soccer	<a href="#">Chloe Cornille</a>	Second Team
2017	Women's Soccer	<a href="#">Mara Herbert</a>	First Team
2017	Women's Soccer	<a href="#">Katherine Amato</a>	First Team
2017	Women's Soccer	<a href="#">Isabel Rodela</a>	Second Team
2017	Women's Soccer	<a href="#">Claire Anvelt</a>	Second Team
2017	Women's Volleyball	<a href="#">Arpi Dayian</a>	Second Team
2016	Women's Soccer	Tabitha Sloane	First Team
2016	Women's Soccer	Stephanie Roberts	First Team
2016	Women's Soccer	Christina Schumchyk	Second Team
2016	Women's Soccer	Halie Retrath	Second Team
2016	Women's Volleyball	Vanessa Bennish	First Team
2016	Women's Volleyball	Arpi Dayian	Honorable Mention
2015	Women's Soccer	Stephanie Dootz	First Team
2015	Women's Soccer	Lauren Fregmen	First Team
2015	Women's Soccer	Rosie Witherell	First Team
2015	Women's Soccer	Kirsten Henning	Second Team
2015	Women's Soccer	Karina Demirciyan	Second Team
2015	Women's Soccer	Hunter Wellford	Second Team
2015	Women's Soccer	Juliana Liberatore	Second Team
2014	Women's Cross Country	Shannon McIver	First Team
2014	Women's Soccer	Rosie Witherell	First Team
2014	Women's Soccer	Carrie Godas	First Team

2014	Women's Volleyball	Jenna Dickey	First Team
2014	Women's Tennis	Emily Bennett	First Team Singles
2014	Women's Tennis	Tiffany Kushner	First Team Singles
2014	Women's Tennis	Ravina Parikh	First Team Singles
2014	Women's Tennis	Tyla Robinson	First Team Singles
2014	Women's Tennis	Nicole Druzhinsky	First Team Singles First Team Doubles
2014	Women's Tennis	Spenser Corson	First Team Singles First Team Doubles
2014	Women's Tennis	Rachel Edwards	First Team Singles First Team Doubles
2014	Women's Cross Country	Marisa Gingello	Second Team
2014	Women's Cross Country	Sara Lucas	Second Team
2014	Women's Cross Country	Julia Lyons	Second Team
2014	Women's Soccer	Katlyn Barreiros	Second Team
2014	Women's Soccer	Lauren Fremgen	Second Team
2014	Women's Soccer	Emily Laroe	Second Team
2014	Women's Soccer	Devin Theiss	Second Team
2014	Women's Volleyball	Michelle Vainblat	Second Team
2014	Women's Tennis	Tiffany Kushner	Second Team Doubles
2014	Women's Tennis	Ravina Parikh	Second Team Doubles
2013	Women's Cross Country	Lindsey Schroth	First Team
2013	Women's Soccer	Hannah Rodriguez	First Team
2013	Women's Soccer	Katelyn Snow	First Team
2013	Women's Soccer	Katie Snyder	First Team
2013	Women's Soccer	Hayley Reid	First Team
2013	Women's Volleyball	Megan Houff	First Team
2013	Women's Tennis	Ashley Yakaboski	First Team Singles
2013	Women's Tennis	Kayla Bohnhorst	First Team Singles Second Team Doubles
2013	Women's Soccer	Melanie Daniel	Second Team
2013	Women's Soccer	Darcey Lehman	Second Team
2013	Women's Soccer	Erika Renstrom	Second Team
2013	Women's Volleyball	Anna Buckley	Second Team
2013	Women's Tennis	Fernanda DeSouza	Second Team Doubles
2013	Women's Tennis	Ravina Parikh	Second Team Doubles
2013	Women's Tennis	Robyn Arteaga	Second Team Singles Second Team Doubles

2013	Women's Tennis	Hilary Baxter	Second Team Singles Second Team Doubles
2013	Women's Tennis	Keerthana Sivaramakrishnan	Second Team Singles Second Team Doubles
2013	Women's Volleyball	Rachel Carey	Honorable Mention
2013	Women's Volleyball	Allison Tyler	Honorable Mention

Updated November 3, 2025