



Flat Rock Athletic Hall of Fame



Class of 2023

2012 Girls Bowling team

The 2012 girls bowling team dominated the entirety of the season winning major tournaments like Ladywood and the Wayne County Invitational. The team set school records like highest team baker game of 245 along their way. The ladies would go on to win the regional tournament, advancing them to the state finals. At states the ladies beat Alma, Ovid Else, and then Richmond in the finals to clinch the 4th team State Championship in school history.

Members: Holly McQuithey, Lindsay Risdén, Emma Alexander, Sam Cardamone, Paige (Alexander) Mott, Lindsay Quednau, and Kellee Rose. Head Coach: Kristi Hill

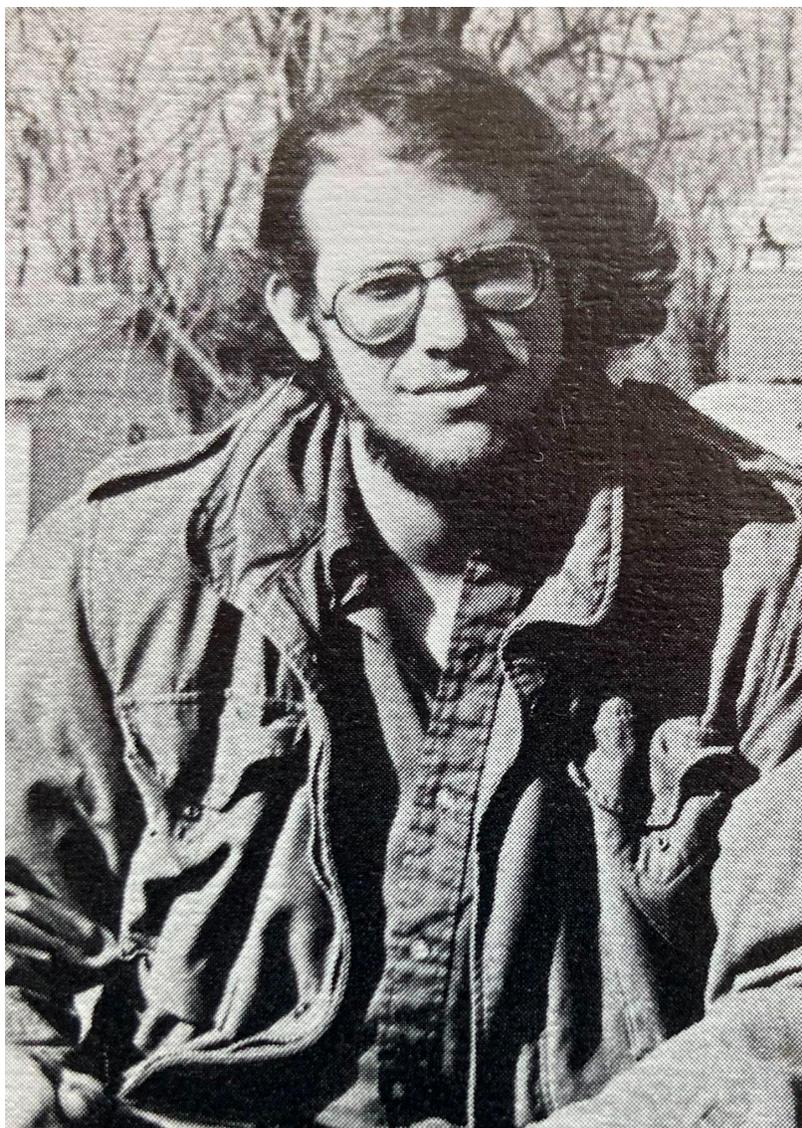




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Jeff Lee

Jeff was one of the tri-captains of the 1976 state champion football team and was named to the All Huron League team twice (1975 & 1976). In 1976 Jeff was named to the All-Downriver team, All Monroe County, and was All-State. Jeff was also one of the best in the classroom and was named the 1977 Valedictorian.

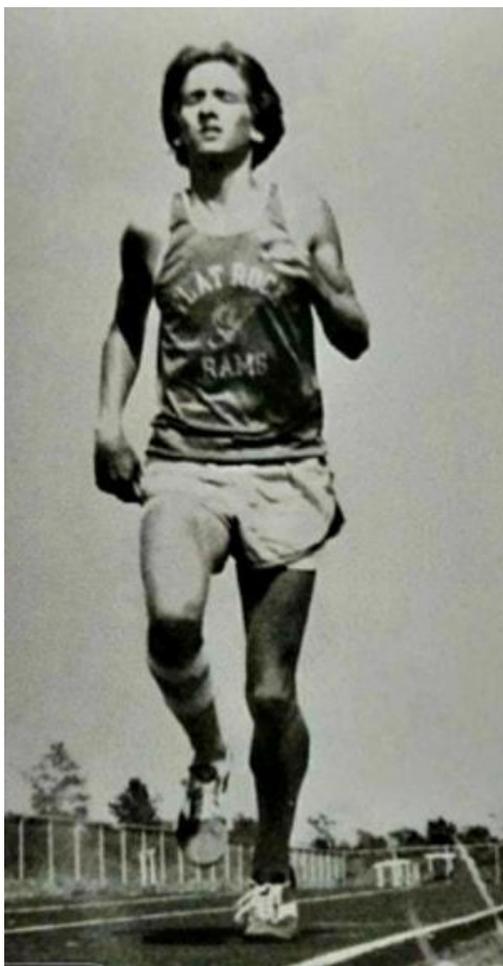




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Kenneth Jabe

Ken was a 1978 Class C Cross Country State Champion. In 1978 he won a Huron League and Regional Championship and was named the Monroe Evening News & News Herald Cross Country Athlete of the Year. He owns the school record for the 3 mile with a time of 15:09. Ken was named All-State twice for cross country, All Huron League 4 times, All Monroe County Region & News Herald Honoree (Cross Country & Track), and was a state qualifier 4 times.





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James Kish

James was a standout swimmer for the Rams in 1989 and 1990. James is one of the few athletes at Flat Rock that won back to back state championships. He won the 100 butterfly state championship in both 1989 and 1990. He also holds the school record for the 100 butterfly. He was All American in the 100 fly in 1990 and was named All-State in the 200 IM finishing 7th in 1990.





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Lester France

Lester was a 1 time runner up (2006) and 2 time state champion (2005, 2007) wrestler for the Rams. Lester's career record was 218 wins - 13 losses. He earned All-Huron League and All-Monroe County First Team honors in 2005, 2006, and 2007.



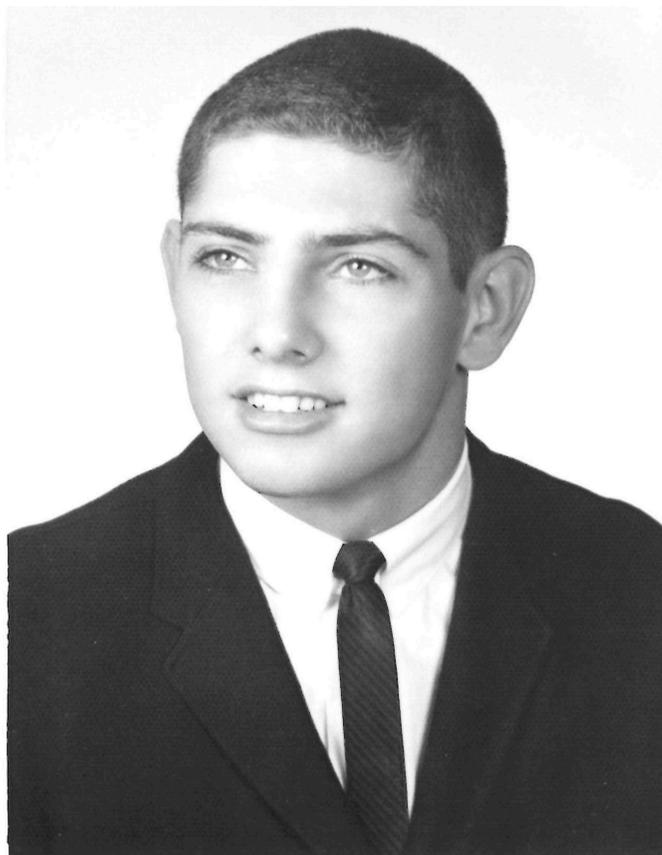


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Herb Mell

Herb was a standout football and basketball player in the early 1960s. Herb was named All-Huron League and Toledo Blade All-Star Football selection in 1961. In 1962 Herb was named Huron League 1st team defense in football. In the 1962-1963 season

Herb was All-Huron League 1st team in basketball and was named a Toledo Blade All-Star Basketball selection. Herb first set the school record for the 100 meter dash in 1963 with a time of 11.0 seconds.





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