

## Significant Individual Awards & Accomplishments

District Champ	Academic All-Ohio	High School All-American
Dave Antognoli '69 – 1968	Patrick Shanahan '96 – 1995	Josh Ritchie '93 (2 <sup>nd</sup> Team) – 1991
Shannan Ritchie '85 – 1982, 1983	Eric Franchino '98 – 1997	Josh Ritchie '93 (1 <sup>st</sup> Team) – 1992
Mike Luby '86 – 1984, 1985	Joe Reed '99 – 1998	
Josh Ritchie '93 – 1990, 1991, 1992	Steve Lloyd '00 – 1998	<b>NCL Champ</b>
Jason Izworski '94 – 1993	Mike Kukurza '01 – 1998, 2000	Tony Howkins '12 – 2011
Keith Mrak '07 – 2006	Ryan Wilkins '01 – 1998, 2000	Brian Brennan '13 – 2012
Brian Brennan '13 – 2012	Ross Krajewski '04 – 2002	Alexander Reimund '15 – 2013
Luke Ondracek '22 – 2020, 2021	Thomas Adam '05 – 2002, 2004	Nathaniel Ondracek '19 - 2016
	Mike Spittler '04 – 2002	Nathaniel Ondracek '19 - 2017
<b>Regional Champ</b>	John Harvan '05 – 2004	Nathaniel Ondracek '19 - 2018
Shannan Ritchie '85 – 1983	Rick Niese '05 – 2004	Luke Ondracek '22 - 2019
Josh Ritchie '93 – 1991, 1992	Tony Dipre '06 – 2004	
Tony Howkins '12 – 2011	Michael Niese '09 – 2007, 2008	
	Jay Young '10 – 2010	<b>Mideast XC Championship - Team Ohio</b>
<b>All-State / All-Ohio</b>	Tony Howkins '12 – 2010, 2011	Luke Ondracek '22 - 2021
Al Peterson '73 – 1973	Matt Krakora '12 – 2010, 2011	6 <sup>th</sup> place – 15:30.55
Shannan Ritchie '85 – 1983, 1984	Brian Brennan '13 – 2010, 2011, 2012	
Rick Luby '85 – 1983, 1984	Vince Moeglin '13 – 2010	<b>Garmin Running Lane CC Championship</b>
Mike Luby '86 – 1984	Will Nouse '13 – 2010, 2011, 2012	Luke Ondracek '22 – 2021
Josh Ritchie '93 – 1991, 1992, 1993	Cole Francetic '13 – 2010, 2011, 2012	Gold Race – 53 <sup>rd</sup> place – 14:50.79
Jason Izworski '94 – 1992, 1993	Nick Ondracek '14 – 2011, 2012	
Brian Young '96 – 1995	Luke Ondracek '22 – 2019, 2020, 2021	
Sam Gaston '96 – 1995		
Mike Kukurza '01 – 2000		
Brian Reid '03 – 2002		
Tony Dipre '06 – 2004		
Keith Mrak '08 – 2007		
Tony Howkins '12 – 2010, 2011		
Matt Krakora '12 – 2011		
Brian Brennan '13 – 2012		
Luke Ondracek '22 – 2021		

<b>Crown Conference / NCL 1<sup>st</sup> Team</b>	<b>Crown Conference / NCL 2<sup>nd</sup> Team</b>	
Tony Howkins '12 – 2011	Cole Francetic '13 – 2011	
Matt Krakora '12 – 2011	Nick Ondracek '14 – 2011	
Brian Brennan '13 – 2011, 2012	Evan Freeman '13 – 2011	
Jordan Shepherd '13 – 2011, 2012	Nick Ondracek '14 – 2012	
Cole Francetic '13 – 2012	Alexander Reimund '15 – 2012	
Will Nouse '13 - 2012	Andy Harwood '14 – 2013	
Evan Freeman '13 - 2012	Gavin Gronowski '18 – 2014	
Alexander Reimund '15 – 2013, 2014	Nicholas Reimund '17 – 2014, 2015, 2016	
Nick Ondracek '14 – 2013	Mitch McGreal '18 – 2015, 2016	
Connor Murphy '15 – 2013, 2014	Jack Titgemeier '16 - 2015	
Sam Miller '17 – 2014, 2016	Nathaniel Ondracek '19 - 2015	
Gavin Gronowski '18 - 2015	Stephen Renuart '17 – 2016	
Nicholas Reimund '17 – 2015	Luke Ondracek '22- 2018	
Nathaniel Ondracek '19 - 2016	Gavin Carr; 21 - 2019	
Nathaniel Ondracek '19 – 2017	Karios McCune; 20 - 2019	
Gavin Gronowski '18 – 2017	Dominic Bertoni '22 – 2021	
Mitch McGreal '18 – 2017	Jack Meermans '22 – 2021	
Adam Shah '19 – 2017	Lou LaGuardia '25 – 2022	
Nathaniel Ondracek '19 – 2018	Soren Horak '25 – 2022	
Adam Shah '19 – 2018	Nick Cavallaro '24 – 2022	
Luke Ondracek '22- 2019	Connor Pittinger '25 – 2022	
Kunal Jain; 21 - 2019	<b>Nico Pascarella '25 – 2023</b>	
Gavin McHale; 21 - 2019	<b>Connor Pittinger '25 – 2023</b>	
Luke Lenz '22 – 2021		
Lucas Rey '25 – 2022		
Caleb Smesko '25 – 2022		
<b>Lucas Rey '25 – 2023</b>		
<b>Caleb Smesko '25 – 2023</b>		
<b>Lou LaGuardia '25 - 2023</b>		
<b>Caleb Hamilton '25 - 2023</b>		