



Key West High School
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Looking back through the 2015-16 school year, Key West High School Athletic Department has spread CONCH PRIDE throughout the STATE. We would like to indulge on all of our AWESOME accomplishments. The list below shows how dedicated our student-athletes and coaches are to their programs and our athletic department. For a small town, we sure give the state a good run every year! We are very proud of everyone.

Wrestling – Caleb Ashe placed 2nd and Jayden Glover placed 6th in the state, 6 advanced to States, Placed 3rd as a team at Regionals, Regional Champion – Aaron Palacios, 13 advanced to Regionals, and District Champions – 7th Straight, 7 individual district titles

Track – Nicole Matysik placed 6th (1600m) and 7th (3200m) at States. 3 advanced to State Finals – Zack Lightfoot, Nicole Matysik, and Telia Llama, 18 advanced to Regionals, Both teams placed 4th at Districts, District Champions – Zack Lightfoot, (Pole Vault), Peterley Louis, Owen Allen, Miles Cooper, & Jerry Burgess, (4x800m relay), Owen Allen, (3200m)

Cheerleaders – 1st place – Holiday Bash & Sunfest Competition, 3rd place – Regionals, and 2nd place at Semi-State Finals which advanced them to State Finals and placed 6th. Competition Squad also was selected to go to the Macy's Day Parade for 2016.

Swim Team – TJ Carbone advanced to States in the 100 Freestyle placed 23rd and 14 advanced to Regionals, Boys placed 3rd at districts & Girls placed 4th

Boys Lacrosse – District Champions! – 1st time in school history

Football Team – Gold Coast Conference runner-up

Girls Cross Country Team – Nicole Matysik placed 35 out of 183 runners at States, advanced to Regionals coming in 7th place, team advanced to Regionals placing 4th at Districts.

Boys Cross Country Team – Advanced to Regionals placing 3rd at Districts.

Golf – Patrick Roesser, Dean Cherry, Jewls & Jade Castillo – advanced to Regionals (1st time for female golfers to advance)

Conchettes – 10 girls were selected to perform in the Macy's Day Parade

Baseball – Mingo Bay Tournament Champions, Advanced to Regionals and District Runner – Up

Softball – Advanced to Regionals and District Runner – Up

Project Unified Track Team – 1st Team in History of KWHS – Girls Team advanced to the State Finals

School Records Broken:

Football – 8 New School Records

All broken by Mekhi Sargent

1. Most Yards Total Offense (Season) – 2,261
2. Most Yards Rushing (Season) – 2,094
3. Most Points (Season) – 172
4. Most Touchdown (Season) – 27
5. Most Yards Total Offense (Career) – 4,684
6. Most Yards Rushing (Career) – 4,321
7. Most Points (Career) – 304
8. Most Touchdowns (Career) – 49

Girls Soccer

1. All-Time Goals Scored (Career) – 81 – Angela Niles

Track

1. Distance Medley – 13:38.71 – Jane Welzien, Megan Mayer, Telia Llama, Nicole Matysik
2. 4 x 200 Relay – 1:54.42 – Aaliyah Allen, Samantha Jean, Anissa Thompson, Joanna Louis
3. Sprint Medley – 2:40.35 – Aaliyah Allen, Joanna Louis, Anissa Thompson, Ashley Grojean
4. 1600m – 5:04.88 – Nicole Matysik
5. 3200m – 11:07.04 – Nicole Matysik
6. 4x1600m Relay – 19:49.40 – Tyler Knight, Kai Davis, Jerry Burgess, Owen Allen

Swimming

1. 200 IM – 2:23.88 – Morgan Bentley
2. 100 Fly – 1:04.61 – Morgan Bentley
3. 400 Freestyle Relay – 4:04.94 – Morgan Bentley, Story Magidson, Lily Magidson, and Francesca Carbone

Cross Country

1. Individual Best Time – 18:27.1 – Nicole Matsyk

Baseball

1. Most Wins (Career) – 286 – Coach Ralph Henriquez

Other athletic accomplishments:

20 teams were selected for the FHSAA Academic Team Champions.

The average GPA for student-athletes was over 3.0.

We have several student-athletes going on to play at the next level.

Mekhi Sargent – Iowa Western – Football

Jayden Glover – Victor Valley College – Football

Jewls Castillo – Tallahassee Community College – Softball

In addition, we would like to give a huge thank you to our Conch Community for all their show of support through the year. Many of you support our teams individually or the department as a whole, these accomplishments couldn't have happened without you! The businesses below contributed to the KWHS Athletic Department for the 2015-16 school year. We hope all of you continue to support the CONCHS!

Athletic Department – Conch Pride Club Sponsors 2015-16

Silver Level \$5000 or more

First State Bank

Pepsi

Spottswood Companies, Inc.

Crimson Level \$2500

Hemingway Home & Museum

Robert & Hunter Law Firm

The Westin

Gray Level - \$1000

Keys Energy

Southernmost Foot and Ankle

White Level - \$500

Boyd's Campground

Certified Appliance Repair, Inc.

Check Electric, LLC

Dr. Darold Leto & Dr. Melissa

Munoz

Florida Keys Community

College

Historic Tours of America

Howe Orthodontics

Keys Federal Credit Union

Key West Orthopedics

Conch Alumni/Fan Level - \$250

El Meson de Pepe

Fury Water Adventures

Goal Line Embroidery

Key West Insurance, Inc.

Pier House Resort & Spa

Salinero Construction

Stock Island Lobster Co.

Other local businesses that help us throughout the year:

Key West Golf Course

KWFD & Ambulance and KWPD

City of Key West

Avis

Enterprise

Curry and Son's

Domino's

Key West Citizen

Keynoter

City of Key West

Florida Keys Media & Rick Lopez

Category 5 & Local Awards

Rotary Club of Key West

Free physicals – AHEC and our school nurses

Athlete of the Week Program – Linda Russin & Island 107.1, Niles Sales & Service, Papa John's, and First State Bank

Thank you! The KWHS Athletic Department appreciates the love and support from our Key West Community & Conch Fans!



Perseverance **R**espect **I**ntegrity **D**edication **E**xcellence