



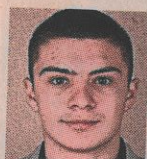
## NORBERTO CERVANTES WILLIAMSON

**Events:** Throws  
**Grade:** Junior  
**Parents:** Marilu Cervantes and Norberto Ramirez

**Season highlights:** Third in weight throw (56-10) at state qualifiers. Won weight throw (56-10, personal best, almost 10 feet better than second place (No. 1 on leaderboard)).

**Future plans:** Plans to attend college and compete in throws.

**About me:** "I was happy with the way things came out this year in weight throw, especially because last year (the first for Section V indoors) I threw 38 feet. My first meet this year I threw 51. I couldn't have done it and accomplished all my goals without the support of my family, friends, school and the community."



## NATHAN CRANE LETCHWORTH

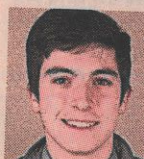
**Events:** Pole vault  
**Grade:** Junior  
**Parents:** Hillary and Kenneth

**Season highlights:** Seventh of 33 in pole vault (14-3½), personal best, second on Section V leaderboard) at nationals. Second (13-6) at state qualifiers. Won Class D sectionals (14-3) by more than two feet.

**Academics:** 90 average

**Future plans:** Considering Northwood University (Midland, Michigan), University of Sioux Falls (S.D.) and Florida State

**About me:** Plays varsity soccer as a midfielder in the fall. Has raced and won championships in motocross cycling since age 4. Loves to hike, and calls himself "a health nut who enjoys taking care of my body." Participates in FFA (formerly Future Farmers of America) and Drama Club, has sung in the school choruses for six years and is a volunteer in the Pike Fire Department.



## LUKAS D'ALFONSO RUSH-HENRIETTA

**Events:** Relays  
**Grade:** Junior

**Parent:** Katherine D'Alfonso

**Season highlights:** Ran 22.7 200 leg on R-H's 800 relay at nationals. Helped 800 relay (1:33.04) to third (fifth overall) at states.

Helped 800 relay (1:33.29) win state qualifiers. Helped 800 relay (1:33.56) win Class A sectionals. Second in 300 (36.39) at Jackson/Walker Invitational.

**Academics:** 85 average

**Future plans:** Expects to attend North Carolina and run track

**About me:** Midfielder on R-H's varsity soccer team. Most proud of his 1:24 time at sectionals, "because it gives me a good idea of where I'm at for the 800 in outdoors." Enjoys video games.



## EDDIE ELY PALMYRA-MACEDON

**Events:** Middle distance  
**Grade:** Senior  
**Parents:** Liz and Michael

**Season highlights:** Third in 600 (1:22.59, personal best, No. 1 on leaderboard) at states. Won 600 (1:22.87) at state qualifiers. Won 600 (1:23.57) and 1,000 (2:39.37) at Class C sectionals. Won 600 (1:24.09) at Houghton Invitational. Won 600 (1:23.56) at Jackson/Walker Invitational.

**Academics:** 86 average

**Future plans:** Study physical therapy at St. John Fisher or RIT

**About me:** Three-time AGR first-team selection. Favorite subject is advanced placement U.S. history. Credits American 800-meter Olympian Duane Solomon as being a big influence, "because he has influenced me to follow a path of healthy living."



## DONOVAN GLAVIN MCQUAID

**Grade:** Senior  
**Parent:** Christine Glavin  
**Academics:** 92 average  
**Season highlights:**

Fourth (5th overall) in 3,200 (9:19.00, personal best, No. 1 on leaderboard) at states. Won 3,200 (9:25.68), helped 3,200 relay (8:14.29) to second at state qualifiers. Won 3,200 (9:53.39), second in 1,600 (4:28.90), helped 3,200 relay to second (8:27.81), leading team to title at Class A sectionals.

**Future:** Attending Canisius to major in sports management or marketing and run track.

**About me:** Three-time AGR first-teamer and cross country runner of the year in 2015. Lives in northwest Greece. Son of the late Pete Glavin, co-founder of the Genesee Valley Harriers and a McQuaid Hall-of-Fame distance runner. Volunteers at church. Enjoys the sport of curling.



## MIKE MALLOW FAIRPORT

**Events:** Middle distance  
**Grade:** Senior  
**Parents:** Jeanine and Bill

**Season highlights:** Ran a 1:59.80 anchor leg in 3,200 relay at nationals. Won 1,000 (2:37.20) and helped 3,200 relay (8:06.97) win at state qualifiers. Won 1,000 (2:32.85, personal best, No. 3 on leaderboard) and helped 3,200 relay (8:20.24) win at Class A sectionals. Won 1,000 (2:41.82) at Houghton Invitational.

**Academics:** 93 average

**Future plans:** Attending Binghamton University and will run track.

**About me:** Nine-time state scholar-athlete. Participates in NASA Hunch, where students design and test their own experiments on a microgravity airplane.



## NICK NEAMTU WEBSTER THOMAS

**Grade:** Senior  
**Parents:** Nancy and

Horia

**Academics:** 98 average

**Season highlights:** Fourth (fifth overall), in 1,600 (4:25.28) at states. Third in 1,600 (4:29.49) at state qualifiers. Second in 1,000 (2:35.07) at Class A sectionals. Won 1,600 (4:24.15, personal best, No. 3 on leaderboard) at Section V vs. Section VI meet. Fourth in 1,000 (2:33.89, personal best, 4th on leaderboard) at Jackson/Walker Invitational.

**Future:** Attending Canisius College to study computer science and run track.

**About me:** Two-time AGR first-teamer (cross country 2014). Younger sister Natalie is on AGR girls team, and also an AGR freestyle swimming first-teamer. Former varsity basketball forward. Favorite subject math. Member of Rotary Interact Club.



## ANTHONY RAY JR. BATAVIA

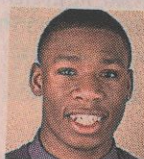
**Events:** Throws  
**Grade:** Sophomore  
**Parents:** Cherié Lawrence of Oneonta and

Anthony Ray Sr. of Batavia

**Season highlights:** Won shot put (50-1) at state qualifiers. Won shot put (47-5) and weight throw (53-9) at Class C sectionals. Won shot put (48-11¼) and weight throw (48-8½) at Houghton Invitational. No. 1 on shot put leaderboard with school record 50-8¼ in league meet Dec. 11. No. 2 on weight throw leaderboard with 56-7½ in league meet Feb. 6.

**Academics:** 86 average

**About me:** Won back-to-back sectional football titles as a freshman and sophomore. Favorite subject is social studies, "with art a close second." Enjoys listening to music, working out and playing on Xbox with friends.



## ANTHONY SMITH UNIVERSITY PREP

**Events:** Sprints  
**Grade:** Junior

**Parent:** Salandria Cason

**Season highlights:** Earned public and federation medals at states with 36.04 in 300. Second in 300 (35.45) at state qualifiers. Won 300 (35.78), second in 55 (6.63) at Class C sectionals. Won 300 (35.63) at Houghton Invitational. Season-best 35.33 (second on Sec. V 300 leaderboard) in regular-season meet Jan. 23.

**Academics:** 3.0 grade point average

**About me:** Wide receiver and linebacker in football. Credits his grandfather, Willie Cason, as his "source of inspiration" and his "model of success he has provided me." Runs with the Rochester Running Rebels in the summer.



## JACK SMITH WEBSTER SCHROEDER

**Events:** Pole vault  
**Grade:** Senior

**Parents:** Jacqueline and Bruce

**Season highlights:** Third (14-0), in a Section V finish of 2-3-4, at states. Won state qualifiers (13-6). Won pole vault (14-4, personal best, No. 1 on leaderboard) at Class A sectionals. Won pole vault (13-6) at Jackson/Walker Invitational.

**Academics:** 95 average

**Future plans:** Attending Rochester Institute of Technology to study software engineering and will compete in track and field.

**About me:** Trains year-round with Warsaw Pole Vault Club PVP and coach/owner Mike Auble. Enjoys academics and will have taken 12 advanced placement courses by the time he enters RIT. Captain of Schroeder's Ultimate Frisbee Club.



## CONNOR SPIEGEL WEBSTER THOMAS

**Events:** Jumps  
**Grade:** Senior

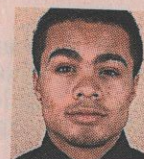
**Parents:** Julie and Paul

**Season highlights:** Fourth of 33 in high jump (6-5) at nationals. Won high jump (6-5) at Class A sectionals. Second in high jump (6-2) at Jackson/Walker Invitational. Won high jump (6-6) at Section V vs. Section VI meet, setting a personal best, breaking his own school record.

**Academics:** 92 average

**Future plans:** Attending University at Buffalo and will compete in track and field.

**About me:** Second-team All-County outside hitter in volleyball. Most proud of his season personal best, because it "shows that all my hard work paid off." Had considered RPI, Worcester Poly and Bucknell as well as UB.



## TERRY TAYLOR GREECE OLYMPIA

**Events:** Pole vault  
**Grade:** Senior

**Parents:** Rebecca and Terry

**Season highlights:** Won pole vault (14-9½, personal best, Section V season best) at nationals. Second (14-3), leading a 2-3-4 Section V sweep, at states. Won (12-6) Class C sectionals. Won (14-1) Houghton Invitational. Broke school record of 14 feet early in the season and raised it several times, to 14-9½.

**Academics:** 86 average

**About me:** Trains year-round with fellow AGR first-teamer Jack Smith at the Warsaw Pole Vault Club PVP and coach/owner Mike Auble.



## TOBIN TELLA MCQUAID

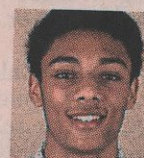
**Events:** Jumps  
**Grade:** Senior  
**Parents:** Anne and Fred

**Season highlights:** Won long jump (23-7½, personal best, No. 1 on leaderboard, tied for 16th nationally) and won triple jump (47-7) at Class A sectionals, helping team to title and winning field athlete of the year honors. Won long jump (22-5½) at Houghton Invitational. Won triple jump (46-6) at Jackson/Walker Invitational.

**Academics:** 90.10 grade point average

**Future plans:** Wants to study medical science and engineering and has been contacted by Rutgers, Pitt and UB

**About me:** Two-time AGR first-teamer. Was ranked No. 2 in the state for long jump indoors two years ago, breaking sophomore state record. Likes to skateboard, enjoys drawing and referees youth soccer.



## NOAH WILLIAMS MCQUAID

**Events:** Sprints  
**Grade:** Junior  
**Parents:** Susan and Gregory

**Season highlights:** Seventeenth of 40 in 200 (22.23) of championship division at nationals. Third in 300 (35.05) at states. Won 300 (35.29) and ran opening leg on team's second-place 1,600 relay (3:40.20) at state qualifiers. Won 55 (6.58), the 300 (35.43) and helped 1,600 relay win (3:32.34) as team won Class A sectionals.

**Academics:** 86 average

**About me:** Youngest of six children (three brothers, two sisters). Wide receiver, safety and kick return specialist on the football team. Expects to be the first person in his family to attend college. Enjoys watching basketball with his dad.



## DAVID COPP EAST ROCHESTER

**Coach of the year**

**Years coaching:** 10  
**Age:** 36

**Career highlights:** Won Class D Section V boys indoor title for first time, following the Wayne/Finger Lakes League title as well. Has coached boys outdoor track team for nine years and indoor 10.

**Family:** Wife, Jennifer Copp, a physical education teacher at ER.

**About me:** Enjoys boating and fishing, and is co-advisor for the high school's Olympiad team. Among his most accomplished athletes are Jacob Hanss (Alfred State), Ryan Daudelin (RIT), Jake Calabrese (RIT) and senior Dawson Bathgate (who'll be a freshman at UMass Amherst in the fall). Says his wife, Jennifer, and "the kids' excitement when their hard work pays off and they set a personal best or win a race or event" are the biggest influences in his coaching life.