



# WELCOME

FOREST HILLS EASTERN STUDENT-ATHLETE OF THE MONTH

NOVEMBER 8, 2023



# CHEER

HEAD COACH: BROOKE NABKEY

AUGUST



# KATIE HOEKSTRA

Sophomore  
3.7 GPA



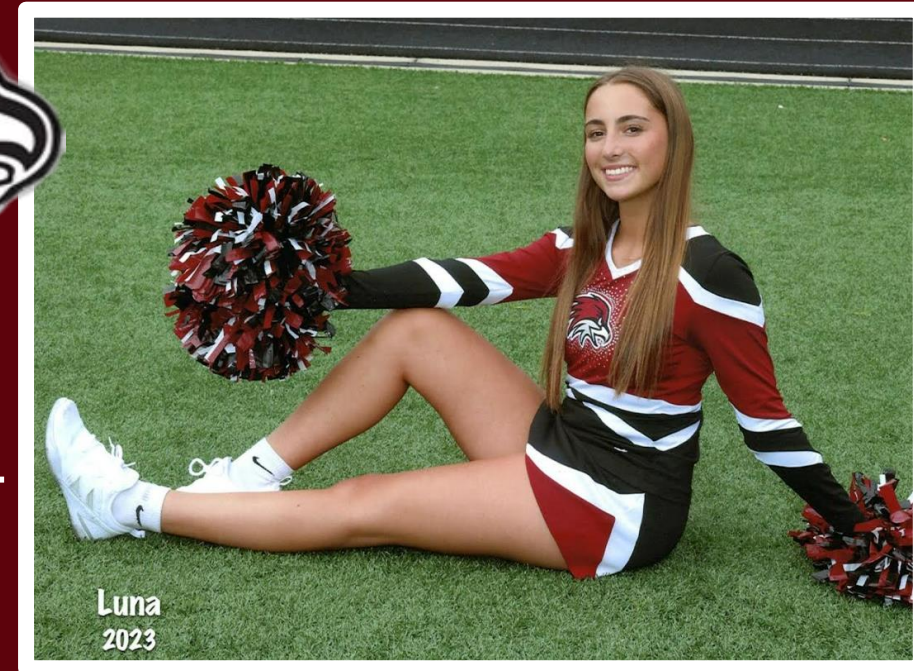
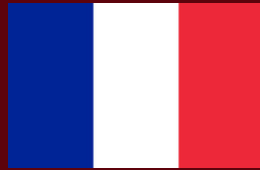
- 
- FHE Sideline Cheer
  - FHE Competitive Cheer
  - Forest Hills Youth Cheerleading Coach





# LUNA CARON

Sophomore  
Foreign Exchange  
Student



- Auch, France
- First Practice, August 21
- Learned all cheers in one week



**OCTOBER**



# **SOPHIA WOLTER**

**Freshman  
4.0 GPA**



- **FHE Sideline Cheer**
- **FHE Varsity Softball**
- **Marching & Jazz Band**
- **Performing in Europe w/ Blue Lake Symphonic Band**



FOREST HILLS EASTERN STUDENT-ATHLETE OF THE MONTH



# GIRLS CROSS COUNTRY

HEAD COACH: DAN McELHENY

AUGUST

# HARPER SCOTT

Junior

24<sup>th</sup> OK Gold

#4 26:17 > 21:23



- Varsity Indoor Track
- Varsity Outdoor Track
- Has (younger) Twin Brothers
- Loves to Travel
- Will run the Grand Canyon Rim2Rim one day





SEPT



# EMMA DONOVAN

Senior  
20<sup>th</sup> OK Gold  
PR 23:26



- Varsity Wrestling (Captain) & All-State
- Varsity Track & Field
- Four-Year FHE Honor Roll
- Member Fellowship of Christian Athletes
- First Female Wrestling Commit - GVSU





OCTOBER



# AINSLEY SULLIVAN

Freshman  
11<sup>th</sup> Regionals  
4.0 GPA



- FHE XC State Qualifier
- FHE XC All-Region
- FHE XC All-Conference
- FHE Track & Field
- FHE Basketball



FOREST HILLS EASTERN STUDENT-ATHLETE OF THE MONTH



# BOYS CROSS COUNTRY

HEAD COACH: DAN McELHENY



# COOPER JACOBSEN



Senior  
9<sup>th</sup> Regional  
All-Conference



- Honor Roll each Semester
- Member of National Honor Society
- FHE DECA Club Member
- Varsity Track & Field







# COLIN PATTISON

Sophomore  
Varsity XC



- 
- FHE Varsity Track & Field
  - Member of Symphony Orchestra (Violin)
  - FHE Honor Roll
  - Volunteer Youth Running Coach





OCTOBER



# LUKE UELAND

Senior

4.0 GPA

All-Conference HM



- Varsity Top 6; Region Finish 18th
- Member of National Honor Society
- Member of FCA & DECA Club
- FHE Varsity Lacrosse
- Looking for NIL sponsorship from Waffle House





**MHSAA RESERVE  
STATE CHAMPIONS**



SEPT

# LILY RUSSELL

Sophomore



- Curtis Performance Horses
  - Horse Show performer across Midwest
  - Equest Center Volunteer
- Therapeutic Riding for Children w/ disabilities



OCTOBER



# SADIE SOUTHWELL

Senior  
Captain



- Reserve State Champions
- Competes in Equestrian Club
- Good Luck Charm – Chicken Nugget Necklace





FOREST HILLS EASTERN STUDENT-ATHLETE OF THE MONTH



# FIELD HOCKEY

HEAD COACH: GABI COTI

**AUGUST**



# MIA DYE

**Senior  
Attack  
4.1 GPA**



- Homecoming Court
- Varsity Captain
- Student Council President
- National Honors Society
- FHE Honor Roll



SEPT



# LOGAN KIRKWOOD

Senior  
FWD  
GPA 4.067



- 8 goals in 2023
- Varsity Captain
- National Honor Society
- Fellowship of Christian Athletes
- Member of Varsity Lacrosse







# ELENA LECOMPTTE

**Junior**  
**F, Mid, D, GK**  
**3.99 GPA**



- 
- FHE Volleyball
  - FHE Track & Field
  - Kid's Food Basket
  - National Honor Society
  - Film Club







# FOOTBALL

HEAD COACH: JOE SCHWANDER

AUGUST



# KADEN HINDS

Senior  
OL/DL



- OK Gold All-Conference
- FHE Varsity Wrestling





# NATHANIEL NOWICKI

Junior  
OL/DL



- OK Gold All-Conference
- FHE varsity Track & Field (Shot/Discus)
- Track & Field Regional Qualifier
- Youth football camp coach





OCTOBER



# ACE SIMONSON

Junior  
OL/DL



- OK Gold All-Conference
- FHE varsity Track & Field (Shot/Discus)







**Girls Golf Finishes 4th at MHSA  
Championships**

AUGUST



# ISABELLA SMITH

Senior  
Varsity  
State 95/95 - 190



- Member of Fellowship of Christian Athletes
- FHE Spanish Club
- Member FHE National Honor Society





SEPT



# BELLA CHIODINI

Senior  
Varsity  
State 96/85 - 181



- FHE Varsity Gold Captain
- FHE Varsity Tennis Captain
- Member of National Honor Society
- Member of Fellowship of Christian Athletes
- FHE Spanish Club





OCTOBER



# SOPHIE SKOOG

Senior  
Varsity



- 9<sup>th</sup> place State (79/77 - 156)
- Medalist OK Gold Jamboree
- Verbal to Belmont University – Golf
- Grand Rapids Area Athlete of the Week Nominee



FOREST HILLS EASTERN STUDENT-ATHLETE OF THE MONTH



# BOYS SOCCER

HEAD COACH: EDIS MARIC

AUGUST

# NOAH MCGRAW

Senior  
Co-Captain  
Striker



- Led Team in Goals (6) and Points (13)
- Four-Year Varsity Letterwinner
- Member of National Honor Society
- Member of Varsity Track & Field





SEPT



# MARS STEENWYK

Senior  
Co-Captain  
GoalKeeper



- Led Team in Saves (112)
- Started all 16 games (15 as GK)
- Member of National Honor Society
- Member of Varsity Football Team (PK/P)



OCTOBER



# TOBI THIELMANN

Senior  
CDM



- All-Conference 2021
- Leading returning goal-scorer for 2023
- Fractured Foot Game 12
- Four-Year Varsity Letterwinner
- Varsity Track & Field All-Conference



FOREST HILLS EASTERN STUDENT-ATHLETE OF THE MONTH



# GIRLS SWIM & DIVE

HEAD COACH: SARA FREDRICKS



**AUGUST**



# HOPE ORBAN

Senior  
4.0 GPA



- NHS- co- president
- Serves on student advisory council
- On the e-board for Model UN
- FHE Marching Band
- On honor roll for 4 yrs





# EVE ORBAN

Senior  
4.0 GPA



- 
- FHNE swimming 4yrs
  - NHS- co- president
  - Model UN
  - FHE theater
  - Marching band





# ELLIOTT MCALPINE

Senior  
4.06 GPA  
Homecoming Queen



- All-State
- 3X All-Conference
- 9<sup>th</sup> Place Youth Nationals (200 breast)
- 10 School Records
- National Honor Society





**Tennis #1 Boys Doubles are State  
Champions**

**AUGUST**



# DEVIN KOZAL

**Senior  
Captain  
State Champion**



- 
- **Doubles State Champion (Jace Konwinski)**
  - **OK Gold All-Conference**
  - **All-State Academic**
  - **Member of National Honor Society**
  - **FHE Drum Major**





SEPT



# EMERSON CHIODDINI

Sophomore  
#5 Doubles



- Varsity Tennis
- Kids Food Basket volunteer
- Enjoys the Beach
- Loves skiing in Jackson Hole, WY





OCTOBER



# DREW DYLENSKI

Senior  
Undefeated



- 
- Three-time Conference Champion
  - Two-time Regional Champion
  - Two-time All OK-Gold selection
  - Academic All-State







**Hawks Volleyball - OK Gold  
Champions**



AUGUST



# CORA LEE

Sophomore  
Varsity  
Outside Hitter



- Lone Sophomore on Varsity
- Member of Fellowship Christian Athletes
- Club travel team MVA





SEPT



# OLIVIA KLIMEK

Junior



- FHE Honor Roll
- Club Volleyball



OCTOBER



# ONALEE STEHOUWER

Junior  
3.95 GPA



- Varsity Track & Field
- Rise 72 National volleyball team
- Northeast Young Life
- National Honor Society member
- World Culture Club



## FOREST HILLS EASTERN STUDENT-ATHLETE OF THE MONTH

### Cheer

Katie Hoekstra	August
Luna Caron	September
Sophia Wolter	October

### Cross Country Girls

Harper Scott	August
Emma Donovan	September
Ainsley Sullivan -	October

### Cross Country Boys

Cooper Jacobsen	August
Colin Pattison	September
Luke Ueland	October

### Equestrian

Lily Russell	September
Sadie Southwell	October

### Field Hockey

Mia Dye	August
Logan Kirkwood	September
Elena LeCompte	October

### Football

Kaden Hinds	August
Nathaniel Nowicki	September
Ace Simonson	October

### Golf

Isabella Smith	August
Bella Chiodini	September
Sophie Skoog	October



### Soccer

Noah McGraw	August
Mars Steenwyk	September
Tobi Thielmann	October

### Girls Swim & Dive

Hope Orban	August
Eve Orban	September
Elliott McAlpine	October

### Tennis

Devin Kozal	August
Emerson Chiodini	September
Drew Dylenski	October

### Volleyball

Cora Lee	August
Olivia Klimek -	September
Onalee Stehouwer	October



FOREST HILLS EASTERN STUDENT-ATHLETE OF THE MONTH

# CONGRATULATIONS

TO ALL OF OUR STUDENT-ATHLETES

&

# THANK YOU

FROM THE FHE ATHLETIC BOOSTERS

