

# Acton High School honours top athletes

**By Frances Niblock**

Dedication, commitment, strong work ethics and team players – those are the attributes that earned Whitney Carroll and TJ Fry the titles of 2006-2007 female and male Acton High School athletes of year awards.

Both received their awards recently at the Bearcats' athletic awards ceremony, when coach Spike Adams noted proudly that Acton athletes are respected on and off the playing field in Halton because they thank

officials after the games and show class, even in defeat.

"Not everybody received an award today, but many were considered. Remember to get involved for the friendships and the fitness. Any awards are a bonus," Adams said, noting that Carroll, a key member of the basketball, volleyball and softball teams, is known as a keen competitor and good sport.

He said Fry is also known as a tough competitor who uses his diminutive size and

incredible quickness to surprise opponents who have misjudged him. He played badminton, football, soccer and basketball.

Almost 30 OFSSA (Ontario Federation Secondary School) certificates were presented to Acton High School athletes who made it to provincial championships including cross country ace Cameron Shortt, senior boys volleyball team, track and field competitor JD Hartnagle and badminton duo Sanford Mick and Mike

Kosziwka.

Most promising female and male athletes:

Grape 9 – Kalsey Smith/Luke Van Dinther

Grape 10 – Emma Jolly/Mike Kovacevic

Grape 11 – Gabby Kosziwka/ David Carscadden

Most Valuable Players:

Cameron Shortt – cross country

Michael Shortt – badminton

Sanford Mick & Mike Kosziwka – senior badminton

Sarah Glassford – junior

girls basketball

Erica Mills – senior girls basketball

Victor Thompson & Kyle Stevenson – junior boys basketball

TJ Fry – senior boys basketball

Sarah Glassford – junior girls volleyball

Ashley Nixon – senior girls volleyball

Norm Tosh & Brandon Nixon – senior boys volleyball

Victor Thompson – junior boys volleyball

Erica Bowles – swim-

ming

Zack Woolford – boys golf

Spencer Morrison – boys varsity soccer

Kirsten Lowe – girls varsity soccer

Kyle Stevenson – boys baseball

Sarah Dooley – girls softball

Ryan Das – tennis coach

Kaylea Kearns – track

JD Hartnagle – track

Mike Lavigne – junior football

Dan Kearns – senior football

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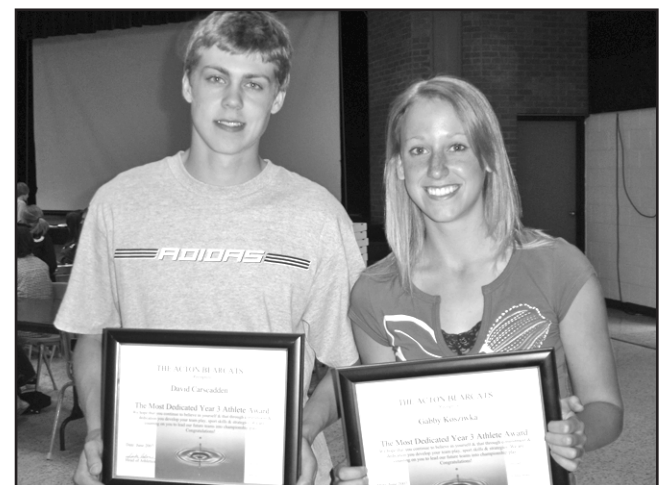
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**ACE ATHLETES:** Superiors skills, great attitudes and hard work earned Whitney Carroll and TJ Fry the female and male athlete of the year honours at Acton District High School. – Frances Niblock photo



**POWER & POISE:** The most promising Grade 11 athletes at Acton High School this past year were Gabrielle Kosziwka and David Carscadden. – Frances Niblock photo

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