

2009-2010 CMAC Team Championships

Withrow Football: Withrow won the Cincinnati Metro Athletic Conference football league championship with a 6-0 league record, finishing the season 8-2 overall. Senior Bruce Lee was voted CMAC Offensive Player of the Year and "Doc" Gamble was voted CMAC Coach of the Year.

Western Hills Volleyball: Won the CMAC league championship with a 14-0 record finishing the season with an overall record of 18-3. Brittany Autenrieb was voted CMAC Player of the Year and Head Coach Peggy Peebles was voted CMAC Coach of the Year.

Taft Boys Basketball: The Senators finished the regular season as CMAC league champions with a record of 11-1 and 17-2 overall. Mark Mitchell was honored as CMAC Coach of the Year. The Senators won Sectional and District Championships advancing to Division III Regional Final game.

Hughes Girls Basketball: The Hughes Girls Varsity Basketball Team won the CMAC League Championship with a record of 12-0 and 16-3 overall. Junior Almesha Jones was voted CMAC Player of the Year and Anita Burke was voted CMAC Coach of the Year.

CMAC Academic Team: Hughes won the Cincinnati Metro Athletic Conference Academic Team Championship finishing the season with a match play record of 9-1.

Withrow Wrestling: Shawn Davis (125 lbs.), Chris Tombs (130 lbs.), Travis Knott (135 lbs.), Iva Durand (152 lbs.), Nicholas Isaacs (171 lbs.) and Brandon Mitchell (285 lbs.) won individual championships at the Cincinnati Metro Athletic Conference League Wrestling Tournament hosted by Western Hills H.S. Withrow scored 217 points good for first place ahead of Western Hills with 197 points and Woodward with 60 points. Clinton McElroy was voted CMAC Wrestling Coach of the Year.

Western Hills Baseball: The Mustangs won the CMAC title with a league record of 9-1. Juan Warren was voted First Team All League. Head Coach James Holland was named CMAC Coach of the Year.

Western Hills Softball: Finished the CMAC season undefeated and in first place with a record of 9-0. Micalah Sims, Melvona Coleman, Bianca Evans, Tabitha Beebe and Becky Owens were voted First Team All League. Tabitha Beebe was voted CMAC Player of the Year and Coach Craig Black was honored as CMAC Coach of the Year.

CMAC Track and Field Relays: The Withrow Girls finished first in the CMAC Relays Meet with 98 points over Hughes who finished second with 66 points and Shroder in third place with 55 points. The Withrow Boys finished first with 94 points to 78 points for second place Hughes and 76 points for third place Western Hills.

CMAC Track and Field Championships: The Withrow Girls finished first in the 2010 CMAC Track & Field Championship Meet with 201 points over Hughes who finished second with 101 points and Taft finished third with 59 points. The Withrow Boys finished first with 149.5 points over Western Hills finishing with 105 points and Shroder who finished third with 104 points each.

