



WE MARCH ON

Wilson Athletics
Senior Awards/ Coaches Awards

Greetings Sports Fans!

I hope this note finds you all well. I wanted to reach out and share with you our Senior Awards and Coaches Awards as well. The following student-athletes were nominated by our coaches, discussed as a group, and then ultimately voted on. Narrowing down the senior class to the following student-athletes was a difficult task because of all the outstanding seniors we have at Wilson. The first award, the Paul McCall Sportsmanship Award, goes to the senior who demonstrates a willingness to go above and beyond, demonstrates empathy, and is an outstanding teammate. Our Scholar-Athlete Award goes to a senior who demonstrates outstanding commitment not only to their team but to the classroom as well. Finally, the Student-Athlete of the Year goes to a senior who demonstrates commitment, leadership, and finds success within their sport.

Similar to choosing the senior awards, it was difficult to narrow down our Head Coach of the Year and Assistant Coach of the Year. Our coaches, across the board, go out of their way to create inclusive, positive, and competitive programs that have created lasting memories for our student-athletes.

Finally, I want to say thank you to the entire senior class at Wilson High School. Whether you participated in a sport or not, you have all, in some form or another, made a lasting contribution to Wilson High School and our community. You will forever be remembered as the class that faced adversity, found resiliency, and will all be better off because of it. **We March On!**





Paul McCall Sportsmanship Award



Erik Maack - Is one of the kindest and most sincere leaders we have had. His passion for his team is inspiring. Whether he is organizing team trips, organizing captain's practices or recruiting future athletes, he is all in for his team. One of the greatest things about Erik is that he is an ambassador for our sport, school and community. When we attend competitions, he is a favorite with other teams and coaches. His competitors respect him, like him and consider him a friend. Erik is an outstanding young man that embodies what true spirit "sportsmanship" is all about. He enjoys the camaraderie of his teammates and his competitors. This year Erik stepped up in a big way and became a leader for our cross-country program. He became an outspoken leader who athletes (young and old) could look towards for inspiration, compassion and knowledge.



Carolyn Stone

Carolyn is an amazing person both on the field and off. She is an awesome communicator and gives 100% effort all the time, despite the adversity she has faced. The first time we met, she let me know of her injury in case it may limit her in some aspects - but that never showed. She hustled 24/7 and took on any task or challenge she faced with ease and confidence. She was consistently providing positive reinforcement all over the field, which was essential for our team given the number of new players, and the younger girls expressed their admiration towards her. Carolyn will be missed next year! If I was going to start or build a program from scratch... I would start/recruit an athlete like Carolyn Stone. With a player/teammate like Carolyn in your program, it really doesn't matter if you don't win any or you win all your games, because it's more about the experience and the relationships that you build along the way that truly matter. Carolyn has participated in three varsity sports and has given so much of her time, effort and energy to each. Again, it is so important to have a solid foundation and good people a part of your program and Carolyn is exactly that type of rock to build upon.



Scholar Athletes of the Year



Hyland Cullen-Musengo - Hyland is such a gift to Wilson High School. Hyland has many avenues in which she excels. I was very impressed with her as she tried out for cross-country for the first time this year. It is inspiring to see someone with so much success try something new. It was a challenge and she thrived in the new challenge. She learned so much. It goes to show that she is truly a student - athlete. Hyland is not only a tenacious lacrosse player, but she is an amazing teammate. I have never met a kid more willing to help other team members, even the ones that had never played the sport before. Her effort level is unmatched, and she is willing to outwork whoever and whatever challenge is put in front of her. I think this goes to show in her schoolwork - as she puts in an immense amount of effort to all things close to her. She is constantly going beyond to be a great player and leader in all aspects of life and lacrosse. I wish I had more time with her on my team, she will be missed greatly! Hyland is both a tremendous athlete and student. She truly embodies the concept of being a student-athlete. I have known her for a very long time and regardless of the season or age level, Hyland has always been one, if not the most, competitive kids out on the pitch. As a student, Hyland is incredible. She completed the Health Sciences Pathway and was one of the top performers in class day in and day out. It is my hope that she continues with the pursuit of a career in healthcare.



Shawn Sussman

Shawn Sussman was a 4-year letter winner in soccer and Tennis and is known throughout Wilson HS as a model student/citizen. Shawn is literally the most reliable kid I have ever had as a player. Without fail, Shawn was always the type of kid that you could just trust to do the right thing. As a result, he was always a respected leader on our team and the kids knew that they could always count on him! Shawn is an accomplished student and athlete. Shawn started his first and last game as the Wilson goalie reaching

State three out of four years and making it to the Semi Finals his first year. In Tennis Shawn is one of the strongest tennis players to play at Wilson in the last 10 years. Shawn made it to State his sophomore year and would have been a favorite to make it again this year. Shawn won the Consolation Finals at Districts last year, as well. Shawn was two time Tennis Captain being unanimously voted so his senior year by his teammates and coaches.

Student-Athletes of the Year



Jack Walker - Jack is an exceptional athlete. What really makes him stand out though is his leadership as an elite athlete. Due to injury, he came out for track for the first time and led two teams to the state meet in the 4x100 and 4x400. His calm under pressure and dedication to competing to the best of his abilities help carry his teams to elite levels. It was impressive as well that when injury prevented him from doing lacrosse, his passion; he found another way to compete. Jack is a leader and a competitor. As a captain on our wrestling team, Jack takes the time to connect with his teammates and coaches as he provides input as to how to improve our whole team. Jack built himself into a formidable state level wrestler in just three short wrestling seasons. His competitiveness and willingness to be coachable allowed him to rise to PIL district champion this year. Jack puts full effort into his matches regardless of the scoreboard results. He holds himself with humility and respect, win or lose. Our younger wrestlers sure learn a lot by watching how Jack carries himself on and off the mat. There are not enough superlatives to cover the athletic abilities for Jack Walker. I love this guy! If I am going to build the BEST Athletic program (wrestling, football, track, lacrosse, whatever) I would start building with/around Jack W. He is an absolute Dude!



Avery Poulsen - Avery is an incredible athlete. To watch her compete is inspiring. As early as her first year, she showed incredible promise. She ran a notional level time in the 800, running two laps of the track in 2 minutes and 14 seconds. Still our school record. Injuries created some setbacks but she continues to compete for her team at the highest levels. What makes Avery stand out, as an elite athlete is her dedication to performing for her teammates. Her senior year at the state qualifying meet. We needed her to pass girls from another team in order for her team to qualify. She had an incredible sprint to the line

and qualified her team to the state meet where they finished sixth overall. She was not concerned with her personal performance; she was solely focused on the team goal. Athletes compete for their teams and Avery optimizes that. Avery is one of the best all-around athletes we have had at Wilson in the recent past. Whether on the track, court or on the course, Avery has always demonstrated a strong desire to be the best of the best. As of late, she has focused in on her running and she has become one of the best local runners around. In fact, she is a nationally ranked 800m runner.

Coach of the Year- Mark Mendak



Mark is a consummate professional who has done an outstanding job of building the Wilson Volleyball Program from the ground up. He has spent countless hours in the gym not just with his high school program, but with his youth program as well. His devotion to the program paid off this year when he led the Trojans to an undefeated season and a PIL League Championship and making it to the sweet sixteen in the state playoffs and was named PIL Coach of the Year by his peers. However, more than the accolades, Mark has done a tremendous job of building an inclusive, positive, fun, and competitive Volleyball program. Our daughter, Zoey, had the best experience playing for Coach Mendak during her time in his program. Thank you Coach Mendak for all of your time, passion, and positivity for the Wilson Community.

Assistant Coach of the Year- Aaron Olsen



Words cannot do justice to the service that Coach Olsen has given to Wilson High School and our Athletic Department. He has coached everything from Football, Men’s Basketball, Women’s Basketball, Cross Country, Track and Field, and he is 2-0 as fill in for the JV Baseball Program. He has devoted countless hours to all of our student-athletes when it comes to off-season conditioning as well. As a teacher, he has inspired countless students in his classroom to dream big and never settle. He cares deeply about Wilson High School, our community, and our kids. He bleeds green. Thank you Coach Olsen for all that you do for Wilson.

