

# January Nominees

## **Boys Basketball: Miles Jones: Senior**

Miles has worked tirelessly since the end of last season to improve as a player and in January, he took his game to another level. Miles averaged 11 points per game, 2.4 rebounds per game, 3.1 assists, and 2.8 steals. His effort on the defensive end is truly something to be admired. Miles has been a great role model on and off of the court for all of his younger teammates as well. We are incredibly proud of Miles and have loved watching his growth this season. We cannot wait to see where he helps lead us through our last 10 games of this season.

## **Girls Basketball: Amelia Aquino: Senior**

After missing the entire 21-22 season with a knee injury, Amelia has made a comeback this season and has played an integral role in the Mustangs' success. As our point guard, Amelia brings the ball up the court and uses her speed to her advantage. She is a tough competitor and sank the game winning foul shots in our game against Deptford.

## **Cheerleading: Carli Whinna: Freshman**

Carli is a leader of our Junior Varsity team. She is dedicated to learning and growing as a cheerleader. She is always positive and shows up to practice and games ready to work. Carli is dedicated to progressing. She takes time after practice to learn and review material for game day. She takes pride in calling cheers at games and she supports her teammates if they need assistance. Since the start of our season, Carli has made remarkable progress with her jumps, motions and cheers. Carli is an asset to the team and program and we cannot wait to watch her grow as a cheerleader!

## **Swimming: Jack McCann: Freshman**

Jack has worked really hard this season to improve. He has dropped 36 seconds off his 200 Freestyle, 18 seconds off his 100 Breaststroke, and 5 seconds off his 50 Freestyle times. He is also an important member of the 200 & 400 Freestyle relay teams.

## **Winter Track: Sean Lemon: Senior**

Sean broke the school record in the Triple Jump this past month with his leap of over 39 feet. He has competed in 6 different events this month, 2 more than any other athlete. He's willing to do events outside his comfort zone to help the team even though it requires extra work during and after practice. He is almost always the last person to leave our practices. Sean is a leader by his actions and his words. He has been a vital part of our team this month and season.

## **Wrestling: Owen Kulb: Sophomore**

Owen had an incredible month of January, going 18-1 and improving his overall record to 25-1. He is an integral part of why the Hit Squad is 17-4 overall and secured their 2nd straight conference title. He is one of South Jersey's leaders in Tech Falls and ranked in multiple polls as one of the top 120lb wrestlers in the area.