

ATHLETE OF THE YEAR 2015-16

Jackson softball player Sophie Frost has been nominated for The Herald's Female Athlete of the Year

Sophie Frost | Jackson

Frost was the No. 1 pitcher for the softball team all four years of her high school career. She helped her team win district championships in both her junior and senior seasons and place fourth at this year's state tournament. At the plate, she hit over .400 for her high school career. She carries a 3.68 GPA.

<http://www.heraldnet.com/article/20160606/BLOG18/160609418/1007/Nominees-for-the-Class-of-2016-Kristi-Bartz-Memorial-Girls-Athlete-of-the-Year>

Jackson athlete Dylan Roy has been nominated for The Herald's Male Athlete of the Year

Dylan Roy | Jackson

Roy participated in football and track for the Timberwolves. He carries a 3.5 GPA, volunteers with a local church and plays the guitar in his spare time. He holds the school record in the 110-meter hurdles and is third all-time in the 300-meter hurdles. He also started every game for the football team as a senior.

<http://www.heraldnet.com/article/20160606/BLOG18/160609419/Nominees-for-the-Class-of-2016-Boys-Athlete-of-the-Year>