

2008-2009 HIGHLANDERS EARN STATE AND NATIONAL HONORS

For the second consecutive year and for the third time in the last four years, the Highlanders have won the UIL's Lone Star Cup, honoring the high school with the most successful year in UIL activities. The Woodlands topped their 2007-2008 performance by 28 points.

Click [HERE](#) for a link to the 2008-2009 final Lone Star Cup standings.

In addition to the state recognition, the Highlanders success this past school has also garnered national awards. ESPN's RISE Magazine named The Woodlands as the #1 high school in the country in terms of athletic success. ESPN RISE rates schools on their national rankings and uses a point system to determine the top school.

Click [HERE](#) for a link to the 2008-2009 final ESPN RISE Fab 50 Rankings.

Recently, Sports Illustrated announced their top ten high schools in the country. The magazine ranks schools based on state championships and NCAA Division I scholarship athletes, as well as overall success on and off the field. This year, the Highlanders are fourth on the list.

Click [HERE](#) for a link to the list of Sports Illustrated's top 10 high schools.

Finally, the Highlanders were named the winner of the second annual Chronicle Cup, awarded to the top High School Athletic Program in the Houston Area. The Woodlands also won the award last year. The Highlanders tallied 183.5 points in the Chronicle's scoring system, more than 70 points better than the next best school.

Click [HERE](#) for a link to the Chronicle Cup Standings.

All 19 Highlander athletic teams that compete in UIL competition advanced to the post season, highlighted by three team state championships (boys cross country, girls cross country, girls swimming and diving) and nine individual state titles. The following is a list of each team's 2008-2009 success:

Volleyball – District Champions, Reached Third Round of Playoffs

Football – District Champions, Reached Second Round of Playoffs

Team Tennis – Second in District, Regional Qualifier

Boys Cross Country – District, Regional, and State Champions ; Individual State Champ Reed Connor

Girls Cross Country – District, Regional, and State Champions ; Individual State Champ Sarah Andrews

Boys Basketball – Second in District, Qualified for Playoffs

Girls Basketball – Fourth in District, Qualified for Playoffs

Boys Swimming/Diving – District and Regional Champions, Fourth in State

Girls Swimming/Diving – District, Regional, and State Champions ; Individual State Champs Erin Foster (500m freestyle) and 200m Freestyle Relay (Kelsey Amundsen, Chelsey Eberwein, Erin Foster, Mary Foster)

Boys Wrestling – Two Individual State Champions (Cody Davis and Erik Spjut)

Girls Wrestling – One State Alternate

Boys Soccer – District Champions, Regional Finalists

Girls Soccer – District Champions, State Finalists

Boys Golf – District and Regional Champions, Sixth in State

Girls Golf – District Champions, Second in Region, Third in State

Baseball – Third in District, Reached Third Round of Playoffs

Softball – District Champions, Reached Third Round of Playoffs

Boys Track & Field – District and Regional Champions, Fourth in State ; Individual State Champ Drew Butler (800m)

Girls Track & Field – District Champions, Third in State ; Individual State Champ Sarah Andrews (1600m and 3200m)

More articles:

["TWHS Boasts top Program in the Nation"](#) – The Conroe Courier, 7/3/09

["The Woodlands, Friendswood the Class of Texas"](#) – The Houston Chronicle, 7/3/09

["The Woodlands Captures Cup"](#) – The Houston Chronicle, 7/6/09

["Overall Excellence Earns The Woodlands Fab 50 All-Sports Crown"](#) – ESPN, 7/1/09

["Seasons, Players Can Have Carryover Effect"](#) – The Houston Chronicle, 7/19/09