FFCA-NHS PHOENIX – ATHLETIC AWARDS RECIPIENTS 2022-23

MR. BRUCE PARKIN AWARD (INTEGRITY & CHARACTER)
- These athletes showed outstanding character as an FFCA student athlete they consistently illustrated the core virtues of respect, responsibility, self-discipline, integrity, and perseverance.

MOST IMPROVED PLAYER
- These athletes showed great improvements in their knowledge and skills in their respective sports.

MOST VALUABLE PLAYER
- These athletes' knowledge and skills surpassed all others this season. Not only are these athletes talented but also illustrated outstanding character virtues while playing their sport.

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TEAM	MR. BRUCE PARKIN AWARD	MOST IMPROVED PLAYER	MOST VALUABLE PLAYER
High School Golf			Sophie Dhaliwal
Cross Country	Roshan Kawale	Aayan Saleemi	Roshan Kawale
Girls Volleyball	McKaylah Hamilton	Ceili Drummond	Alexa Ma
Boys Volleyball	Omar Elbanna	Anthony Ling	Marco Domalanta
9 Girls Basketball	Ashnoor Takhar	Karen Chau	Karman Gill
SV Girls Basketball	Sahij Pama	Bukky Olanrewaju	Nimrit Phagura Gurmehar Sandhu
9 Boys Basketball	Ekam Brar	Ethan Chin	Cashius Esquivel
JV Boys Basketball	Yusuf Chaudhary Pukhraj Warring	Saihaj Minhas Armann Panech	Krrish Taneja Mahmoud Kadry
Wrestling	Isabella Stark	Jagbir Jassal	Manraj Monjal
Gr. 9 Badminton	Abbodi Issa Ethan Chin	Henock Seife Haris Mohammed	Evelyn Liu Austin Ho Caden Chau
Gr. 10 Badminton	Aliyah Kajani Siya Kainth	Bhavya Chauhan	Shantel Lee
Gr. 11 Badminton	Alexander Nikolov	Marco Domalanta	Krish Batra & Winston Lam
Gr. 12 Badminton	Amulya Pathania Emily Situ	Jeslina Jimmon & Joanna Tong Arshdeep Sandhu & Arpit Singh	Hira Asad
Sr. co-ed Soccer	Tarn Boparai	Arshdeep Sandhu & Jagbir Jassal	Gurman Johal & Ryan Penny
Boys 7's Rugby	Manraj Monja	Fhillip Bangay	Jonathan Aboki
Gr. 9 Track and Field	Henock Seife Abigail Layton Ethan Chin	Guneet Chandi	McKaylah Hamilton Tiffany Tran
High School Track and Field	Roshan Kawale	Reet Minhas Diya Minhas	Mahmoud Kadry