

Most Athlete of the Week honors won, career

- 8 Dick Roth, Menlo-Atherton (1962-63,64-65)*
- 8 Marty Hull, Sequoia (1959-60-61)
- 6 Rich Koeper, Sequoia (1959-60-61)
- 6 Jeff Cudworth, Sequoia (1960-61-62-63) All in basketball

* Following 1963 term, the "anti-Roth" rule, limiting awards to one per athlete per sports season, was enacted.

Most Athlete of the Week honors won, one term

- 5 Gary Gaskill, Carlmont (1960-61) 1 football, 2 basketball, 2 track

Most Athlete of the Week honors won, one sport (career)

- 7 Dick Roth, Menlo-Atherton 4 years, swimming, 1962-65 (1-4-1-1)
- 6 Jeff Cudworth, Sequoia 4 years, basketball, 1960-63
- 6 Marty Hull, Sequoia 3 years, swimming, 1959-61 (3-2-1)

Most Athlete of the Week honors won, one sport (one year)

- 4 Dick Roth, Menlo-Atherton (swimming, 1963 as a sophomore)

Individuals who have won the Sequoia District Athlete of
the **Week** award in three sports:

Jim Cheatham, Menlo-Atherton-- football, basketball and
track, all in 1960-61 term.

Rich Koeper, Sequoia-- football, basketball and baseball,
all in 1959-60; baseball again in 1961.

Harvey Shank, Woodside-- football and baseball in 1962-63;
basketball in 1964.

1977-78

- 9/20 Fred Orvulle, Seg
9/27 Regan Avey, M-A
10/4 Rulay Cheally, Carlmar
10/11 Pamy Parmelee, Woodside
10/18 John Hook, Woodside
10/25 Paul Noce, Sequoia
11/1 Craig Nicolopoulos, Carlmar
11/8 John De Oliveira, Carlmar
11/15 Sharon Miller, Carlmar
11/22 Beth Benson, M-A
11/29 Bob Love, Carlmar
12/6 Tom Seidlach, San Carlos
12/13 Javier Navarrette, Sequoia
12/20 Mike Currier, Sequoia
12/27 Fred Leon, San Carlos
1/3 None selected
1/10 Michael Taylor, Carlmar
1/17 Bob Thomas, M-A
1/29 Kevin Dees, Carlmar
1/31 Bob Powell, Woodside
2/7 Travis Jamma, Sequoia
2/14 Jose Pardoza, Sequoia
2/21 Meshu Spivey, Woodside
2/28 Martin Serrato, Sequoia
3/7 None selected
3/14 Glenn Mark, Carlmar
3/21 Malcolm Dixon, Sequoia
3/28 John Smith, Sequoia
4/4 Tony Thompson, Woodside
4/11 Jim Dunton, M-A
4/18 Scott Steward, San Carlos
4/25 Mike McAdams, Sequoia

- 5/2 Carl Gunn, Woodside
- 5/9 Tony Meier, MA
- 5/14 Simon Beul, San Carlos
- 5/23 Maha Spivey, Woodside
- 5/31 Steve Bruce, MA

ADDITIONAL NOMINEES

- Low Ayers, Woodside football & baseball
- Mel Culpepper, Sighora football & baseball
- ~~Sto Hall, Calaveras football, baseball, track~~
- ~~Phil Balth, St football, soccer, baseball~~
- Chris Lanier, MA swimming & water polo