



AKRON CENTRAL SCHOOLS

Athletic Department

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FOR IMMEDIATE RELEASE –

TWO ACS ATHLETES SELECTED FOR CROSS TRAINING HEART OF A CHAMPION AWARD

AKRON, NEW YORK (December 19, 2016) – The Akron High School varsity football and varsity soccer teams completed the Cross Training Athletics “Character Playbook” program during the recently completed fall 2016 season. Funded by the school, the program is themed COURAGEOUS for the 2016-17 school year. The curriculum challenges athletes and their coaches with fourteen character lessons designed to take teams to the next level with skills that equip them to overcome and perform at peak. Cross Training Athletics and the Akron coaches chose two athletes, senior Christopher Borchert and junior Mackenzie O’Brien, for exceeding expectations and awarded them the “Heart of a Champion” award and trophy.

“This is the second year ACS has implemented this character building program with our student-athletes,” said Mr. Stephen Dimitroff, Athletic Director, about the Cross Training program. “It’s something we encourage all of our coaches to participate in to help demonstrate the character we want to develop in all of our student athletes both on and off the field of play.”

The theme COURAGEOUS was an acronym for the terms Courage, Optimistic, Unity, Refine, Attitude, Grit, Encourage, Onward, Unconditional love, and Service. The program at Akron was led by Mr. Casey Kacz, a member of Cross Training Athletics’ team of coaches that work to inspire and empower athletes and to “train the heart of a champion from the inside out,” including O’Brien and Borchert.

“Mackenzie always puts the team ahead of herself,” said Coach Ed Apholz from the girls varsity soccer team. “She does whatever it takes to be sure the team succeeds and has all of the qualities that exemplify the ‘Heart of the Champion’. I’m very proud of her.”

Head Football Coach Andy Clouse was also impressed with the program and the selection of team member Christopher Borchert for the “Heart of a Champion” award.

“Chris is truly deserving of this award,” said Coach Clouse. “He’s one of the most respectful, hardworking, optimistic and coachable athletes we have. Chris suffered some setbacks early in the season but handled them well and never stopped supporting his teammates. When he was able to

return, he worked extremely hard to regain his starting spot on defense, finishing with a productive senior season both personally and for the team.”

Borchert also received the Cross Training Athletics Leadership Award and was recognized at Dick Gallagher’s All WNY High School Football Awards Banquet held on Saturday, December 17th at Classics V restaurant. Only four football players from the thirty schools in the region participating in the Cross Training Athletics program were selected for this award. In addition to the criteria for selection as Heart of the Champion, this award has a special emphasis on leading through action.

Congratulations are extended to both athletes, as well as their teammates, for successful completion of the program.

For more information about the athletic program at Akron Schools, please visit www.akronschools.org/athletics and to learn more about Cross Training Athletics, please visit their website at www.go-cta.com.

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Coach Ed Apholz, Mackenzie O'Brien, Coach Casey Kacz, Christopher Borchert, Coach Andy Clouse