FALL ATHLETICS UPDATE

November 6, 2026 | Patrick Russell, Athletic Director

Mount Vernon Christian Families,

About once a quarter, I get the opportunity to email everyone in the school. The goal of these emails is to keep the entire school community informed about what is happening in High School Athletics.

If you haven't been around Mount Vernon Christian for long, it's worth noting that we take our faith, academics, and extracurricular activities (which include athletics) very seriously. As I share our accomplishments from this fall, please know that I do so in hopes that you will both celebrate our high school athletes and pray for them as they finish their fall seasons.

Here is a brief timeline of the last few weeks in sports. Feel free to make the typewriter or dot-matrix printer sound as you read each bullet point. If you don't know what a typewriter or dot-matrix printer is... ask Mrs. VanderVeen in the Elementary Office!😄

Wednesday, October 21

- Della Carlson runs a sub 20 minute 5k to win the League Championships.
- Connor Mounts (Jr.), boys soccer player, is named Skagit Valley Herald Athlete of the Week.

Tuesday, October 27

- Girls Volleyball beats Orcas Island 3-0 on Senior Night to capture the League Championship.

Thursday, October 29

- Girls Soccer wins to go undefeated in league (a 53-1 league record since 2019), capturing the League Championship for the eighth consecutive year.
- Grace Mounts (Jr.), girls soccer, scores her 34th goal of the season to become the single season record holder. She has added a few more since.

Tuesday, November 3

- Girls Volleyball beats La Conner to advance to the Bi-District Championship.
- Boys Soccer beats Columbia Adventist 9-0 to advance to the Bi-District semifinals.
- ***Varsity Boys Cross Country are named the 2B State Academic Champions with a team***

GPA of 3.638!! Congrats fellas!!

Wednesday, November 4

- Girls Soccer beats Evergreen Lutheran 2-0 to advance to the Bi-District Championship on Saturday, November 7 at Sammamish High School at 1pm.
- Grace Mounts (Jr.), girls soccer player, is named Skagit Valley Herald Athlete of the Week.

Thursday, November 5

- Boys Soccer beats Friday Harbor 2-0 to advance to the Bi-District Championship on Saturday, November 7 at Sammamish High School at 3pm.
- Girls Volleyball beats Friday Harbor 3-1 to win their second consecutive Bi-District Championship.

Friday, November 6

- At 7:00am, Della Carlson (So.), Aiden Martinez (Sr.), North Martin (Jr.), Connor McCullough (So.), and Elijah Martin (Fr.) headed out to Pasco, WA to compete in the Cross Country State Championships.
- ***Varsity Girls Volleyball is named the 2B State Academic Champion with a team GPA of 3.932!! Congrats, ladies!!***

Saturday, November 7

- Girls 1B/2B Cross Country runs at 9:30am. Go Della!
- Boys 2B Cross Country runs at 11:30am. Go Fellas!
- Girls Soccer vs Friday Harbor at Sammamish HS at 1:00pm.
- Boys Soccer vs Orcas Island at Sammamish HS at 3:00pm.

Sunday, November 8

- State seeding for Volleyball, Girls Soccer, and Boys Soccer will be released around 3:00pm. Check out the following brackets for results and upcoming matchups:
  - 2B Volleyball State Bracket (November 11-12)
  - 2B Girls Soccer State Bracket (November 10-21)
  - 2B Boys Soccer State Bracket (November 10-21)

What a fun time of the year to celebrate our student-athletes. As our MVC Athletic mission states:

The mission of the Mount Vernon Christian Athletic Department is to guide student-athletes toward taking delight in the gifts God has given them while serving others and giving Him the glory as they pursue championship performances.

I encourage the entire MVC community to come out and support our athletes as they compete these next few weeks. Your support means a great deal to our student-athletes, coaches, and athletic department!

In Him,

Patrick Russell
MVC Athletic Director