

2022-2023

Spotlight On Berks Sports

Female Athlete of the Year

SYDNEY GRING

Muhlenberg

During her senior season, Sydney was selected as All-State in water polo and All-American in swimming.

In water polo, Sydney was a team captain and helped lead the Muhls to a 23-5 record and the team's first ever berth in the state tournament where they finished 5th. Sydney scored 72 goals, had 64 assists, 111 steals, and 67 kick-outs drawn. For her efforts, Gring was selected as 1st Team All-County, 1st Team All-Conference, 1st Team All-State, and was a finalist for the state Player of the Year award. Sydney also earned Scholastic All-American honors.

In swimming, Gring leaves behind a legacy that could be argued as the best high school female swimmer ever to come out of Berks County. As a senior captain, Sydney finished her high school career as school record holder in 6 of the 8 individual events, league record holder in 6 of the 8 individual events, and county record holder in 5 of the 8 individual events. Gring concluded her stellar career as a 16-time District III medalist, including 7 golds, and as a 12-time PIAA medalist, including the 2023 gold medal in the 200 freestyle. Sydney was selected as the Central Penn League Swimmer of the Year after her junior and senior seasons. Additionally, she earned All-American honors in 18 career events, including 7 during her senior year alone.

An honors student, Sydney has accepted a Division 1 scholarship at the University of Pittsburgh.